



# Proposed Model on Amrit Varsha Dhyana by Pandit Shriram Sharma Acharya in Enhancing Emotional Intelligence

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**Abstract.** Emotional intelligence, encompassing self-awareness, emotional regulation, empathy, motivation, and social skills, is essential for personal and professional growth. Ancient practices like meditation, rooted in Indian traditions, have been recognized for their potential to enhance emotional intelligence by fostering emotional and psychological balance. Among these practices, Amrit Varsha Dhyana, introduced by Pandit Shriram Sharma Acharya, emerges as a unique meditative approach emphasizing emotional harmony through guided visualization techniques. Amrit Varsha Dhyana involves visualizing the absorption of "Amrit" (divine nectar) to cleanse emotions, reduce stress, and cultivate positive thought patterns and behaviors.

This paper explores the foundational evidence linking Amrit Varsha Dhyana with the development of emotional intelligence. Through practices like guided imagery and visualization, Amrit Varsha Dhyana is believed to enhance self-awareness, emotional resilience, empathy, and social skills, contributing to holistic well-being. Empirical studies also highlight Amrit Varsha Dhyana's role in reducing anxiety, fostering emotional stability, and improving mental clarity. This study explores the proposed model of Amrit Varsha Dhyana as a structured meditation practice for cultivating emotional intelligence and promoting overall mental health.

**Keywords.** Amrit Varsha Dhyana, Emotional Intelligence, Meditation, Amrit (Nectar)

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## Introduction

Emotional intelligence involves nurturing various dimensions of well-being, including mental, emotional, social, and spiritual facets of an individual's life [1]. The concept of emotional intelligence, popularized by Daniel Goleman, has transformed our understanding of human interactions and success factors. Emotional intelligence involves the ability to perceive, understand, manage, and regulate emotions effectively [2].

Ancient Indian traditions, such as yoga, have been celebrated for their holistic and individualized approach to fostering emotional and psychological balance [3]. Among these practices, Dhyana (meditation), stands out as a transformative technique extensively documented in scriptures and supported by modern research [4, 5] for its ability to enhance emotional awareness and regulation [6].

Existing studies highlight that yoga and its meditative practices can significantly influence an individual's emotional intelligence [7]. Physical postures may improve bodily awareness [8] and resilience, while breathing techniques and meditation foster calmness, self-awareness, and the ability to manage emotions effectively [9, 10]. These practices collectively enhance empathy, emotional regulation, and interpersonal skills [9, 10].

This paper explores Amrit Varsha Dhyana [11–14], a distinctive meditative practice introduced by Pandit Shriram Sharma Acharya, and its potential role in influencing the Brahma Chakra/Heart Chakra [11–14, 16], often associated with higher consciousness and emotional equilibrium. Amrit Varsha Dhyana guides practitioners to visualize the absorption of Amrit, or divine nectar, from universal sources, invoking a state of deep emotional harmony and balance [11–14]. This process is believed to refine emotional intelligence by transforming consciousness, cultivating positive emotions, and fostering constructive thought patterns and behaviors [11–14]. Through these effects, Amrit Varsha Dhyana may significantly contribute to the development of emotional intelligence and holistic emotional well-being.

## Amrit Varsha Dhyana

Amrit Varsha Dhyana, introduced by Pandit Shriram Sharma Acharya (Acharyashri) [11–14], emphasizes surrender, likened to a shower of divine nectar (Amrit Varsha) [11–14]. According to him, this meditation targets the Causal Body, the source of emotions, feelings, faith, and conviction, aiming to awaken भाव-संवेदनार्ये (emotional sensitivity) [11–15]. A key feature of this practice is its ability to facilitate self-reflection, enabling individuals to understand themselves deeply and work towards emotional and spiritual growth [11–15]. Acharyashri imparts dharana through his guided instructions during this meditative process [11–14].

