

# Mankind's Amazing Progress: Is it based on Science and Technology or Intuition from God?

John T. Eapen

MEEISATCODE, Dahanu Road, Maharashtra – 401 602. INDIA.

## Abstract

Progress is a voyage from the stagnant state to an improved situation and it is generally believed that science and technology were responsible for mankind's progress. Man always has an internal urge to move towards a new state or condition. During the uncharted journey, man visualizes the answer through his insight or intuition, which most of the time is not based on his rational thinking. However, intuition is well acknowledged and recognized in science though it is not accessible to the physical senses in public domain. Therefore we have to accept that it is from the spiritual domain. In the present paper, few cases are presented to support that man arrived at right conclusions following his intuition, guided by an entity outside the faculty of man, and argues that science and technology was only a tool that enabled man to reach the answer shown by the entity.

**Keywords:-** God, Innovation, Intuition, Progress, Science & Technology, Spirit, Spiritual domain..

## 1. Introduction

Science is a systematic way of acquiring knowledge through the disciplined systems of observation and experimentation [1]. We use our five senses to study natural phenomena and develop hypotheses. Then the hypothesis is tested by repeated observations to arrive at some rational conclusion.

Technology is the application of science in daily life and is defined as “the products, tools, and process used to accomplish tasks in human life”[1]. Science and technology have contributed towards the progress of man universally down through the ages. Thus, science and technology are given prime importance universally.

Progress is defined as “forward or onward movement towards a destination or development towards an improved or more advanced condition”[2]. It is a voyage from the stagnant state to an improved situation. It is said, “Without deviation from the norm, progress is not possible”[3]. The deviation from the norm to a new situation is a blind path. Internal urge drives man towards the new state or condition and “progress in life comes through not through adaptation but through daring, obeying the blind urge”[4]. Normally the urge drives the man to find the solution to a problem. During the uncharted journey, man visualizes the answer through his insight or intuition, which is not based on his rational thinking. Intuition is defined as “a direct relation, analogous to visual seeing, between the mind and something abstract and not normally accessible to the physical senses in the public domain”[5]. If something is not accessible to the physical senses then it is accessible in the spiritual domain. That is why it is said, “Intuition is a spiritual faculty and does not explain, but simply points the way [6]. However, intuition is well acknowledged in science and it is recognized that through “intuition we make discoveries” [7].

In the present paper, few cases are presented to support the above point and to show that man arrived at right conclusions without any rational thinking following his intuition. Later on, science and technology followed and confirmed the authenticity of the decisions or conclusions made. Therefore this paper opines that amazing progress made by the man down through ages was guided by an entity outside the faculty of man through intuition and science and technology was only a tool that enabled man to reach the answer shown by the entity.

## 1. Review of case studies

### Case 2.1. The earth is round

People did not venture into the sea for long voyages till the fifteenth century because they fear of falling over the edge of the flat earth [8]. Pythagoras (6th century BC) was considered to have said that earth was round and “the Portuguese

exploration of Africa and Asia, Columbus's voyage to the Americas (1492) and, finally, Ferdinand Magellan's circumnavigation of the earth (1519–21) provided practical evidence of the global shape of the earth” [9]. However, in 1600 BC, Job, the author of the first book of the Bible, wrote that “earth is round” and “hangs in nothing”[8]. How did Job reach such conclusion?

### **Case 2.2. The path of the sea**

Mathew Maury (1806-1873), the father of oceanography, was influenced by the expression “paths of the sea” mentioned in Psalms 8:8 in the Bible. He took these words and went looking for the paths in the sea. He discovered the warm and cold continental currents [8]. How did psalmist write about paths of the sea without even stepping into the sea?

### **Case 2.3. The hydrological - water cycle**

The water cycle was fully explained by the Roman engineer named Marcus Vitruvius in 30 BC. Yet every detail of the water cycle, in perfect harmony with modern science recorded by Job in 1600 BC [8]. How did Job write these descriptions?

Now, turning to some cases from the modern times:

### **Case 2.4. Coconut diet and Fish**

Kitava is a small island in the Trobriand Islands group of Papua New Guinea and the inhabitants do not have any lifestyle diseases like acne, diabetes, cardiovascular disease leading to stroke or congestive heart failure, dementia or blood pressure problems. Therefore, their diet received certain attention. The Kitavan diet consists of tubers, fresh fruit, coconut and fish [10].

