Practicing Meditation in Artificial Intelligence (AI) Age

Phra Kyow Wang Marma

Phrakhrubidhikha Tippanakorn Laolee

Phrakhru Dhammathornchaivichit

Mahachulalongkornrajavidyalaya Chaingmai Campus

Abstract

This article is about teaching meditation in the Artificial Intelligence age. Meditation has been regarded as a meaningful, sensible, successful option as well as a complementary treatment to tackle and lighten stress-related psychosomatic disorders. There are numerous scientific experiments, studies and results thereof which have uncovered the novel phenomenon that meditation can be utilized for defeating cardiovascular ailments, stress and psychological illness. Scientists and researchers have reliably shown that meditation practices can improve emotional stability. Our reach Indian ethos, the base of spirituality and meditation practices has helped mankind to transcendent at the highest level of consciousness.

However, with the advent of science and technology and new generation examining life with a scientific outlook, a new drift and phenomenon throwing light on efforts and opportunities that can be explored by synergizing the two different fields of Meditation and Artificial Intelligence and future challenges that can be posed before by accessing the advent of science and technology. There are advantages as well as challenges also. After reaching the level of self-realization, a new horizon is created and that is "the world is one family" and one thrives for global peace and harmony.

In addition, this paper examines the possibility of two paths viz. The traditional path of ethos, meditation, and second one designing and articulating the path of self-realization synergizing the phenomenon of Artificial Intelligence. There lie advantages as well as challenges ahead of the path towards reaching the milestone of global peace and harmony through the higher levels of consciousness.   This being a conceptual study & paper, there remains a future scope of having empirical research taking a base on the concept of synergizing the phenomenon of meditation and Artificial Intelligence.

Keywords: Consciousness, Meditation, Spirituality, Artificial Intelligence

1

Introduction

Artificial intelligence (AI) is viewed as the "new and the key-power" of the 4th industrial revolution, which offers an advanced level services to serve like anything in mankind's history because of its speed and scope (Velarde, 2019). AI is a growing science which has applications in numerous fields (Murali & Sivakumaran, 2018) and having a huge potential to explore the new horizons.

To be exact, Artificial Intelligence (man-made intelligence) is a part of software engineering dealing all about causing machines to act astutely. Artificial intelligence is at the present scenario is the latest and at the peak level invention and research outcome of the human mind and personality. An AI framework is a computer program that settles on choices to accomplish an objective. When you take a look at what it does, it seems, by all accounts, to be savvy: it's really great at accomplishing its objective with swiftness and preciseness. The expression "artificial intelligence" was authored in the late 1950s, however having machines that may believe was presented during the 1940s, when two of the early designers and articulators of computers, Mr. Alan Turing and Mr. John von Neumann, composed books about how the brain functions and talked about whether computers could emulate it. The technologists are practically and pretty much excited and enthusiastic for the innovation in the fled of AI. The organizations are amped up for profiting, yet, we need someone holding up the most elevated values of humanity to state, "This is a dream for where we might want to finish up" and that is the karmic viewpoint: what are our goals as we push ahead? (Omohundro & Mirghafori, 2018).

In 1950, one of the century's incredible personalities, Mr. Alan Turing, guessed that, by any operationally unequivocal meaning of intelligence, computers could be made smart and intelligent. He even proposed a definition, which most researchers, scientists and philosophers have acknowledged: the capacity to connect with a person without uncovering its way of life as a machine. Endeavors have been in progress as far back as to build a machine ready to pass through Turing's test, a field of research called artificial intelligence (computer based intelligence) (Scialabba, 2007).

Object

The object of this paper is to throw light on efforts and opportunities that can be explored by synergizing the two different fields of Artificial Intelligence and Meditation and future challenges that can be posed before.

Design/methodology/approach

This is a cross-sectional study. Methodology is based on descriptive arguments, analytical logic developed through the understandings constructed on the responses received while conducting interviews, various research papers, reports, books, journals, media coverage, training modules, magazines etc.

Literature review

To start with, it shall be necessary to know the "Blue Brain" as explained by (Rathod & Shah, 2018). Human brain is the most valuable creation of the God. The main is intelligent because of the brain. "Blue Brain" is the name given to the world's first ever virtual brain. That means a machine can function as human brain. Virtual Brain is an artificial brain, which does not actually the natural brain but, can act as the brain. It can think like a brain and can take required decisions depending upon the earlier occurrences, experience and responses as the natural brain can. It is possible by using a super computer having an enormous quantum of storage capacity, huge and swift processing power and an efficient interface between the human brain and this artificial one. Despite the fact that this interface, the data stored in the natural brain can be transferred / uploaded into the computer, so, the brain and the information, knowledge, intelligence, learning of anyone can be kept and used for ever, even after the death of the person so, we will not loose the knowledge, intelligence, personalities, feelings and memories of that man and the same can be used for the development and advancement of the human society.

