



The Nature of Ultimate Reality and How it can Transform Our World: Evidence from Modern Physics; Wisdom of YODA

Dr. Pradeep B. Deshpande, Dr. James P. Kowall

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Science has unraveled the mystery of the beginning of the universe and has discovered what the nature of ultimate reality is. Scientific evidence suggests that everything remains connected to everything else and to the nature of ultimate reality forever, from the moment of the Big Bang to the present. Feelings of disconnection lead to all sorts of problems. Western scientists have uncovered scientific evidence of that within us with which the connection may be restored. Eastern wisdom has known this for several thousand years and has developed the yogic processes for strengthening the connection towards what the authors call “Excellence of the Internal”. These processes lead to improvements in health and wellness, performance in all walks of life, interpersonal relationships, leadership decisions, discord and violence, and they promote global peace. The authors show that internal excellence must go hand in hand with external excellence and that the scientific framework for external excellence is six sigma. The authors have discovered that six sigma programs fall short of expectations in the absence of an adequate level of internal excellence and that the pursuit of internal excellence itself is a comprehensive six sigma problem. By combining both components of excellence, individuals, organizations, and nations can emerge as their theoretical best.

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