Tokelau island consists of three small coral atolls collectively called Tokelau ( Nukunonu, Fakaofu, and Atafu) was discovered in 1765 by British Commodore John Bryon The residents in this island almost exclusively lived on coconut and sea food [11]. They also had wild fowl and fruits which was available on the island. Similarly, inhabitants of Polynesian islands were on fish and coconut diet till they adopted food habits from the West [12]. Thus fish and coconut combination was good for the Islanders.

Modern science recommends fish in the diet because of polyunsaturated fatty acids (PUFA) in them. One drawback with the intake of PUFA is that it may produce oxidative stress (free radicals) in the body [13]. Free radicals are known to initiate deleterious effects in the human body [13]. For this reason, intake of antioxidants is recommended [14] while consuming PUFA rich seafood. In a diet consisting of fish and coconut, the coconut supplies antioxidants like tocopherols and tocotrienols. Though tocotrienols are less in the coconut, its antioxidant potency is high [15]. Thus a diet consisting of coconut along with fish is beneficial to health.

In certain regions of Kerala people cook fish without coconut. In their recipes fish is cooked with condiments and Malabar tamarind (*Garcinia cambogia*). *Garcinia cambogia* is rich in hydroxycitric acid (HCA) which helps people to lose weight because it stimulates the release of serotonin. This hormone reduces the urge to snack or eats unhealthy foods. Moreover, the fruit contributes large amounts of Vitamin C and other antioxidants [16] which are required for consumption of fish.

It is intriguing, how the Islanders mentioned above chose a right combination of fish and coconut. Similarly, it is surprising to note how people in Kerala used Malabar tamarind to compensate for coconut while cooking fish.

### **Case 2.5. Whole grains and legume diet**

Mrs. Florence Christina Durham a missionary with Scottish ancestry, born and lived in India, was the pioneer in setting up of Christian literature ministry through Gospel Literature Service (GLS) in Mumbai. The breakfast of Scottish people includes oats porridge. Since oats were expensive Mrs. Durham used wheat for making porridge. Along with wheat porridge, she included sandwiches made of legumes for the breakfast. Mr. Maravettil Eapen Eapen who was in charge of printing and publishing activities of GLS was staying with Mrs. Durham and family as a paying guest for many years. A recent study showed that Mr. M.E. Eapen was the only sibling in his family who did not have Diabetes Type 2 anytime in his life [17]. The probable reason was the breakfast he used to take from Mr. Durham's house. He continued the same menu even after moving out from Mrs. Durham's house [17]. Recently, few studies are reported from different countries on the protective role of a meal consisting of whole grains and legumes on diabetes and other diseases [18]. At least two meals in a day consisting of whole grains and legumes are recommended by the Public Health authorities [19].

Similarly, in Kerala, the elderly people used to have at least one meal of brown rice porridge (Kanji) and green moong.

How did Mrs. Durham select the right combination of whole grain wheat porridge and legumes for her breakfast? In both the cases mentioned above, people made right combination of whole grains and legumes in their diet long before science came up with the recommendation.

#### **Case 2.6. Roasting of grains and legumes**

In many communities, grains and legumes are roasted prior to cooking. This may be for improved palatability. In fact, some homemade infant diet is prepared by using roasted and powdered grains and legumes. Recently, it is reported that roasting of grains and legumes increases protein content and its digestibility [20]. How did people know the benefits of roasting of grains and legumes prior to cooking?

#### **Case 2.7. Ayurveda**

Ayurveda medicine has historical roots in India, especially in the state of Kerala. "The central concept of Ayurvedic medicine is the theory that health exists when there is a balance between three fundamental bodily bio-elements or doshas called Vata, Pitta and Kapha" and these three substances fluctuate in the body depending on the seasons, time of day, diet and other factors [21]. Typically, one of the three doshas predominates and determines your constitution or mind-body type. The population may be classified into three groups based on the predominance of dosha in the individuals and the groups are called 'Prakriti' in Ayurveda [22]. The excess dosha or illness is treated with powerful herbs or through lifestyle [23]. This understanding and treatments were going on for ages in India without any scientific explanations.

Prof. Marthanda Varma Sankaran Valiathan, a cardiac surgeon from India and with western training in science, "played a large role in the renaissance of Ayurveda in India. He coined Ayurveda biology to study the scientific basis of Ayurveda medicine"[24]. Recently his team has reported that the three groups (Prakriti) have changed at genomic level [25]. In other words, changes were there in their deoxyribonucleic acid (DNA) that constitutes the genes which exhibit hereditary traits in the individuals.