### Instructions for Practicing Amrit Varsha Dhyana

आरंभ – सावधान, शांत चित्त, स्थिर शरीर, हाथ गोदी में, आँखें बंद, ध्यानमुद्रा, भावसमाधि। Aarambh – Saavadhaan, Shaant Chitt, Sthir Shareer, Haath Godee Mein, Aankhen Band, Dhyaanamudra, Bhaavasamaadhi. [Beginning – Alert, calm mind, stable body, hands in lap, eyes closed, meditative posture, and absorption in emotions.]

1. गंगा की गोद, हिमालय की छाया। Ganga Kee God, Himaalay Kee Chhaaya. [In the lap of the Ganga, under the shadow of the Himalayas.]
2. प्रज्ञातीर्थ का दिव्य वातावरण। Pragyaaateerth Ka Divy Vaataavarana. [The divine atmosphere of the shrine of wisdom.]
3. प्राणऊर्जा का प्रखर संरक्षण। Praanoorja Ka Prakhar Sanrakshan. [Intense preservation of vital energy.]
4. हिमालय का सर्वोच्च शिखर, हिमाच्छादित, अध्यात्म का ध्रुवकेंद्र। Himaalay Ka Sarvochch Shikhar, Himaachchhaadit, Adhyaatm Ka Dhruvakendra. [The highest peak of the Himalayas, snow-covered, the spiritual pole star.]
5. उफान-तूफान, दूध के झाग जैसा श्वेत, मेघमाला जैसा, मेघमाला अमृतधारा। Uphaan-Toophaan, Doodh Ke Jhaag Jaisa Shvet, Meghamaala Jaisa, Meghamaala Amritdhaara. [Surge and storm, white like frothy milk, resembling a cloud cluster, a cloud cluster of nectar streams.]
6. लहरें – साधक तक, हिमालय से साधक तक। Laharen – Saadhak Tak, Himaalay Se Saadhak Tak. [Waves – reaching the seeker, from the Himalayas to the seeker.]

