

Guest Lecture on Mind-Body Medicine for Wellbeing and Success

12th January 2017

Amity Institute of Behavior and Allied Science organized a guest lecture on 12th January 2017 on Mind- Body Medicine and Human Excellence. The resource person for this guest lecture was Prof. Rick Levy, Chair Professor of Mind- Body Medicine and Human Excellence University and also the Chairman of The Levy Centers for Mind- Body Medicine and Human Potential, USA. He was accompanied by Ms. Lisa Tatum. This was their second visit to Amity University Haryana. Dr. Aseem Chauhan , Honorable Chancellor, Amity University, Gurgaon graced the occasion as he welcomed the esteemed guests and spoke about their relations with Amity University and the future prospects. Dr. Padmakali Banerjee, Pro- Vice Chancellor, Amity University Haryana and Dr. Archana Shukla, Dean Faculty of Arts, Director, AIBAS felicitated the guests.

Dr. Levy began his talk by calling Amity his second home. He said he was very much impressed by the goals put forth by Dr. Aseem Chauhan, Chancellor, and Amity University. He expressed his love for India and how fortunate it is to be an Indian. He spoke about creativity and positive energy which is present in our country. He called himself a Hindu and shared with us the essence of Maya and Vijayamaya. He has been a follower of Paramanada and meditates regularly. This has given him peace, joy and love overtime.

He shared that only 19% people in the US meditate but the percentage is much less in India. He said that even though we come from a land of Vedanta and Shankaracharya, we ourselves have lost the practice of meditation. Dr. Levy started his presentation by explaining the brain which is an energy moving machine. It was a concept of Medicine followed by Biophysics and Psychology. He shared about the Alpha waves which was discovered by Hans Berger in 1924, the use of EEG and also Magnetic EEG. He spoke about the studies in National Institute of Health who are conducting studies on Distance Healing or Remote Healing (which is the energy field around the body). Then Dr. Levy spoke about the healthy brain, its chemical and electrical transmission. Then he explained about the four levels of Mind which are Conscious Mind, Subconscious Mind, Individual Super Conscious Mind and Universal Super Conscious Mind. We make infinite power to Mind through Gear Shift Exercise.

In the Conscious Mind, the contents are everyday thoughts, attitudes, beliefs and feelings. Here, the operating system is the Analytic Thought. Also, this is the weakest and the smallest part of the Mind. In the Subconscious Mind, it contains ordinary personal memory and memory from the collective consciousness. It contains feelings, desires and deeply held personal motives and longings. It includes the intelligence that powers the heart, respiration system and other processes. It also has one or more archetypal personality patterns such as the warrior, entrepreneur, healer, sage or seeker. Here, the operating system contains the symbolic thoughts, deep feelings, stories, imageries or symbols. It is 200- 350% larger and powerful than conscious mind.

In the Individual Super- Conscious Mind, it contains an accurately supra- rational level of thought, knowledge and insight. It is also called “quantum thought” in neuro- physics. It is a level of mind capable of sensing and influencing the quantum energies associated. Here, the operating system contains intuitive thought, a deep and immediate and accurate sense of knowing something we could not necessarily know using simple logic. Its power is exponentially more powerful than conscious mind.

In the Universal Super- Conscious Mind, it contains the Superstring theory or M- theory. It includes the religion and concepts like God, Om, Sat, Tat. Here, the operating system contains Meditaion, which is highly focused concentration. Its power is infinite. Dr. Levy then came to the practical aspect of the lecture which was the Gear Shift Exercise which combines mental relaxation and focusing procedures along with meditation. He explained that it allows us to access and focus power at all four levels of mind to accomplish any nobel goals. It is the secret to moving with our mind and thus applied the principles of the Law of Attraction.

He explained the different definitions of Mediation taken from Medicine, Buddhism, Dictionary and Hinduism. He then spoke about the documented benefits and Ms. Tatum also added few points to the topic. Dr. Levy told about the studies involving brain scans and brain regions which were consistently modified after the exercise. After the explanation of the Gear Shift Exercise, Dr. Levy conducted the same on the delegates by narrating each step. Finally, question and answer session was held where students and faculty members put forth their doubts. The lecture was concluded by the vote of thanks given by Dr. Archana Shukla.