

AI GURU AT DIGITAL ASHRAM

DISCOVERY BY A CONSCIENTIOUS YOGI

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ABOUT a century ago, an accomplished yogi named Siddheshwar resided in the foothills of the Himalayas. He was known as the “Lord of Accomplishments” for his transcendental teaching in yoga and meditation. He was no ordinary yogi, for he had achieved the zen state of mind by practising spirituality and meditation for decades. He possessed an ocean of wisdom and wanted to create something novel for the world of yoga and meditation.

As a young yogi, Siddheshwar was blessed with a saintly nature and spent his childhood reading scriptures. As he grew, so did his quest for learning meditation. He would often visit various centres to study different methods of meditation. His childhood soon slipped into boyhood, and he learned the art of being at internal peace and eternal bliss under all circumstances. The joy of this art rushed into his veins, and he wanted to share the learning with those in need. He found his ultimate purpose in life and embarked on self-discovery.

One day, a grieving woman visited Siddheshwar. She had lost her son in a tragic accident. Heartbroken and lost, she begged in front of Siddheshwar to ease her pain and bring her son back. He thought of teaching her the profound lesson of life by referencing one of the famous stories told by Gautama Buddha.

He calmly asked her to bring rice from a house where nobody had died. She went door-to-door but couldn't find a house where nobody had ever died. She then realised that death is an integral as well as inevitable part of the cycle of life, and nobody has control over it. He consoled her and helped her understand the meaning of impermanence in life. She then requested the knowledgeable yogi to open a centre where she and others like her could come to meditate, contemplate, and understand the true meaning of life.

The wise yogi already wanted to share the benefits of meditation with the society. With the help of a few disciples, he decided to open a ‘Calm Centre’ where people could come to detox themselves. He found a location on the city's outskirts full of greenery and various types of birds. With his day and night efforts, he changed the old abandoned place into a beautiful centre. The word of Calm Center spread like wildfire, and crowds thronged the centre by the dozens.

Every morning, at 4:30 AM, a gong bell used to ring and wake the disciples up. Thereafter, they assembled at the meditation hall, where Yogi Siddheshwar guided the disciples to focus on their breath and enter the world of tranquillity. The centre aims to help bring everyone to the present moment and forget about stress and anxiety. There was a strict timetable

to be followed by everyone. No one was allowed to leave any meditation session without completing it. In the afternoons, Yogi Siddheshwar held interaction sessions where he used to talk with the participants about how they were feeling and the changes they were going through. In the evening, everyone had to walk and do yoga since the yogi believed body movement was directly proportional to mental health. At 7 PM, there was a Hindi and English discourse, wherein the voice of Yogi Siddheshwar brought inner stillness and calmness within the disciples. He spoke about the impermanence of life, which everyone was aware of but used to forget in their day-to-day routines. His way of lecturing during discourse was like storytelling, full of examples. Everyone used to grasp every single word of his wisdom attentively. Eventually, all the attendants started to feel the difference in themselves and became peaceful.

One day, a thought occurred to the wise yogi after meditating under the Banyan tree. He started thinking about his own death and who would pass on his knowledge and wisdom when he was gone. He wanted a trustworthy and reliable successor to lead the Calm Centre toward its ultimate purpose after him. He feared materialistic or commercial infiltration of the Calm Centre and wished adulteration didn't contaminate his own ashram, which he had established with so much love and piety. He discussed his realistic worries with his close disciples and attendees. Among them was one highly qualified and intelligent disciple. He suggested the knowledgeable yogi participate in creating an Artificial Intelligence (AI) that will be programmed like his brain and conduct sessions just like him. The yogi was thrilled by the idea and gave his approval. He then met renowned scientists and shared his true knowledge that would help create the AI. He made sure that his clarity towards the betterment of the world should be programmed into the AI. All the scientists were surprised by the suggestions from a yogi who never had a research background. After observing his dedication, everyone agreed to give the main credit to the yogi for creating this digital guru since none of it could have been possible without his valuable contribution.

The discovery of the AI masterpiece named Zen, which means a peaceful state of mind, was introduced in Calm Centre. Initially, people were reluctant and skeptical about accepting the new creation. The emotional connection with Yogi Siddheshwar did not let them accept the new Zen. The wise yogi was already aware of such an impending situation and could sense the fear of the unknown among people.