

Microvita and Mental Wellness: A Holistic Conceptual Framework for Subtle Influences on Cognition, Emotion, and Collective Well-Being

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Abstract

Mental wellness has emerged as one of the most critical components of public health and human development in the twenty-first century. As global societies confront rising levels of stress, anxiety, depression, and psychological fragmentation, there is a growing interest in integrative frameworks that explore the role of subtle influences on mental states. Microvita, a concept introduced by the Indian philosopher P.R. Sarkar in 1986, presents a unique and largely unexplored paradigm that links subtle micro-energetic entities with physical, mental, and spiritual well-being. This research paper offers an extensive, humanised exploration of Microvita theory and its potential relevance to contemporary mental wellness. Drawing on interdisciplinary perspectives from psychology, neuroscience, energy medicine, consciousness studies, holistic health, and Indian philosophical traditions, the paper conceptualises mental wellness as an emergent property shaped by both material and subtle forces. The study further analyses positive and negative Microvita as metaphorical or theoretical constructs influencing emotional resilience, cognitive processing, behavioural regulation, and environmental mental ecology. The paper also reviews existing literature on mind-body interaction, psychosomatic pathways, meditation science, and collective consciousness to establish conceptual bridges between Microvita theory and evidence-based mental health frameworks. Additionally, a Microvita-informed mental wellness model is proposed to integrate subtle energetic influences with biopsychosocial determinants. The discussion highlights the strengths, limitations, and future potential of incorporating Microvita into academic discourse, emphasising its value as a philosophical, heuristic, and possibly practical tool for understanding human psychological flourishing. The paper concludes by encouraging interdisciplinary research, particularly in the context of preventive mental health, ageing populations, and community mental well-being.

Keywords: *Microvita; Mental Wellness; Subtle Energy; Consciousness; Positive Microvita; Negative Microvita; Psychosomatic Health; Holistic Mental Health; Mind–Body Interaction; Psychological Resilience.*

Introduction

Mental wellness has become a global priority as societies increasingly recognise that psychological well-being is closely linked with personal fulfilment, social stability, productivity, and overall quality of life. The World Health Organization defines mental health not merely as the absence of disease but as a state of well-being in which individuals can cope with normal stresses, work productively, and contribute to their communities (World Health

Organization, 2022). Yet contemporary life - marked by rapid technological change, social fragmentation, economic instability, and heightened individual pressures - has contributed to unprecedented levels of psychological distress worldwide. The search for meaningful, holistic, and integrative approaches to mental wellness has therefore intensified.

Within this evolving landscape, ancient philosophical traditions, subtle energy theories, and consciousness-based models are gaining renewed academic interest. Among these, the theory of Microvita presents an especially intriguing yet underexplored conceptual framework. Introduced by P.R. Sarkar in 1986, Microvita refers to microscopic, subtle entities that influence physical, mental, and spiritual realms. Sarkar proposed three types - positive, negative, and neutral Microvita - which interact with human physiology, psychology, and collective consciousness (Sarkar, 1987). Although Microvita remains outside mainstream scientific discourse, it offers a fascinating lens for re-examining mental wellness through the dynamic interplay of subtle influences and psychological outcomes.

1.1. The Emerging Need for New Models of Mental Wellness

Conventional mental health frameworks, though well-developed, often emphasise biological and cognitive-behavioural components. While these approaches are essential, they may not fully encompass the multidimensional nature of human consciousness, emotional depth, and lived experience. Scholars in psychology and neuroscience acknowledge that intangible factors such as meaning, spirituality, social energy, interpersonal harmony, and environmental subtlety profoundly shape mental states (Williams et al., 2021; Davidson & Dahl, 2018). This shift invites the inclusion of broader paradigms that can articulate how unseen influences contribute to emotional resilience, cognitive clarity, and psychological integration.

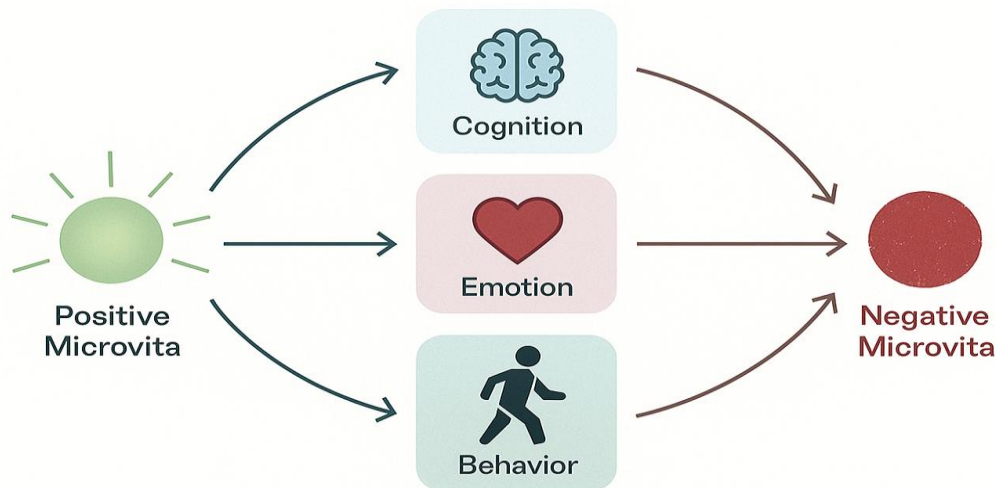
Microvita theory aligns well with this widening conceptual landscape. Instead of viewing mental wellness as purely neurochemical or behavioural, it introduces the idea that subtle dynamics - possibly energetic, informational, or consciousness-based - play a role in shaping emotional and cognitive patterns. Even if interpreted metaphorically, Microvita offers a compelling framework to describe how positive influences (such as uplifting relationships, meditation, creativity, or virtuous thoughts) may strengthen mental well-being, while negative influences (such as fear, hostility, or psychological pollution) degrade it.

1.2. Microvita: A Conceptual Overview

Microvita, derived from the words *micro* (small) and *vita* (life), refers to extremely subtle entities that Sarkar described as “carriers of life” and “catalysts of evolution” (Sarkar, 1987). Unlike classical biological or microbial entities, Microvita are conceptualised as finer than atoms or subatomic particles, influencing both physical structures and mental tendencies. Sarkar suggested that positive Microvita promote vitality, clarity, creativity, and harmony, while negative Microvita promote disease, confusion, and disharmony.

