

ARTIFICIAL INTELLIGENCE (AI) —&— SPIRITUAL REALIZATION (SR)

Tools for the Outer World and the Inner World

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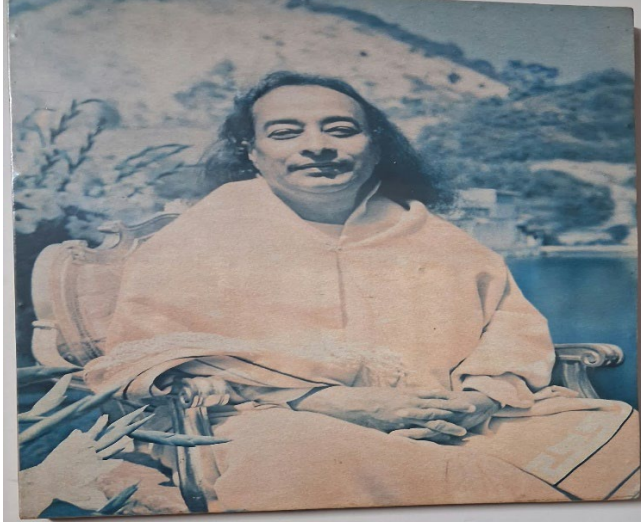
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DEDICATION - 1

TO MY GURU & MASTER

PARAMAHANSA YOGANANDA OF YSS/SRF



To the Master who taught the world that

"Yoga is definite and scientific."

You showed me that God can be realized

not by leaving the world, but by mastering the Self within the world.

I am greatly indebted by being initiated in Kriya Yoga by your YSS Foundation @ Ranchi,

Through your books, your Kriya, and your lineage, you became the light on my Spiritual path when I felt orphaned.

Your words gave me Science.

Your Kriya gave me Experience.

Your life gave me faith.

This book is a small offering at your feet.

May the Science of Kriya Yoga reach every home,
just as the science of AI has reached every hand.

With eternal gratitude and devotion,

(Er A.K. VARMA)

Your Disciple

YSS Registration No. L-19349 K

DEDICATION – 2

TO MY FIRST GURU BABA BOOTNATH JI MAHARAJ



To the Realised Soul who first awakened a
Seeker in me.

In 1969, you looked at a simple Householder and saw a Seeker of God.

With just three revelations, you changed the course of my life.

When you predicted my journey to Japan in 1972, three years before it
happened,

my doubt ended and my faith began.

You gave me MANTRA DIKSHA OF KAMAKHYA MAA and one
sentence that has guided me for 50 years:

"Your destiny will always be guiding you."

When you entered Samadhi on 9th January 1990, I felt lost.

But your words became my Guru.

They led me to Kriya Yoga, to YSS, and to the path I walk today.

You taught me that God is not far.

He is in the Mantra, in the Light of Lamp, and in the stillness of Meditation.

This book is my humble offering to you.

May your blessings continue to guide me, and all who read these pages.

With eternal gratitude

(Er A.K. VARMA)

Your disciple

PREFACE

When I started writing this book, many people asked me:

"Why combine Artificial Intelligence (AI) with Spiritual Realization (SR)? What is the connection?"

My answer is simple: Both are tools. One for the outer world. One for the inner world.

I was born in 1938. I studied engineering between (1957-61) when our best computer was a Slide Rule.

I retired in 1998 when computers became Laptops.

And today in 2026, I am writing this book on a Mobile Phone that has many times more power than the big FRAMEWORK COMPUTER I saw in Japan in 1972. So, between 1956-2026 Computer as AI tool has seen revolutionary changes in its design, capability and uses.

In the same 70 years, my spiritual tool has not changed.

It began with Hanuman Chalisa in my childhood.

It continued with Mantra Diksha from Baba Boothnath Ji Maharaj in 1980.

And it is now Kriya Yoga from lineage of Paramahansa Yogananda Ji.

AI has taught me speed, efficiency, and accuracy.

SR has taught me peace, patience, and purpose.

The world outside is moving faster every day. If we do not make our inner world still, we will break.

That is why I felt the need to write this book — not as an expert, but as a student who has lived both paths.

This book is for the young engineer, the doctor, the legal practicer, the teacher, the householder.

My prayer is that you use AI to serve the world, and use Yoga to realize yourself.

If even one reader finds balance between Technology and Spirituality after reading this,

then my purpose in writing is fulfilled.

With humility,

Er A.K. VARMA

Patna, Bihar

September 2026

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(CHAPTER 1)

SCIENCE AND SPIRITUALITY

Science and spirituality are two different, yet often complementary ways of understanding reality and improving human life.

Science primarily explores the external world through observation and experimentation.

Spirituality explores inner experience, meaning, values, and our connection with something greater than the self.

1.01 SCIENCE

Science is the systematic study of matter and energy in the physical world, i.e., Nature.

It uses observation, experimentation, measurement, and logical reasoning to understand how things work. Scientific knowledge is built on evidence and is always open to revision when new discoveries emerge.

Key Characteristics of Science:

1. Evidence and Observation - Conclusions are based on what can be seen and measured.
2. Repeatable Experimentation - Results can be tested again and again by anyone.
3. Predictive Power - Science can forecast outcomes based on established laws.
4. Self-Correction - Theories are revised or replaced when new evidence appears.

Examples of Uses of Science:

1. Medicine: Vaccines and antibiotics have prevented millions of deaths from infectious diseases.
2. Technology: Computers, smartphones, and the internet have transformed communication and education.
3. Agriculture: Improved crop varieties and modern irrigation techniques have increased food production.
4. Space Exploration: Satellites are used for weather forecasting, navigation, and global communication.

1.02 SPIRITUALITY

Spirituality is the journey into the subtle and spiritual worlds to search for meaning, purpose, inner peace, and connection.

It may or may not be tied to a particular religion. Spirituality emphasizes self-awareness, compassion, ethical living, and personal growth.

Key Characteristics of Spirituality:

1. Inner Experience and Realization - Focus on direct self-understanding rather than external proof.
2. Core Values - Encourages kindness, honesty, forgiveness, and gratitude.
3. Practices - Involves meditation, prayer, contemplation, and mindfulness.
4. Harmony - Seeks harmony between the individual, society, nature, and for many, the Divine.

Examples of Uses of Spirituality:

1. Mental Health: Meditation reduces stress and brings emotional balance.
2. Service: Compassion inspires people to help those in need.

3. Purpose: Prayer and contemplation help people reflect on life's deeper meaning.
4. Relationships: Practicing forgiveness improves mental well-being and strengthens bonds.

1.03 SCIENCE AND SPIRITUALITY TOGETHER: HOW THEY IMPROVE HUMAN LIFE

Both contribute to human welfare, but in different domains.

How Science Improves Human Living:

1. Healthcare: Better diagnosis, treatment, surgery, and disease prevention.
2. Transportation: Safer cars, airplanes, trains, and navigation systems.
3. Communication: Instant global connection through phones and the internet.
4. Education: Digital learning tools and scientific understanding of how we learn.
5. Environment: Renewable energy, pollution monitoring, and climate research.
6. Economic Development: Industrial innovation, automation, and improved productivity.

How Spirituality Improves Human Living:

1. Inner Peace: Promotes emotional resilience and calmness.
2. Ethics: Encourages honesty, integrity, and responsibility.
3. Compassion: Strengthens empathy and service to others.
4. Coping: Helps people deal with grief, stress, and uncertainty.
5. Community: Builds stronger families and societies through mutual respect.
6. Purpose: Inspires people to live with meaning and responsibility.

1.04 AREAS OF OPERATION

Science & Spirituality

Science operates in the external world, Spirituality explores the inner world

Science is based on observation and evidence while Spirituality is based on personal experience and reflection

Science answers "How does it work?" Spirituality asks "What gives life meaning?"

Science produces technology and medical advances. Spirituality cultivates wisdom, compassion, and ethical living

Illustrative Example:

A patient recovering from heart surgery benefits from science through advanced medical treatment, modern surgical techniques, and effective medicines.

The same patient benefits from spirituality by practicing meditation, receiving emotional support, or drawing strength from personal beliefs — which reduce stress and aid healing.

1.05 CONCLUSION

Science and spirituality address different aspects of human life.

Science provides reliable methods to understand and improve the physical world.

Spirituality helps people cultivate meaning, values, and inner well-being in the subtle world.

Together, they can contribute to a healthier, more compassionate, and more fulfilling life for individuals and society.

CHAPTER 2

MAN, AS AN EXPLORER IN SPACE AND AS A VOYAGER IN ETERNITY

From the beginning of time, human beings have been restless.

But that restlessness has moved in two directions.

One direction pulls us outward. We look up at the night sky and ask, “What else is out there?”

