

Science Behind Spiritual Practices for Controlling Global Warming and Climate Change

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ABSTRACT

This paper explores the intersection of spirituality and climate ethics, arguing that spiritual practices—especially meditation—can serve as complementary tools to conventional climate strategies. Rather than replacing scientific approaches, spiritual frameworks offer behavioral and ethical dimensions that support ecological sustainability. Drawing on traditions such as Vedic philosophy and contemporary eco-psychology, the paper examines the potential for spiritual practices to foster environmental consciousness and systemic change.

Keywords: Climate ethics, meditation, behavioral change, environmental psychology, eco-spirituality

INTRODUCTION

Global warming and climate change have become critical concerns worldwide. Conventional climate science emphasizes emissions reduction, technological innovation, and international policy frameworks. While essential, these approaches often overlook the deeper behavioral and ethical roots of environmental degradation.

This paper proposes an integrative approach: spiritual practices as a complementary—not alternative—framework to climate action. A deeper, more sustainable solution lies in spiritual practices, particularly meditation, which works not just at the physical but also at the energetic and cosmic levels. The aim is to explore how contemplative practices may support climate ethics through behavioral transformation, ecological mindfulness, and internal alignment with planetary well-being.

CLIMATE SCIENCE AND TECHNOLOGICAL INTERVENTIONS

Contemporary climate mitigation strategies include:

- Phasing out fossil fuels
- Expanding renewable energy (solar, wind, hydrogen)
- Electrifying transport systems
- Strengthening infrastructure against climate extremes
- Reducing plastic and waste consumption

While necessary, these are often reactive and short-term, addressing symptoms more than causes. They require parallel efforts to shift mindsets, values, and behaviors—a domain where spiritual and psychological tools can play a transformative role.

SPIRITUAL PERSPECTIVES ON ENVIRONMENTAL HARMONY

The Microcosm–Macrocosm Principle

Spiritual traditions, particularly within Vedic philosophy, conceptualize the human being as a microcosm reflecting the macrocosmic environment [9]. Both are composed of five elements—earth, water, fire, air, and ether. In yogic psychology, these elements correspond to the body's chakras/plexus (energy centers), suggesting

that internal balance can reflect and support external harmony. "By balancing the five elements within ourselves, we can influence the same elements in the external world." While such views are philosophical interpretations, they align with principles in eco-psychology and religious ecology that suggest an interconnectedness of inner and outer ecosystems. Actually, the Earth should not be considered just a system to be fixed but as a living, conscious entity to be harmonized with.

Meditation and Elemental Consciousness

Practices like chakra-based (plexus) meditation are believed to influence the body's energy system and, by extension, our relationship with nature. Though, all the five chakras (containing space, air, heat, liquid and solid) have their own effects at micro and macro level of the human and the global body. Among them fire (Manipur chakra) and air (Anahat chakra) has more pronounced effect at human and global environment. For example:

- **Manipura Chakra (fire):** Associated with digestion, transformation, and personal power. Symbolically linked to the energy of change, both personal and environmental. Fire is highlighted as a central transformative force in Spiritual texts and modern interpretations (e.g., Ellen Grace O'Brian, Tibetan Buddhist Encyclopedia) [3], [4], [6]. Fire represents not just heat and light but the power of spiritual awakening [4]. By meditating on fire (Manipur Chakra), practitioners can promote transformation, clarity, and purification—both personally and environmentally.
- **Anahata Chakra (air):** Linked with breath, compassion, and spacious awareness. Balancing this center fosters empathy and connection—key values in climate ethics. Air is invisible, yet ever-present. By meditating on air (Anahat Chakra), practitioners can promote transformation, clarity, and purification taking a moment to reflect on air reminds us of its physical, energetic, and psychological influence on our lives —both personally and environmentally (Beth Giffs) [2].

Such claims should be understood not as direct causal mechanisms influencing global climate systems, but as frameworks for cultivating eco-conscious behavior and values.

