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Analysis of Thoughts Through Vethathiri Maharishi's SKY Introspection Practice as a Multidimensional Cognitive-Regulatory Framework

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Abstract:

- ***Background:***

Thought patterns significantly influence emotional regulation, physiological functioning, interpersonal behaviour, and societal harmony. Contemporary psychological science emphasizes cognitive restructuring and metacognitive awareness for mental health. However, limited models address systematic moral refinement and harmony-oriented thought transformation.

- ***Objective:***

This conceptual paper integrates internationally accepted cognitive and emotional regulation theories with the Analysis of Thoughts practice from Simplified Kundalini Yoga (SKY) to propose a comprehensive framework for physical well-being, mental health, self-peace, family harmony, and social peace.

- ***Methods:***

A theoretical integrative review methodology was adopted. Peer-reviewed literature from cognitive psychology, neuroscience, emotional regulation, and mindfulness research was synthesized and conceptually integrated with SKY introspection principles.

- ***Results:***

The integration yields a five-dimensional model:

- **Thought Awareness,**
- **Source Identification,**
- **Classification,**
- **Regulation, and**
- **Harmony-Oriented Transformation.**

The framework extends beyond therapeutic correction toward preventive and evolutionary cognitive refinement.

- ***Conclusion:***

While contemporary psychology effectively manages dysfunctional cognition, SKY-based Analysis of Thoughts provides a structured, ethical, and socially integrative system for long-term cognitive harmony and collective well-being.

Keywords: *Cognitive Regulation, Metacognition, Emotional Regulation, Introspection, SKY Yoga, Social Harmony.*

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I. INTRODUCTION

Thought is the central organizing process of human cognition, influencing emotion, behaviour, physiological activation, and social interaction. Cognitive distortions and maladaptive thinking patterns are associated with anxiety, depression, psychosomatic disorders, and interpersonal conflict (Beck, 1976; Hofmann et al., 2012).

Cognitive Behavioural Therapy (CBT) demonstrates that restructuring dysfunctional thoughts improves psychological outcomes. Similarly, mindfulness-based interventions show that non-reactive awareness reduces stress and rumination (Kabat-Zinn, 1990; Baer et al., 2006).

However, most psychological models primarily address symptom reduction rather than systematic refinement of thought toward ethical and social harmony.

Simplified Kundalini Yoga (SKY), founded by Vethathiri Maharishi, introduces Analysis of Thoughts as a structured introspection practice aimed at identifying the origin (habits, circumstances, others thoughts, heredity, divinity), necessity, and consequences of thoughts, and transforming them toward universal harmony.

II. METHODS

This conceptual paper follows an integrative review methodology. Peer-reviewed literature was searched for contemporary empirical and review articles in the domains of cognitive therapy (CBT), metacognition, mindfulness/ Mindfulness-Based Cognitive Therapy (MBCT)/ Mindfulness-Based Stress Reduction (MBSR), emotion regulation, neuroplasticity, neural oscillations and biomagnetism. Key databases (PubMed/PMC, ScienceDirect, MDPI, and indexed journals) were queried for recent systematic reviews, meta-analyses and Randomized Controlled Trials;

Simultaneously, primary philosophical texts of Simplified Kundalini Yoga were analyzed to extract the core principles of universal magnetism, biomagnetism, genetic centre, and introspective regulation. A conceptual mapping process was then applied to align psychological constructs with SKY's energetic-cognitive framework. The outcome is a synthesized theoretical model presented in narrative and diagrammatic form.

Results from these two strands were synthesized by conceptual mapping, producing an integrated hierarchical model. The synthesis highlights empirical claims that can be tested in future observational and interventional designs.

III. RESULTS

➢ *Scientific Foundations of Thought Regulation*

Contemporary psychology conceptualizes thought regulation through metacognition, cognitive reappraisal, and emotional modulation. Flavell (1979) introduced metacognition as awareness of one's own cognitive processes. Wells (2000) further expanded this to metacognitive therapy, emphasizing regulation of thinking patterns rather than content alone. Gross and John (2003) demonstrated that cognitive reappraisal significantly reduces emotional distress, while mindfulness research shows that non-judgmental awareness decreases rumination and stress reactivity (Baer et al., 2006).

Neuroscientific evidence supports these findings by demonstrating neuroplastic changes associated with sustained attentional and emotional regulation practices (Davidson & McEwen, 2012; Tang et al., 2015). These models validate the importance of structured cognitive observation and modulation.

However, mainstream frameworks do not explicitly integrate cognition within a universal energetic principle or systematically extend thought refinement toward social harmony.

➢ *SKY-Based Energetic–Cognitive Model*

According to SKY philosophy, existence is grounded in Universal Magnetism, a pervasive cosmic force governing natural order. At the individual level, this universal force manifests as biomagnetism, the life-force energy responsible for sensation, cognition, and action. Thought is conceptualized as a wave modulation of biomagnetism.

The Genetic Centre functions as a repository of impressions, habits, tendencies, and experiential imprints. Thoughts arise from interactions among genetic memory, environmental circumstances, interpersonal influences, and the operation of natural cause-effect principles. Thus, cognition is not isolated but embedded within energetic and ethical contexts.

SKY proposes that unregulated thought increases biomagnetic dissipation, leading to emotional turbulence and physiological imbalance. Conversely, systematic Analysis of Thoughts regulates thought frequency and intensity, conserving energy and restoring equilibrium.

➢ *SKY-Based Dimensions*

SKY introduces structured introspection with five progressive stages:

- Awareness of Thought Flow
- Identification of Source (habit, circumstances, genetic tendencies, others' influence, universal cause-effect principle)
- Classification (Essential vs Non-essential)

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- Analyze the feasibility to fulfil.
- Harmony-Oriented Transformation

This extends cognitive science by incorporating moral refinement and social impact awareness.