7. प्रवेश – हृदयचक्र में– ब्रह्मचक्र में– कारणशरीर में। Prवेश – Hridayachakra Mein– Brahmachakra Mein– Kaaranashareer Mein. [Entry – into the heart chakra, Brahma chakra, and causal body.]
  8. अमृतवर्षा– अनंत अंतरिक्ष से, घनघोर अमृतवर्षा, घटा–टोप अमृतवर्षा। Amritvarsha– Anant Antariksh Se, Ghanaghor Amritvarsha, Ghataatop Amritvarsha. [Rain of nectar – from infinite space, dense rain of nectar, thick clouds of nectar rain.]
  9. शीतल, सुरभित – सरस अमृतवर्षा। Sheetal, Surabhit – Saras Amritvarsha. [Cool, fragrant – pleasing rain of nectar.]
  10. त्रिपदा की स्नेहवर्षा – सविता की स्नेहवर्षा, स्नेहवर्षा, शक्तिवर्षा, अमृतवर्षा। Tripada Kee Snehavarsha – Savita Kee Snehavarsha, Snehavarsha, Shaktivarsha, Amritvarsha. [Rain of affection from Tripada – Rain of affection from Savita, affection, energy, and nectar.]
  11. अमृत – स्नेह – सौजन्य। Amrit – Sneh – Saujanya. [Nectar – affection – courtesy.]
  12. साधक रसविभोर, आनंद से सराबोर। Saadhak Rasavibhor, Aanand Se Saraabor. [The seeker is ecstatic, soaked in bliss.]
  13. नस–नस में अमृत, कण–कण में अमृत, रोम–रोम में अमृत। Nas–Nas Mein Amrit, Kan–Kan Mein Amrit, Rom–Rom Mein Amrit. [Nectar in every vein, every particle, every pore.]
  14. अमृत – समर्पण, एकत्व, अद्वैत, विलय, विसर्जन – भक्त का भगवान में विलय, विसर्जन, एकत्व, अमरत्व। Amrit – Samarpan, Ekativ, Advait, Vilay, Visarjan – Bhakt Ka Bhagavaan Mein Vilay, Visarjan, Ekativ, Amaratv. [Nectar – surrender, unity, non-duality, dissolution, immersion – the devotee's union with God, immersion, unity, immortality.]
  15. पयपान, सोमपान, अमृतपान Payapaan, Somapaan, Amritpaan. [Drinking of milk, soma, and nectar.]
  16. पयपान – संतोष, सोमपान – उल्लास, अमृतपान – आनंद Payapaan – Santosh, Somapaan – Ullaas, Amritpaan – Aanand. [Milk – satisfaction, Soma – delight, Nectar – bliss.]
  17. रसविभोर, आनंद से सराबोर, साधक की अंतरात्मा – अमृतपान से। Rasavibhor, Aanand Se Saraabor, Saadhak Kee Antaraatma – Amritpaan Se. [Ecstatic, soaked in bliss, the seeker's soul – from drinking nectar.]
  18. परिवर्तन – साधक का – अमृतवर्षा से Parivartan – Saadhak Ka – Amritvarsha Se. [Transformation – of the seeker – through the rain of nectar.]
  19. परिवर्तन – कायाकल्प। Parivartan – Kaayaakalp. [Transformation – bodily rejuvenation.]
  20. परिवर्तन – क्षुद्रता का महानता में। Parivartan – Kshudrata Ka Mahaanata Mein. [Transformation – from smallness to greatness.]
  21. परिवर्तन – कामना का भावना में। Parivartan – Kaamana Ka Bhaavana Mein. [Transformation – from desire to emotion.]
  22. परिवर्तन – नर का नारायण में। Parivartan – Nar Ka Naaraayan Mein [Transformation – from man to divinity.]
  23. परिवर्तन – आत्मदर्शन–ब्रह्मदर्शन। Parivartan – Aatmadarshan–Brahmadarshan. [Transformation – self–realization to God–realization.]
  24. उपलब्धि – अमृतवर्षा की, तृप्ति–तुष्टि–शांति। Upalabdhi – Amritvarsha Kee, Tripti–Tushti–Shaanti. [Achievement – of the nectar rain, fulfillment, contentment, and peace.]
  25. पुलकित – प्रमुदित – उल्लसित अंतरात्मा साधक की, अमृतवर्षा। Pulakit – Pramudit – Ullasit Antaraatma Saadhak Kee, Amritvarsha. [Thrilled, elated, and joyous soul of the seeker, through the rain of nectar.]
  26. साधक रसविभोर – आनंद से सराबोर। Saadhak Rasavibhor – Aanand Se Saraabor. [The seeker is ecstatic – soaked in bliss.]
  27. पाञ्चजन्य उद्बोधन, पाँच बार अँकार। Paanchajany Udbodhan, Paanch Baar Omkaar. [The awakening of Paanchajanya, chanting Om five times.]
  28. तीन शरीर की तीन प्रार्थना। Teen Shareer Kee Teen Praarthana. [Three prayers for the three bodies.]
- असतो मा सद्गमय, तमसो मा ज्योतिर्गमय। मृत्योर्माऽमृतं गमय, तमसो मा ज्योतिर्गमय॥ Asato Ma Sadgamay, Tamaso Ma Jyotirgamay. Mrityormaamrtam Gamay, Tamaso Ma Jyotirgamay. [Lead me from untruth to truth, from darkness to light, from death to immortality.]
- ॐ शांति ! शांति !! शांति !!! Om Shaanti! Shaanti!! Shaanti!!! [Om Peace! Peace!! Peace!!!]

## Different Elements of Amrit Varsha Dhyana for Emotional Well-Being

The causal Body is one of the elements defined in Amrit Varsha Dhyana. According to spiritual literature, a living being is composed of three bodies: the physical, subtle, and causal [11–15]. The causal body represents the seat of bhakti (righteous devotion), inspiring selflessness and the abandonment of greed, ego, and attachment [11–15]. It is linked to higher emotions such as kindness, compassion, self-restraint, courage, and selfless service. The causal body acts as the source of all divine moral principles and righteous tendencies, playing a vital role in achieving spiritual well-being [11–15].

