

The impact of positive and negative energy on human body an analysis

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Abstract

Energy is having manifestations of which the positive and negative energy are responsible to mould one's own mind, body, soul and character. Every human being in this universe right from the child to an elderly person will have negative and positive energy and negative and positive thoughts embedded within them in different degrees and forms. As the human being grows these thoughts and emotions will take different shapes and forms and with different intensivity in relation to their age, gender, profession and such other characteristics that moulds a person. As one grows develops knowledge and creativity in understanding will try to ward off the negative thoughts and eliminate or convert the negative energy into positive energy in one form or other. So may take the course of present scientific methods and some may take the ancient spiritual methods and some may take in any other form for this change. However, the goal is same in whichever may you practice to have more positive thoughts and positive energy within you. In this article, an attempt is made to explain such phenomena and also nature of negative and positive energies and their impact on the human body, mind and soul and how to ward off these heavy thoughts so that to reduce the stress and strain on the body, mind and soul and for a better living. In this article, a brief descriptive analysis is given on the negative and positive energies and their impact and how they disturb the one's regular way of life and the remedial measures to take out these evil and negative thoughts so that the body, mind and soul can be free from stress and strain.

As somebody said, "***Practice makes man perfect***". Every individual has to develop such positive thoughts to create positive energy so that negative thoughts can be minimized if cannot be eliminated totally or converting these negative thoughts into positive thoughts and developing positive thoughts and convert them into positive energy for the good. This subject is a vast subject and endless arguments and discussions but the fact remains that one has to develop an attitude and intent to ward off negative energy and negative thoughts or converting these negative thoughts into positive thoughts and energy one can live peacefully without stress and strain and can do good to himself or herself or to the mankind.

Keywords: Vedic Principles of Energy; Positive Thoughts; Negative Thoughts; Positive Energy; Negative Energy; Vedic Quotes; Body; Mind and Soul

1. Introduction

Energy is the qualitative property that is transferred to a body or to a physical system recognized in the performance of work and in the form of system, recognizable in the performance of work and in the form of heat and light. Energy is a conserved quality (Wikipedia).

Scientists define energy as the ability to do work. Modern civilization is possible because people have learned how to change energy from one form to another and the use it to do work (www.eia.gov.in)

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Energy is the capacity for doing work it may exist in Potential, Kinetic, Thermal, Electrical, Chemical, Nuclear or other form (www.britannica.com)

Therefore, moreover Heat and Work in Energy is the process of transfer from one body to another. After it has been transferred, Energy is always designated according to the Nature. Hence, heat transferred may become thermal energy, while work done may manifest itself in the form of mechanical energy. All forms of energy are associated with motion.

On the other hand, what is inscribed in Vedas about the energy is described by the name of Agni.

As mentioned by the Great Philosopher Aurobindo,

“Our actual enemy is not any force exterior to ourselves, but our own crying weaknesses, our cowardice, our selfishness, our hypocrisy, our purblind sentimentalism”

As many philosophers mentioned in their books, ***“human body is self-controlled and auto regulated body system. It is composed of sole, mind and eleven organ systems (circulatory, respiratory, digestive, skeletal, muscle and reproductive system)”***. It has dedicated functions and depends directly or indirectly on each other. The human body is a complex system that control many physiological functions of organs simultaneously to perform efficient specific uses. It is also a standalone device that has real-time performance (Rai et al. 2019).

This Energy also effects the human body from the external sources may be in the environment; the humans will live. One such aspect is Vastu, because a person lives under a house, hut or any form to give shelter will always emit Positive and Negative Energies as per Vastu Purusha Mandal which was extensively explained by the Maharshis in Vastu Grandhas. It is not surprising to see how this energy emanates from dwellings from a poor man to a Maharaja Fort, it is described in Vastu that how they are to be built, in what fashion with meticulous measurements so as to ward off the negative energy and keep only the positive energy. So that the humans that are living in it can have a peaceful, perfect life and mind.

Negative and Positive energies are not scientific concepts but are used to describe the perceived impact of emotions and external influences on a person's mental and physical wellbeing. Negative energy can be manifest as stress, anxiety and emotional distress potentially impact brain function. On the other hand, Positive Energy is associated with feelings of joy, calm and motivation that can promote mental clarity and wellbeing. That is why in Ancient India, the Maharshis and intellectuals developed a process called Meditation, a practice that is deep rooted in Ancient India and this Meditation can be used to cultivate Positive Energy so that the impact of negative energy can be reduced or otherwise the negative energy can be transformed into positive energy.

Negative energy refers to feelings or that causes stress, anxiety and a sense of being overwhelmed. These negative energies that are being produced within one's own self, environmental, the other activities coupled with energy that the so-called modern technology can affect cognitive function sleep and overall physical health.

On the other hand, positive energy encompasses emotions and experiences that promote a sense of calm, joy and motivation. This type of positive emotions can boost cognitive performance, enhance mood and improve overall wellbeing.

The impact of negative energy on the brain can lead to a heightened state of stress and in addition activating the stress response in the brain that can contribute to anxiety, fatigue and difficulty in concentrating. On the other hand positive energy can promote relaxation from stress and strain and mental clarity and enhancing cognitive function and emotional regulations.

