Vedic and yogic knowledge are not products of the rational mind but regardless of how they came about, yogis have been intensely interested in corroborating ancient knowledge of yoga with science. In modern times, the interaction of Swami Vivekananda with Nikola Tesla comes to mind as the first instance when a scientist and a yogi came together for this purpose. Tesla was deeply moved by his interactions with Swami Vivekananda going by his two noted remarks that remain important to this day: *If you wish to understand the universe, think of energy, frequency, vibration, and The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.*

Vivekananda thought Tesla could crack the mystery but unfortunately, no further progress could be made because several discoveries, such as the discovery of DNA and the meaning of ultimate reality and the nature of that reality had not yet been made.

The second significant tryst with destiny involves Apple Cofounder, Steve Jobs (1955 – 2011) and Yogananda Paramahansa (1893 – 1952). Yogananda was a self-realized yogi born in 1893, the same year Swami Vivekananda paid his maiden visit to the United States. Yogananda spent half his life in the United States. On March 7, 1952, Yogananda attended a dinner for Binay Ranjan Sen, Ambassador of newly-independent India and his wife at the Biltmore Hotel in Los Angeles (Source, Wikipedia). At the conclusion of the banquet and just before he died, Yogananda spoke of India and America, their contributions to world peace and human progress, and their future cooperation, expressing his hope for a "united world" that would combine the best qualities of "Efficient America" and "Spiritual India."

According to media reports, Steve Jobs personally planned a gift for family and friends attending his funeral service in 2011, and it wasn’t an Apple product. Instead, it was the book, "The Autobiography of a Yogi" by Yogananda Paramahansa. *Business Insider* reported Salesforce CEO Marc Benioff as saying, *I knew this was a decision Steve made that everyone was going to get this gift. So, whatever this was, it was the last thing Jobs wanted us all to think about. That was the message: Actualize yourself.* Now, Steve Jobs is remembered as one of the best creative and innovative minds of the Tech World. Why would such a visionary go to these lengths to gift Yogananda’s book? It appears, Steve experientially understood the power of kriya yoga, and maybe that was the source of his creativity and innovativeness. But in the absence of a scientific understanding, the best Jobs could do was to implore the recipients to embrace kriya yoga by presenting a copy of the book at his funeral service. The gravity of his feelings would not have been lost on...
those who received the gift. The books has sold four million copies and it has been translated in fifty languages. There is a self-Realization Fellowship Center in virtually every major city in America and in many cities abroad.

I met Gurumahan Maharishi Paranjothiar about eight years ago in 2010 or so, courtesy of a friend, the late Dr. Thangam “Sam” Rangaswamy. When I presented Guruji with a copy of my monograph, “A Small Step for Man: Zero to Infinity with Six Sigma”, he commented, I was looking for someone like you. Fortunately, I didn’t know at the time what he meant, or else I would have been too scared to even start. Now that his intention has materialized, it is clear he wanted me to develop a scientific framework to corroborate the world of yoga with science and scientific principles that he experientially understood. This is similar to the desire of Swami Vivekanda and Yogananda Paramahansa. In this quest, the collaboration of Jim Kowall, a triple board-certified American physician who additionally holds a doctorate in theoretical physics, has been critically important. Jim is coauthor of my book on the Nature of Ultimate Reality and How It Can Transform Our World (amazon, 2015).

![Gurumahan and Gurumahan with my wife, Meena and I](image)

The scientific framework comprises of two components: Science of External Excellence and Science of Internal Excellence. The scientific framework for external excellence teaches how to achieve the best possible performance of processes and activities and this translates into a pursuit of minimum variance. Six sigma, a fundamental, data-driven approach to problem-solving, is a popular methodology to use for this purpose and it is uniquely American. It was co-created by Bill Smith and Dr. Mikel J. Harry at Motorola in the seventies. For this work, Motorola received the inaugural Malcolm Baldridge National Quality Award from President Reagan in 1982. This is “Efficient America” in the words of Yogananda Paramahansa.