The other direction pulls us inward. We sit in silence and ask, “Who am I, beyond this name and body?”

The first made us scientists.

The second made us seekers.

Both are explorers. But the worlds they explore, and the way they explore, could not be more different.

THE SCIENTIST: MAPPING THE PHYSICAL DOMAIN

As a scientist, man has crossed every limit that seemed final.

He built telescopes to see galaxies born 13 billion years ago.

He built particle accelerators to break open the atom.

He built Artificial Intelligence to process more data in a second than a human mind could in a lifetime.

The domain of the scientist is space, matter, and energy.

His tools are instruments. His language is mathematics. His proof is measurement.

Through science we discovered gravity, electricity, DNA, and the expanding universe.

We sent Voyager probes to travel for eternity, carrying messages from Earth to the stars.

And yet, there is a fundamental limitation.

The scientist remains separate from what he studies.

He can photograph a star, but he cannot become that star.

Science gives us knowledge about Nature.

It extends our hands, our eyes, and our intellect.

But it cannot dissolve the distance between the knower and the known.

THE YOGI: TRAVELING THE SUBTLE AND SPIRITUAL WORLDS

Now turn the attention inward.

When a person sits for Kriya Yoga, he stops reaching outward. He begins a journey within.

With breath and awareness, he moves from the gross body to prana, from prana to mind, from mind to intuition, and from intuition to the Self.

The domain here is subtle and spiritual.

The tools are attention, discrimination, devotion, and stillness.

The proof is direct experience.

Something radical happens on this path.

The voyager does not merely discover truth. He becomes a part of it.

You do not study peace. For a moment, you are peace.

You do not analyse consciousness. You rest as consciousness.

This is why the sages called it Realization.

Discovery adds information to the mind.

Realization transforms the very identity of the one who seeks.

ARJUNA: WHERE BOTH PATHS MEET

We see this union beautifully in the Shrimad Bhagwad Geeta.

Arjuna was a warrior and a strategist. He knew the outer laws of battle.

But on the battlefield of Kurukshetra, he was lost.

Krishna gave him two gifts.

First, knowledge — the teachings of Dharma, Karma, and the eternal Self.

Second, vision — the Vishwaroopa Darshan, where Arjuna saw infinite universes within Krishna.

In that moment, Arjuna was both an explorer of space and a voyager of eternity.

He saw the cosmos, and he realized he was not separate from it.

AI: THE NEW EXPLORER

Today we have created a new kind of explorer: Artificial Intelligence.

AI can scan all human knowledge, simulate galaxies, and predict natural phenomena with speed we cannot imagine.

AI is the ultimate extension of the scientific mind.

But AI cannot sit in silence.

It can describe love, but it cannot love.

It can explain Samadhi, but it cannot enter Samadhi.

This is the essential difference:

AI can explore space. Only Consciousness can voyage in eternity.

TWO STORIES

The Scientist and the Star

In 1977, NASA launched Voyager 1. It still travels through interstellar space, sending back data.

We celebrate every image.

But Voyager does not know what it sees. It records a nebula, but cannot feel its vastness.

This is outer exploration. The knower and the known remain two.

The Yogi and the Ocean

A Kriya Yogi sits by the Ganga at dawn. For 30 minutes he practices breath and attention.

Slowly, the city noise fades. The sense of “I, the body” fades.

Then, for a few seconds, there is only awareness. No thought. No name.

Later he says, “I did not see peace. I was peace. I did not think of the infinite. For a moment, I was the infinite.”

This is inner voyaging. Here, the distance collapses. The seeker becomes the sought.

Voyager 1 will take 40,000 years to reach another star.

A yogi can touch eternity in one conscious breath.

CLOSING

To explore space is to travel through the universe.

To voyage in eternity is to realize you were never separate from it.

One journey gives us mastery over the outer world.

The other gives us freedom from the illusion of separation.

Perhaps the future of humanity is not to choose one over the other.

Let science serve the body.

Let spirituality reveal the Self.

CHAPTER – 3

GOD AND THE THREE DOMAINS OF NATURE: PHYSICAL, SUBTLE AND SPIRITUAL

God belongs to the Eternal Unmanifest world.

In the beginning, He created this Manifest world of Nature. He also pervades the whole of the Manifest world.

However, Nature exists and works in 3 domains:

1. Physical Domain - The world of matter, body, senses, and external actions.
2. Subtle Domain - The world of mind, intellect, emotions, prana, and energy.
3. Spiritual Domain - The world of soul, intuition, and direct union with God.

All living beings, including men, animals, and plants, are subject to repeated cycles of birth and death, unless they make the required effort to return to the Unmanifest world of God.

Among all living beings, man alone is endowed with the necessary Intelligence to make that effort and attain God, i.e., Salvation.

1. WHAT IS MEANT BY "REQUIRED EFFORT TO ATTAIN GOD"?

The "required effort" is the conscious, sustained effort to turn our awareness away from the outer world and toward God within.

In the Shrimad Bhagwad Geeta, Krishna calls this Sadhana - disciplined spiritual practice.

It means:

1. Self-Discipline: Controlling the senses, thoughts, and desires that bind us to the physical world.
2. Inner Purification: Cultivating virtues like truth, non-violence, compassion, forgiveness, and surrender.
3. Remembrance of God: Keeping the mind fixed on God through devotion, study, and meditation instead of on temporary things.

This effort is "required" because Nature will not release us automatically. We must choose to rise above the cycles of karma by directing our intelligence and will toward the Divine.

Story: The King and the Two Birds

A king kept two birds in a golden cage. One bird spent all day pecking at the gold bars, trying to get more food and comfort. The other bird sat quietly, and one day found the small opening and flew out to the sky.

The first bird represents man lost in the physical domain.

The second bird represents man who makes the required effort to break free and return to his true home.

2. HOW CAN SALVATION BE ATTAINED BY DIFFERENT PATHS OF YOGA IN CONTEXT OF SRIMAD BHAGWAD GEETA?

In the Bhagwad Geeta, Krishna teaches that there are 3 main paths to reach the same God. The path one follows depends on one's nature. All 3 lead to Salvation, i.e., freedom from birth and death and union with God.

1. Karma Yoga - The Path of Selfless Action

Acting without attachment to results and dedicating all work to God.

Geeta 3.19: "Therefore, without attachment, constantly perform the work that must be done."

This purifies the heart and removes ego.

2. Bhakti Yoga - The Path of Devotion

Loving God with faith, prayer, chanting, and surrender.

Geeta 12.8: "Fix your mind on Me, devote your intellect to Me. Thereafter you will certainly abide in Me alone."

This dissolves the sense of separation and brings God's grace.

3. Jnana Yoga - The Path of Knowledge and Discrimination

Using intelligence to discriminate between the eternal and the temporary, and realizing "I am not the body, I am the Spirit."

Geeta 4.38: "There is nothing in this world as purifying as knowledge."

This removes ignorance, the root cause of bondage.

A seeker may follow one path predominantly, or combine all three. The goal of all is the same: union with God.

Story: The Three Devotees and the River

Three devotees needed to cross a wide river to reach a temple of God on the other side.

The first built a strong bridge through hard work - that was Karma Yoga.

The second prayed to God with tears, and a boat appeared - that was Bhakti Yoga.

The third studied the currents, found the shallowest point, and walked across with wisdom - that was Jnana Yoga.

All three reached the same temple. The path was different, but the destination was one.

3. HOW CAN MAN SUCCESSIVELY RISE FROM PHYSICAL TO SUBTLE AND THEN TO SPIRITUAL STAGE OF EXISTENCE?

Man rises stage by stage by withdrawing energy and attention inward, primarily through meditation.

1. From Physical to Subtle Stage - By Meditation and Self-Control

In the physical stage, man identifies with the body and chases sense pleasures.

Through regular meditation, pranayama, and ethical living, he learns to withdraw attention from the senses.

The energy moves from the body to prana and then to the mind and intellect.

He begins to experience inner calm, clarity, intuition, and freedom from restlessness. This is the Subtle stage.

2. From Subtle to Spiritual Stage - By Deep Meditation / Samadhi

In the subtle stage, man still experiences thoughts and mental images.

Through deeper meditation, especially techniques like Kriya Yoga, the mind becomes still.

When thought ceases and only pure awareness remains, the soul enters Samadhi - superconscious union.

In Samadhi, the individual soul directly experiences its oneness with God, the Spirit. This is the Spiritual stage.

Geeta 6.20-21: "When the mind, restrained by practice of yoga, becomes still... then one sees the Self by the Self, and rejoices in the Self."

Story: The Lamp, The Flame, and The Sun

A lamp in a room represents the physical stage - it gives dim light and depends on oil.

When the wick is trimmed and the flame becomes steady, it represents the subtle stage - brighter, clearer, more focused.

