

**Part I: Bhakti - The Path of Supreme Love (Parama Prema)**  
**Part II: Effect of Emotional Culturing Session on the Capacity to Influence REG**  
**By**

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**Abstract**

**Part I: Bhakti - The Path of Supreme Love (Parama Prema)**

Human beings have the possibility of reverting back to their primitive nature by getting lost in Kama (lust) or rise up the ladder of evolution through param prema (supreme love). Prema (pure love) is the bridge between kama and prema (bhakti). Love is the fundamental force behind kama. Prema & Param Prema. Refining it to the level of bhakti and going beyond is the purpose of bhakti-yoga. Narada Bhakti Sutras tell us about this yoga of love. Present essay dwells on few of the sutras related to kama, prema and bhakti (param prema).

**Summary and conclusions**

With increased consumerism, globalization and such other materialistic philosophy generated evils, we are being pulled towards a culture that is turning a person more body oriented, selfish, possessive and thus, self-destructive. This is culture of Kama, the culture of asuras. If we have to make this world a better place to live, we have to move from kama to prema and from prema to parama prema. From asuras (demons) to manavas (human beings) and from there to devatas (divine beings). There is no better tool in modern times (kali yuga) than bhakti as the wise people have predicted. Harih namah kevalam kalau yuge. Kama and parama prema are two extremes of the same force called LOVE. One cannot eliminate kama totally. But understanding its hidden ingredient love and then refining it, one can reach the height of perfection which is nothing but peace, bliss and harmony. Knowledge, Creativity and Bliss. Sat-Cit-Ananda!

**Part II: Effect of Emotional Culturing Session on the Capacity to Influence REG**

Thirty females in the age group 18 to 50 years participated in a Emotions Culturing Session (ECS) on the first day and a Random Thinking (RT) session at the same on the second day. The pre and post sessions lasted for 10 minutes

while the ECS and RT sessions lasted for 30 minutes. The output display of Random Event Generator (REG) on a laptop computer was used to assess the influence of the state of mind associated with the above sessions. The pre-post data showed no significant in both the sessions. The 'pre' vs 'during' data showed highly significant changes but there was no significant change between ECS and RT sessions. However, the number of episodes in which the REG could be influenced (mean value>101.00) showed highly significant increase in the 'pre vs 'during' data of 'post in both ECS and RT sessions.

These results indicate a distinct possibility of enhancement of the power of psycho-kinesis in emotions culturing sessions (ECS).

### **Summary and conclusions**

1. Present study was designed to examine the possibilities of influencing the REG by Emotional Culturing sessions (ECS) in contrast to Random Thinking sessions in normal females in comparison to Random Thinking (RT): (a) before and after ECS session & (b) before and During the ECS sessions and (C) during and post sessions.
2. Present study further examined whether ECS can enhance to capacity of individuals who can significantly influence the REG in comparison to Random Thinking.
3. Thirty females in the age group 18 to 50 years participates in a Emotions culturing session (ECS) on the first day and a Random Thinking (RT) session at the same time on the second day.
4. The pre and post sessions lasted for 10 minutes while the EC and RT sessions lasted for 30 minutes. The output display of Random Event Generator (REG) on a laptop computer was used to assess the influence of the state of mind associated with the above sessions.
5. The PRE – PRE comparisons show that pre-data do not differ significant ( $p>0.1$ ) between the two events showing a matching of initial data in both the events.
6. The pre-post data showed no significance in both the sessions.
7. The PRE vs DURING data showed highly significant changes but there was no significant change between ECS and RT sessions.

8. The number of episodes in which the REG could be influenced significantly (mean value > 101.00) was analyzed next. The results showed that there was a highly significant increase in the PRE vs DURING data of ECS. There was no significant change in the PRE vs DURING of RT, DURING vs POST in both ECS and RT sessions.

These results indicate that the ECS did not bring about an enhancement of the power of psycho-kinesis at the end of the session. However, the results indicate a distinct possibility of enhancement of the power of psycho-kinesis in emotions culturing sessions (ECS) compared to RT sessions.

**Keywords:** Bhakti, supreme love, parama prema, emotional culturing.