How did the Rishis in India identify or classify the population? How did they select appropriate herbs for the treatment?

#### **Case 2.8. Traditional medicines**

Traditional medicine like Siddha, Unani and others, also known as indigenous or folk medicine, depends on the traditional knowledge that is handed over generations within various societies before the advent of modern medicine. The World Health Organization (WHO) defines traditional medicine as "the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness"[26]. How did people from different societies know the effects of different folk medicines without any scientific knowledge about them?

#### **Case 2.9. Resting Heart Rate (RHR) and diseases**

In India, many physicians practiced traditional medicine and were able to identify the disease in a patient just by studying their heart pulse. They used to monitor the pulse by placing their hand on the wrist of the patient and determine the health condition of the patient [27]. This is called "Nadi- Vijnana" or The Science of Pulse. Recently, in the western medicine, the resting pulse rate is monitored to determine the health status of the patient and it is used as a prognostic indicator of cardiovascular diseases [28]. How did traditional physicians in India understand the importance of pulse monitoring?

#### **Case 2.9. Arsenic, rice, and respiratory distress syndrome**

The incidence of respiratory distress syndrome is prevalent in low socio-economic groups living in Dahanu, a tribal taluka in Palghar district, situated North West of Maharashtra in India. Rice is the staple diet. The local population identified that there was some association between rice consumption and respiratory distress syndrome. Hence, patients with distress respiratory syndrome usually avoid or reduce rice consumption.

Studies have shown that rice concentrates arsenic due to various reasons [29]. Arsenic can cause health hazards [30] and may cause adult respiratory distress syndrome [31]. Recently it was shown that arsenic in rice can be reduced by adopting different cooking methods [32].

People generally use plenty of water for cooking rice and the water after cooking the rice is thrown out is not consumed. The population in Dahanu uses rice powder for preparing their meal. Thus intake of arsenic may be increased by this method of cooking. This may explain the respiratory distress syndrome in the population. How did people in Dahanu realize the association between rice consumption and respiratory distress syndrome?

## 2. Discussion

Cases 1 to 3 narrated from the Bible and the cases 4 to 10, observations described from everyday life, very clearly show that individuals and people involved in each case made choice or conclusion without relying on their rational thinking and their conclusions cannot be attributed to some mathematical formulas or probabilities. They were guided by their insight (gut feeling) or intuition. Intuition is well accepted in science and many great contributors in science were guided by it.

“Intuition is a direct relation, analogous to visual seeing, between the mind and something abstract and not normally accessible to the physical senses in the public domain”[5] and “it is a spiritual faculty and does not explain, but simply points the way”[6]. Perhaps this could be the reason why Robert Graves quoted that “intuition is the supra-logic that cuts out all the routine processes of thought and leaps straight from the problem to the answer”[33]. Therefore, intuition is a faculty of the human spirit.

Though intuition is well accepted in science, the existence of human spirit was never considered because it cannot be detected with the available senses of man. For this reason, modern science considers man as bipartite with mind and body. It does not consider man as tripartite with spirit, mind, and body. Moreover, the development of philosophy played the major role in this mindset. According to Pluto's Theory of Forms which was basically top to bottom, approach suggested: “the relationship of the One to many or transcendent universal archetypes to a particular manifestation of them” [5]. However, Aristotle, a pupil of Pluto, “rejected the mystical implications of Pluto’s Theory of Forms as eternal archetypal realistic” [5]. He taught the basic logical way of thinking. “He taught that in order to get an overall perspective on anything, one had to ask four questions: What is it made of? (material cause) What is its origin? (the efficient cause that became translated into causal determinism of Western science) What is its purpose? (final cause) What is its form or appearance? (formal cause)”[5]. His philosophy of bottom to top influenced the development of Western science. Since the above questions cannot answer the existence of human spirit, the man was considered bipartite and human spirit was never considered in any scientific endeavor. However, one drawback of Aristotle’s approach was it cannot answer the purpose of human life. The answer to this question is possible only if the man is considered as tripartite<sup>1</sup>.

Against such a backdrop, the present discussion requests readers to take a balanced view of top to bottom and bottom to top approach and consider the role of human spirit in everyday life, especially in guiding the man with insights or intuition, in order to answer the cases discussed above. Moreover, the urgent need to restore a proper balance between these approaches was also opined recently [5].