Pursuit of internal excellence is “Spiritual India” in the words of Yogananda. Yoga, meaning to reconnect to the source, is integral in the pursuit of internal excellence. I have discovered that in the absence of an adequate level of internal excellence, the best of the best quality initiatives, including six sigma, do not deliver satisfactory performance. Boost internal excellence and the performance will zoom. Thus, both components of excellence are essential for individual, organizational, national, and global transformation. Co-creator of six sigma, the late Dr. Harry was fully on board with this assessment. My paper, “Profound Implications of Minimum Variance Control” is on his blog, Business Improvement Times (May 2015).

**GURUMAHAN VISITS LOUISVILLE**

Gurumahan paid us a visit during October 22-25, 2018. He conducted two meditation sessions in Louisville during his stay here: At St. Francis High School on October 22, 2018 6:00 – 8:00 pm and a session I had organized on October 23, 2018 6:00 – 8:00 pm. In the first session, there were thirty-five participants of whom five were Indian-Americans. During the first session, Gurumahan asked me to increase the intellectual energy of participants and I presented a synopsis of the scientific framework for internal and external excellence in about thirty minutes. Jayaram Nagarajan, Universal Peace Foundation North America, based in Omaha, Nebraska, provided an introduction to the Universal Peace Foundation that Gurumahan founded in the nineties at Thirumurthi Hills, Tamil Nadu. He has been going into three
weeks of meditation annually with no food for world peace. The penance in December, 2018 will be his twenty-ninth. Gurumahan then conducted his meditation session. Looking at the before-and-after facial expression of the participants, it was obvious the program was very well received. St. Francis High School has invited me to teach the science and the practices of external and internal excellence in their school over eight sessions during the spring of 2019. Additionally, on the morning of October 23rd, Gurumahan was kind enough to visit the homes of three of my dear friends I have known for several decades. All three couples were very appreciative of my efforts to request Gurumahan to visit their homes and also for the kindness of Gurumahan in accepting my request. All of them reported positive experience from the visit.

Below is a photograph of the fifty some participants who attended the session on October 23rd. Among the attendees were professors from the College of Business, University of Louisville, and its J. B. Speed School of Engineering. Also in attendance were several physicians with different specialties. I began the session by providing a thirty-minute synopsis of the scientific framework for external and internal excellence and how it can make this a better and more peaceful world. Jayaram Nagarajan explained the work of Gurumahan towards global peace and about the Universal Peace Foundation. Then, Gurumahan took over and guided the audience through meditation and associated practices. His session lasted approximately an hour. Going by the reactions, the participants were pleasantly surprised by how much of a difference a single session made. I solicited written feedback from the audience and it is provided in the following paragraphs. I had previously attended excellent four-day programs of Sadhguru Jaggi Vasudev in San Diego, California in 2009 and Baba Shivanand Ji in Bangalore in December 2016 but this session was barely an hour long. I can now be supremely confident that the science and practices for external and internal excellence can make this a better and more peaceful world. Finally, the century-old desire of yogis has materialized in good measure.
FEEDBACK OF PARTICIPANTS AND PEOPLE GURUMAHAN INTERACTED WITH

1. **Dr. Yash and Mrs. Nisha Gupta** (Dr. Gupta is former Dean, School of Business, Johns Hopkins University). When we opened the front door, it felt like a divine presence was entering our home - there was a sense of peace and calm, before Gurumahan even uttered a word. His soothing words offered great comfort to both of us and his assurance that Nisha would be fine was a gift. As he placed his hand on Nisha's back, she experienced his warmth and energy spread throughout her body. By the end of the session she felt a release of her tension and the breathing exercises energized her. She has since used the breathing exercises to help with relaxation as well as uplifting her mood. In the evening we were truly blessed to spend time with Gurumahan in a different setting and experience his humor and personality. We believe that truly divine souls, such as Gurumahan, can make the unthinkable possible through their words and actions. Deeksha was an enlightening experience on how one can tame one's mind, focus our energy and achieve tranquility. Once again, we are indebted to you for this great honor.

2. **Dr. Subhash Lonial** (Professor Emeritus of Marketing, College of Business, University of Louisville). It was an exhilarating experience for me when I saw Guruji walking towards me. I felt blessed when he put his hand on my chest and back. I felt warmth and relieved. I felt the whole surrounding around me was peaceful and blessed. It is not possible to get over the experience when Guruji first walked in.