From a mental wellness perspective, Microvita may be seen as symbolic representations of subtle psychological forces: thoughts, emotions, moods, environmental vibrations, unconscious tendencies, and collective energies. While empirical validation remains limited,

the conceptual richness of Microvita theory enables innovative reflections on the nature of mental health, particularly in societies where spiritual and energetic frameworks hold cultural significance.



How Microvita influences cognition, emotion, and behavior

Figure 1. Conceptual interaction of positive and negative Microvita with mental wellness processes.

Figure 1 presents a simplified schematic illustrating how Microvita influence the three fundamental domains of human psychological functioning—cognition, emotion, and behaviour. The diagram is structured to show the mind as a receptive centre through which subtle influences continuously flow. These influences may originate from either positive or negative Microvita, reflecting Sarkar’s theoretical distinction between forces that enhance harmony and those that generate imbalance.

On the left side of the figure, Positive Microvita is shown as a radiant source, symbolising clarity, vitality, creativity, and emotional upliftment. The arrows extending from this source toward the cognitive, emotional, and behavioural domains represent how supportive microvitic influences strengthen mental clarity, deepen emotional stability, and encourage adaptive patterns of action. In practical terms, these influences can be understood as subtle but meaningful forces—such as peaceful environments, compassionate interactions, meditative stillness, and creative engagement—that nurture healthier psychological states.

On the right side, Negative Microvita is depicted as a darker, denser influence. The arrows flowing inward from this sphere illustrate how negative microvitic patterns may contribute to cognitive disturbance, emotional turbulence, and maladaptive behavioural tendencies. These influences may be interpreted metaphorically as environmental tension, toxic social interactions, chronic stress, unresolved trauma, or collective emotional negativity that subtly erodes mental equilibrium.

By placing cognition, emotion, and behaviour at the centre of the schematic, the figure emphasises that these domains function as interconnected expressions of the mind's inner condition. Each is sensitive to subtle variations in microvitic influence. A shift in cognitive clarity, for example, may immediately alter emotional tone and behavioural choices. Similarly, disturbances in emotional states can cloud cognition and redirect behavioural patterns. The diagram therefore reinforces the idea that mental wellness emerges from the continuous interplay between internal psychological structures and external energetic or environmental influences.

Overall, this figure visually communicates the conceptual foundation of the research: that Microvita—whether interpreted literally or metaphorically—operate as subtle catalysts shaping the quality and direction of cognition, emotion, and behaviour. By influencing these three domains, Microvita participate in the dynamic construction of mental wellness and offer a framework for understanding how both inner and outer forces contribute to psychological harmony or distress.

1.3. Mind–Body–Environment Continuum in Mental Wellness

Contemporary scientific understanding increasingly recognises that mental health cannot be explained solely by processes occurring within the brain; rather, it emerges from a dynamic and ongoing interaction between biological, psychological, social, and environmental influences. While the biopsychosocial model (Engel, 1977) remains a foundational framework, recent scholarship adds further nuance by emphasising the role of energetic, relational, and ecological dimensions in shaping mental states (Farb et al., 2019). A person's emotional and cognitive experiences are continuously shaped by internal processes, the functioning of physiological systems such as the endocrine and immune networks, the quality of interpersonal relationships, and the ambience of the environments in which they live and work. Cultural meaning, personal values, and existential orientation further colour how individuals interpret and respond to their surroundings. Microvita theory expands this continuum by suggesting that subtle micro-energetic flows circulate within and around individuals, influencing psychological conditions in ways that may not yet be captured by empirical tools. This perspective encourages a more holistic view of mental wellness—one that acknowledges the delicate interplay between inner life, bodily responses, environmental vibrations, and wider social fields, offering a richer and more integrated understanding of human well-being.

1.4. Relevance of Microvita to Contemporary Mental Health Challenges

Modern mental health crises - depression, anxiety, loneliness, burnout, and cognitive overload - are not merely biochemical phenomena. They arise from complex interactions involving digital overstimulation, isolation, socio-economic uncertainty, cultural fragmentation, and ecological anxieties (Twenge, 2020). Many individuals sense that their mental states fluctuate according to the “energy” of their surroundings, social environments, or even global emotional climates.

Microvita, whether taken literally or metaphorically, offers a vocabulary to articulate these subtle emotional dynamics. Positive micro-energetic influences can represent uplifting

interactions, creativity, purposeful engagement, compassion, or meditative clarity. Negative influences may correspond to toxic social environments, collective stress, chronic fear, or emotional pollution.

Therefore, a Microvita-informed understanding of mental wellness may help reframe psychological suffering in broader existential and environmental terms, opening possibilities for integrative mental health interventions.

1.5. Purpose and Structure of the Study

The purpose of this research paper is to explore the conceptual and practical significance of Microvita theory in understanding mental wellness. The study aims to:

1. Examine Microvita theory in relation to modern mental health frameworks.
2. Explore how positive and negative Microvita can be interpreted as influences on cognition, emotion, and psychological resilience.
3. Propose a Microvita-based model of mental wellness that integrates subtle energetic principles with contemporary psychological science.
4. Highlight potential research directions linking Microvita with preventive mental health, ageing, meditation, and community well-being.

2. Theoretical and Mathematical Framework of Microvita

Microvita theory, though philosophical in origin, contains conceptual elements that can be interpreted mathematically or symbolically to create a bridge with modern scientific thinking. P.R. Sarkar himself hinted at the possibility of mathematical modelling of Microvita, suggesting that their behaviour, propagation, and influence follow subtle laws similar to—but more refined than—physical or biological systems (Sarkar, 1987). While empirical measurements remain speculative, establishing a theoretical mathematical structure helps to articulate the internal logic of Microvita and prepares the ground for interdisciplinary dialogue between philosophy, psychology, and scientific modelling.

In the context of mental wellness, mathematical frameworks serve as metaphorical tools that help structure relationships between subtle micro-influences, psychological variables, and environmental conditions. These formulations should not be taken as empirical equations but as conceptual models that communicate the dynamic interplay within the Microvita system.

