
Involution and Evolution in Integral Philosophy: A Survey

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Abstract

This survey paper systematically explores the interrelated concepts of involution, evolution, integral yoga, psychic being, integral philosophy, consciousness studies, and spiritual evolution within spiritual and philosophical frameworks. It investigates how these concepts contribute to understanding consciousness development and human potential. The paper begins by defining the core concepts and tracing their historical roots, highlighting key theorists such as Sri Aurobindo and Ken Wilber. It then examines the processes of involution and evolution, emphasizing their roles in spiritual growth and consciousness evolution within integral philosophy. The survey further explores integral yoga's role in spiritual evolution and the realization of the psychic being through structured practices like the Eight Limbs of Yoga. Additionally, it analyzes the interconnectedness of human consciousness with the cosmos, proposing a non-dualistic perspective that challenges traditional materialistic views. The paper also addresses philosophical challenges in consciousness studies, advocating for integrative approaches that synthesize empirical and spiritual dimensions. Finally, it underscores the importance of holistic approaches in integral philosophy, emphasizing the integration of cultural, spiritual, and philosophical perspectives to foster higher states of awareness and self-realization. The conclusion highlights the transformative potential of integrating spiritual practices with philosophical inquiry to advance consciousness development, suggesting pathways for future research and educational integration.

1 Introduction

1.1 Structure of the Survey

This survey systematically explores the interconnected concepts of involution, evolution, integral yoga, psychic being, integral philosophy, consciousness studies, and spiritual evolution, emphasizing their significance in understanding consciousness development and human potential. It begins with an introduction that outlines these core concepts, tracing their origins, key theorists, and interrelations within spiritual and philosophical frameworks. This section is divided into subsections addressing the historical development of these ideas, major contributors to the field, and the philosophical challenges in comprehending consciousness development.

The subsequent section focuses on involution and evolution processes, highlighting their implications for spiritual growth. It examines the evolutionary nature of consciousness through the lens of integral philosophy and analyzes how cultural and historical contexts shape the understanding of consciousness evolution. Following this, the role of integral yoga in spiritual evolution and the development of the psychic being is explored, including discussions on integral yoga practices and consciousness frameworks that facilitate psychic realization.

In the fifth section, the survey investigates integral philosophy's contributions to consciousness studies, revealing the interconnectedness of human consciousness and the cosmos while exploring the philosophical implications of these insights. The penultimate section analyzes spiritual evolution,

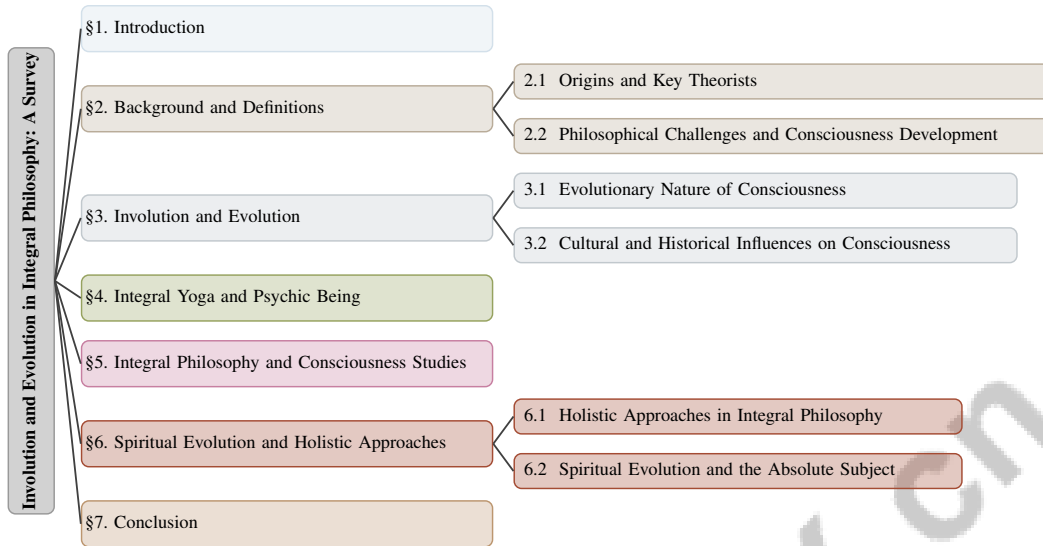


Figure 1: chapter structure

emphasizing the transformation of both individual and collective consciousness through holistic approaches and the relationship of spiritual evolution to the Absolute Subject.