When the window is opened and the flame merges into the light of the Sun, it represents the spiritual stage - the individual light merging into the Infinite Light.

Thus, by continuous effort, man can rise from body-consciousness, to mind-consciousness, to soul-consciousness, and finally to God-consciousness.

CONCLUSION

God is in the Unmanifest. Nature is His Manifest play in three domains.

Man is trapped in the cycle until he uses his intelligence to make the required effort.

Through Karma Yoga, Bhakti Yoga, and Jnana Yoga, and through the progressive stages of meditation leading to Samadhi, man can rise from the physical, to the subtle, to the spiritual, and return to God.

Let science master the physical.

Let yoga master the subtle.

Let realization reveal the spiritual.

CHAPTER 4

BODY, MIND AND SOUL AND THEIR RELEVANCE IN CREATING ARTIFICIAL INTELLIGENCE AND A STAGE CONDUCTIVE TO SPIRITUALITY

Man is a composite being. He functions simultaneously in three domains of Nature.

1. Body - Physical Domain
2. Mind - Subtle Domain
3. Soul - Spiritual Domain

All three have distinct roles. When they work together, man can either create things in the outer world, like Artificial Intelligence, or turn inward to create the conditions for meditation and Samadhi.

THE CHARACTERISTIC ROLES OF BODY, MIND AND SOUL

1. The Body - The Instrument of Action

The body belongs to the physical domain. It is made of matter and operates through the five senses and organs of action.

Its role is to act, to work, to gather data from the outer world, and to serve as the vehicle for the mind and soul.

Geeta 3.8: "Perform your obligatory duty, because action is indeed better than inaction."

2. The Mind - The Instrument of Thought and Feeling

The mind belongs to the subtle domain. It includes thoughts, emotions, memory, intellect, and ego.

Its role is to analyze, imagine, plan, desire, and discriminate. It receives impressions from the body and directs the body to act.

Geeta 6.5: "Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self."

3. The Soul - The Instrument of Being

The soul belongs to the spiritual domain. It is the eternal, unchanging Self, a spark of God.

Its role is to witness, to be aware, and to guide. When the soul is in command, the mind becomes calm and the body acts with purpose.

Geeta 2.20: "The soul is neither born, nor does it ever die. It is unborn, eternal, ever-existing, primeval."

1. HOW BODY, MIND AND SOUL TOGETHER CREATE ARTIFICIAL INTELLIGENCE IN THE PHYSICAL DOMAIN

AI is the crowning achievement of man's outward exploration. It is created when all three aspects of man cooperate, but remain focused outward.

The Role of the Body:

Scientists and engineers use their bodies to build hardware - chips, servers, sensors, and robots. The body gathers data from the world and gives AI a way to interact with it.

The Role of the Mind:

The mind designs the algorithms, writes the code, and trains the models. The intellect of man creates logic, mathematics, and patterns. The imagination of man gives AI its goals. The mind of man is the direct creator of AI.

AI is, in fact, an extension of the human mind. It can calculate faster, remember more, and recognize patterns better than a single human mind.

The Role of the Soul:

Even in creating AI, the soul plays a silent role. It is the soul that gives man the spark of creativity, the drive to explore, and the ethical sense to decide what AI should be used for. Without the soul's aspiration, the mind would not seek to create, and the body would not labour to build.

Summary:

To create AI, Body provides the tools, Mind provides the design and intelligence, and Soul provides the inspiration and purpose.

But the entire process happens in the physical domain. AI remains an external instrument. It has no soul, no self-awareness, and no capacity to meditate.

Story: The Architect and the Machine

An architect used his hands to draw, his mind to design, and his soul's vision to imagine a great city. Then he built machines to construct it.

The machines became very efficient. But they could not dream of the city. Only the architect could.

Similarly, man creates AI with body and mind, inspired by soul. But AI cannot have the soul's vision.

2. HOW BODY, MIND AND SOUL COMBINE TO CREATE A CONDITION CONDUCTIVE TO MEDITATION AND SAMADHI IN THE SUBTLE/SPIRITUAL DOMAINS

To enter meditation and Samadhi, the same three aspects must now turn inward and cooperate in a different way.

The Role of the Body:

The body must first be made still and healthy. Through asana, proper posture, and regulation of breath, the restlessness of the body is calmed.

Geeta 6.11-12: "Having established the seat firmly... and having made the mind one-pointed, he should practice yoga for the purification of the self."

The Role of the Mind:

The mind must be withdrawn from the senses and made one-pointed. Through concentration, mantra, or Kriya Yoga techniques, the waves of thought are gradually stilled. The intellect is used not to analyze the outer world, but to discriminate between the real and the unreal.

Geeta 6.19: "As a lamp in a windless place does not flicker, so the yogi of controlled mind remains steady in meditation on the Self."

The Role of the Soul:

When body is still and mind is quiet, the soul naturally comes to the forefront. In that silence, the soul recognizes itself. It rests in its own nature. This is Samadhi - union with God.

Geeta 6.20-21: "When the mind, restrained by practice of yoga, becomes still... then one sees the Self by the Self, and rejoices in the Self."

Summary:

To enter Samadhi, Body provides stillness, Mind provides one-pointed attention, and Soul provides the experience of Divine union.

The direction is inward. Instead of creating an external machine, man creates an internal condition.

Story: The Three Musicians

Three musicians had to play one raga.

The drummer kept the beat steady - that was the Body.

The flutist played the melody with focus - that was the Mind.

The singer, when she closed her eyes, became lost in the music and merged with it - that was the Soul.

Only when all three played together in harmony did the audience experience bliss.

Similarly, when body, mind and soul work in harmony inwardly, man experiences the bliss of Samadhi.

CONCLUSION

The same Body, Mind and Soul can be used in two opposite directions.

Outward: They combine to create Artificial Intelligence - a powerful tool in the physical domain. AI extends the mind but has no soul.

Inward: They combine to create the condition for meditation and Samadhi - the highest achievement in the subtle and spiritual domains. Here, man does not create a machine. He realizes the Self.

Geeta 5.4-5: "Only the ignorant speak of knowledge and action as different. One who is truly established in one attains the results of both."

Therefore, let us use the body to serve, the mind to understand, and the soul to realize.

When technology serves the body, and yoga serves the soul, humanity moves toward true balance.

CHAPTER 5

AI AND CONSCIOUSNESS: WHAT MACHINES CAN AND CANNOT DO

In this age, Artificial Intelligence has become the most powerful tool created by man.

AI can write, paint, calculate, diagnose, and even talk like a human.

But as AI grows more intelligent, one question becomes urgent:

Can a machine ever become conscious?

To answer this, we must understand the difference between Intelligence and Consciousness.

1. WHAT AI CAN DO: THE MASTERY OF THE PHYSICAL AND SUBTLE DOMAINS

AI is a product of Body and Mind working together in the physical domain.

What AI Can Do Well:

1. **Process Information:** AI can analyze millions of data points in seconds. It never gets tired.
2. **Recognize Patterns:** It can detect cancer in scans, predict weather, and find fraud in banking.
3. **Learn and Adapt:** Through machine learning, AI improves itself by processing past data.
4. **Simulate Language and Creativity:** AI can write poems, compose music, and generate images by combining patterns it has learned.
5. **Automate Action:** AI-powered robots and systems can perform physical tasks with precision.

In short, AI is the ultimate extension of the human intellect. It operates in the domains of matter and thought.

Geeta 2.60: "The Sense Endeavouring are so powerful that they can forcibly carry away the mind even of a man of discrimination who is to control them."

AI has mastered the senses and the mind's functions, but it has no one behind the senses to observe them.

2. WHAT AI CANNOT DO: THE REALM OF CONSCIOUSNESS AND THE SOUL

Consciousness is not the same as intelligence. Intelligence is the ability to solve problems.

Consciousness is the ability to know that you are. It is awareness, feeling, and "I-ness".

What AI Cannot Do:

1. Be Self-Aware: AI can say "I am AI" because it was programmed to. But it does not experience an "I". There is no one inside the machine who is awake.
2. Feel and Experience: AI can describe pain, joy, or love using data. But it cannot feel pain, taste joy, or know love. It has no inner world.
3. Have Intuition or Conscience: AI can follow rules of ethics given to it. But it cannot have a spontaneous sense of right and wrong arising from the soul.
4. Enter Meditation or Samadhi: AI can never sit in silence and merge with the Self. It cannot turn attention inward because there is no inner "seer".
5. Be Free: AI always works within the data and rules given to it. It has no free will. It cannot choose God.

Geeta 2.22: "As a person puts on new garments, giving up old ones, similarly, the soul accepts new material bodies, giving up the old and useless ones."