The causal body is regarded as the manifestation site of the Supreme Consciousness (Parabrahma). It is where divine virtues, liberation, and selfless aspirations are cultivated. To attain the vision of Supreme Consciousness, a devotee must refine their inner self (antahkaran) by transforming selfish desires into selfless service [11–15].

### *Amrit*

In spirituality, Amrit (divine nectar) is seen as the supreme goal of human existence, symbolizing a spiritual essence rather than a material substance. [11–14, 16]. Amrit embodies a noble quality that inspires individuals to attain their rightful purpose. Classical Indian texts describe this state as total well-being, divine harmony, spiritual freedom, and supreme bliss [11–14, 16]. Thus, attaining Amrit signifies everlasting bliss and holistic well-being for the human soul.

### *Heart Chakra*

The Heart Chakra is considered a realm of deep silence, resembling a cave where practitioners engage in spiritual practices to acquire divine abilities [17]. In spirituality, the heart represents divine feelings, and the Heart Chakra serves as the core where these emotions come to life. [11–14, 17]. It is also viewed as the foundation of the inner self (antahkaran) and the soul (antaratma) [11–14, 17]. By engaging in deep meditation (dhyana dharana), this chakra is activated, enabling consciousness to transcend to

higher spiritual dimensions [11–14, 17].

## The Concept of Emotional Intelligence

Salovey and Mayer (1990) introduced the term "emotional intelligence," defining it as the capacity to recognize and understand one's own emotions and those of others, distinguish between different emotions, and use this insight to guide thought and behavior. Their framework identified four core components: perceiving emotions, using emotions to enhance thinking, understanding emotions, and managing emotions effectively.

### Core Elements of Emotional Intelligence

#### *Self-awareness*

Self-awareness is the ability to recognize and understand your own emotions and their impact on your actions and others. It involves accurately identifying emotions, monitoring emotional reactions, and understanding the connection between feelings and behavior [2]. Self-aware individuals are mindful of their strengths and limitations, open to new experiences, and learn from interactions. According to Goleman, they exhibit confidence, a good sense of humor, and an awareness of how others perceive them [2].

#### *Self-regulation*

Self-regulation, a key aspect of emotional intelligence, involves managing emotions constructively and expressing them appropriately. It is not about suppressing feelings but choosing the right time and manner to convey them [2]. Individuals skilled in self-regulation are flexible, adapt well to change, and excel at managing conflicts and diffusing tension. They are conscientious, thoughtful about their impact on others, and take responsibility for their actions [2].

#### *Social Skills*

This aspect of emotional intelligence focuses on engaging effectively with others. It involves leveraging an understanding of both per-

sonal and others' emotions to facilitate meaningful communication and daily interactions. Key social skills include active listening, verbal and non-verbal communication, leadership, and building strong rapport [2].

### *Empathy*

Empathy, a vital emotional intelligence skill, is the ability to understand and share others' feelings while seeing things from their perspective. It involves recognizing emotional states and understanding the reasons behind them [2]. Empathy enhances awareness of power dynamics within social relationships, including those across different cultures and communities. Individuals with high empathy can perceive power structures, understand their impact on emotions and behaviors, and navigate interactions effectively, particularly in situations influenced by these dynamics [2].

### *Motivation*

Emotionally intelligent individuals are driven by intrinsic motivation, seeking internal rewards rather than external validation like fame or money. They find fulfillment in achieving personal goals, experiencing flow, and pursuing peak experiences [2]. Those with strong motivation are action-oriented, goal-driven, and strive for continuous improvement. They exhibit commitment, take initiative, and strongly desire achievement [2].

