A Qualitative analysis of Results of Research in Consciousness: Experiencing Bliss Consciousness, the Source of True Freedom, in Light of Science of Creative Intelligence

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ABSTRACT

This paper reports on a qualitative phenomenological case study of self-research that analyzes results of research in consciousness within the framework of the Science of Creative Intelligence™ and Maharishi Vedic Science™. This paper reports using a systematic exploration of experiences during the simple Transcendental Meditation technique, founded by Maharishi Mahesh Yogi. These experiences are the research data that document Transcendental Consciousness or bliss consciousness as the source of true freedom in life. The Science of Creative Intelligence describes Transcendental Consciousness as the foundation for the development of higher states of consciousness, in which one can grow to live true freedom in all aspects of life. Moreover, the Science of Creative Intelligence acknowledges that Transcendental Consciousness is the unified field of consciousness at the basis of creation, the same unified field of natural law glimpsed by modern quantum physics. Transcendental Consciousness is the non-changing, eternal source of all forms and phenomena in creation and the Self within each of us. Examination of the research results presented herewith suggests that the Transcendental Meditation and the TM-Sidhi programs provide the master key to live true freedom in individual life

Key words: Consciousness, Experiencing Bliss Consciousness, eternal source

BACKGROUND

Freedom has been a cherished goal of human life at all times, in all places, everywhere on earth. Countless wars have been fought and lives lost in pursuit of freedom. Everyone naturally desires a life of freedom—religious, financial, social, political freedom; freedom from disease, suffering, and problems. This paper considers a non-changing, absolute state of freedom that is defined in the growth of higher

states of consciousness and presented in the Science of Creative Intelligence SM and its updated version, Maharishi Vedic Science SM. Maharishi (2001) explains that unlike relative, changing instances associated with ordinary freedom, absolute freedom has its basis in an inner, non-changing level of life known as Transcendental Consciousness. This field, described as bliss consciousness (pp. 229-230), corresponds to the unified field of natural law[1] glimpsed by quantum physics.

Knowledge of the Science of Creative Intelligence is preserved in many books and thousands of hours of video- taped lectures. The practical, experiential aspects of the Science of Creative Intelligence are the Technologies of Consciousness, the Transcendental Meditation and TM-Sidhi programs, which allow research (direct experience) into one's own consciousness.

Scientific Research

Over the past 50 years, more than 380 peer-reviewed, quantitative and mixed methods studies have been conducted on practitioners of research in consciousness utilizing these Technologies of Consciousness. Published quantitative studies have appeared in international journals documenting experiences of growing freedom resulting from the Transcendental Meditation technique,as seen in increased inner directedness, self-sufficiency, self actualization, increased morality, and other indicators of inner freedom (Gelderloos, 1990, Alexander, Rainforth, Gelderloos, 1991; Travis,Arenander, DuBois, 2004).

RESEARCH OBJECTIVE

This qualitative phenomenological case study of self-research presents results of research in consciousness and investigates the correlation between my data and the principles detailing the source of true freedom in the Science of Creative Intelligence. The study uses elements of traditional qualitative methodologies-case study and theory-guided analysis-as well as methodologies unique to the Science of Creative Intelligence-Technologies of Consciousness (for research in consciousness) and methods for documenting and validating research results.

LITERATURE REVIEW

Maharishi's Science of Creative Intelligence and its current formulation as Maharishi Vedic Science combine the timeless wisdom of Veda and Vedic Literature with scientific discoveries of modern science. The Science of Creative Intelligence offers a unique and complete science of consciousness and provides direct experience of the unified field of natural law within one's consciousness through the Technologies of Consciousness. From time

[1] "By assumption, the unified field is the unified source of all the laws of nature governing physics at every scale" (Hagelin, 1989, p. 9).

immemorial the wisdom contained in the Vedic texts has upheld the reality of one unified field at the source of creation (Maharishi, 1997b, p. 4) and describes that field of Being[2] as bliss, *ānanda,* the source and content of everything that exists in creation (Maharishi, 1986, p. 190).

In his Science of Creative Intelligence**, Maharishi (1994) identifies seven states of consciousness: familiar states of waking, dreaming, sleeping, and higher states named Transcendental Consciousness, Cosmic Consciousness, Refined Cosmic Consciousness (God Consciousness), and Unity Consciousness** (p. 161)**. Maharishi explains that every state of consciousness has its own reality and must be experienced to be fully understood.**

The Transcendental Meditation technique provides a simple, effortless procedure to directly experience the fourth state, Transcendental Consciousness, and awaken inner peace and bliss within. In this state, awareness is awake only to itself, without thoughts or activity. Direct experience of transcendental bliss consciousness makes possible the experience of a permanent state of true freedom. Maharishi (2001) says, "Thus, freedom in life belongs to the field of Being" (p. 235). Moreover, experience of Transcendental Consciousness is the prerequisite for development of all other higher states of consciousness and with the growth of these higher states, one achieves ever-increasing levels of true freedom in life.