Human spirit a reality but cannot be proved by any scientific methods. Spirit possession, where the spirit of the individual is subjected to spirits from outside, was widely practiced in Africa and Asia [5]. This author has seen women allowing spirits from outside to come inside their body by doing rituals during some festivals in India. The human spirit can be influenced by spirits from outside and the outcome of influence is depicted in the individual's behavior. It is generally opined that evil spirit possession leads to harmful or destructive activities. The present author has also seen ‘casting out of spirit’ from the possessed person by Squadron Leader Kallakattu Mathai Mathews, a retired Air Force officer and a Christian prayer warrior who founded ‘Jesus Heals’ ministry at Thiruvananthapuram in India, which supports the recorded accounts of ‘casting out of demons’ by Jesus Christ and later on by his disciples mentioned in the Bible.

According to the Bible, “God is Spirit” [34] and man is “created in the image of God”[35]. Therefore God’s spirit within man is the image of God. It is like children–parent relationship. Children are the images of their parents because they have parent’s genes in them. This relationship of man and divinity may enable communication and understanding of

the language between them. Therefore, intuition is a spiritual faculty [6] and explains how it works. The human spirit can see the direction shown by the guiding spirit and enables man to leap straight from problem to answer [33]. Therefore any creativity man exhibits does not really belong to him. It is an answer revealed to him by an entity outside the faculty of man. It is explained by Robert Campbell, “normal intuition is seeing a holistic abstract concept in the mind’s eye that leads rational and logical left brain thought” [5]. The intuitive right brain receives the holistic abstract and left brain takes it up for logical thinking [5]. Perhaps the man may be ignorant about it and claims as his own idea. This could be the reason why Albert Einstein quoted, “The intuitive mind is a sacred gift and the rational mind a faithful servant. We have created a society that honors the servant and has forgotten the gift”[36].

In the present study, the cases reported above indicate that an entity was guiding people from all walks of life, in their day to day life. The guidance was not based on their religion, profession, gender, socioeconomic status or other parameters. It was intriguing the entity guides man even though the man was taking full credit for the creativity. In other words, the entity guides man unconditionally without expecting anything in return. Therefore we infer that the guiding entity was none other than God<sup>2</sup> himself because only God can love the man unconditionally or with agape love, one of the four types of love according to the Greek definition of love [37]. God’s unconditional love towards man is shown by sending Jesus Christ into the world to take away the penalty for sin: “For God so loved the world, that he gave his only Son, that whoever believes in him shall not perish but have eternal life”[38] and “ But God proves his love for us in that while we still were sinners Christ died for us”[39]. Based on the facts presented above we understand that though God sacked man from the Garden of Eden after the fall, HE has been consistently guiding human race to progress by revealing answers to problems through intuition. His first lesson to man (Adam and Eve) was to make garments of skin to cover their nakedness. The same faithful and loving God, irrespective of man's behavior to him, guide man through intuition to progress. Therefore the quote made by Hugo is true; “Progress is the stride of God” [40].

Generally, the Bible-believing Christians, the world over, believes that man is creative because he was made in the image of God. However, the present author contests this view and opines that man cannot do any creative work by himself. If he was creative then Adam and Eve after the fall would have covered their nakedness and stood before God when they were called by God in the Garden of Eden. God taught them to make garments out of the skin. This incidence indicates that man is not capable of doing creativity by himself. The answer to a problem (creativity) is revealed to him by God. Advaitins follow Advaita Vedanta, a school of thought in eastern philosophy and they address God, the Highest, as Brahman. According to Sarvepalli Radhakrishnan, an Advaitin, “intuition constitutes the fullest and therefore the most authentic realization of the Real (Brahman). All creativity and indeed all progress in the various spheres of life is the inevitable result of intuition”[41]. Man is like any other animals capable of conditional learning. He remembers and utilizes the knowledge he learned through his experience. He may design and develop something new based on the experience he learned from science and technology. But genuine creativity and ingenuity are possible only when he receives revelation through his mind’s eye from God. That is why Job, the author of the oldest book in the Bible, said; “But truly it is the spirit in a mortal, the breath of the Almighty, that makes for understanding”[42]. This was well understood by Moses, the leader who led Israelites from Egypt to Canaan understood it very clearly. The relevant portion of the Bible is quoted below.