2.1. Microvita as Subtle Dynamic Entities

Sarkar described Microvita as extremely small vessels of life and information. In mathematical terms, they may be conceptualised as **subtle influence carriers** with properties of:

- **Magnitude** (Intensity of influence)
- **Direction** (Towards harmony or disharmony)
- **Frequency** (Rate of occurrence or interaction)
- **Field Interaction** (Impact on individual or collective mental fields)

If we imagine each microvita as a subtle informational vector, then microvita activity in the mental domain can be represented as:

$$M = \sum_{i=1}^n v_i \cdot f_i \cdot d_i$$

Where:

- v_i = magnitude (positive or negative value)
- f_i = frequency of occurrence
- d_i = direction of psychological influence

This symbolic equation captures the idea that mental wellness is influenced by countless subtle micro-vectors that interact continuously with human cognition and emotion.

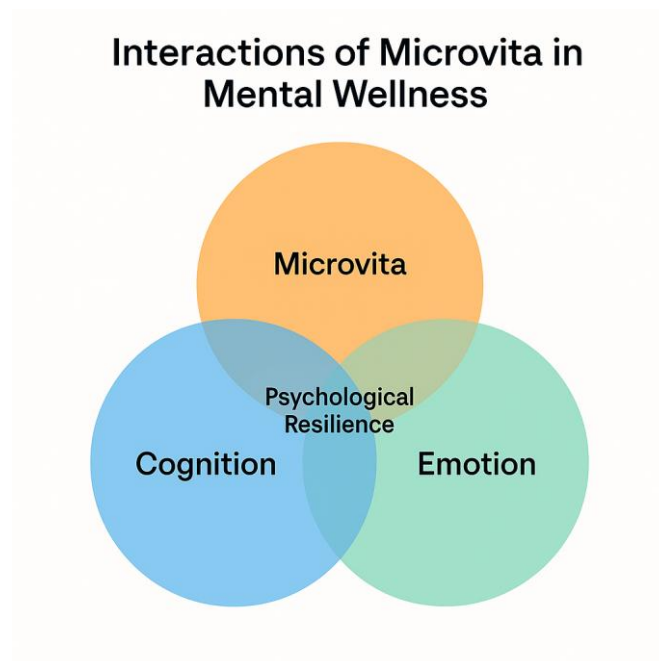


Figure 2. Conceptual mathematical representation of Microvita influence vectors in the mental domain.

2.2. Positive and Negative Microvita as Opposing Forces

In Microvita theory, positive and negative Microvita are seen as forces shaping individual and collective states. Conceptually, these can be represented as two opposing fields:



- **Positive Microvita Field (P-field)**
- **Negative Microvita Field (N-field)**

The net subtle influence on mental wellness at a given moment may be approximated as:

$$I_{net} = P - N$$

Where:

- P = cumulative positive microvitic influence
- N = cumulative negative microvitic influence
- I_{net} = resultant psychological effect (clarity or disturbance)

If $P > N$, the mind experiences emotional balance, expanded cognition, and inner coherence. If $N > P$, mental turbulence, anxiety, or cognitive dullness may emerge.

This model mirrors existing psychological theories that emphasise the interplay of positive and negative emotional states, but Microvita theory extends it by adding a subtle energetic dimension.

2.3. Microvita as Catalysts of Mental Processes

Sarkar suggested that Microvita act as catalysts in both physical and psychological evolution. In mental wellness, a catalytic role implies that microvitic influence can amplify or diminish psychological processes without being a direct cause. This can be symbolically expressed as:

$$\frac{dM_w}{dt} = C_p \cdot P - C_n \cdot N$$

Where:

- M_w = mental wellness index
- C_p, C_n = catalytic coefficients for positive and negative microvita
- t = time

This indicates that mental wellness is not static; it fluctuates based on dynamic influences from positive and negative microvita. Catalytic coefficients vary depending on individual susceptibility, environment, lifestyle, and mental discipline.

This conceptual framework aligns with modern theories of neuroplasticity, which acknowledge that the mind responds to both subtle and tangible inputs over time (Davidson & Dahl, 2018).

2.4. Microvita and Mental Vibration Fields

Microvita theory frequently refers to vibrations (*spandana*) in both the physical and mental realms. A vibration-based model can help illustrate how Microvita interact with mental states.

Let the **mental vibration field** be Ψ_m , representing the oscillatory nature of thoughts, emotions, and subtle impressions. Positive Microvita may resonate with higher-frequency, harmonious patterns, while negative Microvita may resonate with lower-frequency, dissonant patterns.

We may represent this as:

$$\Psi_m = \int_{-\infty}^{\infty} A(f) \cdot e^{i2\pi ft} df$$

Where:

- $A(f)$ = amplitude of mental frequencies
- f = frequency
- t = time

This conceptual Fourier-like formulation symbolises the mind as a spectrum of vibrations. Microvita interact with this spectrum by amplifying or dampening certain frequencies.

Positive Microvita → enhance clarity, compassion, joy (higher frequencies)

Negative Microvita → intensify fear, confusion, dullness (lower frequencies)

This interpretation mirrors recent findings in neuroscience where emotional states correlate with distinct brainwave patterns (Farb et al., 2019).

2.5. Microvita and the Psychosomatic Axis

Both philosophical traditions and contemporary psychophysiology recognise strong interactions between the mind and body. Microvita theory proposes that subtle energetic entities mediate this mind–body link.

We may conceptualise Microvita’s psychosomatic influence using a simple relational model:

$$S = f(M, E)$$

Where:

- S = psychosomatic state
- M = mental microvitic influence
- E = environmental microvitic influence

This suggests that the body’s condition is influenced simultaneously by:

- the internal mental state (thoughts, emotions, memories)
- external microvitic environment (e.g., social ambience, cultural atmosphere)

Positive Microvita may strengthen the immune system, improve sleep, elevate mood, and enhance vitality, while negative Microvita may exacerbate stress-related physical symptoms.

Though symbolic, this echoes mind–body interaction findings in psychoneuroimmunology (Kiecolt-Glaser et al., 2015).

2.6. Microvita Flow and Cognitive Processing

Microvita theory implies that mental clarity arises from smooth flows of subtle influences. When these flows are interrupted or disturbed, cognitive fragmentation may occur.

We may symbolise microvitic flow as:

$$F_m = \frac{P}{1 + \alpha N}$$

Where:

- F_m = flow of positive mental energy
- P = positive Microvita
- N = negative Microvita
- α = interference coefficient

If negative influences increase, the denominator grows, reducing the effective flow of clarity. This expresses, in simple symbolic language, how subtle disturbances can disproportionately affect mental functioning.