## **Model for Amrit Varsha Dhyana in Enhancing Emotional Intelligence**

Amrit Varsha Dhyana is a meditation practice that can help improve emotional intelligence by creating a balance between the mind, body, and spirit. Emotional intelligence includes understanding your own emotions, managing them well, being empathetic, building relationships, and staying motivated. Amrit Varsha Dhyana can help to develop these skills through its structured techniques [11–14].

The practice starts with calming the mind and focusing on the present moment. Practition-

ers use guided imagery, such as picturing peaceful scenes like the Himalayas or the Ganges, to quiet their thoughts and increase self-awareness. This can help them better understand their emotions and triggers, which is the first step toward building emotional intelligence [11–13].

A key part of Amrit Varsha Dhyana is imagining "amrit" (divine nectar) flowing down, which symbolizes washing away stress, anxiety, and negative feelings. This calming visualization can help people feel more emotionally balanced and peaceful [11–13, 16, 18]. By focusing on the heart chakra, practitioners can also gain better control over their emotions and develop inner calm [12, 13, 17, 19].

Another important aspect of Amrit Varsha Dhyana is visualizing a connection with others and the universe. This practice can increase empathy by helping people understand the shared humanity of all beings. Over time, this can deepen compassion and strengthen emotional bonds with others [11–13].

Practicing Amrit Varsha Dhyana can help reduce inner restlessness and build positive emotions like kindness and acceptance. This can make it easier to handle social situations, resolve conflicts, and form meaningful relationships [11–13].

During Amrit Varsha Dhyana, practitioners often experience a sense of unity and joy that brings significant personal growth. This can include developing self-compassion, reducing self-centered behavior, and focusing more on helping others. These changes can lead to better emotional balance and stronger connections with others [11–13, 15].

Similarly, research shows that Amrit Varsha Dhyana reduces anxiety and promotes emotional stability and mental clarity. People who practice regularly feel calmer and less stressed, making it a useful tool for improving mental health both in everyday life and in therapy [20].

Long-term meditation also leads to changes in the brain, such as improved areas for learning, memory, and managing emotions. These findings highlight how Amrit Varsha Dhyana can improve emotional intelligence and overall well-being, especially when compared to those who

don't practice meditation [21].

Emotional intelligence plays a key role in helping people manage their emotions, build better relationships, and handle stress effectively. These skills also boost academic engagement, as shown in a study by [7]. The study highlights the need for educational institutions to create supportive environments and provide resources to help students develop emotional intelligence, which in turn improves their motivation and academic performance [7].

A systematic review by [9] looked at how mindfulness practices and emotional intelligence can reduce stress, burnout, and emotional exhaustion—common issues in the healthcare field. The review found that mindfulness improves important aspects of emotional intelligence, such as self-awareness [9, 22, 23, 35], emotional regulation [9, 10, 21, 22, 24], and empathy [21, 25, 26]. These improvements lead to greater emotional resilience, better coping strategies, and a lower risk of burnout.

Additionally, another study investigates the impact of guided meditation on mental health [27]. It emphasizes that guided meditation, where participants follow instructions from an expert through verbal, written, or audiovisual methods, can significantly improve mental well-being [27, 28].

Dhyan (Meditation) also examines the therapeutic benefits for both mental and physical health [29]. It highlights how different techniques, such as mindfulness, transcendental meditation, yoga, and guided imagery, can help

manage chronic pain, anxiety, and depression [29]. Dhyan (Meditation) supports mental well-being [30] by reducing stress, enhancing focus, improving communication skills [26], and promoting self-compassion [29].

Dhyan (Meditation) looks at how it affects the brain and its biological processes [31]. It explains the changes in brain structure and function that happen during Dhyan (Meditation) [31]. Research shows that Dhyan (Meditation) can affect brain areas involved in attention, emotion control, and self-awareness, such as the prefrontal cortex, amygdala, and insula [31]. Regular Dhyan (Meditation) can cause long-term changes in the brain, which can improve well-being and emotional strength [23, 31].

