CHAPTER - 7

FINDINGS AND SUGGESTIONS

7.1 FINDINGS:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” yielded the following improvements on the experimental group students.

1. The Energy levels of the Aura have increased from 51 to 56.

2. The Energy levels of the Mooladhara Chakra have improved from 32 to 37.

3. The Energy levels of the Manipuraga Chakra have improved from 36 to 41.

4. The Brain wave frequencies at Mooladhara Chakra have decreased from 25cps to 12 cps.

5. The Brain wave frequencies at Swadhistana Chakra have decreased from 25cps to 10cps.

6. The Brain wave frequencies at Manipuraga Chakra have decreased from 22cps to 9cps.

7. The Brain wave frequencies at Anahatha Chakra have decreased from 23cps to 10cps.

8. The Brain wave frequencies at Visuddhi Chakra have decreased from 25cps to 9cps.

9. The Brain wave frequencies at Agna Chakra have decreased from 23cps to 9cps.

10. The Brain wave frequencies at Thuriya Chakra have decreased from 24cps to 8cps.

11. The Brain wave frequencies at Universal Field have decreased from 25cps to 7cps.

12. The Brain wave frequencies at Absolute Space have decreased from 26cps to 7cps.

13. The functions of Para-thyroid gland have increased from the level 3.12 to 3.17.

14. The functions of Pituitary gland have increased from the level 2.57 to 3.17.

15. The functions of Pineal gland have increased from the level 4.21 to 4.61.

16. The functions of Thymus gland have increased from the level 2.79 to 3.06.
17. Out of 59 defects in Health Record questionnaire, experimental group students have acquired alleviations in 35 defects.

18. The behaviors of the students with their parents, teachers and friends have improved harmoniously in all the 30 queries of the questionnaire.

19. The Body Mass Indexes of the students have increased from 18.08 to 18.24.

20. The Pulse Rates of the students have reduced from 88 to 74.

21. The Academic scores of the students have progressed from 529 to 594.

As per the One-Sample Test,

22. The Resonance levels of the Endocrine glands such as Thyroid, Pituitary, Thymus and Sex glands are highly significant in the 6-month test.

As per the Independent Sample Test,

23. The Brain wave frequencies are highly significant all the nine centers during the meditation in the 6-month test.

24. There are significant improvements in 14 questions of the Psychological questionnaire in the 6-month test.

As per the Paired t-Test,

25. Significant improvements exist for Pulse Rate and BP-Systolic in both 0-3 months and 0-6 months. Also, for the variable BMI in 0-3 month test.

26. The functions of all Endocrine glands are significant in both 0-3 month and 0-6 month tests.
7.2 CONCLUSION:

Students, in this day and age, have broad knowledge and high capabilities. But appropriate guidance to channelize their abilities is absent today. Their education is also not sufficient to train them in all aspects. As a result, they fall into defeats in life and physical and mental defects. Meditation, the inner travel, has the power to bring the Mind wave frequencies to subtle levels which can bestow awareness, peace, concentration, memory etc. Vethathiri Maharishi who came in ancient Tamil Siddhas heritage has made the Traditional Kundalini Yoga easier for modern age as Simplified Kundalini Yoga (SKY Yoga). He devised the Nine-Centre meditation, as part of this yoga, to enhance the physical, mental and spiritual functions of all humans. Students who underwent his Nine-Centre meditation have obtained good academic progress. Their Mind wave frequencies have come to fine levels; endocrine glands are enhanced well; Aura and Chakra energy levels have increased well. Further, they have recovered from many health defects and their behaviors with their parents, teachers and friends are harmonized to high levels. Hence, it is proved that Vethathiri Maharishi’s Nine-Centre meditation is a potential mind practice which is capable to upgrade the Physiological, Psychological and Radiological variables of the students.

7.3 SUGGESTIONS:

1. This study may be expanded to 12 months, 24 months duration so that more enhancements may be gained.
2. This study focused only on boy students. Hence, conduction of this study on girl students may reveal differences in enhancements if any.
3. This study may be conducted to college and university students to see the levels of effects on them.
4. This study focused only on students in Coimbatore district and Tamil nadu state. Hence, the research may be made widen to the students in other districts of Tamil nadu and other states of India.
5. This study may be extended to foreign countries students.
6. This research took place only with less samples i.e. 22 students. Hence study with large number of samples i.e. 100, 200 may bring new discoveries.
7. The study may be expanded to patients in hospital and old aged people to see the effectiveness of the Nine-Centre meditation in rescuing them from chronic diseases.
8. The study may be conducted on adult men and women, pregnant women and obese people.
9. A similar study may be conducted to compare the efficiency of the Nine-Centre meditation with other Yogic practices.
10. Since the Nine-Centre meditation improved the academic performances of the students, the governments may mandate this meditation in all schools.
11. Nine-Centre Meditation may be included in educational curriculum of schools, colleges and universities.
12. A similar study with more tests with new advanced instruments may increase the number of accomplishments.