This parallels cognitive overload models where small disturbances lead to large losses in focus or coherence.

2.7. Microvita and Collective Mental Wellness

Microvita theory emphasises that mental wellness is not only an individual process but also a collective phenomenon. Communities generate shared emotional fields, which in turn influence individual minds.

A symbolic collective microvita field may be expressed as:

$$C = \sum_{i=1}^n I_{net,i}$$

Where:

- C = collective mental field
- $I_{net,i}$ = net microvitic influence of each individual

A higher collective C may correlate with community resilience, cooperation, and psychological harmony. A lower or negative C may correlate with social tension, conflict, or widespread anxiety.

This resonates with sociological theories of emotional contagion and collective moods (Barsade & Gibson, 2012).

Stages of Microvita Application for Mental Wellness

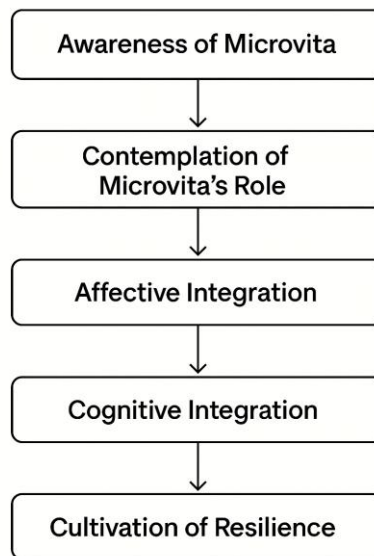


figure 3. Collective Microvita Field Model for Community Mental Wellness.

2.8. Interpreting Microvita Mathematics as Metaphor and Model

The mathematical expressions introduced in this chapter are best understood not as literal equations but as metaphors that help illuminate the subtle dynamics proposed by Microvita theory. Because Microvita cannot be directly observed or measured through conventional scientific methods, symbolic mathematical structures offer a way to organise thinking about how these influences might interact with the mind. They function as conceptual models that translate abstract ideas—such as vibrational resonance, directional influence, and the balance between positive and negative forces—into a form that can be visualised and discussed more clearly. In this sense, the mathematics serves as a bridge between philosophy and science: it does not claim empirical authority, but it provides a structured lens through which the fluctuations of mental wellness can be explored. By modelling Microvita as vectors, fields, or oscillatory patterns, the framework invites us to imagine how subtle influences move through the cognitive, emotional, behavioural, and psychosomatic layers of human experience. These representations help clarify patterns of interaction rather than quantify them, allowing the theory to communicate its complexity without requiring empirical validation. Ultimately, the mathematical language enriches the conceptual narrative, offering a flexible and evocative tool for understanding Microvita as both metaphor and model within the broader study of mental wellness.

2.9. Summary of the Mathematical Framework

The mathematical framework developed in this section is not intended to offer empirical measurement of Microvita but to provide a helpful conceptual language for understanding their possible influence on mental wellness. By imagining Microvita as vectors of subtle influence,

the framework makes it easier to distinguish between constructive, uplifting microvitic patterns and those that create disturbance or imbalance. It also highlights the dynamic nature of mental wellness, showing how these subtle forces may interact with psychological processes, bodily responses, and environmental conditions. The vibrational metaphors used in the model help express how Microvita might resonate with different mental states, while the incorporation of mind-body pathways suggest a fluid exchange between emotional experiences and physiological reactions. Extending the framework to include collective fields further acknowledges that individuals are shaped not only by their inner world but also by shared social and environmental atmospheres. Together, these conceptual tools create a foundation for later chapters, where Microvita will be examined in relation to cognition, emotion, resilience, psychosomatic health, personal well-being, and broader community or ecological influences.

3. Methodology

Exploring Microvita in relation to mental wellness requires an approach that is as subtle and reflective as the concept itself. Microvita theory does not comfortably fit within the boundaries of experimental science, and attempting to place it inside a laboratory would compromise its philosophical depth. Instead, this study adopts a conceptual, interpretive, and literature-based methodology that allows Microvita to be examined in conversation with fields such as psychology, neuroscience, holistic medicine, and consciousness studies. The aim here is not to test Microvita as a measurable object, but to understand what the theory can offer to contemporary debates on mental well-being.

This methodological approach rests on the belief that certain human experiences—peace, clarity, intuition, emotional resonance—are deeply real even when they cannot be quantified by conventional instruments. A conceptual study is therefore the most appropriate way to honour the subtlety of Microvita while still maintaining scientific discipline. The methodology unfolds in stages: reading widely, identifying patterns of meaning, holding dialogues between different fields of knowledge, and slowly building an interpretive synthesis that respects both the philosophical origins of Microvita and the evidence-based insights of modern mental health sciences.

3.1. Research Design

The research design is qualitative and conceptual, shaped by a desire to understand Microvita not as isolated phenomena but as part of a larger ecosystem of thought. This design encourages the weaving together of ideas—drawing connections between Microvita and the psychological language of emotion, motivation, cognition, and behaviour. By working with concepts rather than numerical data, the study is able to move fluidly between philosophical insights, contemporary theories, and intuitive human experiences. The design is intentionally iterative: each new idea is revisited in light of others, allowing the framework to evolve organically.

3.2. Sources of Literature and Informational Inputs

Because academic work on Microvita is still limited, this study expands its lens to include a wide range of sources. Primary writings of P.R. Sarkar provide the base structure of Microvita

theory, while secondary reflections by scholars and practitioners help interpret its meaning. These are read alongside major bodies of psychological research on resilience, stress, emotional regulation, cognition, and mental health interventions. Neuroscience studies on brainwaves, neuroplasticity, and stress responses provide a scientific grounding, while literature on meditation, subtle energy, yoga psychology, and consciousness research help illuminate the deeper layers of mental experience. Together, these sources create a rich, multi-disciplinary conversation through which Microvita can be understood more deeply.

3.3. Approach to Analysis

The analysis relies heavily on thematic interpretation. Instead of treating Microvita as a scientific variable, the study explores what Microvita *represents* when applied to mental wellness. Themes such as emotional stability, environmental sensitivity, subtle mental influences, psychosomatic effects, and collective consciousness repeatedly appear across disciplines. These themes are then placed alongside concepts from Microvita theory to see where they reinforce or enrich one another. This approach is supported by comparative reasoning: for instance, understanding positive Microvita in relation to psychological constructs like optimism, empathy, or resilience; and negative Microvita in relation to stress, cognitive overload, or emotional toxicity.