The conclusion synthesizes the explored concepts, underscoring their interrelatedness and significance in understanding consciousness evolution. It highlights the transformative potential of integrating spiritual practices with philosophical inquiry, suggesting that such a synthesis enhances our comprehension of consciousness development and fosters a deeper awareness of the human experience. This aligns with contemporary discussions on the emergence of a new consciousness, as articulated by thinkers like Ibn 'Arabi, and underscores the value of an integral perspective in addressing the complexities of human awareness and cultural transformation [1, 2, 3, 4]. The following sections are organized as shown in Figure 1.

2 Background and Definitions

2.1 Origins and Key Theorists

The concepts of involvement, evolution, and integral philosophy are deeply rooted in diverse philosophical and spiritual traditions. Sri Aurobindo's Integral Yoga is pivotal in articulating the dynamic movements of consciousness and their implications for spiritual evolution, integrating these ideas into educational frameworks to address contemporary challenges [5]. Swami Vivekananda and Rabindranath Tagore also significantly contributed to the discourse on integral education and consciousness [6].

Ken Wilber's integral philosophy synthesizes insights from classical pragmatists like Peirce, James, and Dewey, who merged empirical insights with philosophical frameworks, influencing Wilber's approach to consciousness studies [7]. His work bridges scientific understanding and spiritual insights, aligning with the integration of quantum physics and spirituality [8].

Hegel's speculative dialectics enrich integral philosophy by emphasizing the spiritual evolution of the Absolute Subject and freedom within ethical life, deepening our understanding of consciousness development [9]. Pt. Deendayal Upadhyaya's integral humanism further enhances philosophical discourse by reconciling individual needs with societal demands [10].

Cultural influences, such as the interplay between Indian sacred art and its historical and philosophical contexts, have significantly shaped consciousness evolution [1]. Ibn 'Arabi's work on interconnectedness across diverse cultural traditions has also advanced the understanding of consciousness and evolution [11].

The historical development of Yoga, as explored by Kaiut, underscores the evolution of these concepts, with the Eight Limbs of Yoga offering foundational insights into Yoga's role in consciousness and

spiritual evolution [12]. This historical context supports contemporary discussions on involution, evolution, and integral philosophy, highlighting the importance of spiritual leadership in fostering ethical corporate cultures that align employee values with organizational goals [13].

2.2 Philosophical Challenges and Consciousness Development

Exploring consciousness development involves significant philosophical challenges, particularly in reconciling empirical methodologies with subjective experiences. A central debate involves the roles of the frontal and posterior cortices in specifying conscious contents, highlighting the complexities of neural correlates of consciousness [14]. This discourse exposes the limitations of reductionist approaches, which often overlook the phenomenological dimensions of mystical experiences [7]. The hard problem of consciousness complicates this landscape, as an illusionist stance suggests non-physical explanations are unnecessary but fails to address experiential aspects [15].

The integration of information within consciousness presents challenges, especially in quantifying how information is processed and integrated over time within dynamic systems, prompting questions about the temporal aspects of consciousness [16]. This complexity is mirrored in chiropractic philosophy, where conflicting definitions of innate intelligence and its relation to health underscore issues of coherence and integration within philosophical frameworks [1].

Additionally, the historical disconnect between subjective freedom and objective ethical life complicates the development of a cohesive understanding of consciousness that accommodates both individual autonomy and collective ethical considerations [9]. Limited perspectives on integrity often overlook its relational aspects, necessitating a well-integrated approach within the broader fabric of existence [17].

