

Research Article**LOVE'S TRANSCENDENT POWER: EXPLORING ITS CONNECTION TO HINDUISM, SCIENTIFIC THEORY, AND SPIRITUAL ENERGY****^{1,*}Sukanya Sharma and ²Biraj Das**¹Undergraduate Student, The Assam Royal Global University, Guwahati, Assam, India²Superintendent of Police (Communication), Assam Police, India**Received 18th November 2024; Accepted 27th December 2024; Published online 24th January 2025**

Abstract

In the vast tapestry of human understanding, the concept of love often transcends the boundaries of science, religion, and spirituality. Legend holds that Radha, deeply connected to Krishna through profound love, had access to this chakra a testament to the depth and reach of their connection. Love, in its purest form, is the epitome of divinity which involves care, closeness, protectiveness, attraction, affection, and trust. It embodies the essence of acceptance, understanding, and harmony. The union of Shiva and Parvati symbolizes the harmonious balance and interplay of these energies, leading to spiritual awakening and enlightenment. Einstein's theory suggests that as an object approaches the speed of light, it disintegrates and becomes mass less. An ideology common to Western society is "Love at First Sight." Physical attractiveness has a strong impact over the lifespan, affecting love and attraction. It is evident that physical attractiveness influences who dates whom, but by no means is it the sole force of attraction. There are a multitude of other factors that contribute to love and attraction besides physical attraction, including physiology and similarity. An example of the former is the effect of pheromones subliminally signalling attraction to a potential mate by men and women. Personality is developed through a person's identity, which is shaped by his/her perspectives on life, so it is expected that two people who share ideologies will have similar personalities. Similarity is also measured through demographic information about the participants and the person they fell in love with. Anxiety and fear are reduced, and risk-taking is made easier. A feeling of ecstatic, euphoric happiness takes over the person, and he or she is ready to die for the beloved. All the possessions of the beloved are seen as extensions of him/herself and even a simple piece of trash from the beloved is imbued with a kind of sacred quality. Because love often determines the intensity of an attraction toward or away from an intimate relationship with another person, it can become one element in a decision or action. Nevertheless, serious sociological attention has only in-frequently been given to love.

Keywords: Spirituality, Mythology, Romantic love, Neurosciences of love.

INTRODUCTION

In the vast tapestry of human understanding, the concept of love often transcends the boundaries of science, religion, and spirituality. It's a force that binds souls, resonating beyond the physical realm and delving into the profound depths of metaphysical connections, which includes questions about the nature of consciousness and the relationship between mind and matter, between substance and attribute, and between potentiality and actuality.

Love and Lord Krishna

Einstein's theory of relativity posits that objects approaching the speed of light undergo a transformation, converting into energy, shedding their mass. This cosmic speed limit inspires new realms of physics and science fiction, as people consider travel across vast distances. Hindu mythology, particularly in the tales of Lord Krishna, presents an intriguing parallel. His celestial weapon, the Sudarshan Chakra, moves at the speed of thought, symbolizing an extraordinary energy. Legend holds that Radha, deeply connected to Krishna through profound love, had access to this chakra a testament to the depth and reach of their connection. Krishna is the One of whom Sri Aurobindo speaks, the divine Flute-player, that is to say, the immanent and universal Divine who is the supreme power of

attraction; and the soul, the divine personality, called here Radha, who responds to the call of the Flute-player. So the Radha-consciousness, that is, in fact, on the way in which the individual soul answers the call of the Divine. This consciousness has the capacity of changing everything into a perpetual ecstasy, for instead of seeing things in their discordant appearance, one now sees only the divine Presence, the divine Will and the Grace everywhere; and every event, every element, every circumstance, every form changes into a way, a detail through which one can draw more intimately and profoundly closer to the Divine. Discordances disappear, ugliness vanishes; there is now only the splendour of the divine Presence in a Love shining in all things. The essence lies not just in the physical movement but in the profound synchrony of energies. Love, often portrayed as an emotion, embodies a far deeper essence. It's a force that surpasses physical limitations, binding hearts and energies together. According to psychodynamic definition of a love, it as a "complex" emotion that involves: affection toward another individual, A sense of tenderness, sensitivity to their responses, experiencing pleasure due to another individual and devotion. It is this mix of emotions that make up the multilayered and, at times, life altering experience that is love. In the case of Radha and Krishna, their love was said to be so profound that it enabled Radha to access the energy of Krishna's Kundalini, depicting an unparalleled synchronization of souls. This narrative, echoing through the annals of Hindu mythology, holds a universal message. It's a testament to the potential of love a force capable of transcending boundaries, both physical and metaphysical. Love, in its purest form, demonstrates the