Conceptual modelling also plays a role. Using simple symbolic equations or schematic diagrams helps capture the dynamic nature of subtle psychological influences. These models serve not as measurements but as visual metaphors that organise thinking and make abstract ideas easier to understand.

3.4. Ensuring Academic Rigor

Even though the study operates in a conceptual domain, academic rigor is carefully preserved. Each interpretive step is transparent, and every idea is grounded in credible literature—either from the psychological sciences or from philosophical analysis. The use of APA 7 in-text citations ensures intellectual honesty. A clear boundary is maintained between what is known through scientific research and what is philosophically inferred from Microvita theory. This protects the work from drifting into ungrounded speculation.

3.5. Ethical and Cultural Considerations

Microvita is rooted in Indian philosophical thought, and this cultural context is treated with respect. The study avoids making medical claims or presenting Microvita as a replacement for clinical mental health care. Instead, the focus is on conceptual enrichment. The ethical stance is simple: to explore Microvita thoughtfully, cautiously, and in a way that honours both scientific discipline and the lived human experience of subtle mental states.

3.6. Limitations

The methodology has natural limitations. Since Microvita cannot yet be directly measured, empirical precision remains out of reach. Interpretations depend partly on subjective and philosophical sensitivity. The availability of academic literature on Microvita is limited, requiring reliance on broader interdisciplinary sources. Despite these challenges, the chosen

approach is appropriate because it allows Microvita to be studied on its own terms rather than forced into frameworks that diminish its meaning.

3.7. Strengths

At the same time, this methodology provides notable strengths. It encourages integrative thinking and invites mental health researchers to consider dimensions of human experience—subtle impressions, emotional atmospheres, vibrational environments—that are often overlooked. It also creates space for culturally grounded ideas to enter global academic discussions in a respectful, well-reasoned manner. Most importantly, this approach keeps the human experience at the centre of the analysis.

3.8. Summary

In summary, the methodology is a careful blend of conceptual reasoning, reflective interpretation, and interdisciplinary scholarship. It recognises that Microvita cannot be investigated through microscopes or neuroimaging tools, but it can be meaningfully explored through thoughtful reading, comparison, modelling, and narrative analysis. This approach prepares the ground for understanding the richness of Microvita theory and its potential relevance to modern mental wellness.

Understanding Microvita in the context of mental wellness requires us to look beyond traditional psychological boundaries and enter a space where subtle influences, emotional currents, and inner experiences converge. The analysis presented in this section grows directly out of the interdisciplinary literature and conceptual modelling developed earlier. Rather than treating Microvita as measurable objects, the analysis interprets them as symbolic or subtle forces that shape mental processes in ways that science is only beginning to understand. What emerges is a rich and human-centred picture of how cognition, emotion, behaviour, psychosomatic health, and collective consciousness may be influenced by microvitic patterns.

4.1. Microvita and Cognitive Processes

Human cognition is delicate, easily shaped by internal moods, external environments, and even unspoken emotional atmospheres. When viewed through Microvita theory, cognition appears as a constantly shifting field that responds to subtle influences both within and around us. Positive Microvita can be understood as gentle, harmonising forces that help the mind settle into clarity. People often describe this feeling as “mental freshness,” the sense that thoughts are flowing freely and intuitively. This aligns with modern psychological descriptions of cognitive coherence or flow states, where attention sharpens and creativity unfolds effortlessly.

In contrast, negative Microvita reflect the mental heaviness that many experience during stress or emotional disturbance. Thoughts become scattered, concentration weakens, and memory feels unreliable. Cognitive science offers insights that support this interpretation: chronic stress, for example, disrupts higher cognitive functions, increases mental noise, and lowers decision-making capacity. By interpreting such disruptions through the language of Microvita, we gain a more intuitive appreciation of how deeply our cognitive processes respond to subtle disturbances.

The mind's ability to focus is especially sensitive to microvitic conditions. When the mental environment is harmonious, attention steadies almost naturally. When the environment carries emotional conflict or subtle negativity, attention becomes restless. Meditation research already shows how steadying the mind's internal "vibrational field" improves attentional control. Microvita theory offers a compelling conceptual bridge for these findings.

4.2. Microvita and Emotional Well-Being

Emotions form the heart of mental wellness, colouring our experiences and shaping our interpretations of the world. Microvita theory suggests that just as physical environments carry different qualities of air and sound, emotional environments carry different kinds of subtle "vibrations." Positive Microvita resonate beautifully with uplifting emotional states such as joy, compassion, contentment, and gratitude. These emotions not only feel good individually but also expand psychological resilience and openness.

The idea that emotions have vibrational qualities is not unique to Microvita theory. Affect scientists and neuroscientists have shown that emotional states correspond with identifiable patterns of neural oscillation and physiological response. Calm, compassionate emotions tend to activate higher-frequency, more orderly patterns in the brain. Microvita provides an intuitive framework for describing this harmony.

Negative Microvita, by contrast, may be seen as subtle carriers of emotional turbulence. They mirror the feelings that arise during episodes of anxiety, fear, irritation, or sadness-states where emotions feel "heavy" or "dense," weighing down one's ability to think clearly or act constructively. The emotional distress caused by negative microvitic patterns reflects what psychology already confirms: persistent negative emotions distort perception, narrow attention, and elevate physiological stress levels.

The notion of emotional resonance is particularly interesting here. Anyone who has walked into a room after an argument or spent time in a peaceful natural landscape knows that emotional atmospheres can be felt without being spoken. Microvita offers a conceptual explanation for such experiences by proposing that subtle influences permeate emotional fields and shape our internal responses.

4.3. Microvita and Behavioural Expression

Behaviour is one of the clearest external expressions of our inner microvitic condition. When a person is surrounded by-or internally aligned with-positive subtle influences, their actions often reflect patience, creativity, kindness, and self-discipline. They behave in ways that feel integrated and purposeful. Positive psychology has long documented how uplifting internal states promote prosocial behaviour, strengthen motivation, and support adaptive decision-making. Within Microvita theory, these behavioural tendencies can be seen as the outward expression of harmonious microvitic flows.