(Wilson, 2018) narrates that a simulated intelligence machine is a self-governing element like people they will have their free capacities with respect to taking choices and activities. It will be a major danger to mankind in the event that we use them as war machine. It will be enormous open door for humankind on the off chance that we use them for empathetic service to mankind. Artificially intelligent frameworks with mind - computer interfaces are definitely improving for the individuals who are rationally handicap or deadened too. Extending, to this (Sadhguru, 2019) very aptly says that any intelligence is great and

without intelligence, there is no truth. Falsehoods have not generally happened due to duplicity. Falsehoods have likewise happened as a result of obliviousness. Intelligence, intelligence and intelligence is the main answer for making the truth standard into the mainstream. Innovation is moving toward a path where artificially, a computer will most likely think a million times superior to human being, since thought is on a very basic level computing. Information is absorbed and afterward it turns out with something reasonable from that. As computers develop, a computer will most likely show better performance over a person / human being. This advancement isn't going to take an extremely prolonged stretch of time. It will occur in a brief span. At that point there will be no an incentive for human idea. Every one of the scholars will be free!.

Going beyond the basics, it will be worthwhile to go through the vision of Dr. Amit Ray. He says the idea of Compassionate Artificial Intelligence (CAI) is comparatively new and clear. Dr. Amit Ray is the pioneer in the compassionate artificial intelligence development. In his book compassionate Superintelligence AI 5.0, he characterized the terms and implications of empathetic artificial intelligence as pursues: "Compassionate Artificial Intelligence (CAI)" is the subject which manages human and machine co-advancing clever frameworks, that centers around counteracting and evacuating the agony and sufferings of mankind and living creatures, and serving the world with affection, care and happiness." It incorporates the investigation of hypothesis, strategies, structures and usage of smart calculations, equipment, programming, human-machine interfaces for better support of the humankind and the world. Compassionate artificial intelligence development profoundly centered on profound service to the mankind. Compassion is a type of emotional commitment that is helpful to the sufferer and the mankind. Compassion includes the sharing of sentiments of another as a method for going to a comprehension and thankfulness for how they feel.

Thus, Compassion is the sentiments, internal encounters and related endeavors to expel the torment of others. Compassion is an inbuilt human instinct. It is the human potential to achieve the higher development of consciousness. Compassion includes sentiments, feelings, supposition and comprehension. Compassion includes passionate commitment with some specialist. The specialist can be an individual, gathering, machine, nation and so on. It likewise includes understanding their reality. Artificial intelligence is refining innovation.

Artificial consciousness

Consciousness is the connection between abstract internal discernment and target physical reality. Human encounters, sentiments, feelings, dreams, and dreams are a piece of Consciousness. Machine mindfulness is a piece of Artificial Awareness/ Consciousness (Ray, 2019).

Meditation is a psychological exercise where one guides one's brain to think deep down by closing one's sense organs to outside incitements. It is a Vedic exercise which can be utilized as an amazing instrument to limit sense organs, control autonomic sensory system and furthermore to accomplish super awareness. Dhyana is the nonexclusive Sanskrit expression for meditation, which in the Yoga Sutras alludes to both the demonstration of internal thought in the broadest sense and all the more in fact to the intermediate state between mere attention (dharana) and complete ingestion in it (samadhi) (Anand & Das, 2016). It is a key practice for mental hygiene (Shanthini, 2018). Meditation includes concentrating on an item or a phenomenon, subject matter. It is accepted to give the capacity to intellectually manage attention and feeling. A few studies have found useful impacts of meditation. Be that as it may, not many logical examinations have endeavored to comprehend the mechanisms and system causing meditation. Now, mobile Apps have been developed which helps to manage the mood, feel of human being using the AI technology. Robotics and computerization, are the beginnings of such a push from the divine. By constraining individuals to surrender ordinary tasks, employments, and things that should effectively be possible by machines, the higher power is pushing individuals up the developmental winding. Or on the other hand more inconspicuously, it is making the conditions where people will pick mental, emotional nd spiritual development over everything else. They will do that when their survival and occupation is compromised. At first, they might be willfully ignorant or anticipate that others should keep on sponsoring them and their needs. In the end, they'll understand that there's no alternative left yet to prepare themselves with abilities and experience required for subtler and various types of jobs. Yet, there is another type of intelligence that not many individuals think about, it's better either artificial intelligence or the human intelligence that is obtained through learning, training and experience. This is the intelligence we tap into through our capacity of instinct inside us. The intensity of instinct turns out to be genuine and substantial when you practice Sahaja meditation. This is on the grounds that we open up another element of mindfulness and consciousness inside us once our inconspicuous vitality