Many of these energies that we come across in life whatever may be the form normally comes through Nature only that is why our forefathers, Maharshis and intellectuals always used to pray the nature and keep it clean and environmentally free from all pollutions. Thereby the impact of negative energy on humans can be minimized or can be converted into a positive energy so that the humans can live happily, stress free life. In this aspect, our forefathers are so intelligent, they have made it compulsory in those days to keep the environment free from all pollutions acknowledged that the Panchaboothas which is the conglomeration of nature namely Air, Water, Fire, Earth, Sky. So they developed a systematic principle of meditation coupled with religion, belief and custom made us to keep these five elements are Gods who are kind enough to shower positive energy on us. The present system of protecting the environment by all the countries after centuries of existence is already there in the Vedas, Puranas in India. That is why,

our rivers, forests, flora and fauna are not damaged because the religious and customary belief made the people a fear of conscious in damaging them by their unworthy handlings.

To conclude, how thoughtful and intelligent our Maharshis and Forefathers in keeping the environment free from negative energy and improve positive energy for the benefit of mankind.

Aim and objective

The aim and objective of this article is to analyze the impact of Energy either Positive or Negative on the human body with reference to various scriptures that are available.

2. Literature review

While going through the literature I found lot of information on negative energy and positive energy and their impact on human brain etc. of which I collected some of the important aspects pronounced by our Maharshis and Great Philosophers in the subsequent generations like Arubindo Ghosh, Swamy Vivekananda, Ramana Maharshi etc. who excelled in propagating the energy so that the mankind will live peacefully.

To quote Arubindo Ghosh,

"Our actual enemy is not any force exterior to ourselves, but our own crying weaknesses, our cowardice, our selfishness, our hypocrisy, our purblind sentimentalism",

"A quiet mind does not mean that there will be no thoughts or mental movements at all, but that these will be on the surface, and you will feel your true being within, separate from them, observing but not carried away".

The great philosopher also mentioned that,

"Everyone has in him something divine, something is own, a chance of perfection and strength in however a small sphere which God offers him to take or refuse. The task is to find it, develop it and use it. The chief aim of education should be to help the growing soul to draw out in itself which is best and make it perfect for a noble use".

An actual reading of those valuable quotes of Philosopher Aurobindo Ghosh is,

"At a nutshell to develop a positive attitude and ward off negative energy and live peacefully; Practice makes man perfect."

The other great philosopher in the present century who vibrated the world through his philosophy of addressing the gathering by brothers and sisters got a lot of applaud.

From his speech I quote,

"The difference between a great person and a common man is the degree of concentration. Our mind runs through many objects in a day. The great man is the one who take up one object and exclude other objects and experiences the Samadhi. We all know something about concentration but we have never utilized the power of it."

Swamyji also explained in his speeches, how has all the knowledge in the World being gained but by the concentration of the powers of the mind?

From his teachings, it is known that Swamyji emphasized to acquire experience of concentration on positive energy so that the Negative Energy/Negative Thoughts can be thrown out from the mind and is one form of attaining the goal.

All the philosophers, who brought the knowledge of positive energy and negative energy, have different roots but the aim is to develop positive energy and to convert negative energy into positive energy or ward off totally.

Another valuable quote by the Swamyji is,

"There is a cord that connects and controls the entire universe and if you can ignite the cord, you will reach the goal".

An article titled "How to remove negative energy from your mind and body?" published in <https://inbloomproject.com/blog-2> have described How to remove negative energy from your mind and body mentioned that,

"Negativity can make you feel heavy, dark, and gloomy; feel emotionally reactive and defensive; and view the world through a mixed filter of fear, anger, and paranoia. Since your mind and body are so deeply intertwined, mental and emotional negativity also has a physical counterpart: tense muscles, shallow breathing, increased blood pressure, elevated levels of adrenalin and cortisol all the tell-tale signs of the stress response hard at work."

It is also mentioned in the same article that,

"Any negative experience begins in consciousness – meaning, that it all starts with an evaluation, some form of physiological and emotional need is not met and when that happens, the mind perceives the experience as falling short of its pre conceived expectations, therefore any negative experience is essentially a negative interpretation of what has taken place. In reality any experience has a neutral meaning; it is neither good nor bad in any absolute sense. It is only your subjective and constructed understanding of the event that gives it a positive or negative revaluation."

What are the pathways to remove/cleansing negative energy from one's own mind and body?

2.1 Make meditation a regular part of your life

Meditation is nothing but spending time in stillness that causes a healing effect on the mind and help to restore the entire system in the body to balance it positively and this process takes three forms,

- First, meditation is the antidote to the stress response that's driven by excessive bad energy. Muscle tension is released, blood pressure and respiration are lowered, stress hormones are minimized, and the fight-or-flight reactivity is down-regulated through meditation.
- Second, meditation helps you to witness your thoughts rather than being caught up in an interpretation or evaluation. By witnessing your thoughts as they come and go, you interrupt their stream before a negative interpretation is able to take root in your mental garden.
- Third, by repeatedly entering into the field of pure consciousness, the negative evaluations in your awareness are washed away, releasing their hold on you. Like rinsing a dirty cloth in a stream, the negative mental impressions are eventually lifted, returning the cloth to an immaculate state.

2.2 Get out of Nature

As already mentioned above, the supernatural power that controls the entire universe is kind enough, to give some powerful tools through nature to ward off such negative energy; that is why our ancestors especially Vaidyars who developed healthcare systems when the west is not aware of it also developed for the purification of mind and body through nature therapy. This type of purification of nature which is called nature therapy often creates "System reboot" that helps uninstall negativity from one's mental hard drive. When one can embrace the beauty and majesty of a mountain range, an old growth forest, the ocean or a midnight star field it becomes very difficult for negative energy blocks to maintain its hold on your awareness.