Conversely, negative microvitic influences may manifest in impulsiveness, irritability, avoidance, or harmful habits. Behaviour becomes reactive rather than intentional, and small

stressors seem overwhelming. This mirrors well-known behavioural theories in psychology where chronic stress or emotional imbalance leads to maladaptive patterns.

Microvita also provides an insightful lens for understanding subconscious behavioural tendencies. Sarkar's reference to *samskaras*-deep impressions formed over time-parallels modern psychological ideas about unconscious patterns and conditioned responses. From this perspective, Microvita may represent the subtle triggers that activate or calm latent behaviour.

4.4. Microvita and Psychosomatic Health

One of the most fascinating dimensions of Microvita theory is its relevance to psychosomatic health. Modern medicine recognises that emotional states influence the body through hormonal, neural, and immunological pathways. Microvita theory adds yet another layer by suggesting that subtle influences mediate the bridge between mind and body.

Positive microvitic conditions may support the body's natural healing processes. People often report feeling lighter, more energised, and more inwardly balanced when their emotional life is stable and harmonious. Studies on mindfulness, yoga, and meditation confirm that such practices improve immune function, reduce inflammation, and regulate stress hormones. These scientific findings resonate strongly with the microvitic interpretation of subtle positivity.

Negative microvitic patterns, on the other hand, resemble the emotional turbulence that exacerbates physical symptoms-headaches, digestive discomfort, muscle tension, and fatigue. Psychoneuroimmunology has shown that repeated negative emotional states weaken immune responses and raise disease susceptibility. Microvita theory captures this mind-body relationship in a conceptual language that feels both poetic and intuitively meaningful.

4.5. Microvita and Environmental Mental Ecology

Human beings are deeply shaped by their environments. From the peacefulness of a forest to the stress of a crowded marketplace, each environment carries its own subtle atmosphere. Microvita theory suggests that these atmospheres are infused with distinct microvitic qualities that influence mental wellness.

Environments that foster harmony-such as quiet homes, natural surroundings, spiritual places, or supportive communities-may be rich in positive microvitic patterns. People often describe these environments as "uplifting" or "refreshing," feelings that psychology associates with reduced stress and improved emotional stability.

On the other hand, environments filled with conflict, noise, or emotional tension may amplify negative microvitic influences. Modern environmental psychology confirms that such spaces elevate cortisol levels, disturb attention, and strain emotional wellbeing. Microvita simply provides a deeper philosophical vocabulary for these interactions.

4.6. Collective Mental Wellness and Microvita

Perhaps the most profound insight offered by Microvita theory is its emphasis on the shared emotional life of groups. A community carries its own atmosphere-sometimes hopeful, sometimes anxious-and this atmosphere affects everyone within it. Microvita provides a

conceptual explanation: when individuals generate positive microvitic influences, they contribute to a collective field that supports harmony and resilience. When negativity dominates, the collective field becomes heavy, feeding into cycles of stress or conflict.

This idea aligns with research on emotional contagion, which shows that moods spread through groups in subtle but powerful ways. Microvita theory extends this idea by highlighting the dynamic, vibrational nature of collective emotional fields. A hopeful society fosters individual optimism; a fearful society amplifies personal anxieties.

4.7. Summary of Findings

Bringing all these insights together, Microvita emerges as a meaningful, human-centered framework for understanding mental wellness. While it does not claim empirical measurement, Microvita theory offers a language for describing the subtle forces-internal, environmental, and collective-that shape our mental lives. It suggests that emotional harmony, cognitive clarity, healthy behaviour, and even bodily vitality are influenced by subtle fields that operate beneath the surface of conscious awareness. In this way, Microvita does not challenge scientific psychology but extends it, providing a richer, more holistic perspective on what it means to be mentally well.

The journey through Microvita theory and its connection to mental wellness has revealed a landscape where subtle influences, emotional experiences, and human environments come together in a deeply interwoven way. This section brings these threads together, transforming the conceptual insights into a coherent model that expresses how Microvita may shape mental well-being across multiple layers of life. What emerges is not merely a theoretical construct but a gentle, holistic vision of the human mind-one that acknowledges the quiet, often invisible forces that colour our daily experiences.

5.1. The Need for a More Subtle Understanding of Mental Wellness

Modern psychology has made extraordinary progress, yet many people still feel that something essential remains unspoken-something to do with the “feel” of a moment, the emotional temperature of a space, or the way certain interactions uplift or drain us. Microvita, as a concept, steps into this quiet gap and gives language to the subtleties of mental existence. It invites us to consider that mental wellness is not only shaped by neurotransmitters and behavioural patterns but also by subtle fields, emotional atmospheres, and collective vibrations that are harder to measure but deeply felt. The synthesis developed in this research reflects this expanded perspective, weaving together scientific understanding and intuitive wisdom.

5.2. A Human-Centred Microvita–Mental Wellness Interaction Model

Based on the analyses from earlier sections, a multi-layered model has been developed to illustrate how Microvita may interact with different domains of mental well-being. This model does not function like a chemical formula or a diagnostic tool. Instead, it acts as a conceptual map that helps us understand mental wellness as a result of many interacting influences-inner, outer, subtle, and collective.

At the centre of the model is the human mind, imagined as a vibrant and sensitive field constantly responding to the world around it. Surrounding this core are four interconnected layers:

1. **Microvita Layer** - the subtle currents that influence emotions, thoughts, and tendencies
2. **Individual Psychological Layer** - personal experiences such as memory, attention, emotion, and behaviour
3. **Psychosomatic Layer** - the intimate dialogue between mind and body
4. **Environmental Layer** - the emotional character of physical and social surroundings
5. **Collective Consciousness Layer** - the shared emotional atmosphere of a community or society

These layers are in constant conversation with one another. The model illustrates that mental wellness is not a fixed state but an ever-evolving balance shaped by harmonious or disharmonious influences.

Microvita–Mental Wellness Interaction Model

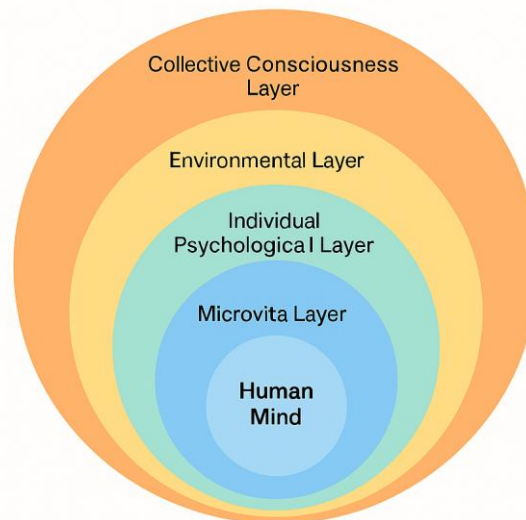


Figure 4. Microvita–Mental Wellness Interaction Model (Narrative Representation).