The Transcendental Meditation technique is the foundation for practicing the advanced TM-Sidhi program, including Yogic Flying[3], culturing the mind to think and act from the level of Transcendental Consciousness for action in accord with natural law (Maharishi,1980, p. 39), and accelerating the growth to higher states of consciousness.

METHODOLOGY

Prominent qualitative researchers from various fields argue for building a generic methodology when research is new or unusual. They argue that new methodologies will be necessary to collect and analyze special data effectively (Kalkhe, 2014; Lincoln and Denzin, 2000). This study uses such a generic qualitative approach developed by experts in the Science of Creative Intelligence research. It blends tools from traditional methodologies and utilizes systematic methods for collecting, documenting, and validating data set out in the Science of Creative Intelligence. This study uses traditional tools—features of case study, phenomenological study, and narrative study. For analysis, this

[2] "Being" is Transcendental Consciousness, the unified field of consciousness.

[3] "Yogic Flying is a phenomenon created by a specific thought projected from Transcendental Consciousness, the Unified Field of Natural Law, the field of all possibilities" (Maharishi, 1996, p. 445).

study uses Theory-Guided Analysis (Kohlbacher, 2006) and specialized Science of Creative Intelligence methods: a) techniques for data gathering—the research in consciousness technologies, TM and TM-Sidhi program, and b) the systematic technique for documenting the experience that advises reading Vedic Literature verses, finding a verse that triggers a memory of an experience, and then recording the experience with reference to the triggering words underlined in data. Journal entries of documented experiences were made weekly for a period of 17 months. At the end of October 2014, an Informal Content Analysis was done on all entries using a 13 point protocol developed by expert Science of Creative Intelligence researchers.

For validation, this paper uses the five-level triangulation method advised in the Science of Creative Intelligence that compares current data to previously published sources including: a) a Vedic verse used for documenting, b) a Vedic expression describing a principle of the Science of Creative Intelligence, c) an established scientific principle, d) a quantitative study, and e) one of the higher states of consciousness defined by Maharishi.

Subject: Single-subject[4]—a practitioner of the Transcendental Meditation and TM-Sidhi program, a professional researcher in consciousness in the Mother Divine program. The subject is the researcher, as advised in the Science of Creative Intelligence [5].

Instrument: Consciousness-consciousness researches itself[6]

RESULTS AND DISCUSSION

A 13 point protocol for an Informal Content Analysis was conducted on all journal entries to identify patterns and themes. From 46 total journal entries, 7 were selected that most succinctly expressed the theme of experience of bliss consciousness as the source of true freedom. Seven are presented here. Figure 1 is the documented representative experience that most precisely expresses the theme. Figure 2

[4] A single subject case study of one person is not conclusive and similar studies are needed to provide further verification.

[5] Taittiriya Upanishad, 2.9.1, states that words alone cannot describe pure consciousness. Maharishi (1990) makes it clear that only the experiencer knows the experience of pure consciousness with certainty (p. 106).

[6] How can we know the nature of consciousness itself? Only through consciousness can onegain knowledge. It follows that knowledge of consciousness can only be gained by consciousness. Only consciousness can know itself. Only the study of pure water will yield the true understanding of water. Similarly, to know consciousness, it is necessary to *isolate* the pure nature of consciousness—consciousness not mixed with anything else. Only consciousness itself can research itself in its pure state. The Technologies of Consciousness are designed to isolate the experience of pure consciousness and conduct such research in consciousness (Maharishi, 1994, pp. 51-71).

presents all other documented experiences that are results of my research in consciousness.

Informal Content Analysis

#1 Representative Experience [29 July, 2014]

Absolute freedom comes when the qualities, becoming devoid of the object of the *Purusha,* become latent; or the power of consciousness alone is (Yoga Sutras, 4. 34)

Unifying in the Light of Holistic, Dynamic Silence Quality of Intelligence

During my Transcendental Meditation program my consciousness is both silent and dynamic—**holistic, dynamic silence**. This coexistence of opposite values and the self-referral movement of my awareness curving back onto itself renders the experience deeply fulfilling. As the dynamic bliss moves within itself, the friction caused by this movement creates an upsurge of ever-increasing waves of bliss. I feel this as a gentle, pulsating sensation in my head and forehead. In this blissful state, relativity does not exist; it is "latent," "devoid of the object of the Purusha." What zooms forth is the experience of the absolute pure consciousness, the non-changing Being, far beyond relative existence, pure consciousness itself where "the power of consciousness alone is." I feel content, invincible and self-sufficient, but most of all I feel a renewed sense of freedom, knowing that what I've gained can never be taken from me, and in knowing this, "Absolute freedom" comes.