3. **Ravi Saharabudhe** (Formerly with General Electric Company). In the past I attended Transcendental meditation session with a team of trainers from Maharishi Mahesh Yogi, with Swami Satyanand Saraswati of Mongher Bihar and now with Gurumahan Paranjothiar. I see similarity in the last phase i.e. the meditation itself, however initial preparation prior to meditation is different. I enjoyed the session.

4. **Regina M. A. Sharma** (Retired Critical Care Nurse). I am used to meditating with only one or two people and went to this gathering with trepidation. However it was not long before I felt comfortable with the crowd and Gurumahan relaxed us all and brought overall tranquility to the experience. I came away feeling at peace and very relaxed.

5. **Dr. Mutyam V. Sharma** (Babu), FRCS (England, Edinburgh, Glasgow). It was a strange experience, from a state of mind that was wondering to the gradual merging of the mind that experienced PEACE, HARMONY, LAUGHTER, AND LOVE in Gurumahan Paranjothiar’s presence, almost like a turbulent river gradually merging with the ocean and becoming the ocean. ROMBA SANTOSHAM GURUMAHHAN JI.

6. **Dr. Vinod Narula, MBBS** (Retired from Indian Army). Though I had heard about Gurumahan I met him for first time when he visited Louisville. During the brief meeting I realized Gurumahan is a very compassionate and understanding person who is willing to help anyone who seeks his guidance. In his presence I felt a deep sense of relief and overwhelming happiness and joy. I feel blessed that I had an opportunity to meet him.

7. **Mrs. Kusum Nahata**. I had my first experience with Gurumahan and it was uniquely profound. I felt a strong jolt of energy on my forehead and I also saw many different colors vividly. Next day I was initiated by Gurumahan, and it too was a unique experience in the sense that after the initiation or Diksha I felt very calm, free of disturbing thoughts. I am planning to visit the Ashram next year in India.

8. **Dr. Babu L. Nahata** (Professor of Economics, College of Business, University of Louisville). I have been blessed by Gurumahan and his blessings are always with me. I first met Gurumahan about 7 years ago and since then I have visited the Ashram many times. The experience I had when HE was in Louisville was very calming as always and I felt re-energized again since I saw him last in April.

9. **Mrs. Priti Sheth** (Doctor of Occupational Therapy, OTD, OTR/L, MBA) and **Dr. Subhash Sheth**, MD (Oncology). Thank you for having us over for the meditation session with Gurumahan on 23 October, 2018. Pradeep, the way you lead your life, the robust energy that you demonstrate towards the cause that you have passion for, is totally amazing and very infectious. Without thanking you first, the follow up on the experience in the presence of Gurumahan, would be like putting the carriage before the horse. Thank you!
First and foremost, neither Subhash nor I have ever attended such a session. We were truly amazed with the ease that Gurumahan could explain the proper way to meditate. He made it flow easier than expected. Neither of us had attempted meditation prior to that day and this was a positive beginning. I still do not understand the theory or the functionality of meditation but Gurumahan made it easy to understand the concept in a very short period of time even to me, who is very skeptical. Regarding the breathing techniques and laughter, it was perfectly along the lines of treatments used in rehabilitation, so that was easier for me to understand and follow through. Overall, the experience was extremely good. We learned a lot and hoping to participate in future events. Thank you very much again for the opportunity to be in the presence of Gurumahan, an opportunity that would not have presented itself unless you were present!

10. Jaganathan Lakshmanan, PhD (Scientist, Price Institute of Surgical Research Hiram C. Polk Jr., MD Department of Surgery University of Louisville). We feel blessed, and as always, we all felt a sense of blissfulness and happiness and a deep peace within us. This feeling, we have every time we get to meet his Holiness. We felt energetic, and revitalized after the "breathing exercises and meditation" session conducted by Gurumahan. I did feel my whole body vibrating with energy after the breathing session. My daughter felt the same. Every time we return form a visit to Mahan's ashram, we feel energized and inner peace. I really cannot describe the feeling, a mix of inner peace and tranquility, like a child feels in the presence of his loving parents, I feel the same way whenever I see Gurumahan.