2.3 Move your body

The other aspect of negative energy is lethargy, like a black hole collapsing in on itself, the negative mindset wants to suck you down into oblivion. This kind of state of mind due to the effect of negative energy from the body and mind can be thrown out with the help of performing some yogas such as Sun Salutation, going for a brisk walk or run, or another form of energetic movement, vigorously moving one's own body helps to remove this negativity from one's own system at all levels. This can be achieved through the following steps:

- First, it activates your subtle energetic system where negative impressions often get stuck. When the power is flowing without interference, the negativity begins to break up.
- Second, with an increase in respiration and circulation, toxins (such as residual stress hormones) get flushed out through deeper breathing and sweat.
- Third, during energetic physical activity, your body's need for increased oxygen overrides any negative subtext that might try to drag you down; in other words, it's hard to stay focused on the negative when your heart rate and breathing are at a higher pace.

2.4 Go complaint free

As we are aware of that complaining/complaint by any one itself shows that there is negativity in the mind of that person. This kind of attitude of complaint gives a message that a negativity will persist in the mind of that person who makes the complaint. That means when one is focused on negative emotions that person will complain more about things because he/she pays more attention to what irritates you that makes one more negative and the complaint follows. It is a never-ending feedback loop of gripping and grievances. This kind of complaint neither thus the problem being solved nor gives to the complainant any positive relief unless concrete and conclusive proof to improve such situation otherwise one is adding only another layer of negativity. Chronic complaining is really a symptom of a close relative of negativity (self-pity). To ward off such situations from your mind one has to cultivate the habit of complaint free for a day or two or a week and that will give an effect on the free-floating negativity to harbor in your consciousness.

Following are the some of the ways to improve or eliminate such unwanted situation

It reframes your mindset. You stop seeing everything out there as “wrong.” Instead, you see it as a neutral event that you assign meaning to.

It empowers you to be conscious interpreters of your reality. Whereas complaining implies that you must find a way to change the outer world; you can recognize that when you can't change the external world, which is often the case, you can change your interpretation to the situation and free yourself from its negative influence over you.

The effect of Vastu from the dwellings or any other occupational facility that produces positive/negative energy and its effect on the occupants

The positive/negative energies are being discussed so far are also produced from the dwellings and it affects the occupants and their body and soul. In the words of Viswakarma, who is considered to be the first and oldest Godly Powered Architect, who says,

“This science is complete in itself. Happiness to the whole world it can bring, all the four benefits it bestows on you, Rightful living, money, fulfillment of desires and bliss, sre all available in this world itself”.

According to Hindu Mythology, Viswakarma is known as the Divine Architect and Engineer and the presiding deity of all the Craftsmen and Architect. He is considered the creator of the Universe and is responsible for crafting weapons, palaces and vehicles of the Gods. Viswakarma is renowned for crafting celestial weapons like Lord Siva's Trishul and Lord Vishnu's Sudharshan Chakra and Indra's Vajra. Viswakarma is credited with building city like Dwaraka (the holy abode of Lord Krishna), Hastinapur (the capital of Kouravas) and Indraprastha (the Capital of Pandavas). According to Viswakarma, Vastu Sastra is a logical conclusion and explanation of scientific truths and facts in the construction sphere. The main principles that are embedded in the Vastu Sastra depend upon the properties of the so-called positive/negative energies of the mother earth. According to him, the sources of such energies are to be open and that the energies flow is not to be obstructed/disturbed. Vastu Sastra describes desirable characteristics for open sites and buildings based on this principle flow of energy either positive or negative and the Positive energy should not be disturbed and at the same time the negative energies are to be given a way out. In those days, those iconic people who are well versed with these principles are used to design the buildings based on these principles so that the persons living in it will live peacefully. In Vedas, it is also called Prana Sakthi Prathishtapana, as mentioned above regarding energies. Many of these principles of Vastu, are attributed to cosmological considerations like the path of the sun, the rotation of the earth and the magnetic field that are naturally inherited from the environment. One such principle is a Universal Truth then now and in future is,

“The morning sun is considered especially beneficial and purifying and hence the east is a treasured direction”.

In this regard, those exponents of the Sastra mentioned about Nature's Law (Prakruthi Dharma),

Believed that there are only two forces in Nature which are equal and opposite in Nature. The interaction of these two forces is cosmic ordained and produces a third force which is called “bioforce” or “Prana”, that is needed for the existence of life on earth. They also explained that,

“One type of force is subtle and fine and the other one is dark and dense and that for our understanding the first one is positive energy and the other one is negative energy. The Prana is liberated by the interaction of these forces and that these forces on the surface of the Globe continuously interact and releasing bio-energy. When a structure is built over the surface

of the earth which is embedded with such qualities it comes in the way of a natural interaction and that these two forces enter the structure where such interaction continues but the intensity of force either positive or negative may not be same but depending upon various factors like levels, water bodies, door placements and that one should take care of to give more space for positive energy compared to the negative energy. At a nutshell it means, the design of structure should be such that, the positive forces override the negative forces then there is a beneficial release of bio energy that helps all the inmates to be healthy."