In corporate ethics, the perception of corporations as inherently amoral presents a significant philosophical challenge. High-profile scandals have eroded public trust, prompting a reevaluation of integrity and ethical frameworks in business practices [13]. These challenges underscore the need for a more integrative approach that encompasses both empirical and philosophical dimensions to enhance our understanding of consciousness development.

In examining the evolution of consciousness, it is essential to consider the various stages and frameworks that inform our understanding of this complex phenomenon. As illustrated in Figure 2, the hierarchical structure of consciousness evolution and influence is depicted, categorizing both the evolutionary nature and the cultural-historical impacts on consciousness. This figure highlights the stages of consciousness, emphasizing the frameworks and ethical integration that accompany them. Furthermore, it delineates the cultural epochs and transformative potentials that arise from the integration of diverse traditions, thereby providing a comprehensive overview of how consciousness has developed over time. Such a visual representation not only enhances our understanding but also contextualizes the theoretical discussions presented throughout this review.

3 Involution and Evolution

3.1 Evolutionary Nature of Consciousness

Consciousness in integral philosophy is perceived as an evolutionary process involving both individual and collective dimensions. This evolution transpires through distinct stages, each characterized by specific cognitive, emotional, and spiritual capabilities, shaped by the complex interplay of individual and cultural factors [18]. Integral humanism underscores the pivotal role of humans in socio-economic progress, advocating for a harmonious balance between personal development and communal welfare, thereby illustrating the interconnectedness of individual consciousness and collective awareness [19].

Shettar's framework categorizes consciousness development into stages, emphasizing movements like creative unfoldment and transformative stand-off, which are vital to this evolutionary process [20]. The figure presented in Figure 3 illustrates the evolutionary nature of consciousness, categorizing it into stages of development, historical influences, and frameworks. It highlights key concepts such as creative unfoldment, transformative stand-off, and historical contexts from Vedic to modern times, as well as the integration of philosophical and neuroscientific frameworks. Historical analyses of consciousness from Vedic to modern times provide insights into the artistic, religious, and cultural contexts that shape consciousness, with each era building upon the legacy of its predecessors [21].

