

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

I. INTRODUCTION

Recent studies highlight a growing interest in exploring how meditation influences not just individual well-being but broader physiological and energetic systems. By grounding ancient Rajyoga practices within the framework of empirical research, this study aims to provide actionable insights for practitioners, clinicians, and researchers seeking integrative approaches to health and peace-building.

Connecting spirituality with scientific understanding is an enduring challenge, especially in understanding how meditative practices affect personal and environmental energy. Rajyoga-based meditation practice, rooted in ancient Indian tradition, posits that connecting mind and intellect with soul and a Supreme consciousness increases inner energy, spreading peace and harmony throughout the world. Recent scientific investigation—including neuroimaging, physiology, and quantum field studies—provides empirical tools for investigating these phenomena scientifically [1].

II. METHODS

2.1 Study Design

Participants were recruited voluntarily through announcements at the meditation center, ensuring a diverse representation of age groups, genders, and meditation experience levels. All participants provided informed consent and were screened for medical conditions that might influence energetic readings.

The primary scientific investigation work took place at Mumbai's Brahmakumaris Meditation Center on September 7, 2025, involving 28 participants aged 25–83. Quantum energy was assessed pre- and post- a one-hour Rajyoga-based meditation practice session using L-rod devices, calculating right and left energy percentage values.





Fig. 1 L-rod

2.2 Protocol highlights:

Volunteers first accessed their soul through mind/intellect focus.

Connected with Supreme energy through intention.

Energetic intention was distributed globally for universal harmony [2,3].

Environmental readings from water, the meditation hall, and a symbolic Supreme energy image were included for context.

2.3 Affirmations Experiment

A follow-up controlled scientific investigation work examined subtle quantum energy field changes during repeated positive ("Be Peaceful," "Be Powerful") and negative ("I am fearful," "I am weak") affirmations, measuring L-rod values pre- and post- each affirmation sequence.

[Note: Thoughts should be rooted in heartfelt intention rather than purely intellectual reasoning]

III. RESULTS

Quantitative Analysis

Group means and variability for participants were:

Table 1 : Effect of rajyoga meditation on your subtle quantum energy field by pre- and post- mediation using L-rod/Angle rod/Divine rod with volunteer and objects

Sr.no.	name of volunteer	gender	age	before meditation		after meditation	
				Right %	left %	Right %	left %
1	Govind	Male	64	35	0	45	30
2	Ritesh	Male	41	40	0	45	40
3	Sanjay	Male	55	30	30	40	40
4	Hanuman	Male	40	20	0	50	50
5	Nitin	Male	60	40	40	50	50
6	Umesh	Male	70	40	0	45	30
7	Gopi	Male	64	30	30	45	30
8	Sriram	Male	51	30	40	45	45
9	Shyam	Male	50	25	25	30	40
10	Mohan	Male	45	45	45	70	50
11	Pushpa 1	Female	65	30	0	45	45
12	Pushpa 2	Female	51	40	40	50	50
13	Swati	Female	41	20	40	50	50
14	Padma	Female	45	10	30	40	40



15	Prashanti	Female	55	30	10	45	30
16	Urmila	Female	65	40	40	50	10
17	Yelu	Female	70	10	30	30	20
18	Mangala	Female	70	30	0	40	40
19	Savita	Female	55	40	0	35	35
20	Jaya	Female	75	0	20	35	35
21	Shefali	Female	50	40	30	45	45
22	Sushila	Female	83	20	10	35	35
23	Nilam	Female	70	40	10	35	35
24	Sarla	Female	75	35	20	0	40
25	Usha	Female	65	25	10	25	25
26	Namita	Female	25	25	25	40	44
27	Shalini	Female	55	25	25	40	44
28	Manisha	Female	50	25	25	40	40
29	Drinking water	nil	nil	30	0	45	45
30	Mediation Hall	nil	nil	50	0	50	50
31	Near Supreme energy's imane	nil	nil	90	90	100	100

Statistical Analysis:

	Before (Mean \pm SD)	After (Mean \pm SD)
Right %	29.3 \pm 10.9	40.9 \pm 11.7
Left %	20.5 \pm 15.4	38.1 \pm 9.7

All participants experienced an increase in at least one parameter post-meditation, with some showing increases up to 30–40 points. These findings parallel previous scientific investigation showing improved cardiovascular function, emotional intelligence, and reduced stress after sustained Rajyoga practice [4, 5, 6]

Environmental samples also saw increases, especially near the Supreme energy's image, matching findings from studies on the spatial influences of meditation [4, 7].