By strictly following these Vastu rules, on the other hand while designing a structure in the negative forces override the positive forces then the result will be a release of weak bio energy field that manifests as diseases of the occupants because the overflow of negative energy makes one's actions, efforts, thinking negative so that one's own whole life is ruined. That is why our ancestors believed and explained that,

"Vastu guides you about the rules you have to follow so that the structure has a positive atmosphere."

As mentioned in the scriptures, human body itself acts as a magnet with the head, the heaviest and important part of the body as the North Pole and it is directed towards the North while sleeping and that of the human body repel each other affecting the blood circulation, causing disturbed sleep tension and another connected problem if not observed properly. The present scientific knowledge says and it is a well-established fact that,

"Nervous system of the human body communicates with the help of electric impulses, thus producing electromagnetic field around the part of the body. Muscles also produce electrical potential. Activities of human body are primarily controlled by the electrical and chemical reactions inside the body. Any movement of charge how so ever small, will produce electrical field around the direction of the movement again any surrounding magnetic field will, thus have an effect on the electrical activities of parts of human body. Thus, the entire human body is the net result of these tiny magnetic fields distributed within human body, which is equivalent to a magnet matching the size of a human body. The heaviest and important part of the body (i.e. 'Head') behave as North Pole because 'Head' is the most powerful source of electric and magnetic fields in the organism and also that in the eye the magnetic field induction, is significantly higher than other parts of the body. Bedrooms should therefore, be designed keeping this in mind."

To conclude according to the author mentioned above,

"Leave North-East Zone free and Open and keep South-West Zone closed and heavy observe the results"

To summarize the same we can see that,

"Vastu Sastra is not a belief or a superstition. It is pure science of the cosmos and nothing to be believed or worshipped. Every principle and technique have the scientific explanation behind it and it can be observed regardless of religion or belief".

As everybody knows, the whole Universe is a combination of basic elements such as Air, Water, Fire, Earth, Sky and that while constructing a building or a structure one has to take into account these five basic elements otherwise instead of getting positive impact the negativity will prevail. The Maharshis and Sages of the Ancient India who developed and wrote many books on this energy are able to identify the following secrets of this universe and evolved methods and systems and confine them into a book of knowledge called "VASTU SASTRA". (an article published in divine Vastu Journal titled "Logical and Scientific Vastu" downloaded from website www.worldofdivinevastu.com)

The fundamental principles based on these five elements are,

- The magnetic field, gravitational effect etc. of Earth.
- The Galaxy in the sky, stars and planets around the Earth and their effects.
- Light and Heat of the Sun including the effects of its Ultra-Violet and Infra-Red rays.
- The volume and intensity of rainfall and source of Water inside our Mother Earth etc.
- The directions and velocity of the Wind and seasonal changes of our world.

In this regard, it is but our responsibility to mention the Greek Philosopher, Plato, Mathematician, a student of Socrates, writer of Philosophical Dialogues and founder of the Academy in Athens,

"The first institution of higher learning in the Western World recognized grids and their patterns, devising a theory that the earth's basic structure evolved from a simple geometric shape to more complex one's. These shapes became known as Platonic Solids. Plato associated those shapes with one of the elements, Earth, Fire, Air and Ather and said the Earth's energy grids from the beginnings of its evolutionary course has evolved through each of these shapes to what it is today. Each shape, super imposed one upon the other to create a kind of encompassing energy field that is the very basis of earth holding altogether (an article published in divine Vastu Journal titled "Logical and Scientific Vastu" downloaded from website www.worldofdivinevastu.com)"

3. Results and Discussion

A wide explanation is given in the above chapters about Energy, Positive/Negative and their impact on the human body, mind and soul and also the environment in which the humans are staying. Negative and Positive energies are not scientifically proven but the concepts developed by our Ancestors during Vedic Period used to describe how, the emotions, thoughts and external influences can affect one's own wellbeing. Positive energy is mainly associated with the feelings of one's own joy, peace and happiness. On the other hand, negative energy is linked to stress, anxiety and sadness. To overcome this negative energy in Ancient India, the Maharshis and Sages developed a practical way of life by introducing "**the meditation**" that will help those following the principles and put into practice to neutralize or transform the negative energy into positive energy. So that one can develop mental clarity and thus equitable balance between the emotions.

As already mentioned above, Negative Energy is always associated with feelings of fear, anger, sadness, worry and low self-esteem. This type of emotions/feelings can have a negative impact such as physical and mental strains and in addition will cause negative impact on the functions of the brain and thus, disturbing one's own overall wellbeing.

Thus, Positive energy can be characterized by feelings of joy, peace, love, gratitude and optimism and these emotions can foster resilience, improve mental clarity and overall physical health of the body. On the other hand, the negative energy will have a negative impact on the human brain such as chronic exposure to negative emotions that can disturb one's own brain's chemistry leading to increased stress, hormone levels and also alter the patterns the brain waves and not but not the least, the structure of brain itself.

As mentioned above, our ancestors found the way to neutralize the negative energy and fostering the positive energy through mediation and energy transformation. Mediation can help individuals to become more aware of their own negative thoughts and emotions by allowing them to observe without judgment. This so-called detachment can reduce the emotional grip of negative thoughts/experience in promoting emotional regulations.

By cultivating such mindfulness with the help of meditation and practicing the techniques evolved through meditation such as loving-kindness meditation, individual human beings can gradually shift their focus towards positive emotions that brings them sense of inner peace and thus this kind of transformation can help transform negative energy into positive energy.