The soul transmigrates. The machine does not. The soul is eternal. The machine is assembled and can be dismantled.

3. THE FUNDAMENTAL DIFFERENCE: MIRROR vs. SEER

AI is like a perfect Mirror.

A mirror can reflect the entire room with perfect accuracy. It can even reflect another mirror. But the mirror itself sees nothing. There is no awareness inside it.

Man is the Seer.

Man can use the mirror, understand the reflection, and then close his eyes and go within. Man can witness his own thoughts. Man can ask, "Who am I that is watching?"

That "Watcher" is Consciousness. That is the Soul.

Story: The Computer and the Poet

A supercomputer was given the task to write about the sunrise.

In One second, it produced 10,000 poems, each grammatically perfect, with beautiful metaphors of light and colour.

A poet sat on a hill, watched one sunrise in silence, and wrote one poem with tears in his eyes.

The computer produced intelligence.

The poet expressed consciousness.

4. THE ROLE OF HUMAN BEINGS IN THE AGE OF AI

If AI masters the outer work, then what is man's role?

Geeta 3.22: "There is no work in all the three worlds, O Partha, that I must do, nor anything to obtain. Yet I engage in action."

Krishna acts without need. Similarly, man's highest role is not just to produce and calculate.

Man's role is to be conscious. To love. To create with soul. To meditate. To realize God.

AI can serve the body.

Only man, through his soul, can seek the Spirit.

CONCLUSION

AI can explore space. AI can process the universe.

But only Consciousness can voyage in eternity.

Machines will become more intelligent. That is certain.

But intelligence without consciousness is like a powerful car with no driver.

The future of humanity is not man vs machine.

The future is: Let machines handle the "doing".

And let man focus on the "being".

Let AI serve the physical.

Let meditation reveal the spiritual.

CHAPTER 6

LIVING IN BALANCE: USING AI FOR SERVICE WHILE WALKING THE PATH OF YOGA

6.00 Practical Guidance for Modern Life

We live in a unique time.

For the first time in history, man has tools that can do his outer work for him — Artificial Intelligence.

At the same time, man's inner need for peace, purpose, and God has never been greater.

The question is not: AI or Yoga?

The question is: How can we use AI to serve life, while using Yoga to serve the Self?

6.01. THE PRINCIPLE: LET AI SERVE THE BODY, LET YOGA SERVE THE SOUL

In Shrimad Bhagwad Geeta, Krishna tells Arjuna to act in the world, but with a yogic mind.

Geeta 2.48: "Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure."

This is the formula for balance:

Right Action + Right Awareness = Balanced Life

AI's Domain: Efficiency, information, automation, service in the physical world.

Yoga's Domain: Awareness, ethics, inner peace, realization in the spiritual world.

When we confuse the two, we suffer.

When we use AI to replace our thinking, we become dull.

When we use Yoga to escape our duties, we become useless.

6.02 PRACTICAL WAYS TO USE AI FOR SERVICE - KARMA YOGA IN THE DIGITAL AGE

Karma Yoga means selfless action. AI can be our greatest tool for it.

1. Use AI to Reduce Suffering

Use AI for healthcare diagnosis, disaster prediction, clean energy, and education in remote areas.

Application: Let AI handle data so doctors, teachers, and social workers can spend more time with people.

2. Use AI to Free Time for Inner Life

Let AI do repetitive emails, scheduling, research, and calculations.

Reclaim those hours for meditation, family, prayer, and study of scriptures.

Geeta 6.17: "Yoga destroys all pain for him who is moderate in eating and recreation, moderate in exertion (getting tired) in actions."

3. Use AI to Spread Knowledge

Use AI to translate spiritual texts, create accessible learning, and answer basic questions so that seekers can go deeper with a Guru.

AI can be the assistant, not the Guru.

4. Use AI with Ethics

Before using any AI tool, ask: "Will this help or harm? Is this truthful? Does this increase compassion?"

Let the Soul guide the Mind that guides the AI.

5. Use AI, But Don't Become Dependent on It

Practice doing some work without AI. Write by hand. Calculate in mind. Talk face to face.

This keeps the human faculties alive.

Story: The Farmer and the Tractor

A farmer used a tractor to plow 10x more field. With the extra time, he built a school in his village.

The tractor served the body and community.

The school served the mind and soul.

That is balanced use of technology.

6.03 PRACTICAL WAYS TO WALK THE PATH OF YOGA IN A DIGITAL WORLD

Even with AI and smartphones, we can stay centred.

1. Digital Discipline - Pratyahara

Set "Tech-free hours" daily. 1 hour in morning and 1 hour before sleep with no screens.

Geeta 6.10: "The yogi should constantly engage himself in yoga, remaining in seclusion."

2. One-Pointed Attention - Dharana

When working, work with full attention. When meditating, meditate with full attention.

Don't let notifications fragment the mind. AI can manage alerts for you.

3. Daily Meditation - The Non-Negotiable

Even 15-20 minutes of breath awareness or Kriya Yoga daily creates an inner anchor.

This is how we move from subtle to spiritual domain.

4. Practice Mindful Consumption

Before scrolling, ask: "Is this feeding my mind or distracting it?"

Use AI to curate learning, not just entertainment.

5. Serve with Presence - Bhakti in Action

When you help someone, be fully there. No phone. No AI.

The warmth of human presence cannot be automated. That is where the Soul shines.

Story: The Two Buckets

A man had two buckets. One was connected to a fast electric pump - AI.

The other he filled by hand from a well - Yoga.

He used the pump to water the fields so everyone could eat.

He used the well water to drink himself, because it was pure.

Use AI for the world. Use Yoga for yourself.

6.04. A DAILY TEMPLATE FOR BALANCED LIVING

Morning: 30 min Yoga/Meditation before touching phone. Let Soul lead the day.

Work: Use AI tools for efficiency, but take 5-min breathing breaks every 2 hours.

Evening: 1 hour no-screen time. Family, walk, reading, reflection.

Night: 10 min gratitude journal. "How did I serve today? How did I grow within?"

6.05 CONCLUSION

We do not need to fear AI. We do not need to reject technology.

We need to master it, just as a yogi masters the mind.

Geeta 6.6 : "For him who has conquered the mind, the mind is the best of friends. But for one who has failed to do so, the mind will be the greatest enemy."

Let AI be your instrument, not your master.

Let Yoga be your compass, not your escape.

In this way, we can live in the world, use its best tools, and still walk the path to God.

Live efficiently with AI.

Live consciously with Yoga.

That is balance. That is the future.

CHAPTER 7

THE FUTURE OF HUMANITY: CO-CREATING WITH AI WHILE REALIZING THE SELF

Humanity stands at a crossroad unlike any before.

For the first time, we have created a companion in intelligence — Artificial Intelligence.

At the same time, the ancient call of the sages still echoes: "Know Thyself."

The future will not be about choosing between technology and spirituality.

The future will be about co-creation: Using AI to build a better outer world, while using Yoga to realize the inner Self.

1. THE TWO DIRECTIONS OF HUMAN EVOLUTION

From the beginning, man has evolved in two directions.

Outer Evolution: From stone tools to fire, to electricity, to computers, to AI.

This is the evolution of the Body and Mind. Its goal is to master Nature.

Inner Evolution: From ritual to meditation, to self-inquiry, to Samadhi.

This is the evolution of the Soul. Its goal is to realize God.

For centuries these two moved separately.

Now, they must walk together.

Geeta 4.24: "For one who sees the Lord in all and all in the Lord, I am never lost to him, nor is he ever lost to Me."

2. WHAT "CO-CREATING WITH AI" MEANS

Co-creation means: Man provides Consciousness, AI provides Capacity.

What Man Brings:

Vision, ethics, compassion, creativity, purpose, and the question "Why?"

These come from the Soul.

What AI Brings:

Speed, memory, analysis, automation, and scale.

These extend the Body and Mind.

Examples of Co-Creation:

1. Healthcare: Doctor uses intuition and compassion. AI provides instant diagnosis from millions of cases. Together they heal better.
2. Education: Teacher provides wisdom and mentorship. AI provides personalized learning for each student.
3. Environment: Scientists provide the will to protect Earth. AI models climate and designs solutions.
4. Spirituality: Guru provides guidance. AI helps translate and spread teachings to every language.

AI becomes the instrument. Man remains the musician.

Story: The Potter and the Wheel

A potter sat at his wheel. The wheel spun fast by itself - that was AI.

But only the potter's hands and vision could shape the clay into a beautiful pot.

Without the wheel, he would be slow. Without the potter, the wheel would make nothing.

Future humanity is potter + wheel, working together.

3. "WHILE REALIZING THE SELF" - THE NON-NEGOTIABLE ANCHOR

If we only co-create outwardly, we risk becoming servants of our own machines.