system inside is initiated. All in all, what do individuals have that AI can't supplant? Natural Intelligence inside them. This is a subtler type of intelligence that lives in our unobtrusive vitality system. Today, on account of Sahaja meditation and comparable strategies, it's conceivable to take advantage of our natural intelligence. An edified mind is a positive wellspring of natural intelligence. We as a whole realize that people utilize under 4% of their brain power and intuitive intelligence. An enlightened brain is one that is in somebody who has experienced Self-Realization or activated and channelized their unpretentious vitality system and approaches the Collective Unconscious. This causes our most profound internal being to approach the universal intelligence of the universe (Ramani, 2017). Meditation contributes in increasing emotional awareness and develop emotional management skills (Chu, 2010, Lomas, Edginton, Cartwright & Ridge, 2013). (Singh, Mohan & Kumar, 2011) in their study on a group of 20 participants who were regular practitioners of "Sahaj Marg", a type of meditation system for last one year and the results indicated that the practice of Sahaj Marg Raj Yoga meditation enhanced the physical health, psychological health and emotional intelligence of the participants. (Shanthini, 2018) upon carrying out the study noticed that emotionally intelligent meditators are good at the task performance, complete their assigned tasks adequately, fulfill their responsibilities and perform tasks that are expected of them.

What robots cannot do

Here's the uplifting news. Robots will begin battling as they attempt to supplant individuals in satisfying anything past the last two levels in Maslow's pyramid. Everything to do with the requirements of the higher levels will be finished by people. What are a few instances of this? Robots can't be food / sustenance testers or smell. They can't be holistic mentors that require a comprehension of human sentiments and feelings. They can't do reputation, image management. They can never deliver the imaginative and creative work of artists. They can't make individuals feel effective and satisfied. Furthermore, it's not simply these sorts of jobs. Each zone of work has the zenith or the most unpretentious type of expertise that lone human beings can give. Nuance and what bids to human faculties and feelings can never be computerized or supplanted. In any case, that is just intelligence and not consciousness. Our idea, our feeling, these have nothing to do with consciousness. Once everything is well, what are people expected to do? People should be happy, ecstatic and accomplish something that no mechanical thing can do. A robot can do everything that you

can do – with the exception of it can't think in light of the fact that there is no consciousness. Thus, at last, just meditators will be having a count of presence! (Sadhguru, 2019).

In this day and age AI is increasingly required in managing feelings like outrage, restlessness, dissatisfaction, disappointment, astonishment, joy, and appreciation (Ray, 2019).

Discussion

In late decades, Meditation has been regarded as a meaningful and successful option as well as complementary treatment to tackle and lighten stress related psychosomatic disorders. There are numerous scientific experiments, studies and results thereof which have uncovered the novel phenomenon that meditation can be utilized for defeating cardiovascular ailments, stress and psychological illness. Scientists and researchers have reliably shown that meditation practices can improve emotional stability. Our reach Indian ethos, base of spirituality and meditation practices has helped mankind to transcendent at the highest level of consciousness.

Analysis and Findings

There are numerous characteristics which are inconceivable for the computer. A computer can't be infatuated. You can keep numerous computers together - they won't become falling on love! A computer can't have any understanding of magnificence. A computer can't know any joy. A computer can't have any mindfulness. A computer is unequipped for inclination quiet. What's more, these are the characteristics which demonstrate that man has something more than man-made reasoning. Man-made reasoning can do logical work, numerical work, figuring - extraordinary estimation and extremely snappy and all around effectively, in light of the fact that it is a machine. In any case, a machine can't know about what it is doing. A computer can't feel fatigue, a computer can't feel aimlessness, a computer can't encounter anguish. A computer can't begin a request about truth, it can't repudiate the world and turn into a monk, it can't go to the mountains or to the cloisters. It can't consider anything past the mechanical - and all that is noteworthy is beyond the mechanical.

However, AI and technology in large, offers advantages as well as creates challenges also.

After detailed feedback, responses and careful analysis and interpretation thereof, it has been analyzed that there is a tremendous scope for the ''Contemplative

BUPAIS

sciences'' which refers to an interdisciplinary approach to mind that aims at a better understanding of alternative states of consciousness, like those obtained trough deep concentration and meditation, mindfulness and other ''superior'' or ''spiritual'' mental states. However, with the advent of science and technology and new generation examining life with a scientific outlook, a new drift and phenomenon throwing light on efforts and opportunities that can be explored by synergizing the two different fields of Meditation and Artificial Intelligence and future challenges that can be posed before by accessing the advent of science and technology. There are advantages as well as challenges also. After reaching to the level of self realization, a new horizon is created and that is "vasudhaiv kutumbakam" (means "the world is one family") and one thrives for the global peace and harmony. This paper examines the possibility of two paths viz. traditional path of ethos, meditation and second one designing and articulating the path of self realization synergizing the phenomenon of Artificial Intelligence. There lies advantages as well as challenges ahead the path towards reaching the milestone of global peace and harmony through the higher levels of consciousness.