In addition to meditation in Ancient India during Vedic period, the Vedic traditions emphasize the importance of Yoga and Meditation for cultivating a habit of inner peace and harmony. These type of mental balance and peace can be achieved by practicing Asanas, Pranayama and Meditation that are being designed by our ancestors in Vedic period to balance the body, mind and spirit and fostering a sense of wellbeing. The use of Mantras like Gayatri Mantra and such other sacred sounds and rituals as described in the Vedic traditions can help to create a positive energetic environment and thus enhance the flow of positive energy and thoughts. To sum up Vedic practices such as Bhakti Yoga (devotion), Karma Yoga (selfless service) and Raja Yoga (in exploration) offer different paths and ways to spiritual growth and thus the transformation of negative energies into positive energies.

"Human body is self-controlled and auto regulated body system; it is composed of sole, mind and eleven organs' systems (circulatory, respiratory, digestive, excretory, nervous, endocrine, immune, integumentary, skeletal, muscle and reproductive systems). It has dedicated functions and depends, directly or indirectly on each other. The human body is a complex system that control many physiological functions of organs simultaneously to perform different specific tasks. It is also a standalone device that has a real time performance" (Rai et. Al. 2019)

The human brain is nothing but a microprocessor or a micro controller that stores memory and works together mind as software that provide programs and instructions to execute different specific functions of the body; of all these the soul is super controller that has capacity to regulate and function during one's individual life. Human body consists of many sensors that are full of information/knowledge and that mind is well known to take decisions to execute the

information obtained from the body as well as soul becomes seeker of ultimate knowledge. These functions of soul, mind and body are interdependent and can be observed as a “tri utility”.

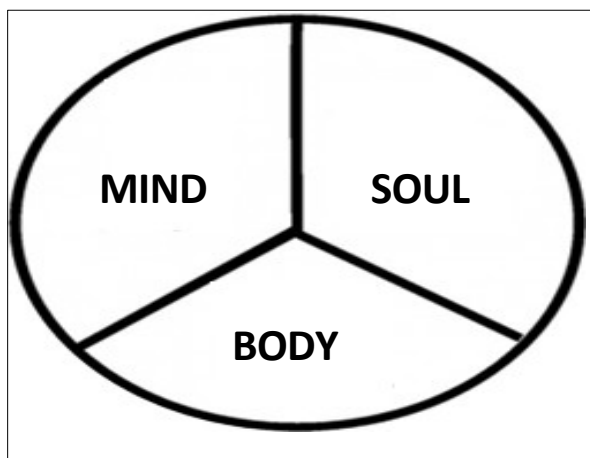


Figure 1 Depicting human body in the form of mind, body and soul

Body contains in addition to the organs mentioned above, there are other organs such as eye for sight, nose for smell, ears for hearing, tongue for taste and skin for touch and these organs acts as additional sensors and are also called as sensors sense, the anatomical and physiological changes and provide information to the main stream of the body and to maintain the body functions. Mind is a combination, thoughts and feelings and is an important element of the body and experiences to think and feel the faculty of consciousness and thoughts (Happe 1994). Soul directs intuition, consigns communication and establishes a secure link with spirituality. To summarize the above all these things, one can come to a conclusion, by advancing the theory of (Seven centres of Vital sheath present in subtle body)

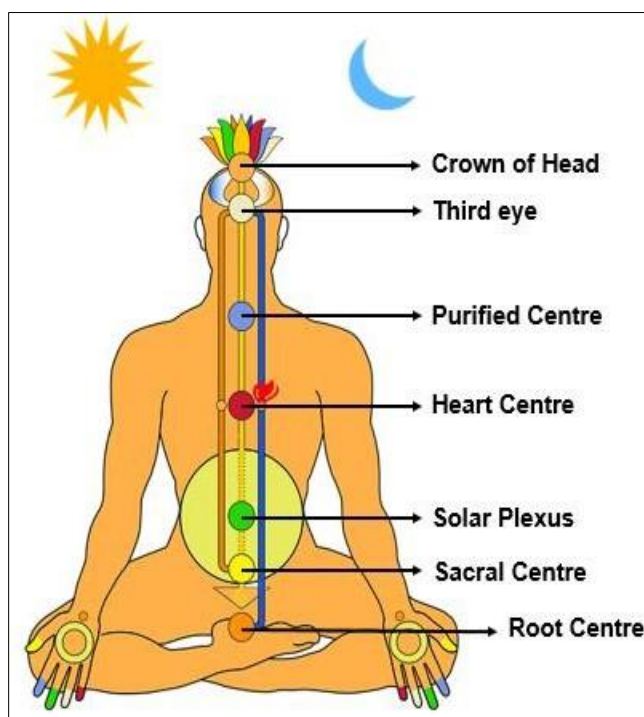


Figure 2 Seven centres present in a human body observed while in meditation – According to Vedas

There are four levels of mind in the human body and are a). Unconsciousness, b). Conscious, c). Subconscious and finally d) Superconscious. As we are aware that unconsciousness absence of consciousness or beyond one’s own conscious. The Subconscious is repository of memories and repeated thoughts and its power is nothing but habit; this can be utilized by doing a task by habit rather than relearning it every time and this kind of state of mind is nothing but a

solution oriented, and it is nothing but the possession of the power of intuition. On the other hand the Superconsciousness is one's own soul's higher awareness and is always solution oriented. The superconscious mind of everyone sees that everything is in reality made of energy and consciousness and therefore it sees the underlying unity behind the outer forms of these levels of consciousness. The higher the frequency of brainwaves, the higher is the level of mind and vice versa. The higher is level of mind, the higher is conscious activity. The embedded nature of human body can be understood with solid state mechanism where the quantum of state of soul and mind exchange the energy with human body. (Article titled "Soul and Mind as Quantum States of an embedded Human System" written by Durg Vijay Rai, Gaurav Kumar published in International Journal of Scientific and Technology Research)

