Dedicated to HH Gurumahan and to the People of America and India

A NOVEL APPROACH TO OPIOID CRISIS

Pradeep B. Deshpande
PhD (Chemical Engineering), Professor Emeritus and Former Chair, Chemical Engineering Department, University of Louisville, President and CEO, Six Sigma and Advanced Controls, Louisville, Kentucky, and Visiting Professor of Management, Gatton College of Business and Economics, University of Kentucky, Lexington, Kentucky.

Intuition is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

Albert Einstein

Struggling to decipher with the rational mind that which is a product of the intuitive mind is a futile exercise, focus instead on validating the claims with six sigma principles.

Author

Six sigma is as precious as Veda, Upanishads, and Bhagavad Geeta.

Author

Science is the appropriate body of knowledge to use when the fundamentals of the system are well understood, but when they are not, data-driven approaches for problem-solving have to be used provided measurements are available. When the fundamentals are not well understood and measurements are not available or there are uncertainty issues with the measurements, then, enhancing the focus of attention, as with meditation, is the only route to new discoveries. Take care though, discoveries made by increasing the focus of attention must nonetheless meet the rigor of logical scrutiny.

Author and James P. Kowall, MD, PhD

According to the Centers for Disease Control (CDC), during 1999 - 2017 more than 700,000 people died from a drug overdose. Sixty-eight percent of the more than 70,200 drug overdose deaths in 2017 involved an opioid. In 2017 opioid overdose deaths (including prescription opioids and illegal opioids like heroin and illicitly manufactured fentanyl) were 6 times higher than in 1999. On average, 130 Americans die every day from an opioid overdose.

According to the National Institute for Drug Abuse (NIDA), in 2013 an estimated 24.6 million Americans 12 or older (9.4 percent of the population) had used an illicit drug in the previous month. I served on a grand jury a few years ago and the vast majority of the cases we heard were drug-related. NIDA also reports the age distribution of drug addicts. Notice that the highest number of drug addicts is in the 18 – 20 years of age.
Perhaps what Einstein meant by his remark on intuition is that most of us have forgotten how to activate our intuitive powers. Einstein did so by enhancing his focus of attention, smoking a pipe, staring out of the glass-window at the famous clock-tower in Berne, Switzerland from his second-floor apartment and conducting his famous thought experiments, but he didn’t, or perhaps he couldn’t, explain how to acquire intuitive powers.

The mathematical genius, S. Ramanujan is another example. Barely a high school graduate, Ramanujan would write down complex mathematical theorems and their proofs without knowing the steps in between. Prodded by his mentor, G. S. Hardy at Cambridge, Ramanujan finally revealed how. He told Hardy, *Goddess Habaki speaks to me*. What he meant in our language is that in his enhanced focus of attention during prayer, the ideas came to him. Neither Hardy nor Ramanujan himself could explain the scientific principles underlying the former’s prowess. Ramanujan was elected Fellow of the Royal Society, only the second Indian to be so elected. The reader may enjoy seeing the British film, *The Man Who Knew Infinity*.

HH Gurumahan explains that yogic processes can awaken the intuitive powers. I suggest, and Gurumahan concurs that such awakening in children may offer a way to address the opioid crisis in that the children will be less apt to fall prey to drugs in adulthood. Gurumahan explains that
Intuitive powers are acquired by activating the mid-brain (Agya Chakra) through a yogic meditative process. It is hypothesized that such an activation is facilitated by the hormone, melatonin, which is produced by the pineal gland. The exact purpose of the pineal gland is not well understood other than the fact it secretes serotonin and melatonin, but yogis assign much importance to this endocrine gland. A set of yogic exercises have been configured to produce the desired effect. This is a classic sigma problem whose efficacy can be corroborated with data. Fundamentals of what happens in the body to awaken the intuitive powers are not well understood, but this should not be of great concern. Let the yogis/scientists of the future unravel the mystery, but, in the meanwhile, we shall use this program to address significant human problems.

Current approaches to the opioid crisis appear to be attempting to tackle the problem after it has already occurred but the yogic approach focuses on children so that they will be less apt to fall prey to drugs in adulthood. Yogic processes can awaken the children’s intuitive power and raise their internal excellence in about seven days. One outcome indicative of the awakening is the ability to perform certain tasks, blind-folded and this can be tested.

There are several other significant benefits of the program: (1) Improved concentration, (2) Confidence, (3) Memory, (4) Academic performance, (5) Power of understanding, (6) Attitude towards parents, (6) Self-motivation, and (7) Reduced cell-phone and TV use. Parents and the children enthusiastically corroborated these benefits, one of the fathers telling me that their younger son too will enroll in the program soon.

The cited benefits are significant enough to embrace the program independent of how many of them will stay away from drugs in adulthood. Reason suggests that many will. Intuition, internal excellence, and self-realization are intricately linked. Internal excellence of the children is seen

A Teenager with her father and I

Another Teenager and I
to rise all in a matter of seven days. I encountered an illustration of intuitive powers of children in a visit to the Ashram of Gurumahan in Thirumurthi Hills, Tamil Nadu, India, during January 15 - 17, 2019. I met two young girls during my visit who demonstrated their intuitive capabilities. One thirteen-year-old girl read a few lines from a book, “I-God” by Paranjothiar Mahan, blindfolded. Another girl, aged 11, walked me to the Satsanga Meditation Hall, a distance of about 100 feet from the Ashram’s guesthouse, blindfolded. Along the way, there was a place where she had the choice of walking down a slope or walking down four steps, and she opted for the steps.

Recently, a boy from India demonstrated playing a piano blindfolded on the Ellen Degeneres show, and on the CBS show, The World’s Great Competition. He could also play two pianos simultaneously with both hands, playing a medley of Beethoven's "Fur Elise" and Chopin's "Etude" on the other. He subsequently won the $1 million prize.