Prior research on meditative practices reports that regular meditation practice is an effective intervention for reducing stress and enhancing emotional intelligence in the workplace [10], and motivation [32].

The study also emphasized the benefits of mindfulness-based interventions (MBIs), which strengthen emotional intelligence, promote resilience, and enhance well-being. These interventions are shown to improve mental health and job satisfaction, particularly among healthcare workers [29]. Meditation, in particular, is effective in improving focus and thinking abilities [33] and social communications [34].

Based on the above literature review, the impact of meditation practices on different aspects of Emotional Intelligence may be summarized in Table 1.

Components of Emotional Intelligence	Meditative Practices Impacting These Components
Self-awareness	Mindfulness meditation [9, 35], Mindfulness [22], Transcendental meditation [23], Dhyan Yoga [31].
Self-regulation	Mindfulness meditation [9, 21], Transcendental Meditation [10], Guided Meditation [24], Mindfulness [22].
Social Skills	Meditation [29], Vipassana Meditation [34], Loving Kindness meditation [26].
Empathy	Mindfulness Meditation [9], Mindfulness-Based Stress Reduction (MBSR) [25], Transcendental Meditation [10].
Motivation	Visualization meditation [32], Loving Kindness meditation [26].

Table 1: The Impact of Meditative Practices on Different Aspects of Emotional Intelligence