*Corresponding Author: *Sukanya Sharma*, Undergraduate Student, The Assam Royal Global University, Guwahati, Assam, India.

harmonious synchronization of energies between individuals, establishing a connection that transcends the ordinary. It teaches us that love is not merely an emotion but a force capable of resonating with another's energy, uniting disparate souls, and bridging the gaps between them. This concept, if applied to our contemporary society, can serve as a beacon of hope and understanding.

The understanding of Love

In a world often marred by divisions, misunderstandings, and barriers, the idea that love can connect beyond the confines of physical existence or religious dogma is a profound reminder. It urges us to look beyond the superficial, encouraging empathy, understanding, and a deeper connection with one another. Love, in its purest form, is the epitome of divinity which involves care, closeness, protectiveness, attraction, affection, and trust. It embodies the essence of acceptance, understanding, and harmony. It is a unifying force that not only connects individuals but serves as a beacon of hope, guiding humanity towards a more empathetic and harmonious existence. It is one of the most important emotions. Yet despite being one of the most studied behaviours, it is still the least understood. Therefore, let us embrace the wisdom from these ancient tales, allowing them to inspire us to seek connections beyond the tangible, fostering a world where love becomes the bridge that unites us all, transcending barriers and bringing forth a brighter, more unified future.

Love of Shiva and Shakti

The ultimate goal is to Connect Up. In Hinduism, Shiva is the name of God, and Shakti is His consort. But Shiva also means "Supreme Awareness" which is said to reside at the Crown Chakra, while Shakti is the "Divine Power" residing at the perineum. "Yoga" (any technology based on Tantra) means to join the two, to unite Unconscious with Super conscious. Sex awakens the Divine Power, and magical loving unites Shakti with Shiva. The love story of Shiva and Parvati in Hindu mythology is deeply symbolic, representing the union of masculine and feminine energies, often associated with the awakening of Kundalini energy. Kundalini is believed to be a dormant, coiled energy located at the base of the spine. According to yoga system Kundalini lies curled up in the rear section of muladhara chakra in 3- and one-half spines across the sacrum. Kundalini can be assumed as a great reservoir of energy at the base of the spinal column. The union of Shiva and Parvati symbolizes the harmonious balance and interplay of these energies, leading to spiritual awakening and enlightenment. Their love story is often interpreted as a metaphor for the awakening and ascension of this powerful energy within oneself. According to Mary Scott, Sri Aurobindo was a great scholar on Kundalini. Parallel to Woodroffe, with a somewhat different opinion regarding Kundalini. In Integral Yoga of Sri Aurobindo and Sri Maa, instead of ascent of power or energy in conventional yoga systems, it has been described that there is a descent of power from above the head, which works its way down the Brahmarandhra through back of the head and down the spine. Gradually this power fills the other parts of the lower being and brings about a change. This "descent experience" is not found in other Yogas where the focus is on raising the Kundalini upwards towards the head from the Muladhara chakra situated at the base of the spine. Kundalini is referred as a goddess in Hindu culture who tries to ascend through Sushumna for joining with lord Shiva. Many

works and research activities have been conducted on this energy, it has many aspects like physical psychological, philosophical, spiritual and cultural etc. Jung's seminar presentation highlighted its psychological aspect. Psychologist Jung presented his seminar on Kundalini yoga to the Psychological Club in Zurich in 1932. It was a milestone in the psychological understanding of Eastern thought and of the symbolic transformations of inner experience. The developmental phases of higher consciousness were presented in a model form and was interpreted in symbols in terms of the process of individuation.