It is a normal practice when we go to the Temple, Mosque or Church according to the beliefs of everyone. One is to enter the sacred place barefoot especially in temples it is strictly prohibited not to enter the premises with shoes. Though it has become a custom and belief and followed centuries since there is some kind of science behind it i.e. *recharging of energy*. It is a proven fact in the Medical Terminology that "human foot has over two lakh nerve endings, making it one of the most sensitive parts of the body. Walking bare foot stimulates these nerve endings, activating vital pressure points that are linked to various organs and systems in the body. This stimulation to acupressure which helps improve circulation, balance energy flow and enhance overall health.

This concept of walking bare foot in the temple making Pradakshinas starting from East and ending at the East. How great our four fathers in making people to cultivate such habit to make them healthier that means entering into a religious place according to their faith will blossom the mind by relieving the negative energy or transferring the negative energy into positive thoughts (energy) and this kind of barefoot walking energize the entire system in the body especially the foot that bears the entire weight of the body.

Anyone goes to the religious place to get peace of mind and to relieve negative energy and negative thoughts and make the mind and soul open to receive positive energy and positive thoughts so that one will be free from unwanted thoughts that disturbs the mind and soul and stressing the body and sometimes beyond control makes a person fall sick and become unmindful. That is why the ancestors have developed habit of going to a religious place according to one's own belief barefoot and get recharged.

In this regard, an article titled "The science behind walking barefoot in Temples: How it recharges Your Energy" published in Journal www.mypunepulse.com in the concluding remarks of the article it was mentioned that,

"Walking barefoot in temples is more than just a cultural or religious practice—it is a scientifically supported method of enhancing physical, mental, and spiritual well-being. Whether through improved circulation, stress reduction, or mindfulness, this ancient tradition continues to benefit millions. As modern science explores the benefits of grounding and energy balance, it reaffirms the wisdom behind this sacred practice"

Dr. Shradha Batra in the article titled "*The Energy of a Human Body – A Vedic Perspective*" published in <https://sutrathar.paragoodearth.com/> mentioned that,

Each of us is a Mantra Purusham, a soul evolving out of sound and dissolving back into it. Each of the trillions of cells of the physical body and the organs they form are, in essence, an orchestra of sounds; either in a symphony or cacophony

How beautiful and thoughtful the narration is?

In the same article it was mentioned that, "*the various sound waves which are eternally and endlessly borne from the womb of Brahman involute or descend from the higher casual levels to subtle and then gross or manifest levels.*" The stages of descent of the Sabda Brahman or Om are

- **Para Vak:** is the transcendental sound of creation, which is the golden womb of ideas.
- **Pashyanti Vak:** is the pure revealed word. When the Para Vak's frequency is toned down the sound is experienced as a vision or revelation (such as what was experienced by the Vedic Rishis).
- **Madhyama Vak:** is the pondered word and it is common to both, the Rishi and the normal individual. It includes thoughts and contemplation.
- **Vaikhari Vak:** is the articulate speech which includes the speech of ordinary human beings and the mantras of the enlightened Rishis.

The other important aspect of keeping the one's own mind and soul free from stress and strain is to turn the negative thoughts into positive thoughts; for this transformation there are different ways and exercises are pronounced and

followed by our ancestors in Ancient India more so in Vedic Period to find a balance between negative and positive thinking which is more important to lead a harmonious life. As we are aware most of us spend lot of time thinking often the thoughts that occupy their minds are negative and are very much worried about the result of that negative thought and thinking about the past and fearing about the future. This is nothing but the inherent negative energy always tries to pull the person to go for negative thoughts thus disturbing him/her. Focusing on Negative thoughts will prevent one from enjoying experiences distracts from the important things and drain one's own energy and also make one's own feel anxious and depressed.

However, our ancestors having thought of so have developed number of ways turning negative thoughts into positive thoughts with some knowledge, awareness and designed tools. Normally negative thoughts will crop in when unfavourable events happen in one's own life and in some cases the persons will experience negative thoughts more often than positive thoughts. This is nothing but a type of thinking error or cognitive distortion that paints everything in a negative light. These negative thoughts are due to an evolutionary mechanism in one's own brain and is called Negativity Bias. However, negative bias is not always useful, the way which we live today and sometimes this situation influences the way one think in the walk of life; in doing so is always possible that one is ignoring the positive energy or positive thoughts though they are present because the negative thoughts will overcome the positive thoughts. Some of the examples of negative thoughts are,

- I am not good enough
- I cannot do it
- Nobody cares
- If I do not do well, I am failure

On the other hand, instead of focusing on the above statements one should always keep in mind that,

"I should accomplish this so that I can be a good person."

There are some ways as mentioned above to turn negative thoughts into positive thoughts and to replace negative thoughts with positive ones one can try several techniques and approaches of which some are mentioned below:

- Start a Journal
- Avoid thought stopping
- Recognize thought distortions such as black and white thinking, personalizing and catastrophizing.
- Practice self-acceptance
- Treat yourself like you would a friend
- Surround yourself with positive people
- Practice Positive Self Talk

The above are some of the examples of changing negative thoughts into positive thoughts and helps to understand why our negative thoughts occur.