11. Dr. Kunwar P. Bhatnagar, PhD (Professor Emeritus of Anatomy, University of Louisville Medical School). Thank you for your effort in getting Gurumahan to Louisville. As indicated by the 'Component in the Louisville session as well as that with the Omaha, NB county commissioner I am very positive that your further interest will certainly lead not only to 'Making America Great Again' BUT making the 'WORLD GREAT AGAIN'. Your paper is motivating. I wish you success in setting these sessions up.

12. Sudesh Singla and Amar Singla (Executive Vice President with QK4 Consulting Engineering Company - Retired). It was beyond my and Sudesh's expectation the calmness we both felt after attending the two sessions with Gurumahan during his visit to Louisville. We would like for longer and more sessions with him to learn about meaning of life on this earth to make us better persons to serve others. Thanks for bringing him to Louisville.

13. Dr. Mahendra Sunkara, PhD (Professor of Chemical Engineering and Director, Conn Center for Renewal Energy Research, University of Louisville). Thank you so much for having me there. The concept of global peace through individual’s inner peace is not only elegant but is also very noble in nature. The way Gurumahan conducted the exercise is extremely effective. After the exercise, I definitely felt very energetic and felt light devoid of stress. Also, I left the place with a great feeling of accomplishment of some kind. I have also been fascinated by others' stories of finding inner peace by spending time at Gurumahan's ashram. Thank you for making me part of this.

14. Dr. Rebecca Martin, PhD (Psychology). My experience at the gathering for Gurumahan was significant. I certainly felt the devotion of the group and their transformative descriptions of their interviews with Gurumahan. Your scientific presentation laid a good foundation for the broader implications of the deep and supportive research behind your guru’s messages of love and compassion, and of the value of experiencing meditation in the presence of a true master. May you have the best of all experiences in your future presentations.

15. Dr. Mahendra Patel, MD (Nephrology). I thank you for being instrumental in bringing Gurumahan to Louisville and let us learn the method of meditation from Guruji himself. The short session of meditation was very effective in producing calming effect and in long run should bring in emotional balance and happiness. Also I am very grateful to you for arranging for him to give "Diksha" to me personally at you home. All the program you arranged was excellent but very short, hope we can do such a program over 2 to 3 days sessions. I would like to visit his ashram in India one of this day to experience the surrounding energy level and meditate there. Pradeep can you find out from Guruji if his ashram is located on the "Ley Lines", the earth’s magnetic grid. You had told us that some of the pictures of his "Pyramid" shape ashram shows a channel of energy going up in the sky, this could the scientific basis of this phenomenon, and source of energy as all the other major holy temples in India which are located on the
"Ley Lines". I also commend Gurumahan for concept of Global Peace through meditation. There is an awesome BBC documentary "The Power of Meditation" where they do bring up the possibility of global peace and harmony through meditation. Thank you again Pradeep for such a Nobel act bringing Guruji to Louisville.

16. Ved P. Gakhar (Manager, Innovation and Product Development, Vermont American - Retired). I was glad to have attended Gurumahan’s session on October 23rd. I felt good although I didn’t experience something unique as you and Babu had described. May be the atmosphere was not the same as that of the Ashram in India. The biggest take away for me was his emphasis on Meditation which was the reinforcement of what you have been promoting all along. I do not quite understand the awakening of the 3rd eye and/or Kundalini, but I believe it provides the right direction for self-control. If you are planning to have group sessions of Laughing or otherwise, please include me in.

17. Kailash Sabharwal, MD (Endocrinology, Retired). I remember Gurumahan walking in. As I listened to him and prayed with him I felt a sense of calm all over. The best part was when he touched my forehead I felt blessed by such a great Guru. I touched his feet and blessed. I want to thank you Pradeep for bringing him here and the opportunity to meet him in person.

18. Jhulan K. Chaudhuri, CPA (Accountant Services). I had a previous engagement on the same evening. I thought, I will come and see him for an hour, and later sneak out to my other engagement. When Gurumahan walked in, I got interested seeing him and stayed on. The real change I noted, was when he came and touched my forehead with his finger in the middle of our meditation exercise. The cool touch brought in a sense of calmness, assurance and satisfaction to me. It was a great feeling.