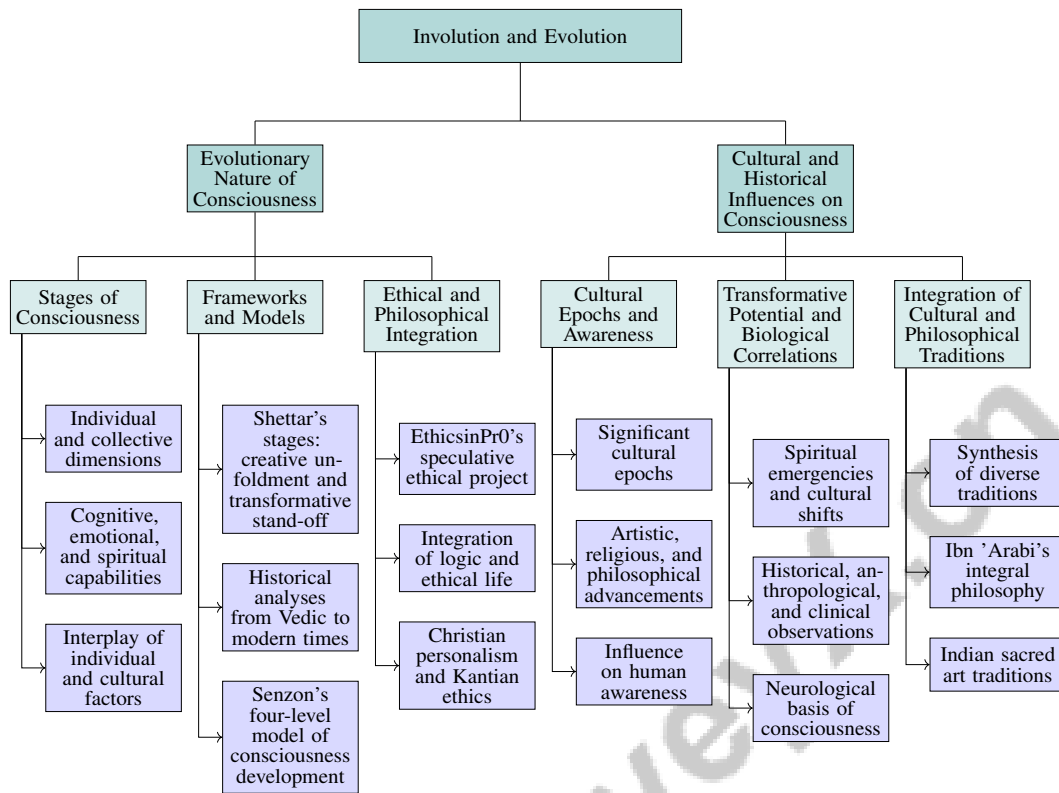


Figure 2: This figure illustrates the hierarchical structure of consciousness evolution and influence, categorizing the evolutionary nature and cultural-historical impacts on consciousness. It highlights the stages of consciousness, frameworks, and ethical integration, alongside cultural epochs, transformative potentials, and the integration of diverse traditions.

The speculative ethical project by EthicsinPr0 demonstrates the integration of logic and ethical life in the spiritual evolution of the Absolute Subject, aligning individual consciousness with broader ethical frameworks. This synthesis reflects Christian personalism and Kantian ethics, emphasizing human dignity in rights and responsibilities [9]. Senzon's four-level model offers a structured methodology for exploring consciousness development across philosophical traditions, enriching our understanding of its evolution [1].

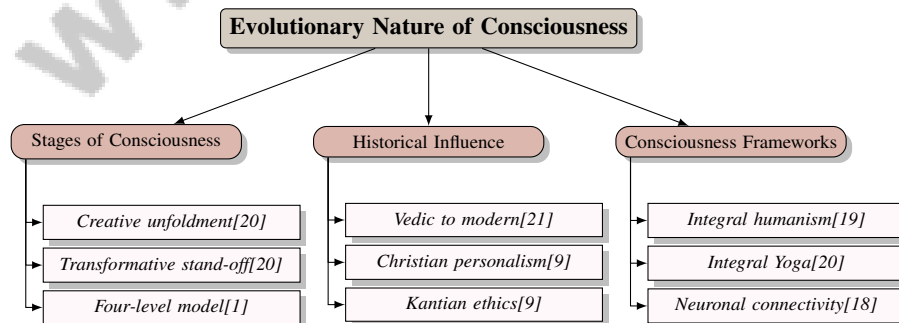


Figure 3: This figure illustrates the evolutionary nature of consciousness, categorizing it into stages of development, historical influences, and frameworks. It highlights key concepts such as creative unfoldment, transformative stand-off, and historical contexts from Vedic to modern times, as well as the integration of philosophical and neuroscientific frameworks.

3.2 Cultural and Historical Influences on Consciousness

The evolution of consciousness is profoundly influenced by cultural and historical contexts, highlighting the dynamic interplay between individual and collective awareness. Integral philosophy posits that consciousness evolves through stages intricately linked to cultural and historical transformations [2]. Each significant cultural epoch offers unique contributions to human awareness, with historical periods from the Vedic to the modern era enhancing our understanding of consciousness through artistic, religious, and philosophical advancements [21].

Spiritual emergencies illustrate the transformative potential of cultural shifts, revealing how profound personal and collective changes can occur during crises, supported by historical, anthropological, and clinical observations [12]. Cultural influences also extend to the neurological basis of consciousness; for instance, decreased local connectivity at low frequencies in posterior brain regions is identified as a potential marker of consciousness during sleep, suggesting a biological correlation between cultural evolution and physiological processes [18].