Modern concept of Love

Everything that exists emerges from a state of nonexistence. In our boundless environment, things are limitless. If an object exits our solar system, it may never return due to the unified nature of our solar system. The source of energy could potentially reside at an unreachable distance, inaccessible in physical form even at the speed of light. However, figuratively, the speed of thought might offer a form of accessibility. Einstein's theory suggests that as an object approaches the speed of light, it disintegrates and becomes massless. Therefore, meditation could potentially provide access to the origin of energy, a realm encompassing everything present in the physical world. Many religions share the principle that prayers offer solutions to consequences, allowing one to manifest physical reality from the abstract.

Romantic Love

Love and attraction appear to be universal emotions. Romantic love has been the norm since eighteenth-century Europe, when we began connecting marriage with romance, but confluent love is on the rise in Western society. Romantic love refers to that which perpetuates gender stereotypes of the breadwinning father and homemaking mother; these roles remain persistent throughout the relationship. It is a love that is supposed to stand the test of time, enduring all hardship. Romantic love emphasizes being in love with a certain individual, "the one."

On the other hand, there is confluent love that is more flexible with the roles that individuals play, and it emphasizes a relationship in which the growth of each person is important. The process of two individuals connecting in a meaningful way is particularly fascinating. Love and attraction in the Western world are seen as foundational to the formation and continuation of family, the basic bond between families. An ideology common to Western society is "Love at First Sight." While the majority of Americans believe in this phenomenon, those with higher levels of education are least likely to believe in and have this experience. In order to form a relationship, there must be some type of attraction, either physically or on a personality level. Initial attraction to a potential mate is highly associated with physical attractiveness. Many researchers have found this physical trait to be a major determinant in the dating and relationship process. Even during the earliest stages of life, infants show a preference for attractive faces. Smith (1985) demonstrated similar results by showing that preferential treatment was shown toward the prettiest preschooler peers Synder, Berscheid, and Glick (1985) showed evidence that high self-monitors showed more interest in the physical appearance of their potential mates. For example, high self-monitors would be very self-conscious about their own appearance and would try to look their best at all times,

whereas low self-monitors typically would not care as much. Clothing and cosmetics can enhance one's physical attractiveness, in turn creating a greater commodity on the dating market. Physical attractiveness has a strong impact over the lifespan, affecting love and attraction. Aging is negatively associated with the physical attractiveness. Margolin and White (1987) demonstrated that husbands actually become less attracted to their wives as their beauty fades, which negatively affects men's sexual and overall relationship satisfaction. While physical attractiveness is valued highly by both sexes, males show a higher preference for beauty than do females. It is evident that physical attractiveness influences who dates whom, but by no means is it the sole force of attraction. There are a multitude of other factors that contribute to love and attraction besides physical attraction, including physiology and similarity. An example of the former is the effect of pheromones subliminally signalling attraction to a potential mate by men and women. Another example of the biological aspect of attraction is evident when the body is in a high state of physiological arousal, inducing the perception of others as being more attractive and sexually desirable. Pheromones and attractiveness are only sufficient for initial attraction, and the passion that it causes will fade with time. These variables are not shown to lend substance to a relationship. Research has shown similarity to be an integral part of a relationship that contributes to love and attraction. Opposites at times do attract, but people who share similar ideologies not only attract, but tend to have longer lasting and more harmonious relationships than those who do not. Leitner and Klion (1986) extended this finding to individuals with similar levels of self-esteem for those who had high self-esteem. People who share attitudinal similarity in essence share similar behavioural patterns. For instance, individuals who have a sedentary lifestyle may be overweight and seek out an overweight partner, just as an athletic type may seek out another athletic type, especially for younger and elderly couples another great promoter of attraction. What influences attraction between two individuals cannot be understood without identifying the context in which it occurs. The context can be seen among nations or within one's own culture. Tang and Zuo (2000) illustrated this point by revealing that Americans are more likely to begin dating earlier, date more often, and become sexually active with their partners than are the Chinese, suggesting that the Chinese have a more restrictive attitude toward their youth being involved in intimate relationships than do Americans.