➢ *Conceptual Model Diagram*

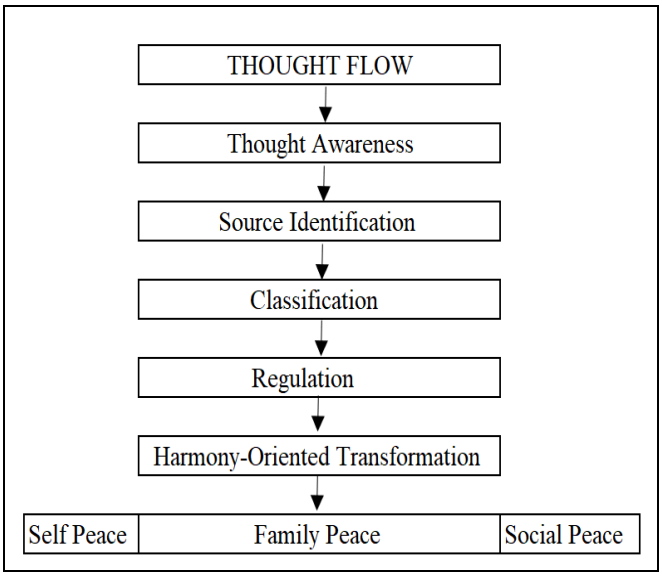

Fig 1 Conceptual Model Diagram

➢ *SKY-Based Energetic–Cognitive Model*

The integrated model proposes a hierarchical structure. Universal magnetism forms the macrocosmic field influencing individual biomagnetism. Biomagnetism interacts with stored impressions in the genetic centre to generate thought waves. Through structured introspection, individuals observe, classify, regulate, and transform these thoughts. This regulation restores biomagnetic balance, resulting in psychological coherence, emotional stability, and prosocial orientation.

At the outcome level, regulated cognition produces self-peace characterized by reduced inner conflict and emotional equilibrium. Self-peace extends to family harmony through improved empathy, patience, and communication. When replicated collectively, this process contributes to social stability and world peace.

➢ *The Integration Produces a Multidimensional Model Linking:*

- Thought Awareness → Emotional Stability
- Thought Regulation → Physiological Balance
- Moral Refinement → Family Harmony
- Harmony-Oriented Thinking → Social Peace

IV. DISCUSSION

The integration of cognitive science and SKY philosophy reveals complementary strengths. Psychological models provide empirical validation for metacognitive awareness and emotional regulation. SKY expands this foundation by embedding thought within an energetic continuum and aligning cognition with universal harmony principles.

From a scientific perspective, biomagnetism may be interpreted metaphorically alongside bioelectromagnetic regulation and neural oscillatory activity. Genetic centre parallels memory encoding and conditioned neural patterning. Universal magnetism, while metaphysical in origin, may conceptually resonate with systemic field theories emphasizing interconnectedness.

Importantly, SKY transforms thought regulation from a corrective clinical intervention into a preventive and evolutionary discipline. The emphasis on harmony-oriented transformation addresses ethical refinement and collective welfare—dimensions rarely central in contemporary therapeutic models.

Thus, while CBT and mindfulness repair dysfunctional cognition, SKY-based Analysis of Thoughts cultivates harmonized cognition aligned with self, family, society, and universal welfare.

The integrative framework demonstrates that while CBT and mindfulness reduce cognitive distortions, they do not systematically address:

- Ethical calibration of thought
- Universal cause-effect awareness
- Social harmony orientation
- Preventive refinement of cognitive patterns

SKY fills this gap by transforming cognition from reactive correction to proactive harmonization.

Neuroplasticity research supports that repeated conscious regulation strengthens adaptive neural pathways (Davidson & McEwen, 2012). Thus, SKY introspection may produce long-term structural cognitive benefits searched for contemporary empirical and review articles in the domains of cognitive therapy (CBT), metacognition, mindfulness/ Mindfulness-Based Cognitive Therapy (MBCT)/ Mindfulness-Based Stress Reduction (MBSR), emotion regulation, neuroplasticity, neural oscillations and biomagnetism. Key databases (PubMed/PMC, ScienceDirect, MDPI, and indexed journals) were queried for recent systematic reviews, meta-analyses and Randomized Controlled Trials; Simultaneously, primary philosophical texts of Simplified Kundalini Yoga were analyzed to extract the core principles of universal magnetism, biomagnetism, genetic centre, and introspective regulation. A conceptual mapping process was then applied to align psychological constructs with SKY's energetic-cognitive framework. The outcome is a synthesized theoretical model presented in narrative and diagrammatic form.

Results from these two strands were synthesized by conceptual mapping, producing an integrated hierarchical model. The synthesis highlights empirical claims that can be tested in future observational and interventional designs.

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V. CONCLUSION

This paper presents an integrative energetic–cognitive framework positioning Analysis of Thoughts as a multilevel regulatory system linking universal magnetism, biomagnetism, genetic memory, and cognitive refinement. The model extends contemporary psychological science by embedding metacognitive regulation within an ethical and universal harmony orientation.

By conserving biomagnetic energy and aligning thought with natural law principles, SKY-based Analysis of Thoughts fosters self-peace, family harmony, societal stability, and world peace. The framework offers a preventive and transformative model with implications for mental health promotion, education, and global well-being initiatives.

Thus, Analysis of Thoughts, when grounded in both contemporary cognitive science and SKY introspection, provides:

- Psychological stabilization
- Physiological stress reduction
- Self-peace
- Family harmony
- Social peace

While modern psychology repairs dysfunctional thinking, SKY-based Analysis of Thoughts cultivates harmonized thinking aligned with universal welfare principles.

➢ *Conflict of Interest*

The authors declare no conflicts of interest.

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