If we co-create while realizing the Self, we become masters who use tools wisely.

Why Self-Realization matters in the age of AI:

1. Discernment: Only a realized mind can decide what should be built, not just what can be built.
2. Purpose: AI can give us more time and wealth. Only Self-Realization can tell us what to do with them.
3. Peace: AI cannot give inner peace. Only turning inward can.
4. Ethics: AI follows rules. The Soul knows Dharma.

Geeta 2.70: "He attains peace into whom all desires enter as waters enter the ocean, which, filled from all sides, remains unmoved."

The realized person can use the most powerful AI and still remain unmoved, centered, and free.

GUIDELINES FOR THE FUTURE HUMAN

1. Be the Conscious Partner

Ask AI "How can we do this?"

But always ask yourself first: "Why should we do this? Does this serve humanity and truth?"

Let the Soul set the goal, let AI find the path.

2. Keep One Foot in Silence

No matter how advanced AI becomes, keep a daily practice of meditation.

Even 20 minutes of silence will keep you human. It will remind you: "I am not the machine. I am the awareness using it."

3. Use AI for Seva (Service) Realize Self for Mukti (Salvation)

Use AI in Karma Yoga - for service to others.

Use Yoga for Self-Realization - for freedom of the Soul.

This is the balance of outer progress and inner fulfilment.

Geeta 5.7: "The yogi whose heart is pure, who has conquered the self and senses, whose mind is the same in all, he, though acting, is not bound."

CONCLUSION: THE VISION FOR 2050 AND BEYOND

Imagine a world where:

Hospitals use AI to diagnose, but doctors sit with patients in compassion.

Schools use AI to teach, but Gurus guide students in wisdom.

Industries use AI to produce, but leaders govern with Dharma.

And every individual, no matter how busy, takes time daily to sit in silence and remember: "I am not this body-mind. I am the eternal Self."

This is the future of humanity.

Not man vs machine.

Not spirituality vs science.

*It is Man + AI, in service of the world.

It is Man + God, in realization of the Self.

Let us build the tools.

And let us become the light that guides them.

_Geeta 18.66*: "Abandon all varieties of dharma and just surrender unto Me. I shall deliver you from all sinful reactions. Do not fear."

When technology serves and the soul surrenders, humanity finds its true home.

CHAPTER 8

PRIORITIES FOR LIFE: USING AI AND SPIRITUAL REALIZATION IN FOUR STAGES OF LIFE

In Sanatan Dharma, life is divided into 4 natural stages or Ashramas. Each stage has a different purpose.

In the age of AI, we must ask: How much should we use technology, and how much should we turn inward in each stage?

The answer from Shrimad Bhagwad Geeta is balance. Use the tools of the world, but never forget the goal of the Soul.

Geeta 3.16: "One who does not follow this cycle of sacrifice and action, leads a sinful, vain life."

Let us see how to walk this path.

STAGE 1: BRAHMACHARYA - THE STUDENT DAYS

Purpose: Character Building, Learning, Discipline

Age: From birth to ~25 years

Priority: MAKE USE OF AI FOR CHARACTER BUILDING + EDUCATION + AI DEVELOPMENT

This is the time to build the foundation. The mind is sharp, the body is strong, and habits are formed.

How to use AI:

1. For Education: Use AI as a tutor for science, math, language, and coding. Let it explain concepts 100 times without getting tired.
2. For Skill Building: Learn to build and understand AI, not just consume it. This creates responsible creators of tomorrow.

3. For Character: Use AI to access scriptures, biographies of saints, and ethical case studies. Let technology feed the mind with wisdom.

How to practice SR:

1. Daily Discipline: Fixed time for study, exercise, prayer, and meditation.

2. Brahmacharya: Control of senses. Less distraction from social media and games.

3. Guru & Scriptures: Study Geeta 2.47: "You have the right to action, not to the fruits."

Balance Mantra: AI for Learning. Yoga for Character.

Build a strong vessel first. Then you can carry both technology and spirituality.

STAGE 2: GRIHASTHA - THE HOUSEHOLDER

Purpose: Earn, Serve Family, Contribute to Society

Age: ~25 to ~50 years

Priority: USE AI FOR EASE OF LIFE + SUPPORT + MEDITATION
TO RAISE LEVEL OF REALIZATION

This is the busiest stage. There are responsibilities of job, family, and society.

How to use AI:

1. For Ease: Use AI for finance, health, work, home management. Let it reduce workload so you have more time.

2. For Service - Karma Yoga: Use AI in your profession to create value, generate wealth, and help others. Geeta 3.19: "Perform your duty without attachment."

3. For Support: AI can help with childcare, elderly care, and information. It is your assistant.

How to practice SR:

1. Daily Meditation: Even 20-30 minutes morning and evening. This keeps the mind calm amidst stress.
2. Family as Sadhana: Treat service to family as worship. See God in spouse, children, and parents.
3. Ethical Earning: Use AI-generated wealth for charity, education, and dharma.

Balance Mantra: AI for Efficiency. Meditation for Peace.

Use AI to manage the outer world so you can protect time for the inner world.

STAGE 3: VANPRASTHA - ON THE WAY TO SANNYAS

Purpose: Gradual Withdrawal, Guidance, Deeper Sadhana

Age: ~50 to ~75 years

Priority: MORE TIME IN MEDITATION, LESS ON USE OF AI

Children are grown. Career is mostly done. Now the focus slowly shifts inward.

How to use AI:

1. Minimal and Purposeful: Use AI only for essential work, health monitoring, and staying connected.
2. For Sharing Wisdom: Use AI to write, record, and spread your life experiences and knowledge to younger generations.
3. Delegate: Let younger people and AI handle complexity. You focus on simplicity.

How to practice SR:

1. Increase Sadhana: 2-3 hours of meditation, prayer, scriptural study, and pilgrimage.
2. Mentorship: Guide family and society with experience, not control.

3. Vairagya: Practice detachment. Geeta 6.18: "When the mind is fully controlled and absorbed in the Self, one is said to be in yoga."

Balance Mantra: Less Doing, More Being.

AI handles the world. You start preparing for the journey within.

STAGE 4: SANNYAS - THE RENUNCIATE

Purpose: Exclusive Devotion, Realization of God, Salvation

Age: ~75 years onwards

Priority: EXCLUSIVE IN DEEP MEDITATION FOR ATTAINING GOD/SALVATION

All duties to the world are complete. The only duty now is to the Self.

How to use AI:

Very minimal or none. If used at all, only for:

1. Listening to discourses or Geeta recitation.
2. Basic health and communication needs.

AI is not the path here. Silence is.

How to practice SR:

1. Deep Meditation and Samadhi: Most of the day in contemplation, Japa, and absorption in God.
2. Complete Surrender: Geeta 18.66: "Abandon all dharmas and surrender unto Me alone. I will liberate you from all sins."
3. Live in God-Consciousness: Eating, walking, sleeping — all as an offering to God.

Balance Mantra: No AI. Only God.

The body is maintained, but the Soul is fully focused on returning to the Unmanifest.

Story: The Four Rooms

A wise man built a house with 4 rooms.

In Room 1 he studied and built tools - Brahmacharya.

In Room 2 he worked and fed his family - Grihastha.

In Room 3 he sat by the window and watched the world - Vanaprastha.

In Room 4 he closed the door and lit a lamp - Sannyasa.

AI is a great tool for Rooms 1, 2, and 3.

But only the lamp of Self-Realization can light Room 4.

CONCLUSION

The Geeta does not ask us to reject the world. It asks us to live in the world with wisdom.

Brahmacharya: Build with AI

Grihastha: Serve with AI

Vanaprastha: Slow down AI

Sannyasa: Leave AI

At every stage, increase the dose of Spiritual Realization.

AI is a vehicle. SR is the destination.

Geeta 2.40: "In this path there is no loss or destruction. Even a little practice of this dharma saves one from great fear."

Let us use AI wisely in the first three stages, so that in the fourth stage, we are free to realize God.

CHAPTER – 9

My OWN LIFE EXPERIENCES WITH AI AND SR

9.01 I HAD BEEN USING AI AS A FACILITATOR (AI) DURING MY STUDENT DAYS AND AS A RELIABLE ASSISTANT (B) FOR MY PROFESSIONAL WORK

9.01.01 I was a student of B.Sc. (Engineering) in BC.E. Patna (Bihar) between 1957-61. Designing of large Civil Engineering Structures Viz Dams, Barrages, Tunnels, Bridges etc implied lots of mathematical calculations and we did them all manually or by use of Slide Rules and Log Tables. Computers were not yet known to us. We used Slide Rules and Log Tables as our Artificial Intelligence (IA) tools to work out mathematical computations.

