

# The Impact of Rajyoga Meditation on Quantum Energy: Bridging Spirituality, Science, and Well-Being

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**Abstract:** *This scientific investigation explores how Rajyoga-based meditation practice affects subtle quantum energy fields, assessed using L-rod instrumentation among participants at a meditation center. The methodology involved pre- and post-meditation energy readings from 28 participants using standardized protocols, alongside controlled experiments using affirmations to measure energy modulation. Notable improvements in energy readings after meditation were observed, with positive affirmations amplifying energy and negative thoughts reducing it. These findings, supported by neuroscience, quantum theory, and mind-body studies, demonstrate a measurable interface between spirituality and scientific inquiry, offering a framework for integrating ancient practices into modern well-being research.*

**Keywords:** Rajyoga Meditation, Quantum Energy, Mind –Body Connection, Positive Affirmation, Spirituality and Science