Oner (2000) found that Turkish university students who exhibited more future orientation reported less relationship satisfaction versus those who were present oriented and reported being more content in their relationships, but sought out many short-term relationships. Contrary to these results, a similar study conducted by Sakalli-Ugurlu (2003) found that those who are highly future oriented were more likely to report greater relationship satisfaction. What people are physically attracted to can be manipulated through music lyrics. Sexually explicit lyrics are connected to people zeroing in on a potential mate's physical attributes rather than personality or other traits in attraction. Qualities that may be appealing in one setting may be negligible in another and vice versa. In *Love at First Sight*, Dr. Earl Naumann (2001) combined various perspectives to study the phenomenon of love and attraction. The surveys he implemented integrated items that called for information about what attracted each individual to the person he or she fell in love with at first sight. These items included physical attractiveness, similarity, ethnicity/race, education

level, personal demographic information, and so forth. The present study used a modified version of the survey that he utilized to gain more comprehensive insight into how students became attracted to their potential mates. The results of this study from a sample of Midwestern university students will be compared to his findings. They predicted that physical attractiveness and similarity would be the strongest predictors of attraction. Personality is developed through a person's identity, which is shaped by his/her perspectives on life, so it is expected that two people who share ideologies will have similar personalities. Similarity is also measured through demographic information about the participants and the person they fell in love with.

Love and Neuroscience

In neuroscience, love is much stronger than a basic emotion or state of mind. Emotionally, it means thinking obsessively and repeatedly about the beloved. This takes up around 85% of waking time. The person's own priorities change and there is a continual, compulsive desire for closeness. Anxiety and fear are reduced, and risk-taking is made easier. A feeling of ecstatic, euphoric happiness takes over the person, and he or she is ready to die for the beloved. All the possessions of the beloved are seen as extensions of him/herself and even a simple piece of trash from the beloved is imbued with a kind of sacred quality. At the same time love has deep physiological effects on the body. Among these are a reduction in appetite and a loss of interest in food-drink, and pain sensitivity, an increase in the pulse rate, palpitations, sweating, trembling, intestinal activity, and an increase in stomach acidity and the rate of swallowing. Over the ages, these physiological responses have made people think that the heart was the instrument of falling in love. However, a feeling with so many emotional and physiological effects would surely be expected to be reflected in the brain.

In order to understand whether there is a system in the brain for taste, sight, smell, touch, hearing, or at a more complex level violin playing for example, the most-used method is functional MR brain imaging (fMRI). This is a method which can show which regions of the brain operate in response to a particular stimulus or for a specific purpose. The basic principle is simple: changes in blood flow (haemodynamic response) and oxygen (blood-oxygen-level-dependent – BOLD) take place in certain parts of the brain in connection with operations which the brain is performing. Differently functioning brain regions can be shown by fMRI by comparing them with the brains of normal people, i.e. individuals who are not performing those operations. In 2004, Semir Zeki and his colleagues, who had spent years, investigating the organisation in the brain cortex of the human visual system, published the first study on the question of what happens in the brain of a person who sees a photograph of someone whom they love, and the findings provoked a large response. Eighteen people who were passionately in love were included in the study, and their brain activity was investigated by fMRI when they were shown a picture of the person they loved. When they first saw it, their brain's subcortical reward system showed great activity. Among these regions, activity in the caudate head, putamen, insular cortex, hippocampus, anterior cingulate cortex cerebellum and ventral tegmental area was noticeable. The results were a surprise to everyone. Certain brain regions, especially those which gave rewards, were responding to the events. A reward obtained will certainly cause a repetition of

the activity which produced the reward. This includes food, water, sex, and positive social interactions, and the result is subjective satisfaction (Burkett and Young, 2012). When the reward cells are eventually satiated with the stimulus, they enter a quiet state. Repeated activity slowly comes to an end.

Conclusion

Because love often determines the intensity of an attraction toward or away from an intimate relationship with another person, it can become one element in a decision or action. Nevertheless, serious sociological attention has only infrequently been given to love. Moreover, analyses of love generally have been confined to mate choice in the Western World, while the structural importance of love has been for the most part ignored. The present paper viewed love in a broad perspective, focusing on the structural patterns by which societies keep in check the potentially disruptive effect of love relationships on mate choice and stratification systems.

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