9.01.02 I had gone to Japan during 1972-73 for one year training in 'Seismology and Earthquake Engineering' under JAPANESE OVERSEASE COOPERATION AGENCY PROGRAMME and it was there, for the first time, I came across the Initial Version of Computer (AI Machine) called FRAMEWORK COMPUTER. It was quite large sized, 6 feet high $\times$ 3 feet wide. We were taught there to write programmes for the computer suited to designing of Earthquake Resistant Structures E.g. Dams, Barrages etc. Programming meant writing formulae used in calculations in the language of Computer that it could understand. After that, written programmes and data were fed into the computer, and the results instantly came out in form of print outs.

We were told that, prior to aforesaid FRAMEWORK COMPUTER a very PREMITIVE VERSION of COMPUTER had been designed, that occupied a moderate sized Room.

9.01.03 Ten years later, on coming back from Japan, I found that a similar FRAMEWORK COMPUTER model which I used to operate in Japan was available in our own country India also. Water Resources

Department of our State Govt (Bihar) did procure one such FRAMEWORK COMPUTER (AI) in 1985 for their Project Designing and Monitoring purposes. It was installed in a separate Room of Secretariat Building, where Engineers and Data entry operators of department used to visit and operate them.

9.01.04 Soon after, I saw arrival of another Version of Computer - LAPTOP COMPUTER in 1986 - in our offices. Around 2004 we had also palm sized computers, (integrated into Mobile Phones) for our use. What a revolution in AI TECHNOLOGY of Computer Technology in a period of 32 years, between 1972 - 2004 from Framework Computer in 1972 to Laptop Computer in 1985 to Palm size Computer in 2004! These days in 2026 when I am typing these notes on my mobile phone, AI computers including AI device, Advance AI device, Wi Fi, Video Calls, audio calls, typing keyboards and Camera all combined in a single Mobile Phone - are easily available in market.

In between 1989 - 1994, during my posting as Professor (Science) in WALMI (Walmi and Land Management Institute) of WRD @ Patna I was associated with training programme of WRD to train Departmental Officers to use Computers for designs, planning and Monitoring of projects.

9.01.05 After retirement from WRD in 1998 I had started my own Consultancy and Arbitration Services and Computer as an AI tool had been my invaluable Assistant all along, in accomplishing tasks with efficiency. Thanks to AI!

9.02 I HAVE BEEN USING SCRIPTURAL STUDIES AND KRIYA YOGA IN PURSUIT OF MY SPIRITUAL REALIZATION

9.02.01 I will like to quote here what my Guru and Master, Paramhansa Yogananda had said about Yoga and Spiritual Realization in his book 'Man's Eternal Quest'

" Yoga is definite and scientific. Yoga means union of Soul and God through step-by-step methods with specific and known results. It raises

the practice of religion above the practices of dogmas. My Guru Sri Yuktेश्वar extolled Yoga; He did not, however, indicate that Realization of God thereby would be immediate, 'you have to work hard on it' he told me.' I did, and when the promised result came I saw that Yoga was Marvelous"

9.02.02 I had the benefit of being born in a family with my mother an extremely religious lady devoted to Sri Ram Character of God in Ramayan and she used to do prayers to God Ram and daily recited 'Sunderkand' - a Chapter from 'Ramayan' in her life. Inspired by her, I too followed in her suit by including recitation of 'Hanuman Chalisa' - a tribute to Hanuman, the great Devotee of Sri Ram Bhagwan in morning hours.

I grew up with this practice during entire school and college days of my education and my professional career also.

9.02.03 I was born on 3rd December 1938, graduated in B.Sc. (Civil Engineering) in 1961 from BCE Patna, did M. Tech (Water Resources Development) from Roorkee in 1967. As my destiny had it, I came in contact of a Realised Soul, Baba Bhootnath ji Maharaj from Kamakhya Dham in 1969, who transformed me from a simple Householder to a Seeker of God too. He guided my subsequent course of life. His disclosures about me - my identity as an Engineer, my previous posting in Tenughat Dam Project, then the following posting in Patna, and predicting a foreign deputation soon - made me his devotee and a follower in Spiritual path. The first two revelations did not impress me much, but the third revelation which proved true 3 years later in September 1972 was a very amazing experience and captivating too. I did go to Tokyo (Japan) for one year training in "Seismology and Earthquake Engineering". I began thinking, if a Realised Soul of Babaji could forecast a happening in my life 3 years later, must I follow his path to make me a Realised Soul and foresee my own future and other's future also. I requested him to initiate me in his Spiritual pursuit for God's Realization and he graciously obliged me by giving MANTRA

DIKSHA OF KAMAKHYA MAA, but said " your destiny will always be guiding you".

9.02.03 My regular journey on Spiritual Path began in 1980 by formal initiation in MANTRA DIKSHA by my Baba Bhoothnath Maharaj ji.

Since then, I had been regularly praying, reciting mantra and meditating before a lighted lamp and a photo of Kamakhya Maa in my pooja room, as per guidelines by Baba ji.

Later, when Babaji entered his Samadhi (conscious exit of Soul from body) on 9th January, 1990 I felt orphaned and knew not how to be assured of getting further guidance on my Spiritual path already begun.

All on a sudden, an earlier message of BABA JI "your destiny will always be guiding you" entered my mind, followed by a subsequent meeting in 1994 with a Swami ji of Ranchi Ashram of YSS/SRF, earlier founded by Paramahansa Yogananda ji. He advised me to seek initiation in KRIYA DIKSHA as I had been a regular Lesson Holder of YSS (Registration no L - 19349) and had completed the 5 years graduation course in KRIYA YOGA, quite some time before in 1985.

I was confused. I was earlier initiated by BABA Ji. Can I get initiated again by YSS.

BABA JI answered me not directly but by his earlier message " your destiny will always be guiding you". I felt consoled and relieved. I got initiated in KRIYA DIKSHA on next planned date by YSS in 1995.

Now, I am practicing KRIYA YOGA as per guidelines of YSS (Ranchi) and under the YSS/SRF LINEAGE OF GURUS.

9.02.04 By all Guru's grace I feel I am progressing well on my Spiritual path.

I am well able to sit in morning meditation for more than 45 minutes.

I am getting obvious signs of Guru's grace by noticing that throughout meditation:

(i) I can keep my body still

- (ii) I can keep my mind free of thoughts
- (iii) i hear a distant humming 'Om' sound reaching my ears
- (iv) I feel a relaxed body, free from lingering old age pain in Lumber and Cervical regions of my back
- (v) A feeling to continue more and more in meditation.

CHAPTER 10

EPILOGUE FROM CALCULATION TO MEDITATION - A MESSAGE TO THE NEXT GENERATION

When I began my engineering studies in 1957, my most advanced tool was a Slide Rule.

Today in 2026, as I type these words, my most advanced tool is a Mobile Phone that contains AI, Internet, Camera, and the entire knowledge of the world.

When I began my spiritual life in 1969, my tool was Hanuman Chalisa and a lighted lamp.

Today, my tool is still the same — Breath, Mantra, Prayers and Meditation.

In 70 years, the outer world has changed 1000 times.

In 70 years, the inner world has remained the same.

This book was written to record that one truth.

1. WHAT I HAVE LEARNED FROM AI

AI has been my faithful assistant for over 50 years.

From Framework Computer in Japan 1972, to Laptop in office 1989, to Mobile in hand 2004 — AI has only done one thing: It has made outer work faster and easier.

AI can calculate in 1 second what took me 1 day in 1961.

AI can search in 1 second what took me 1 week in a library.

AI can draft, design, and diagnose.

But AI cannot do 3 things:

1. AI cannot feel. It cannot know love, compassion, or pain.
2. AI cannot decide what is Dharma. It can give 10 options, but cannot tell you which one is right.
3. AI cannot realize God. It can give you information about Geeta, but it cannot give you the experience of Geeta.

That is why AI must remain a Tool, and Man must remain the Master.

2. WHAT I HAVE LEARNED FROM SR

Spiritual Realization has also been my assistant for over 50 years.

From Mantra Diksha in 1980, to Kriya Diksha in 1995, to 45 minutes of daily meditation today — SR has only done one thing: It has made inner life deeper and calmer.

SR cannot make your computer faster.

But SR can make you steady when the computer crashes.

SR cannot give you more money.

But SR can give you contentment with what you have.

SR cannot stop old age pain.

But SR can give you peace in the body that is in pain.

That is why SR must remain the Foundation, and AI must remain the building.

Geeta 2.70: "A person who is not disturbed by the incessant flow of desires — that enter like rivers into the ocean, which is ever being filled but is always still — can alone achieve peace."