The historical development of integral philosophy embodies a synthesis of diverse cultural and philosophical traditions, underscoring the necessity of integrating varied perspectives—such as Ibn 'Arabi's integral philosophy and Indian sacred art traditions—to foster a comprehensive understanding of human potential and awareness in contemporary society [2, 21].

4 Integral Yoga and Psychic Being

Category	Feature	Method
Consciousness Frameworks in Integral Yoga	Integrative Understanding	SDM[22]

Table 1: This table summarizes the methodology employed within the consciousness frameworks of Integral Yoga, highlighting the integration of ethical principles and spiritual development methods. The table emphasizes the role of integrative understanding facilitated by the Spiritual Development Model (SDM) as a core component in achieving consciousness realization.

Integral Yoga represents a comprehensive spiritual practice aimed at personal transformation and the integration of diverse human experiences. Table 1 provides a concise overview of the methodologies applied in the consciousness frameworks of Integral Yoga, illustrating the integrative approach to spiritual development. Additionally, Table 2 offers a comparative overview of the methodologies employed in Integral Yoga, focusing on its spiritual practices and consciousness frameworks, thereby elucidating their respective roles in facilitating personal and spiritual development. This section explores Integral Yoga, focusing on its structured methodology via the Eight Limbs of Yoga and its impact on holistic development and self-realization.

4.1 Integral Yoga as Spiritual Practice

Integral Yoga offers a holistic framework to harmonize the physical, mental, and emotional aspects of human life, rooted in the Eight Limbs of Yoga, which include ethical disciplines, physical postures, breath control, sensory withdrawal, concentration, meditation, and ultimate unity [23]. This structure promotes spiritual growth and cognitive enhancement, leading to deeper self-awareness and a connection with one's inner self. The integration of mind, body, and spirit through this practice enhances both personal and professional pursuits, fostering a well-rounded personal development that transcends spiritual and cognitive realms [24].

As illustrated in Figure 4, the integration of Integral Yoga into professional life highlights its holistic framework, the benefits of spiritual growth, and its influence on professional ethics and responsibilities. The disciplined engagement with the Eight Limbs facilitates significant transformations in cognitive and emotional well-being, improving mental clarity, focus, and emotional resilience. This empowers individuals to navigate challenges with a profound sense of purpose and connection to their inner selves. Practitioners can thus adopt a holistic development strategy aligned with ethical leadership and social responsibility, as highlighted in contemporary discussions on well-being and spiritual diversity [13, 1, 10]. This structured practice catalyzes spiritual evolution, enabling practitioners to transcend ordinary consciousness and access deeper dimensions of awareness.

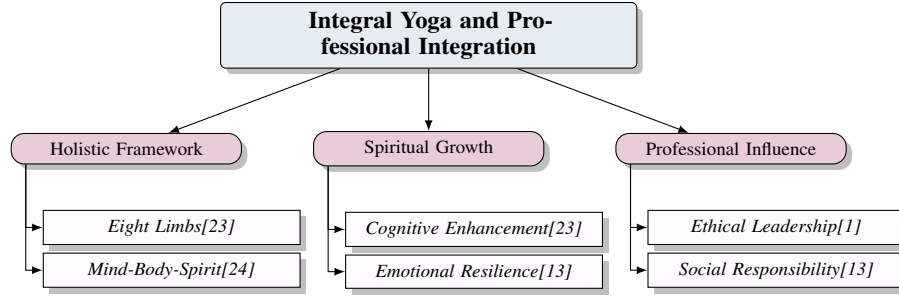


Figure 4: This figure illustrates the integration of Integral Yoga into professional life, highlighting its holistic framework, spiritual growth benefits, and influence on professional ethics and responsibilities.

4.2 Consciousness Frameworks in Integral Yoga

Integral Yoga provides a robust framework for consciousness development, centralizing the realization of the psychic being as essential for spiritual evolution. This framework views all life experiences as spiritual practice, contributing to consciousness unfolding [24]. It aligns with Integral Yoga's objective of harmonizing physical, mental, and spiritual existence, facilitating a transformative journey toward self-realization.