ETHICAL AND BEHAVIORAL TRANSFORMATION THROUGH SPIRITUAL PRACTICE

Research in environmental psychology and sustainability studies supports the idea that contemplative practices can lead to pro-environmental behavior. For example:

- Mindfulness and meditation are associated with reduced consumption, sustainable living, and increased empathy [Adams, 2019; Nguyen, 2021].
- Practicing eco-spirituality can foster a deep sense of ecological identity and stewardship [Gibbs, 2017; O'Brian, 2018].

1. Bhawateet Dhyana and Thought Projection

In advanced yogic meditation such as Bhawateet Dhyana (thought projection), practitioners visualize planetary healing, cultivating intentional resonance with nature. While such effects remain scientifically unverified, they may serve as symbolic rituals fostering ethical responsibility and global awareness.

2. Collective Meditation and Global Impact

Group meditations on climate healing have gained popularity, including global events like World Meditation Day (December 21), recognized by the United Nations recognizing the potential of collective consciousness in global transformation [7].

Organizations like NASA continuously monitor Earth's environmental changes, including rising global temperatures. While they rely on satellites and data, spirituality offers another dimension of insight: influencing the system not by changing physical inputs alone but by altering the underlying energetic patterns [5]. Moreover,

quantum science increasingly acknowledges the interconnectedness of observer and observed, a principle mirrored in ancient teachings. This principle has even gained recognition on the world stage.

Though empirical data on collective consciousness influencing climate variables is limited, such practices promote community resilience, shared values, and psychological well-being, all relevant to sustainability transitions.

BRIDGING SCIENTIFIC AND SPIRITUAL WORLD VIEWS

Emerging paradigms in quantum theory and consciousness studies suggest a more integrated view of mind and matter. While a theory such as Tesla's 3-6-9 model or microvita remains speculative. In this regard Shrii P.R. Sarkar stated "Human beings can develop what they have glimpsed, eventually attaining extraordinary powers. In the eyes of ordinary people, these powers appear supernatural, but actually, they are natural." This concept emphasizes the untapped potential of the human mind to affect both internal and external environments [9]. They reflect humanity's ongoing attempt to understand the universe through interdisciplinary paradigms, the concept resonates with the Nikola Tesla's 3-6-9 theory, which proposes that these numbers hold the key to unlocking universal energy patterns.

Meditation on these frequencies can align the individual mind with cosmic intelligence, enhancing their power to effect change on the global scale [8]. Concentrating on these frequencies during meditation may synchronize the human unit-mind with the cosmic-mind, potentially affecting large-scale phenomena like climate patterns [8]. These ideas should be contextualized as metaphysical or philosophical, not empirical science.

PRACTICAL APPLICATIONS AND POLICY IMPLICATIONS

Spirituality can enrich climate ethics through behavioral, community, and policy-level applications, including:

- Mindfulness-based environmental education
- Eco-meditation retreats or climate grief circles
- UN-supported spiritual programs for youth engagement in sustainability
- Integration of spiritual well-being in climate adaptation policies, especially in vulnerable regions
- Community-based projects aligning local spiritual traditions with environmental stewardship

These applications bridge the personal transformation of individuals with collective ecological resilience.

CONCLUSION

Addressing climate change requires both external actions and internal transformations. A global effort that integrates science, spirituality, and sustainability is the need of the hour. While science offers tools to mitigate physical causes, spirituality offers pathways to ethical responsibility, behavioral change, and planetary empathy. The integration of contemplative practices with conventional climate strategies creates a holistic model—one that aligns human consciousness (Microcosm) with the Earth's natural rhythms (Macrocosm). The future of climate action lies not only in technology and policy, but in cultivating a conscious, compassionate, and ecologically integrated humanity. By balancing the five physical elements within ourselves, we can influence the same elements in the external world. The path forward requires both climate action and spiritual elevation, ultimately creating a more conscious, balanced, and sustainable future for all.

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