It is most common for everybody to have some negative thoughts and is not a bad thing; on the other hand, it can help us to prepare for unexpected things/events. It is always better and important not to neglect or override the positive side of the things. This kind of attitude if we practice one can enjoy life further than worry about it all the time. Changing/converting negative thoughts into positive thoughts will help one's own mental wellbeing and experience in life.

Having discussed about the negative thoughts and positive thoughts and how to balance them know we will try to find out the remedies that are available to remove negative energies from home and workplace:

As already mentioned above negative energy means, the physical, mental and spiritual being is either controlled or altered by an unseen force. As one is aware that negative energy can create a variety of problems such as depression, addiction, unclear thinking, financial problems and finally health issues.

Though there are several methods, the following are some of the few that have enhanced results. Such as,

- **Chakra Meditation:** It is a kind of meditation developed by our Ancestors that can do wonders for clearing negative energy. They combine the power of mindfulness with energy manipulation to clear blocked passages and restore energetic balance.
- **Bath:** Salt Crystals have an extraordinary ability to absorb Bad energy.

The other way of removing negative energy is use of crystals different type of crystals hold different energies and certain crystals perfect for fending of negative energy. Some of the examples are black tourmaline is known to ward off and dissolve negative energy, while Rose Quartz replaces negative emotions and feelings with positive ones. The other crystals that have immense power as described in the scriptures for various negative energies.

Energy is a fundamental concept not only the vedic philosophy profounded in Ancient India during Vedic Period but also the present model science in a different form and shape. When we look back into the Vedas numerous references are seen to Agni (Fire) which is nothing but energy in various forms. This is fully described in Vedas how this Agni (Fire) is derived used and felt. The same Agni that is described in Vedas is having its own position in the modern physics and the principles governing energy transformation as mentioned earlier. The Four Vedas namely, Rig Veda, Yajur Veda, Atharvana Veda, Sama Veda contains hundreds of Vedas related to Agni describing its qualities in nature, functions and its presence in form or other. In modern science, mainly in the West one will study energy in various forms such as force, motion, heat, sound, light, magnetism, electricity and finally nuclear energy. However, though they take all different forms as mentioned above all these are linked to Agni as described in Vedic texts.

A fundamental of modern physics says, *"Energy can neither be created nor destroyed; they can only be transformed from one form to another."*

This modern explanation of energy in physics can be equated to Vedic teachings, where Agni is considered the eternal representative of energy and the study of Agni in the Vedas is nothing but the study of energy transformation and conservation. To ascertain this, in Yajur Veda it is mentioned that,

- Agni is placed as immortal among mortals (Yajurveda 12.24)
- Agni became immortal by its potential (energy) (Yajurveda 12.25)

The Vedas also mentioned that Agni (Energy) is singular in essence but takes on multiple forms through transformation. This leads to different manifestation of energy, each with its unique characteristics and functions.

As mentioned in our Ancient Scriptures,

"Since Energy has the ability to create and sustain, it is called Viswakarma (Universal creator).

Due to its ability to assume different forms is referred to as Pururupa (many-formed).

As already mentioned since energy exists in many manifestations like sound, light, heat and motion. Hence it is termed as Viswarupa (Universal Form)

Since Energy is always moves in clusters and it is described as San Hut (aggregated form)

3.1 Supporting Vedic References

- *Among the gods, it is one, though known by many names.'*(Rigveda 10.82.3)
- *'O Agni, you have a hundred forms.'*(Rigveda 2.2.9)
- *'It is vast and possesses universal forms.'*(Rigveda 3.1.7)

3.2 Energy as a Concentrated Force

In the Vedic texts, energy is often measured in terms of its intensity, described using numerical values such as hundreds and thousands of horsepower. Agni is referred to as:

- Shatin(100 horsepower)
- Sahasrin(1000 horsepower)
- Urjapati(lord of energy)
- Sahasah Sunuh(son of power)

3.3 Supporting Vedic References

- 'O Agni, you have a hundred forms.' (Rigveda 2.2.9)
- 'O Agni, grant vast and thousand-fold energy.' (Rigveda 2.2.7)
- 'O son of power, lord of energy.' (Rigveda 8.19.7)

3.4 Gavishti and Ashwamishti: Technical Terms for Energy Studies

The Vedas contain technical terms related to energy analysis. Two important concepts are:

- Gavishti: Derived from 'Go' (sun rays) and 'Ishti' (sacrifice), this term refers to the study and analysis of solar energy.
- Ashwamishti: Derived from 'Ashwa' (horse) and 'Ishti' (sacrifice), this term signifies the measurement of energy in terms of horsepower. Modern science defines one horsepower (H.P.) as 745.7 watts per second, a concept similar to the Vedic Ashwamishti.

3.5 Supporting Vedic References

- 'O Indra, for Gavishti and Ashwamishti.' (Rigveda 8.61.7)
- 'O Agni, for Ashwamishti.' (Rigveda 2.6.2)

The Vedic understanding of energy, as represented by Agni, aligns closely with modern scientific principles. The concepts of energy transformation, conservation, and measurement were deeply explored in the Vedas. Agni Vidya provides a profound insight into the eternal and indestructible nature of energy, reinforcing its significance in both spiritual and scientific realms.

