

BOOK REVIEW:

Consciousness In Management, Volumes 1 and 2

The Proceedings of the conference held at IIM Bangalore, 1 to 3 August 2019 on the topic, 'Elevating Consciousness Through Meditation for Global Harmony'.

From the 1 to 3 August 2019, an international group of academics, thought leaders, Yoga and meditation practitioners, and corporate consultants and managers came together at the Indian Institute of Management, Bangalore to discuss the topic of consciousness in management.

One of the conference directors, Dr Ramnath Narayanswamy, Professor of Economics and Social Sciences at IIMB, explained that, "While management as an academic discipline developed during a dynamic period of knowledge growth and expansion in the western world, evolving out of Fordism and Taylorism, to enrich and balance that perspective, the need to incorporate heart-based principles of leadership, service and character ethics has become increasingly vital. In particular, meditation offers a way to cultivate emotional, social and spiritual intelligence, and a way to elevate and expand consciousness. Nowadays the mainstream business community acknowledges that meditative life skills are fundamental to well-being and happiness."

While there have been many forums on management and meditation, this conference was a first. It brought together the science of consciousness from the meditative traditions, especially Yoga, with scientific and management principles, and with simple practical tools in order to elevate consciousness.

Sharat Hegde, Director of the Heartfulness Institute in India, and also a conference director, summarized: "The participants came from 15 countries and all regions of India, comprising researchers, academics, leaders and practitioners from different faiths and professional backgrounds, who came together to explore the need to elevate consciousness, the techniques available, and the practical aspects for individual and organizational transformation." Mr. Hegde also noted that, "Over the course of the three days, the discussion moved from understanding the philosophical aspects of consciousness, to the research

findings, and finally on day 3 to the implementational aspects in organizations and the changes needed in management policies.”

The introductory keynote address was given by Dr. Kamlesh Patel on consciousness from the experiential approach of Yoga. He challenged the audience with the simple statement: “Steadiness and stillness of mind is a must for a leader. How to arrive at this state? How to master your mind and allow it to work on your terms.” He went on to ask, “How can you swiftly move from one level of consciousness to another level of consciousness at will – not just by desiring, but at will – and make it more productive in your day-to-day life?” and shared his experience of how this can be done.

Two volumes were published as proceedings of the conference – *Consciousness in Management*, Volumes 1 and 2, published by Heartfulness Education Trust. They include the following papers:

Volume 1:

1. The 18 th Sustainable Development Goal	Alain Desvigne
2. In Search of the Final Frontier: A Theory of Life	Victor Kannan
3. Elevating Consciousness	Kamlesh D. Patel
4. The Role of Music in Elevating Consciousness	Govind Saraswati and Sonali Mohan
5. Spirituality, Mindfulness and Ethical Leadership: Indian Insights	Sunjoy Mukherjee and Anindo Banerjee
6. Management Insights from Indian Spirituality: Unlearning Knowledge To Uncover Wisdom	Ramnath Narayanswamy
7. Meditation Induced Pro Sociality: An Integral Analysis on Traditional and Scientific Understanding	J. Sashi Kiran Reddy and Sisir Roy
8. Elevating Consciousness through Meditation for Global Harmony	Rosalind Pearmain
9. From Emotional Intelligence to Wisdom: a Heartfulness Insight	Stanislas Lajugie and Hester O Connor
10. Meditation, Cognition and Creativity in Organizations: Exploratory Research	S. Raghu Raman and G. Balasubramanian
11. The Incorporation of Meditation into Legal Education	Anthony Cullen and Lughaidh Kerin
12. Meditation and Expanded Consciousness: Implications for Sustainable Health and Well-being	Krishnamurthy Jayanna

Volume 2:

Leading from the Emerging Future: Moving from Separation to Integration	Vasco Gaspar
Why Meditation Connects: The Science of Heartfulness Meditation and the Role of the Vagus Nerve	Hester O Connor & Stanislas Lajugie
Emotional Regulation of Employees at Work: The Role of Sociocognitive Predictors and Mindfulness Meditation	Madhurima Ganguly, Manoj Tripathi & Mithila Deb
Various Approaches to Human Well-being in Corporations	Tushar Pradhan
Effectiveness of Heartfulness Programs in Educational Institutions	Ranjani Iyer, Balaji Iyer and Yamini Karmarkar
Meditation Techniques and Their Effects on States of Consciousness	Pratibha Garg
The Search for Self-Revelation Must Inform Leadership Development	Ramnath Narayanswamy
Spirituality, Health and Global Harmony	Rahul Mehrotra
Heartfulness Meditation and Well-being in Health Care	Jayaram Thimappuram
Happiness Circles: A Case Study	Naumrata Arora Singh
Neuroplasticity and the Enduring Effects of Meditation	Ajay Kumar Nair, Bindu M Kutty
Understanding Meditation Using Brainwave Theory	Meenakshi Venkatadri
Mindfulness: A Vital Component of Well-being in the Military Context	Gurpreet Kaur, Subh Priya Pal and Soumi Awasthy

While Volume 1 is now out of print, there are still copies of Volume 2 available. All articles will soon be available on an online platform.

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