The figure 4 presents a gentle, layered illustration of how different elements of human experience come together to shape mental wellness. At its heart lies the **human mind**, portrayed as a vibrant, living centre that constantly responds to the world. This central position reflects the mind’s sensitivity—it is the place where emotions rise, thoughts form, intentions take shape, and subtle influences are first felt. Rather than being a closed system, the mind sits in the middle of an intricate network of forces, each contributing in its own way to a person’s overall sense of well-being.

Closest to the mind is the **Microvita Layer**, a subtle field that represents the quiet currents of influence operating below conscious awareness. These micro-level forces can gently uplift

mental states or, at times, introduce a sense of heaviness or disturbance. Positive Microvita may brighten one's inner world, making thoughts clearer and emotions steadier, while negative Microvita may cloud perception or stir emotional turbulence. This layer reminds us that not every influence on the mind is loud or obvious; some are delicate, whisper-like, yet powerful in shaping our moment-to-moment experience.

Surrounding this is the **Individual Psychological Layer**, which contains the familiar emotional and cognitive patterns that make each person unique. Here live our memories, habits, hopes, insecurities, emotional styles, and learned responses. This layer shows how Microvita interact with the psychological material we carry within us. When the inner environment is healthy—rich with resilience, balanced emotions, and supportive thoughts—it helps stabilise the mind. When it contains unresolved fear, habitual worry, or rigid patterns, it becomes more vulnerable to negative subtle influences.

Beyond the psychological layer lies the **Psychosomatic Layer**, illustrating the intimate and continuous communication between mind and body. This layer acknowledges that mental states do not float separately from physiology—stress shapes the heartbeat, emotions influence hormones, and the body often reflects the unspoken conditions of the mind. A peaceful mental state can bring a sense of lightness to the body, ease tension, and support natural healing. Conversely, emotional strain often surfaces physically through fatigue, headaches, or digestive discomfort. This layer reminds us that mental wellness is always embodied.

The next circle expands outward into the **Environmental Layer**, which represents the emotional character of the spaces we inhabit. Homes, workplaces, parks, streets, and social settings all carry subtle atmospheres that affect how we feel and think. Peaceful, nurturing environments can naturally encourage positive Microvita, helping the mind feel open and calm. Chaotic or conflict-filled environments tend to amplify disturbances. This layer highlights that where we live and how we interact with our surroundings play a significant role in shaping our emotional balance.

Finally, the largest outer circle is the **Collective Consciousness Layer**, symbolising the shared emotional climate of communities and societies. Human beings do not experience life in isolation—we are constantly influenced by the moods, values, tensions, and aspirations of the groups we belong to. Collective anxiety can subtly raise individual stress levels, while collective hope and harmony can strengthen personal resilience. This layer captures the idea that mental wellness is both personal and social, shaped by invisible threads connecting individuals to the wider human atmosphere around them.

Taken together, the figure 4 portrays mental wellness as a living, dynamic equilibrium shaped by multiple interconnected layers. It suggests that our well-being emerges not from any single factor but from the combined influence of subtle energies, personal psychology, bodily processes, environmental conditions, and collective emotional rhythms. The model invites us to view mental health not as a fixed state, but as a flowing, evolving harmony—one that can be nurtured by tending to both our inner world and the worlds we share with others.

5.3. Interplay of Influences: A Closer Look at the Model

5.3.1. Microvita and the Inner Landscape

Positive Microvita can be imagined as sources of inner light—small but meaningful sparks that help the mind stay clear, steady, and open. They support thoughts that feel expansive and emotions that feel nourishing. Negative Microvita, by contrast, create subtle clouds of disturbance. They may not be visible, yet they influence how quickly irritation arises, how persistently worry lingers, or how easily confidence wavers. This interplay shapes the tone of daily cognitive and emotional life.

5.3.2. Psychological Processes as Living Expressions of Microvita

The psychological layer absorbs microvitic influences and expresses them through cognition, emotion, and behaviour. A mind rich in positive microvitic patterns tends to interpret situations more calmly, focus with more ease, and act with more compassion. When negative influences dominate, perception becomes narrow, emotions become reactive, and behaviours drift towards avoidance or excess. Here, Microvita theory brings warmth to psychological science by emphasising the lived experience of subtle mental shifts.

5.3.3. The Body as a Messenger of Subtle Mental States

The psychosomatic layer reminds us that the body often speaks the mind's unspoken language. A steady flow of positive microvitic influences supports restful sleep, peaceful breathing, balanced hormones, and a general sense of vitality. Negative influences may manifest as tension in the shoulders, unease in the stomach, headaches, or chronic fatigue. Even without scientific proof of Microvita, the pattern is recognisable: the body listens to the mind, and both respond to subtle emotional cues.

5.3.4. How Environments Carry Emotional Signatures

Anyone who has stepped into a serene natural landscape or a peaceful temple knows that environments have emotional signatures of their own. Microvita theory provides a poetic yet meaningful explanation for this phenomenon. Positive environments carry uplifting microvitic patterns that refresh the mind, reduce stress, and inspire clarity. Environments filled with conflict or noise carry heavier patterns that disturb inner balance. This connection offers powerful insights for architecture, public health, workplace design, and elderly care.

5.3.5. The Collective Emotional Current

Perhaps the most profound layer of the model is the collective consciousness. Groups generate emotional climates just as individuals generate moods. A society filled with fear, division, or unrest develops a heavy collective atmosphere that affects everyone living in it. Conversely, communities with strong social bonds, empathy, and shared purpose generate uplifting currents that enhance individual resilience. Microvita theory helps explain how subtle emotional “contagion” works across families, workplaces, and societies.

5.4. Why the Model Matters

The proposed interaction model enriches the understanding of mental wellness by acknowledging dimensions that are often ignored. It respects the evidence of psychological science but also honours the wisdom of lived human experience. It suggests that:

- Mental wellness is not solely an individual issue; it is deeply relational.
- Emotional and cognitive states are influenced by subtle environmental qualities.
- Human beings thrive when surrounded by positive microvitic fields, whether through nature, supportive communities, or inner practices like meditation.
- Collective harmony contributes immensely to personal mental stability.