I also witnessed a live example of the intuitive powers of Gurumahan during my visit. I arrived in India in the early morning hours of January 11th from the US and as of January 15th when I arrived in Thirumurthi Hills, I had not yet fully recovered from the jet lag. I woke up at 4:00 AM on the morning of the 16th and got ready by 5:00 AM. I had been writing the paper “Secret of Dabbawalas’ Exemplary Performance Hiding in Plain Sight” at the time, and I thought I would continue to work on that paper. There was no table in my room for the laptop, so I thought I would walk down to the small breakfast room next to the dining hall to continue working on the paper. When I arrived there the room was unlocked and I worked on the paper there for over an hour. This episode was repeated the next morning, but, this time, the room was locked and there was no one around to ask for the key. So, I went back to put the laptop in my room. The Pranavalayam (Pyramid) where Gurumahan meditates during Velvi (Penance with meditation) looks especially beautiful at night, lit with strings of blue colored LED light, and I decided to go there to take a photograph. The Satsanga Meditation Hall is on the way and when I reached there I found some twenty-five Chappals (slippers) outside. I realized that people must be meditating in the Hall but the two entrances, were closed, and I didn’t want to go in. I was about to leave to continue my walk to the Pranavalayam when one of the doors opened and Kannan Krishnaswamy, a Wisdom Teacher at the Ashram, came out and walked toward me and said Gurumahan had asked him to go out and wait for me and bring me in to join the meditation session in progress. It was 5:30 am at the time. I reasoned that the participants must have been meditating for a while, and I was late. When I told Kannan this, he responded Gurumahan had asked him to wait for me outside. He had also told Kannan to make a place for me for the Yoga Nidra (yogic sleep). Mind you, the doors were closed and there was no way for anyone to know that I was outside.
I did go in and joined the participants in meditation. Subsequently, Srividhyya Venkatramanan relayed what had happened in the Hall. She said the meditation session started at around 5:15 am and, before the start, Gurumahan had asked if her husband, Raja Ananthakrishnan, would be joining and she had responded by saying that he would be coming later. Then he inquired whether I would be coming, and she said I was sleeping and I wouldn’t be coming. At around 5:30 am Srividhya was awakened by the snoring of the lady next to her and so she could hear the foregoing conversation between Gurumahan and Kannan.

Demonstration Session

So far, I was working with a sample size of two and I wanted additional corroboration. Towards this end, I requested Gurumahan if they could organize a demo session with the trained children and he kindly consented. A session was organized on February 9, 2019 for which I traveled from my home-base in Pune to Thirumurthi Hills. Coincidentally, Gurumahan’s birthday celebrations were held on February 10th. Of the 87 children trained so far, fourteen children and their parents were kind enough to travel Thirumurthi Hills for the session. During the session, they were blindfolded and presented with several tasks: (1) identify colors of plastic balls correctly, (2) read matter presented to them, (3) Using crayons, color figures correctly, (4) write in a ruled notebook, (5) ride a motor cycle, (6) Speedreading, and (7) Find hidden objects in the room, (8) Identify their mother/father in the crowd. I asked the parents to speculate, having seen the benefits in their own children, whether this training might keep them out of trouble with such things as drugs and they said, yes. The entire session was videotaped. Photographs of the children, their parents, Gurumahan, UPF staff and I along with the audience are shown in the figures below. The
lady, Sathya Krishnan to my immediate left is the instructor who conducts the program under Gurumahan's guidance.
Yogic processes possess the capacity to change children from within, and as a consequence, they would be less apt to fall prey to bad habits such as illicit drugs in adulthood. At this point this should be taken as a hypothesis whose proof will come later, when sufficient volume of data becomes available for comparison purposes. It should be equally clear, however, that the program must be seriously considered as nothing else appears to be working and independent of drug addiction, the other benefits are significant enough to warrant serious consideration of the program. Such trained children are bound to be better citizens.
About HH Gurumahan and Universal Peace Foundation

Gurumahan Maharishi Paranjothiar was born on February 11, 1955 in Bhavani, Erode District, Tamil Nadu, India. At age 7, he had a mystical out-of-body experience. At this young age, he was inspired by Swami Vivekananda (who had also inspired Nikola Tesla when Vivekananda met him in Chicago in 1893). At the age of 19, he became a master of Yogic practices adorning the title of "Yoga Sironmani". He served as Yoga Propaganda Secretary of Tamil Nadu Yoga Association. To accelerate his noble mission in the service of humanity, he founded Universal Peace Foundation (UPF) in 1994 as a Trust with its quarters at Sri Paranjothi Nagar, in the foothills of Thirumurthi Hills, Tamil Nadu, India.

Gurumahan says that Universal Peace can be attained only through Individual Peace. He has conducted numerous workshops in self-awareness and development in several countries. Gurumahan travels far and wide, seeding the noble mission of Universal Peace in the hearts of people with the vision of "One Word - One World". He has taken up the Noble cause of protecting Mother Earth and untiringly works on imparting the awareness in people’s Mind and making them realize their individual responsibility as the child of Mother Earth. Gurumahan goes into three weeks of Velvi (Penance with meditation) every year with no food in the month of December. 2018 was his twenty-ninth Velvi.

UPF provides food to two-hundred people in the nearby villages daily at no cost. UPF volunteers have been conducting yoga programs in eight correctional facilities in the state of Tamil Nadu. UPF North America volunteers have completed a yoga program in the correctional facilities in Omaha, Nebraska, for a year for both the prisoners and the officials. That contract has since been renewed. With the proposed program, UPF hopes to feed two thousand hungry people in nearly villages daily.