Thought Affirmation Effects

Repeating positive thoughts led subtle quantum energy field to rise from 0% to 100%, while negative thoughts dropped values into negative or low ranges. Neuroscientific scientific investigation and affirmation-based wellness studies explain such influences as the result of modulation of neural pathways and self-regulating mind-body interactions [8, 9].

Table 2 : Effect of rajyoga meditation on your subtle quantum energy field by pre- and post- mediation using L-rod/Angle rod/Divine rod with thoughts

Sr.no.		before meditation		after meditation	
		Right %	left %	Right %	left %
33	Effect of positive thoughts				



1	Be Peaceful with 7 times repetitions	0	0	100	100
2	Be powerful with 10 times repetitions	0	0	100	100
3	Be Content with 10 times repetitions	0	0	100	100
4	Be Lovely with 10 times repetitions	0	0	100	100
5	Be joyful with 10 times repetitions	0	0	100	100
34	Effect of negative thoughts				
1	I am fearful one	0	0	-10	-10
2	I am weak one	0	0	-20	-15
3	I am Stressed one	0	0	-15	-15
4	I am a failure one	0	0	-20	-20
5	I am a lazy one	0	0	-10	-10

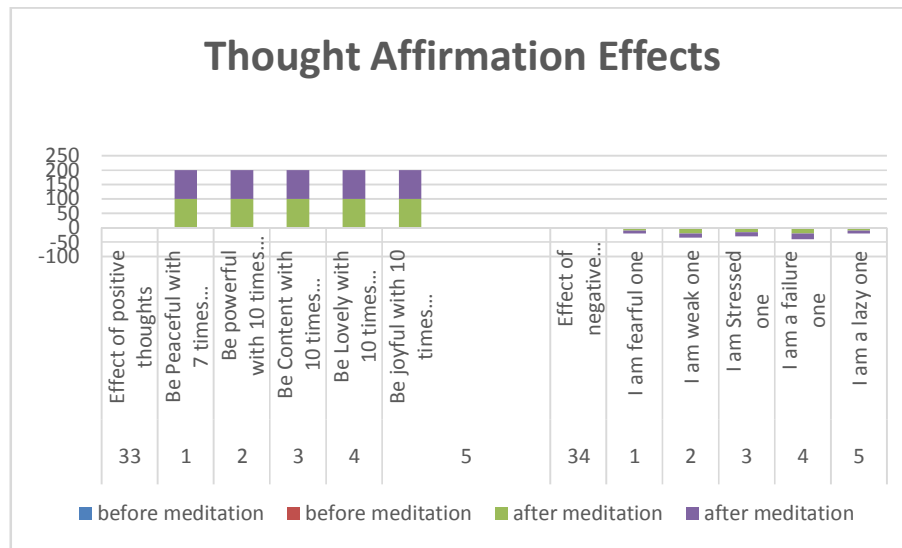


Fig. 2 : Thought Affirmation Effects

IV. DISCUSSION

Mind, Quantum Energy, and Meditation

These findings substantiate a powerful link between conscious intent and measurable energy changes, aligning with scientific reports of increased gray matter, improved emotional intelligence, reduced blood pressure, and enhanced inner harmony from Rajyoga-based meditation practice. Research using fMRI and modern quantum field theory suggests the possibility of nonlocal consciousness and interconnectedness at the subatomic level [1-11].

Affirmations and Mind-Body Healing

The dramatic impact of positive and negative affirmations supports findings from psychology and quantum healing: intention, self-talk, and emotional states are critical in modulating physiological and energetic states. The cells of the body “listen” to thought, and directed energy—whether through meditation or affirmation—can facilitate healing and transformation [11, 12].



Science-Spirituality Interface

Rajyoga-based meditation practice is a uniquely robust case scientific investigation work in the science-spirituality interface. Its experiential claims about soul connection, supreme energy, and energetic distribution are increasingly matched by contemporary scientific investigation in neuroenergetics, quantum biology, and consciousness studies[9-14].

V. LIMITATIONS

Additional limitations include the absence of randomized control groups, reliance on self-reported mental focus, and potential environmental confounders. Future studies should aim to include larger sample sizes, longer intervention periods, and advanced neurophysiological monitoring to corroborate these findings.

Although L-rod measurements are promising, further validation with more standardized scientific tools (EEG, MEG, fMRI, quantum sensors) and larger, controlled studies are required to confirm and deepen final remarkss.

VI. CONCLUSION

This scientific investigation shows clearly notable improvements in subtle quantum energy field following Rajyoga-based meditation practice, with positive affirmations amplifying the effect and negative thoughts diminishing it. Supported by recent advances in neuroscience, quantum physics, and mind-body scientific investigation, the findings point to a meaningful convergence between spiritual practice and scientific validation, offering new hope for holistic health and planetary harmony.

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