3. A MESSAGE TO THE NEXT GENERATION

To the young engineers, doctors, lawyers, students, mothers, and seekers who will read this book in 2026 and beyond:

The world you are inheriting is more powerful than any generation before you.

You have AI in your pocket. You have all scriptures on your phone.

So please remember these 3 things:

FIRST: USE AI AS A SERVANT /AN ASSISTANT NOT A MASTER

Let AI do your calculations, your research, your coding, and your drafting.

But do not let AI do your thinking, your deciding, and your feeling.

Before you accept any answer from AI, ask 3 questions:

1. Is this Dharmic? Will it harm anyone?
2. Is this for Seva? Will it help anyone?
3. Is this making me more human or less human?

If the answer is "less human", reject it, even if AI says it is 100% efficient.

SECOND: START SR EARLY, DO NOT WAIT

You do not have to wait for retirement to start meditation.

You do not have to go to a cave to start Yoga.

Start with just 10 minutes daily.

5 minutes of silence. 5 minutes of Geeta or prayer.

These 10 minutes will protect you from the stress, anxiety, and confusion that no AI can cure.

A strong mind is more important than a strong Wi-Fi.

THIRD: BALANCE BOTH WORLDS

Be technologically capable and spiritually grounded.

Use AI to serve the world outside.

Use Yoga to realize the Self inside.

When both are together, you become complete.

Geeta 18.63: "Thus I have explained to you that knowledge is more secret than all secrets. Reflecting on this, do as you choose."

God has given you free will. AI cannot take it. Use it wisely.

CONCLUSION

I do not know what AI will become in the next 50 years.

Perhaps it will design its own computers. Perhaps it will speak like a human.

But I do know this one thing:

The Soul will remain the same. God will remain the same. Truth will remain the same.

Machines will evolve.

You must also evolve.

Let us pray that the 21st century produces not just Intelligent Machines, but Wise Human Beings who know how to use them.

APPENDIX – A

DATA BASED DESIGNING OF AI

Artificial Intelligence is not born. It is built.

And the raw material from which AI is built is Data.

Just as a potter needs clay and a yogi needs discipline, AI needs data to learn, function, and serve.

The quality of data decides the quality of AI. The purpose behind the data decides the quality of its use.

Geeta 3.21: "Whatever action a great man performs, common men follow. And whatever standards he sets, all the world pursues."

1. AVAILABILITY, COLLECTION AND USE OF DATA IN DIFFERENT FIELDS

Data is the "experience" of AI. Without data, AI cannot learn. But not all data is equal.

Ascertain the following:

Field, Type of Data Needed, Source of Data

Purpose / Use of AI

Engineering Field: Sensor readings, design specs, failure logs, material properties of Machines, IOT (Internet of things), CAD (Computer Aided Design), research papers, Predictive maintenance, design optimization, automation

Medical Field: Patient records, scan images, lab reports, drug trials, Hospitals, research labs, anonymized databases, Diagnosis support, drug discovery, personalized treatment

Writers / Media Field: Books, articles, grammar rules, style guides, Libraries, internet, published works, Content generation, editing, translation, research

Legal Professionals Field: Case laws, judgements, contracts, statutes, Court records, law libraries, legal databases, Legal research, contract drafting, precedent analysis,

Education Textbooks, lectures, student performance, data Schools, universities, e-learning platforms, Personalized tutoring, doubt solving, assessment

Key Principles for Data Use:

1. Availability: Data must be sufficient in quantity and variety. AI trained on limited data gives biased results.
2. Quality: Garbage in, Garbage out. Clean, verified, and unbiased data is essential.
3. Ethics: Personal data must be collected with consent and anonymized. Privacy is a form of Ahimsa.
4. Purpose: Data should be collected for Seva - service to humanity, not for manipulation or harm.

2. COMPETENCE OF MAN TO DESIGN A PARTICULAR AI SETUP

AI is a tool. The competence of the one who designs it decides whether it becomes a boon or a curse.

Required Competence:

1. Technical Knowledge: Understanding of algorithms, data science, and the specific domain. An AI for medical use must be designed with doctors.
2. Ethical Wisdom: The designer must ask: "Should this be built? Who will it help? Who can it harm?"
3. Domain Experience: A lawyer must guide legal AI. An engineer must guide industrial AI. AI cannot replace domain wisdom.
4. Spiritual Discernment: From Geeta 18.30: "He who knows what ought to be done and what ought not to be done..."

Man must use AI in line with Dharma.

Story: A sharp knife in the hand of a surgeon saves life. The same knife in the hand of a thief takes life.

AI is the knife. Man's competence and intention decide the outcome.

3. RELIABILITY OF THE DESIGNED AI SETUP AND LIKELY ERRORS

AI is powerful, but it is not perfect. It has no Consciousness, only Computation.

Sources of Error in AI:

1. Data Bias: If training data is biased, AI will repeat that bias. Example: AI trained only on one region's medical data may fail for others.
2. Overfitting: AI memorizes data instead of learning principles. It fails in new situations.
3. Black Box Problem: We may not know why AI gave a particular answer. This is risky in medical and legal fields.
4. Lack of Common Sense: AI has no intuition, no context, no compassion. It can misinterpret human emotions.
5. Security Issues: AI can be hacked or fed wrong data to produce wrong results.

How to Ensure Reliability:

1. Human-in-the-Loop: Critical decisions must always have final human approval.
2. Continuous Testing: Test AI in real-world conditions before full deployment.
3. Transparency: Keep records of what data was used and how decisions are made.
4. Humility: Accept that AI is an assistant, not an authority.

Geeta 2.47: "You have right to action, but not to the fruits."

We must design and use AI with full effort, but remain aware of its limitations.

4. ADDITIONAL IMPORTANT POINTS

1. Data as Karma: Every data point we feed to AI is a kind of "karma". It shapes what AI becomes. Feed it truth, it serves truth. Feed it hatred, it spreads hatred.

2. Energy and Cost: Training large AI models uses huge electricity. We must ask if the benefit justifies the resource use.

3. Job Transformation, Not Just Job Loss: AI will change work. Our responsibility is to use AI to free humans for more creative and spiritual work.

4. The Human Element Cannot be Coded: Compassion, love, sacrifice, faith — these cannot be data. This is where Man + AI must work together.

CONCLUSION

Designing AI is a sacred responsibility.

We are not just writing code. We are shaping a tool that will influence millions of lives.

Collect data with care.

Design with competence.

Deploy with humility.

And always keep human values above machine efficiency.

When data is pure, design is wise, and purpose is service, AI becomes a true instrument for the progress of humanity.

APPENDIX – B

YOGA BASED CHARTER OF STEPS FOR SPIRITUAL REALIZATION (SR)

If Appendix A is about designing AI with Data,

Appendix B is about designing Self with Yoga.

AI runs on data. The Soul evolves through Sadhana.

While technology helps the outer world, Yoga purifies the inner world.

Geeta 6.5: "Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self."

The goal of SR is not to escape life, but to live in the world with peace, wisdom and God-consciousness.

Here is a Charter of 8 Steps based on Shrimad Bhagwad Geeta and classical Yoga.

THE 8-STEP YOGA CHARTER FOR SPIRITUAL REALIZATION

STEP 1: SHUDDHI - PURIFICATION

Purpose: Clean the Body and Mind to become a fit vessel.

Practice:

1. Ahara Shuddhi: Eat simple, sattvic food.
2. Vichaar Shuddhi: Avoid negative news, gossip, and toxic content. Feed the mind with Geeta, scriptures, and good company.

Geeta 17.8: "Foods that increase life, purity, strength, health, joy and cheerfulness are dear to those in goodness."

STEP 2: ABHYAS - DISCIPLINED PRACTICE

Purpose: Build consistency. Spirituality grows by daily effort.

Practice: Fix a time daily for meditation, prayer, and study. Even 20 minutes daily is better than 3 hours once a week.

Geeta 6.10: "A yogi should constantly engage his mind in meditation with the self."

STEP 3: VIVEKA - DISCERNMENT

Purpose: Know the difference between Permanent and Impermanent, Real and Unreal.

Practice: Before any action ask: "Will this help my spiritual growth? Is this Dharma?"

Use AI for information. Use Viveka for decision.

Geeta 2.16: "The unreal has no existence. The real never ceases to be."

STEP 4: VAIRAGYA - DETACHMENT

Purpose: Do your duty without attachment to results.

Practice: Work with full effort, but offer the result to God. This frees you from anxiety and ego.

Geeta 2.47: "You have the right to action alone, never to its fruits."

STEP 5: SEVA - SELFLESS SERVICE / KARMA YOGA

Purpose: Purify the ego by serving others.

Practice: Use your skills, and even AI, to reduce the suffering of others. Job, family, and society become your temple.

Geeta 3.19: "Therefore, without attachment, constantly perform the work that must be done."