These insights are especially relevant in contemporary society, where emotional stress, isolation, digital overload, and community fragmentation are rising sharply.

5.5. Relevance for Ageing Populations

Although Microvita theory applies to all stages of life, its insights are particularly meaningful for older adults. Ageing brings increased emotional sensitivity, a greater need for supportive environments, and a stronger connection to inner life. Microvita concepts enrich geriatric mental health by emphasising:

- environments that carry emotional warmth
- social networks that generate positive subtle influence
- activities that nurture peace and purpose
- gentle forms of meditation that cultivate inner harmony

In a country like India, where ageing populations are growing rapidly, Microvita-based models can offer culturally resonant and psychologically nurturing perspectives.

5.6. Strengths and Possibilities of the Microvita Model

One of the most compelling strengths of the Microvita model is its remarkable integrative capacity. It brings together insights from science, philosophy, emotional psychology, environmental studies, and social theory, weaving them into a unified understanding of mental wellness. In doing so, the model honours cultural traditions that recognise subtle influences on the mind while still remaining compatible with contemporary research on emotional regulation, resilience, and psychosomatic health. Rather than requiring unquestioning acceptance, the framework encourages thoughtful inquiry, inviting researchers and practitioners to explore the subtle dimensions of human experience with both openness and scientific curiosity. Beyond its conceptual richness, the model also creates practical possibilities: it offers guidance for designing emotionally supportive environments in homes, schools, and hospitals; informs the development of community-based mental wellness programmes; provides a foundation for meditative or contemplative practices framed through microvitic principles; and supports the training of caregivers to recognise and respond to subtle emotional cues. Moreover, it opens the door for cross-disciplinary collaboration, encouraging psychologists, philosophers,

neuroscientists, and holistic practitioners to work together in expanding our understanding of the mind's subtle ecology.

5.7. Limitations and Challenges

Despite its strengths, the model has natural limitations. Without empirical tools to detect Microvita, the theory remains interpretive. Its language may be more intuitive in Eastern cultures than Western ones. Some may interpret Microvita too literally or too metaphorically, missing the balanced nuance intended by the theory. These limitations do not diminish the model's conceptual richness, but they highlight the need for interdisciplinary humility.

5.8. Future Directions

Future scholarship may explore Microvita through emerging fields such as contemplative neuroscience, environmental psychology, psychosomatic medicine, and studies of collective emotions. Research could examine how environments affect emotional regulation, how meditation alters subtle mental states, or how communities generate shared emotional climates. Although Microvita itself may remain subtle and unmeasurable, the psychological patterns it describes are increasingly recognised across disciplines.

In summary, the Microvita–Mental Wellness Model offers a human-centred, holistic, and culturally grounded way of understanding mental health. It reminds us that well-being is not only biological or behavioural but also subtle, relational, environmental, and collective. While scientific research continues to expand the boundaries of mental health, Microvita theory enriches the conversation by illuminating the unseen currents that quietly shape how we think, feel, behave, and connect.

6. Conclusion

The exploration of Microvita and its relationship to mental wellness invites us into a deeper understanding of the human experience—one that goes beyond biology, beyond cognition, and even beyond emotion. Throughout this research, Microvita has served as a lens through which the subtle layers of mental life become more visible. Whether interpreted as tiny carriers of informational energy, as metaphors for subtle psychological impressions, or as representations of vibrational influences within environments and communities, Microvita offers a framework that honours the complexity and richness of the human mind.

What becomes clear through this study is that mental wellness cannot be fully understood through material or mechanistic explanations alone. Human beings continuously respond to internal currents of thought and feeling, to the emotional quality of their surroundings, and to the unspoken moods of their communities. Microvita theory expresses these realities in a gentle and intuitive way, offering a language for the moments when we feel “uplifted” by certain people, “drained” by certain settings, or “inspired” by quiet inner clarity. Although subtle, these experiences are profoundly real and shape our well-being every day.

The synthesis presented in this work shows how Microvita theory can harmonise with contemporary psychological and neuroscientific insights. The idea that mental states resonate at different “frequencies,” that emotional climates spread through groups, or that inner stillness

promotes physiological healing already finds support across multiple scientific disciplines. Microvita enriches this emerging knowledge by offering a cohesive, culturally resonant model that bridges scientific understanding with experiential wisdom.

This study also highlights the relational nature of mental health. We do not exist as isolated minds. Our thoughts, emotions, and behaviours both influence and are influenced by the subtle atmosphere around us-whether in a home, workplace, community, or society. Positive microvitic patterns help individuals flourish, but they also ripple outward, supporting harmony and resilience in the collective. Likewise, disturbances within communities and social environments can weigh down individual mental states in ways that often go unnoticed. Microvita theory brings this interconnectedness to the forefront, reminding us that caring for oneself and caring for one's environment are deeply intertwined acts.

Although Microvita remains a conceptual and philosophical theory, its potential contributions to mental wellness are meaningful. It encourages a more holistic approach to personal growth, invites mental health practitioners to consider subtle influences that traditional models overlook, and inspires communities to cultivate environments that nourish emotional harmony. For ageing populations-who often rely on emotional resonance and supportive environments-such insights are especially valuable. They offer pathways to foster dignity, inner peace, and social connectedness in later life.

At the same time, this study acknowledges the limitations of Microvita theory. Without empirical tools to measure or observe Microvita, the framework must currently remain interpretive. Yet this limitation also creates space for creativity, inviting interdisciplinary research that blends psychology, neuroscience, contemplative practice, environmental design, and cultural philosophy. The future of subtle-influence research may well open new dialogues between science and tradition, each enriching the other.

Ultimately, the most important message of this research is simple: the mind is sensitive, relational, and profoundly influenced by subtle energies-both within us and around us. Recognising these subtleties allows us to approach mental wellness with greater compassion, deeper awareness, and a more holistic understanding of what it means to thrive as human beings. Microvita theory, in its poetic and expansive way, reminds us that every thought, every environment, and every interaction carries the potential to shape our well-being. When we nurture positive qualities within ourselves and within our communities, we contribute to a more harmonious inner world and a more compassionate outer one.

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