Figure 1. Experience #1, Representative # 2 [23 December, 2013]

I glorify Agni[7], the high priest of the sacrificer, the divine, the ministrant, who presents the oblation and is the possessor of great wealth[8] (R.k Veda).

Holistic (Dynamic Silence) Quality of Intelligence

When sitting to practice my Transcendental Meditation technique, my awareness settles to finer and finer levels of thought like gentle waves settling down in the ocean of silence. My awareness continues to refine until it loses itself totally in the depth of the field of bliss consciousness where I become unaware of body and surroundings, just alone with my Self in quiet stillness. I am the "sacrificer" having offered my small self as the "oblation" to the unbounded ocean of "divine," to the bliss consciousness of my bigger, cosmic Self, my soul. This field of my consciousness is **holistic, dynamic, and silent** at the same time. Stationed there, even for a moment, I feel complete and fulfilled in eternal freedom; nothing from outside is needed and no affluence greater than this experience exists. I am the "possessor of great wealth" –– a state of eternal freedom that is beyond any wealth in the relative level

[7] Agni refers to the Vedic Devata, or impulse of natural law that embodies the fire element (Nader, 2012, p. 269).

[8] Verses from Rk Veda are from *Rig Veda Samhita* vol. 1–8 translated by H. H. Wilson.

and such that can never be lost or taken from me—the wealth that is my Self.

#3 [3 February, 2013]

Sovereign of men, Agni, thou art born for the days (of sacrifice), pure and all-irradiating, from the waters, from the stones, from trees, and from plants. (R.k Veda).

Holistic (Dynamic Silence) in the Light of Unmanifesting the Parts but Manifesting the Whole Quality of Intelligence

During my Transcendental Meditation practice, I feel my awareness settle to a deep, profound blissful level of silence, to a place that is completely "pure," where I lose awareness of all thoughts, and feelings, where activity comes to rest and silence prevails. In this sublime and peaceful state, I feel as if I am reborn, "Sovereign of men, Agni, thou art born," and having come home to myself, to a space within that is my true Self, I am self-sufficient and free, "sovereign of men." The experience is that of **unmanifesting the parts (losing awareness) but manifesting the whole (feeling reborn).**

4 [28 April, 2014]

Glorified by Jamadagni, sit down in the place of sacrifice (the altar); drink, augmenters (of the reward) of sacrifice, the Soma libation (R.k Veda).

Holistic (Dynamic Silence) in the Light of Establishing Quality of Intelligence

When sitting to practice my Transcendental Meditation and TM-Sidhi program in the group program room, (sitting) "down in the place of sacrifice," a feeling of holiness overtakes me. Beginning the Transcendental Meditation technique, my awareness settles down and expands to unboundedness; I transcend all thoughts and activity, **established** in wholeness. I am as if surrendering to the bliss within, "sacrificing" my small self to gain my big Self, and I feel "glorified" by the grace of God. I have come home to my pure Self, and for the time being, I am completely free from the stress and boundaries of relative existence. I feel a sense of true freedom—fulfilled, content and peaceful.

5 [17 March, 2014]

The whole world, (Agni), finds an asylum in thine effulgence, whether it be in the ocean, in the heart (of man), in the life (of living beings), in the assemblage of the waters, or in warfare: may we attain that sweet-flavoured wave which is established in thy (essence) (R.k Veda).

Holistic (Dynamic Silence) in the Light of Transforming Quality of Intelligence

My experience during the Transcendental Meditation program is that of "finding an asylum in thine effulgence." I feel protected in a cocoon of bliss and silence, "established" in freedom, untouched and invincible, enveloped in God's grace. Light and Being permeate and nourish my "heart" and every cell in my body. I feel the bliss

pouring over me in "waves," like "water" permeating my head, forehead, top of my head and all cells and parts of my brain. It is a most delightful and fulfilling experience of the "waves" of bliss **transforming** my physiology from small boundaries to the unbounded "ocean" of wholeness in true freedom.

6 [1 January, 2013]

Just as a spider spins out and holds (the threads of the web), just as the plants sprout forth out of the earth. Just as hair grows on the head and body of a man who lives, similarly everything that is here arises out of the imperishable one (Mundaka Upanishad, 1.1.7, Deussen, 1992, p. 572).