STEP 6: SWADHYAYA - SELF STUDY

Purpose: Know yourself through scriptures and introspection.

Practice: Daily reading of Geeta, journaling, and 10 minutes of silence to observe your thoughts.

Ask: "Who am I beyond body, mind, and role?"

Geeta 18.1: "The renunciation of actions motivated by desire is called Tyaga."

STEP 7: DHYANA - MEDITATION

Purpose: Turn inward and experience the Self.

Practice:

1. Sit quietly. Watch the breath.
2. Chant a mantra or name of God.
3. Gradually go beyond thoughts to stillness.

This is direct contact with the Soul. No AI can do this for you.

Geeta 6.19: "As a lamp in a windless place does not flicker, so the yogi of controlled mind remains steady in meditation."

STEP 8: SAMARPAN - SURRENDER

Purpose: The final step. Give yourself to God.

Practice: After all effort, surrender the doer-ship. Say: "Not my will, but Thy will."

Live with faith that God is running the universe.

Geeta 18.66: "Abandon all varieties of dharma and just surrender unto Me. I shall deliver you from all sinful reactions."

HOW TO USE THIS CHARTER IN DAILY LIFE

Time Practice

Morning Step 1, 2, 7: Purification + Discipline + 20 min Meditation

Daytime Step 3, 4, 5: Viveka + Vairagya + Seva in work and family

Evening Step 6: 15 min Swadhyaya - Read Geeta and reflect

Before Sleep Step 8: 5 min Samarpan - Surrender the day to God

RELATION TO AI

AI can support Steps 1, 2, and 6 by giving reminders, providing scriptures, and tracking habits.

But Steps 3 to 8 must be walked by you.

AI can show the path on the map. Only you can walk the path.

Story: The Two Climbers

One climber had the best GPS, oxygen, and gear - that is AI.

The other climber had discipline, faith, and inner strength - that is Yoga.

To reach the summit, you need both. But if the storm comes, only inner strength will save you.

CONCLUSION

This Charter is not for monks in caves. It is for householders, students, professionals — for anyone living in the age of AI.

*Let AI handle the outer complexity.

Let Yoga handle the inner simplicity.

Follow these 8 steps sincerely. Even 1% daily progress leads to God.

The machine will evolve outside. You must evolve inside.

_Geeta 2.40*: "Even a little practice of this dharma saves one from great fear."

APPENDIX – C

MEDITATION, KRIYA YOGA & REALIZATION

While AI works on data and logic,

Spirituality works on Breath and Consciousness.

The highest science is not of machines, but of the Self.

Geeta 6.29: "A true yogi sees Me in all beings and also sees every being in Me. Indeed, the self-realized person sees the same in everyone."

DEFINITIONS

(a) REALIZATION

Realization is the ultimate experience — to come face to face with Truth.

It is the entry of Man into the Unmanifest World, the abode of God.

In this state, Man attains God, the Creator of the Manifest World, or attains Salvation from the repeated cycles of birth and death.

This State cannot be perceived by the five senses — eyes, ears, nose, tongue, skin — nor by the Mind.

It is perceived by the Soul alone.

(b) MEDITATION

Meditation is the process of entering the Unmanifest World of God from His Manifest World, in stages.

Paramahansa Yogananda beautifully defined it:

"By Meditation we connect the little joy of the Soul with the vast joy of the Spirit. Meditation should not be confused with ordinary Concentration. Concentration consists in freeing the attention from distractions and in focussing it on any thought in which one may be interested. Meditation is that special Form of Concentration in which

attention has been liberated from restlessness and is focussed on God.
MEDITATION IS THEREFORE CONCENTRATION USED TO
KNOW GOD."

(c) KRIYA YOGA

Kriya Yoga is an efficient TECHNIQUE to enter Meditation.

As described in the Geeta, there are four known paths of Yoga: Karma Yoga, Gyan Yoga, Sannyasa Yoga, and Bhakti Yoga.

One may practice any one, or all four together.

Kriya Yoga specifically helps the practitioner reduce the breath rate from 20-25 cycles per minute to 5 cycles per minute during meditation.

Advanced Yogis can reduce it even to '0' for any duration without losing consciousness. That means they are not dead.

In this state their heart and pulse rates will not be detected by medical devices, but they are very much alive.

STORIES AND TEACHINGS OF LAHIRI MAHASAYA

Ref: "Puran Purush" by Sri Ashok Kumar Chattopadhyay

• The "Death Certificate" Story*

Lahiri Mahasaya was once visited by a doctor from his neighbourhood.

Lahiri Mahasaya asked him, "What happens when a man dies?"

The doctor replied, "His heart and pulse stop."

Lahiri Mahasaya then asked the doctor to examine him.

After examination, the doctor declared, "Your heart and pulse have stopped."

Then Lahiri Mahasaya asked him to issue a 'death certificate'.

The doctor laughed and replied, "How can I do that? You are still talking. A dead man does not talk."

Both laughed heartily. [A]

- On Mind and Breath*

"Pran Vayu, the breath of vitality, is the cause of a flickering Mind in man. When the mind flickers, man perceives objects through his five senses and becomes externally active in the physical world.

When the Mind stops flickering and becomes still, Man's internal journey to the Self, the Soul, and then to the Super Self / the Super Soul or God, begins.

This internal journey leads him to Brahma-Darshan called Realization, in stages."[B]

- The Journey Through Chakras*

"By continuing Kriya Yoga from Mooladhar to Swadhistan to Manipur to Anahat to Vishuddhi to Kutastha Chaitanya, Man's consciousness attains Vishwa Chaitanya — Super Consciousness.

This is the ultimate state in which man becomes part of the Unmanifest World and attains God and Salvation."[C]

- On Rechak, Purak, Kumbhak*

Our Out breath - (Rechak), In breath - (Purak) and retention of breath in the body between Rechak and Purak (Kumbhak) - are the three Karmas in Kriya Yoga.

By practicing Kriya Yoga, the durations of both Out breath (Rechak) and in breath (Purak) are made equal and elongated. This leads a man to continue in 'Kumbhak stage' of breathing for a longer period than usual, obviously because his bodily functions get subsided and, therefore, would require a lesser quantity of oxygen to sustain functioning of the organs in body. The result: body becomes still.

Thus, stilling of Pran Vayu (breathing) stills the Prana (the vitality of energy) itself and thereby making the body still. This helps the man in entering meditation, Samadhi (deep meditation) and attaining his perfection or Salvation."[D]

- The Inner Telescope*

"Just as a scientist uses a telescope to see distant stars, a Kriya Yogi, by establishing his consciousness in the Kutastha or Christ Centre, becomes able to view the entire Universe before him."[E]

• The Essence*

"In a nutshell, by Kriya practice you have to attain the Ultimate State — the Kriya-Kumbhak stage of breathing, the state of retention of breath within body — and remain there. That's all.

This will ensure you attain perfection, Siddhi, on the Spiritual path until your Salvation."[F]

CONCLUSION

AI can process billions of data points in a second.

But only through Meditation and Kriya Yoga can Man process the one truth: "I am not the body; I am the Soul."

*Let AI expand our outer capabilities.

Let Kriya Yoga expand our inner consciousness.

When both are used in balance, Man becomes truly complete — a master of technology outside, and a master of himself inside.

_Geeta 5.21*: "Such a liberated person is not attracted to material sense pleasures, but is always in trance, enjoying the pleasure within. In this way, the self-realized person enjoys unlimited happiness, for he concentrates on Brahman."

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Er A.K. Varma was born in **1938** in **Bihar**.

He graduated in Civil Engineering from Bihar College of Engineering, Patna in 1961 and did his <http://M.Tech> in Water Resources Development from Roorkee in 1967.

He was deputed to International Institute of Seismology and Earthquake Engineering, Tokyo, Japan, where he saw a recently developed FRAMEWORK COMPUTER model in his Institute for the first time. That moment started his 50-year journey with computers - from Slide Rule to AI Mobile.

He served in Water Resources Department, Govt. of Bihar in various capacities as Executive Engineer, Superintending Engineer/Professor WALMI Patna, Chief Engineer and Engineer in Chief, WRD Bihar Govt. He retired in 1998 from that post.

On the inner path, he received Mantra Diksha in 1969 from Baba Boothnath Ji Maharaj of Kamakhya Dham. Later, he was guided to Yogoda Satsanga Society of India, Ranchi. He is a devoted Kriya Yogi and Lesson-holder of YSS (Registration No. L-19349 K) and received Kriya Diksha in 1995.

Since retirement, he is engaged in scriptural studies, meditation, writing, and guiding youth on balancing Technology with Spirituality.

He lives in Patna, Bihar with his family. He believes: Be an Engineer outside, be a Yogi inside.

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