Practical implications

This paper can provide a base to academicians, scholars in the field of Artificial Intelligence, Organisational Behaviour, Psychology, Spirituality etc. Compassionate Superintelligence will spare mankind from atomic war, earth quake and different catastrophes.

Meditation is additionally going to change itself, nearby the subtler economy made by robots and computerization / automation. The 5-minutes and 10-minutes stress relief and relaxation based meditations will be supplanted by those types of meditation that are more profound and have benefits at numerous dimensions. From a specialist's stance, meditation will turn into a lifetime journey and interest as opposed to a momentary course for a tight advantage like pressure or tension. We will require something much more than the meditation that only makes us mindful.

Originality/value

In late decades, meditation has been viewed as a compelling option and reciprocal treatment to ease stress related psychosomatic disorders. Substantial proof and evidences have uncovered that meditation can be utilized for checking cardiovascular sicknesses, stress and psychological illness. Researchers have reliably shown that long term meditation can

BUPAIS

improve emotional intelligence and stability. In such a scenario, AI and meditation having achieved synergy can go a long way in a minimal time for achieving the goal of serving the mankind at the apex level of consciousness so as to achieve the state of welfare state.

Conclusion

Humanity is on the verge of digital slavery. Presently the essential necessity of an AI based framework is that it should serve humankind as well as ought not to do any harm to the human freedom, society, condition and the mankind at large. Additionally, AI should act ethically, socially, responsibly and empathetically. A few researchers assert that emotional intelligence insight represents 75 percent of a individual's prosperity and maybe that will be all the more valid for the accomplishment of future AI based CYBORGS and different frameworks. AI insight is the capacity of the machine to perceive human feelings and after that react suitably. The acknowledgment and comprehension of human feelings is essential for AI frameworks to carry on in fitting ways as indicated by the circumstance and easily incorporate with all the various parts of human life. The five segments of AI with emotional intelligence are as per the following; profound learning, mindfulness, wellbeing and morals, external awareness and huge information accumulation and handling modules. Emotions are fundamental part and parcel of human knowledge. Without emotional intelligence, AI is fragmented. Creating mindfulness of the machine is the main test of genuine AI based frameworks. Presently creating emotional intelligence is one of the essential worry for AI research. (Ray, 2019).

References

Dr. (CS) Bhavesh A. Kinkhabwala, Company Secretary, Ahmedabad ORCID ID:

https://orcid.org/0000-0003-0063-4209

https://analyticsindiamag.com/how-machine-learning-connects-with-meditation-or-vipassana/ July 2020Xi'an Shiyou Daxue Xuebao (Ziran Kexue Ban)/Journal of Xi'an Shiyou University 16(7):69-77 DOI:10.2139/ssrn.3644213

http://www.abhidhamma.com/Samatha_and_Vipassana_ebook.pdf (take a look)

https://www.forbes.com/sites/kasiaborowska/2020/07/29/meditation-and-machine-learning-a-guide-to-acceptance-and-equanimity/?sh=4d1c8b2b6d21

https://www.researchgate.net/publication/342708210_Can_Meditation_Practices_Be_Elevated for_the_Higher_Level_of_Consciousness_Taking_Help_of_Artificial_Intelligence

The 3rd National and International Buddhist Conference
BUPAIS

https://www.artofliving.org/in-en/meditation/meditation-experiences/let-meditation-being-your-guiding-experience

http://www.meditatio.co.uk/science-technology/

https://irishtechnews.ie/the-importance-of-mindfulness-and-spirituality-in-the-age-of-artificial-intelligence/

https://www.jstor.org/stable/27505877

https://medium.com/@mr5iff/vipassana-and-machine-learning-a89058165088

Haggard, P. (2008). Human volition: towards a neuroscience of will

Little, A. C., Jones, B. C., Waitt, C., Tiddeman, B. P., Feinberg, D. R., Perrett, D. I.,

Apicella, C. L. & Marlow, F. W. (2008) Symmetry is related to sexual

Newell, B. R., Lagnado, D. A., & Shanks, D. R. (2007). Straight choices: The psychology of decision making dimorphism in faces: data across culture and species

Stirrat, M., & Perrett, D.I. (2010). Valid facial cues to cooperation and trust: Male facial width and trustworthiness.

Vipassana Meditation, As taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin (https://www.dhamma.org/en/about/vipassana)

Vipassana Meditation 10-day Course, S.N. Goenka

Wegner, D. M. (2002). The Illusion of Conscious Will. Bradford Books/MIT Press.