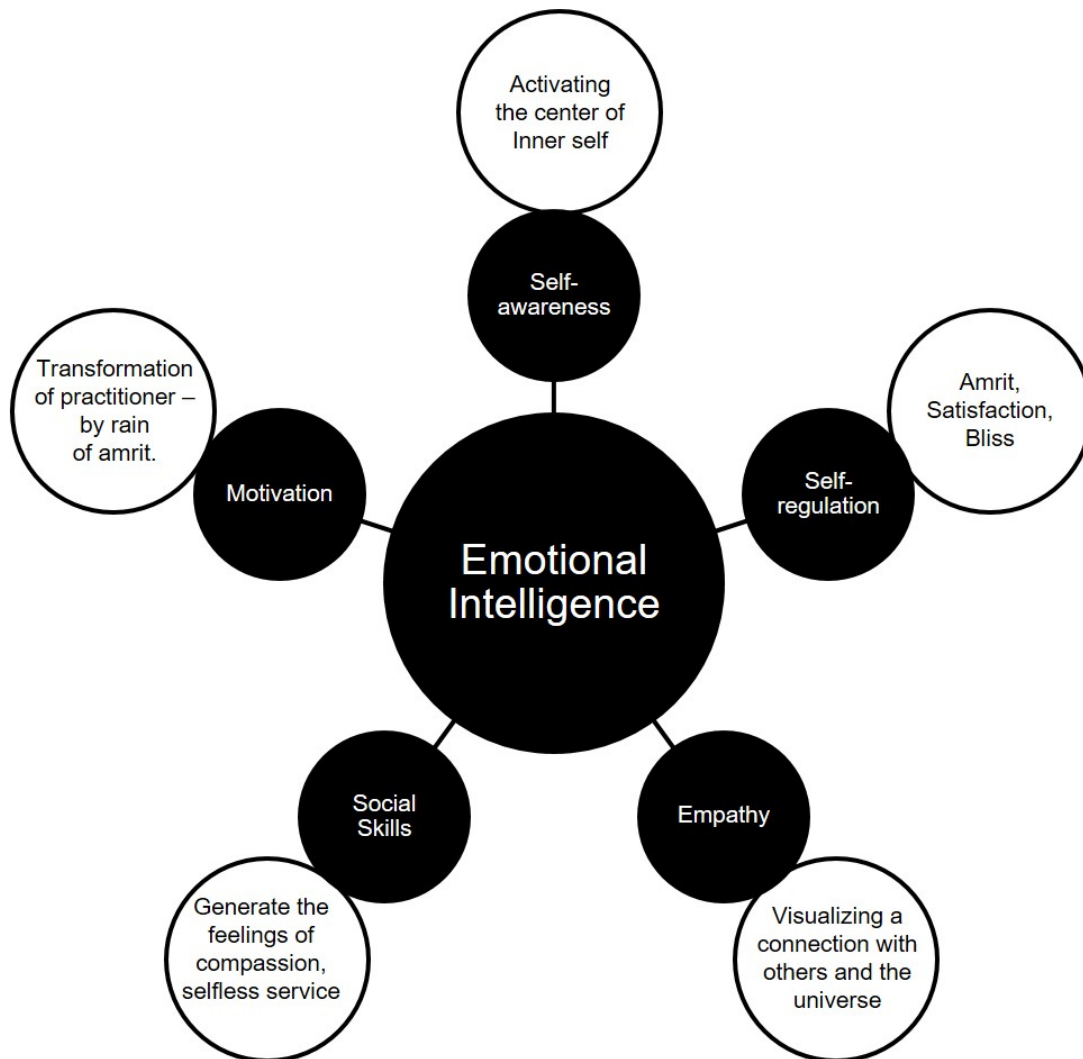


Figure 1: Model on Amrit Varsha Dhyan in Enhancing Emotional Intelligence

## Discussion

Amrit Varsha Dhyan is a structured dhyan (meditation) practice that can foster a harmonious connection between the mind, body, and spirit, enhancing emotional intelligence. Emotional intelligence, encompassing self-awareness, emotional regulation, empathy, social skills, and motivation, is crucial for personal and professional growth [2]. Amrit Varsha Dhyan can develop these skills through techniques such as guided imagery and visualization of positive energies. These practices reduce stress, improve self-awareness, and promote emotional balance, leading to better relationships and social interactions [29, 34].

The practice of Amrit Varsha Dhyan includes visualizations like "amrit" (divine nectar) symbolizing emotional cleansing, and a sense of interconnectedness with others, fostering empathy and compassion [11–13]. Regular Amrit Varsha Dhyan practice can also reduce inner agitation, build emotional resilience, and nurture a shift from self-centered behaviors to altruistic and harmonious ways of living. These transformations contribute significantly to emotional intelligence and overall well-being.

Empirical studies further support the efficacy of Amrit Varsha Dhyan [20]. Research highlights its role in reducing anxiety [20], promoting emotional stability, and improving mental clarity.

Long-term meditation practices, including Amrit Varsha Dhyana, are associated with structural brain changes [31], enhancing areas related to learning, memory, and emotional regulation [31]. These findings position Amrit Varsha Dhyana as a powerful tool for improving mental health and emotional intelligence.

Additionally, mindfulness practices, closely related to Amrit Varsha Dhyana, have been shown to mitigate stress, burnout, and emotional exhaustion, particularly in high-stress environments like healthcare [9]. Systematic reviews reveal that mindfulness interventions strengthen EI by improving self-awareness, emotional regulation [9, 10, 22, 24], and empathy [21, 25]. These benefits lead to enhanced coping strategies, emotional resilience, and a reduced risk of burnout [9].

Based on the above discussion, the possible impact of Amrit Varsha Dhyana on Emotional Intelligence may be summarized in Figure 1.

## Conclusion

This study reviews the foundational elements of Amrit Varsha Dhyana [Brahmavarchas (2012)], as introduced by Pandit Shriram Sharma Acharya (Acharyashri), and explores its potential benefits for promoting emotional well-being. This Dhyana is believed to promote overall well-being by positively transforming emotions, thoughts, and actions.

In conclusion, Amrit Varsha Dhyana, with its emphasis on mindfulness, emotional balance, and self-reflection, appears to have a promising role in enhancing emotional intelligence. While more empirical research is needed to establish a direct link between this meditation practice and emotional intelligence, existing literature on meditation and emotional intelligence supports the potential benefits.

**Compliance with ethical standards** Not required.

**Conflict of interest** The authors declare that they have no conflict of interest. **Financial support and sponsorship** None

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