Ramaswamy Sastry and Vighnesh Ghanapaathi published in <https://www.vedadhara.com> in article titled "*Agni Vidya: The Concept of Energy in the Vedas*".

A purview of the entire literature on this subject namely "Energy" when we go into the Vedas and other spiritual books that originated from the Vedic Period discloses that the energy is defined as "SHAKTI – Divine energy" is "to become capable or be capable". The word Shakti (शक्ति) is derived by suffixing 'ktin' (क्तिन्) to the root word 'shak' (शक्). It mainly means power, valour and vital energy. 'Shakti' (Divine Energy) is thus the attribute inherent in every object, which is necessary for its functioning and which does not exist independent of it. For example, fire is the possessor of energy and heat is its energy. Heat cannot exist independent of fire. Each object has its inseparable energy coexisting with it. Since objects are infinite, so are energies.

As already mentioned, there are two forms of energy and it is described in the Vedas that there are two main forms of deity Shiva. His first form is all-pervasive, pure, knowledgeable, blissful, full of chaitanya (divine consciousness) and absolute; in other words, it is the perpetually stable Parabrahmam (Supreme God). The second form is Shaktitvatva (divine energy principle) which is always functioning in the Universe. This Principle manifests itself through all the animate and inanimate objects in nature. The origin of Shakti is in the form of Vibrations.

Our ancestors in Vedic period have developed number of Vedic techniques in eliminating negative thoughts or to convert negative thoughts into positive thoughts so that negativity can be thrown out to give peace of mind and the wellbeing to the body. However, as the time passes somehow, we lost the thread of knowledge due to various circumstances especially when foreign rules invaded the country and destroyed the rich culture of Hinduism that includes this negative energy and positive energy.

There is a lot of literature on this subject namely negativity/negative energy/positive energy. In Ancient scripts and also in modern thoughts the aim of all these is to ward off the negative energy from within the body, from the environment, from the dwellings where the humans are residing and create a positive energy for their wellbeing.

However, in Hindu philosophy our ancestors who are acknowledged the icons of philosophy and have a thorough knowledge of the nature and its unlimited influence in the mankind in good or bad is being controlled with many manifestations for the good of the mankind.

At a nutshell it is a proven fact that, to keep our mind and soul peaceful and undisturbed by negative thoughts is to develop such kind of disciplined way of life to live and let live peacefully.

4. Conclusion

The subject is very vast and includes abundant knowledge regarding negative and positive energies and their influence on the mankind we can only summarize to certain extent about the subject. As already mentioned about energy is nothing but transformation of work force in any form like in the modern age of Potential, Kinetic, Thermal, Electrical, Chemical, Nuclear or other forms of energy or to acknowledge and practice the spiritual way of living as annunciated in the Vedas and practiced by our Forefathers so that the negative energy that always causes imbalance in life and to ward of this negative energy and to convert this negative energy into positive energy so that a stress, strain free atmosphere for the good of the mankind. To add flavor to this principle, concentration which is essence of knowledge can be practiced. 90% of the thought force is wasted the ordinary human beings as such the common man is constantly committing blunders on the other hand a person with knowledge and intellect and trained never make such mistake. It is always a point to be noted that the very essence of education is the concentration of mind not the collecting of facts. So one has to develop the power of concentration and detachments. However, the Vedas that are unique in their knowledge in the modern history are the wealth of information not only about philosophical, spiritual and ideals but also invaluable references that clearly explain the laws governing scientific phenomena, practical applications and methods of utilization of the natural resources that are available in the universe. The so-called modern scientists, manufacturers, computer programmers, mathematicians and many other professionals who have attained the optimum knowledge in their own branches can greatly benefited provided if they can get the vast inherent knowledge from these books, Vedas. However, off late some intellectuals are today concentrating on the significant aspect of Atharvana Veda that contains valuable information such as medicinal plants and healing practices and many other fascinating subjects such as marriage rights, the healing properties of water, atomic and solar energy, electricity and the states of supreme consciousness that are abundantly discussed for example quantum physics, came from the Vedas – how does it work etc is clearly explained in Atharvana Veda.

The nature has given the Panchaboothas namely Air, Water, Fire, Earth and Sky i.e. Water energy the present form of Hydropower, the Field Energy or Energy of intermediate space, the magnetic field of Earth, Geothermal energy – Agni etc. without these Panchaboothas are the nature's power and one cannot exist in this materialistic world; because of the death of space concise this article a brief introduction of all these things are mentioned but not fully described.

To conclude negative energy effects people of all ages by influence their thoughts, emotions and interactions; such people who carry negativity can seem dominant, using criticism and put down to affect those around them and these emotions often stem from frustration or insecurity or in sometimes people use to create these things in support of their activities and to hide their frustration and insecurity, they create intentional efforts such situations and manipulate such negative acts.

Though negative and positive energy are not scientific concepts and are proven scientifically and are often used to describe the perceived impact of emotions and external influences on a person's mental and physical wellbeing.

Whatever may the thoughts and effect of those thoughts one should practice to ward off negativity within the human body and also his or her surroundings and cultivate the habit of making the surroundings within and outside with positive thoughts and positive energy.

To conclude, the teachings of the Great Philosopher, Sri Aurobindo, I quote,

"A quite mind does not mean that there will be no thoughts or mental movements at all, but these will be on the surface and you will feel your true being within, separate from them, observing but not carried away".

"When the mind is still then truth gets her chance to be heard in the purity of the silence".

The first principle of true teaching is that *"nothing can be taught"*.

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