Transcending in the Light of Balancing, Holding Together, and Supporting Quality of Intelligence

When I am very deep in program and the bliss is flowing within and "spinning out" from my head and forehead, I feel a blissful sensation of my awareness hanging in space, as if being "held" by an invisible thread ("spins out and holds") – holding together. My awareness feels suspended in mid air, completely silent, quality-less, yet fully awake, alert, and balanced. It's a peaceful feeling of centeredness and heightened awareness. I feel separate, yet blissfully so and more awake than in ordinary waking state. In this state I have no thoughts of past or future, only the feeling of being fully awake in the present moment – a feeling of great freedom, a feeling of balancing, holding together, and supporting, and of relief that I've come home to my Self.

7 [14 November, 2013]

When he has considered the worlds won by deeds, let a Brahmana gain non-attachment. What is not made cannot be won by what is made. For that knowledge, let him, sacrificial firewood in hand, approach a master versed in the Veda and established in Brahman (Mundaka Upanishad, 1.2.12, Deussen, 1992).

Transcending in the Light of Establishing Quality of Intelligence

During my Transcendental Meditation and TM-Sidhi program I feel centered and steady, completely silent and **established** in wholeness—"established in Brahman." It is a self-referral feeling of complete self-sufficiency where nothing from outside is needed. I am totally bathed and nourished from within my Self, feeling eternal timelessness, freedom and my whole being permeated by the Grace of God.

Figure 2. Experiences #2, #3, #4, #5, #6 and #7—results of research in consciousness.

THEORY-GUIDED ANALYSIS

In order to derive meaning from the experiences, this study analyzed the experience results within the framework of the Science of Creative Intelligence. That is, the data (experiences) are constantly compared with theory as described by Kohlbacher, (2006). This

theory–guided analysis is presented with two corresponding descriptions relating to the specific experience: 1) a quote from Maharishi highlights the relevant Maharishi Vedic Science principle and 2) quotes from the documented experiences. I have divided the experiences into two categories: Experiencing Transcendental Consciousness and its qualities, and experiencing true freedom.

Experiencing Transcendental Consciousness and its qualities

Transcending thought. (Maharishi, 1990/1967), "The mind, moved by its own nature to enjoy more, flows towards the subtler fields of experience during Transcendental Meditation and most spontaneously attains the state of Being" (p. 210)

My experience states: "I feel my awareness settle to a deep, profound level of silence." (#2), and "I transcend beyond all thoughts and activity, established in wholeness." (#3)

Bliss. (Maharishi 2001/1963) "Because in this practice of Transcendental Meditation the conscious mind is set on its way to transcending and experiencing transcendental absolute Being, whose nature is bliss consciousness, the mind finds that the way is increasingly attractive as it advances in the direction of bliss" (pp. 32–33). Maharishi also states: "The essential nature of Being is Absolute bliss consciousness." (2001/1963, p. 4)

My experience: "My awareness continues to refine until it loses itself totally in the depth of the field of bliss consciousness where I become unaware of body and surroundings, just alone with my Self in quiet stillness." (#7)

I experience different flavors of bliss in motion: "bliss moving within itself." (#5), "bliss is flowing," and "waves of bliss." (#6)

Silent and pure. Maharishi (2011/1973) describes transcending: "The thought has been transcended, the finest experience of a thought has been transcended, and pure consciousness, the thinker alone, is left. The knower alone is there in its essential value" (p. 32)

My experience states: "During my Transcendental Meditation practice, I feel my awareness settle to a deep, profound blissful level of silence, to a place that is completely "pure," where I lose awareness of all thoughts, and feelings, where activity comes to rest and silence prevails." (#3)

Unbounded. Maharishi (2011/1973): "This is unbounded consciousness: no boundaries, no thoughts, and pure consciousness" (p. 32).

My experience: "My awareness continues to refine until it loses itself totally in the depth of the field of bliss consciousness, where I become unaware of body and surroundings." (#2) ". . . . my awareness settles down and expands to unboundedness." (#3) and " . . . bliss transforming my physiology from small boundaries to the unbounded "ocean" of wholeness in true freedom." (#5)

Self–sufficient and invincible. Maharishi (1986) describes the unified field, (Transcendental Consciousness): "It [unified field] has 100 percent self–sufficiency and invincibility because it is a transcendental reality (p. 138).

My experience: "I feel protected in a cocoon of bliss and silence." (#5) and "I feel content, invincible, and self–sufficient." (#1)

2. Experiencing True Freedom

Maharishi describing (1986) Transcendental Consciousness: "Nothing of the relative can ever touch it" (p. 138).