“<sup>22</sup> Then Moses ordered Israel to set out from the Red Sea,<sup>[a]</sup> and they went into the wilderness of Shur. They went three days in the wilderness and found no water. <sup>23</sup> When they came to Marah, they could not drink the water of Marah because it was bitter. That is why it was called Marah.<sup>[b]</sup> <sup>24</sup> And the people complained against Moses, saying, “What shall we drink?” <sup>25</sup> He cried out to the LORD, and the LORD showed him a piece of wood;<sup>[c]</sup> he threw it into the water, and the water became sweet”. – Exodus 15:22-25 [Bible]

Moses credited intuition to the Lord speaking to him. He followed the intuition and put the log of wood in the bitter water. The bitterness was removed and the water turned into sweet [43]. Moses did not know that he was laying the foundation for adsorption technology which is widely used in modern science.

Some Scientists and inventors of modern times also have testified that they were inspired by God. George Washington Carver who discovered methods to invent peanut butter, cosmetics, paint, oil, marble, plywood, and even the dye used in Crayola Crayons, Gary Starkweather, inventor of the laser printer and award-winning chef, Mary Hunter, have testified that they were inspired by God [44]. Perhaps this could be the reason that scientists who have made groundbreaking discoveries believed in God [45]; Francis Collins, the leader of the Human Genome Project, a groundbreaking research into human DNA and gene sequences, Johannes Kepler who contributed to the laws of planetary motion, Galileo, an influential physicist, astronomer, inventor and scientist ever lived, Lise Meitner who was part of the team that discovered nuclear fission, Isaac Newton, the well known scientist and Andrew Pinsent, the one who contributed to the creation of the Large Electron-Positron Collider at CERN and the list goes on.

In conclusion, down through the history, man progressed amazingly, guided by the intuition revealed by an amazing and all-powerful God. He is worthy to receive all praises and glory. I feel like bowing down before Him, joining me?

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### 4. Notes

1. All living things have a role to play in the maintenance of ecosystem. If any of the components are removed then it will affect the ecosystem. Eg. Without plants animals will not be able to survive. However, if the man is removed from the ecosystem, nothing happens to the functioning of the local system. Therefore, the man may not have a role in the maintenance of ecosystem. Synopsis of the video. Eapen JT, "The purpose of human life?", <https://www.youtube.com/watch?v=55JF2WHjN-Y>
2. God is defined as the Highest, from whom time, space and matter have originated and who has created all things as explained in Creation of Universe based on Vedanta and Bible – An Alternative view. It can be accessed from [https://www.researchgate.net/publication/286321613\\_Creation\\_of\\_universe\\_based\\_on\\_Vedanta\\_and\\_Bible\\_-\\_Alternate\\_view?ev=prf\\_ov\\_fet\\_res&iepl%5BviewId%5D=80xUiAIHfXDiaGWfrD3YdKVTLnOECzYbHoUY&iepl%5Bcontexts%5D%5B0%5D=prfhpi&iepl%5Bdata%5D%5BstandardItemCount%5D=3&iepl%5Bdata%5D%5BuserSelectedItemCount%5D=0&iepl%5Bdata%5D%5BtopHighlightCount%5D=2&iepl%5Bdata%5D%5BtopHighlightIndex%5D=1&iepl%5Bdata%5D%5BfeaturedItem1of2%5D=1&iepl%5BtargetEntityId%5D=PB%3A286321613&iepl%5BinteractionType%5D=publicationTitle](https://www.researchgate.net/publication/286321613_Creation_of_universe_based_on_Vedanta_and_Bible_-_Alternate_view?ev=prf_ov_fet_res&iepl%5BviewId%5D=80xUiAIHfXDiaGWfrD3YdKVTLnOECzYbHoUY&iepl%5Bcontexts%5D%5B0%5D=prfhpi&iepl%5Bdata%5D%5BstandardItemCount%5D=3&iepl%5Bdata%5D%5BuserSelectedItemCount%5D=0&iepl%5Bdata%5D%5BtopHighlightCount%5D=2&iepl%5Bdata%5D%5BtopHighlightIndex%5D=1&iepl%5Bdata%5D%5BfeaturedItem1of2%5D=1&iepl%5BtargetEntityId%5D=PB%3A286321613&iepl%5BinteractionType%5D=publicationTitle)

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