"I feel content, invincible and self–sufficient, but most of all I feel a renewed sense of freedom, knowing that what I've gained can never be taken from me, and in knowing this, 'Absolute freedom' comes. (#1)

Self–referral consciousness*: Coming home to myself.* Maharishi (1996a): "The self–referral state of consciousness, the field of invincibility, is the field of self–sufficiency in all possibilities—the simplest state of human awareness, self–referral state of consciousness—Transcendental Consciousness" (p. 221).

My experience: "In this sublime and peaceful state [Transcendental Consciousness], I feel as if I am reborn, "Sovereign of men, Agni, thou art born," and having come home to myself, to a space within that is my true Self[9], I am self–sufficient and free. (#2)

Fulfilled in eternal freedom*:* Maharishi (1986), "The effect of this practice [of the Transcendental Meditation technique] is to permeate life with unlimited creative energy and to harmonize the abstract, absolute values of divine Being with the concrete, physical values of day–to–day life, bringing life to a state of eternal freedom" (p. 153)

My experience: "Stationed there, [in the field of Transcendental Consciousness] even for a moment, I feel complete and fulfilled in eternal freedom; nothing from outside is needed and no affluence greater than this experience exists. I am the 'possessor of great wealth'—a state of eternal freedom that is beyond any wealth in the relative level and such that can never be lost or taken from me—the wealth that is my Self." (#2)

VALIDATION

This validation process compares the representative experience in five levels.

1. Vedic Verse and Quality of Intelligence: The validation for experience #1 was when the experience was documented. I used the whole verse and the Quality of Intelligence to validate my experience (Figure. 1).

[9] I use the uppercase "S" here to distinguish the inner spiritual value of my Self from my small, relative (small "s") self.

2. Vedic Principle: *Śivam śāntam advaitum caturtham manyante sa Ātmā sa vijñeyah.*

Maharishi's translation: "The peaceful, the blissful, the undivided is thought to be the fourth; that is the Self. That is to be known" (cited in Egenes, 2003, p. 365) I experience pure consciousness, the Self: "the experience of the absolute pure consciousness, the non-changing Being, far beyond relative existence, pure consciousness itself."

3. Scientific Principle: Highly coherent states as seen in superfluid helium. When cooled to absolute zero temperature, superfluid helium is found penetrating through tiny cracks in the container and climbing up the sides of the container, exhibiting a state of true freedom (retrieved from Minkel, 2009).

4. Published study: *The Concept Self in Psychology.* The concept of self-awareness in an object/self-referral continuum as seen in the electroencephalograph (EEG) patterns of individuals practicing the Transcendental Meditation technique (Travis, 2006). Practitioners of the technique compared to control groups experience a greater sense of Self independent from outer circumstances, exhibiting greater self-referral identification, which is characterized by increased self-sufficiency. This indicates a sense of freedom gained from the experience of Transcendental Consciousness.

5. Experience of Trancendental Consciousness. I experience Transcendental Consciousness during my Transcendental Meditation program. My consciousness is both silent and dynamic, displaying the holistic, dynamic silence quality of intelligence[10], awake and silent at the same time, a state of restful alertness characteristic of Transcendental Consciousness (Maharishi (2011/73, p. 32). This experience of Transcendental Consciousness in my awareness gives rise to a deep sense of ever-increasing waves of bliss and freedom.

CONCLUSION

The results of my research in consciousness were discussed with reference to the theoretical principles of the Science of Creative Intelligence. Through this discussion, clear correlations were found between the results of my research and theoretical principles, suggesting that, as a result of the experience of bliss consciousness, I experience true freedom in the transcendent as predicted in the Science of Creative Intelligence. The association between my experience and my sense of freedom indicates that bliss consciousness, Transcendental Consciousness, is the source of true freedom. Therefore, this qualitative study compliments existing literature of extensive quantitative research on the Transcendental Meditation

[10] Quality of Intelligence: There are 40 qualities of intelligence of Maharishi Vedic Science represented by the 40 aspects of Veda and Vedic Literature. They are considered the building blocks that structure creation and the human physiology (Maharishi, 1997a p. 25).

program with regard to studies measuring increased self–sufficiency and personality development. However, a single subject case study is limited to one person's experiences and needs further substantiation through other qualitative studies in order to compliment the quantitative research.

For true freedom to become a living reality it is necessary that it be lived in all aspects of life, not just experienced in the transcendent. Through the Transcendental Meditation program along with theoretical understanding of consciousness, growth of higher states of consciousness becomes possible. By developing higher states of consciousness, one can achieve the highest level of freedom possible in human life.

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