The framework integrates logic and ethical life, forming a foundation for the spiritual development of the Absolute Subject [22]. It stresses aligning actions and thoughts with ethical principles, fostering a deeper connection with the inner self and universal consciousness. Through this integration, individuals gain a profound understanding of their spiritual nature and the realization of their psychic being.

The psychic being, representing the individual's innermost essence, is crucial for spiritual growth, allowing individuals to transcend ordinary awareness and access deeper existence dimensions. This realization is enhanced by the disciplined practice of Integral Yoga, which heightens awareness of thoughts, emotions, and actions, encouraging their integration into daily life. This alignment with spiritual nature is enriched by understanding innate intelligence as a guiding principle for health expression, highlighting the interconnectedness of physical, psychological, and spiritual well-being, as noted by Palmer and in contemporary studies on Integral Yoga's application across various professional domains [1, 20, 5, 24].

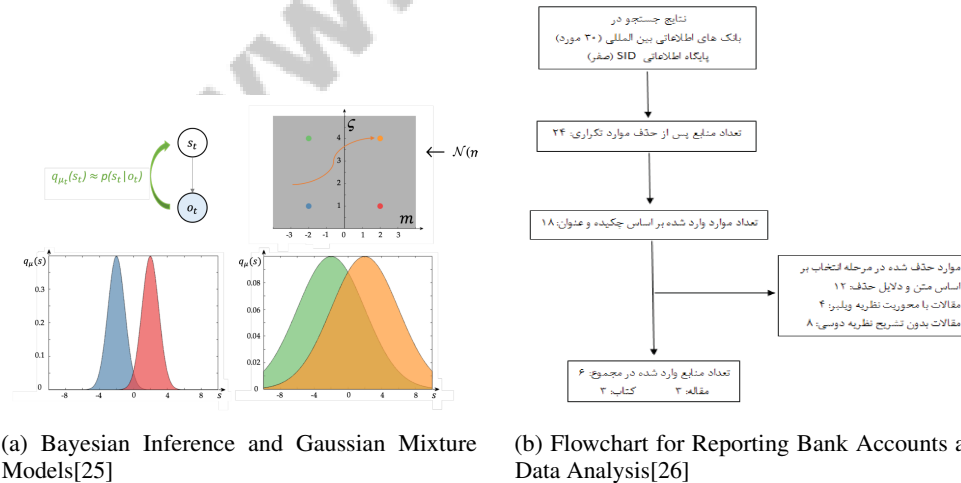


Figure 5: Examples of Consciousness Frameworks in Integral Yoga

As illustrated in Figure 5, the exploration of consciousness frameworks in Integral Yoga is enriched by diverse methodologies. The "Bayesian Inference and Gaussian Mixture Models" figure explores probabilistic modeling of cognitive states, demonstrating the intricate relationship between observed data and underlying states via Bayesian inference, crucial for understanding cognitive processes.

Conversely, the "Flowchart for Reporting Bank Accounts and Data Analysis" outlines a structured data management approach, detailing procedural steps for financial data analysis and verification. Together, these figures emphasize the multifaceted nature of consciousness frameworks in Integral Yoga, highlighting how analytical and procedural methodologies deepen our understanding of psychic being and consciousness [25, 26].

Feature	Integral Yoga as Spiritual Practice	Consciousness Frameworks in Integral Yoga
Focus Area	Mind, Body, Spirit	Psychic Being
Development Approach	Eight Limbs OF Yoga	Consciousness Integration
Outcome	Holistic Personal Growth	Spiritual Evolution

Table 2: This table provides a comparative analysis of the key features of Integral Yoga as a spiritual practice and its consciousness frameworks. It highlights the distinct focus areas, development approaches, and intended outcomes of each method, emphasizing the holistic and evolutionary aspects of spiritual growth within Integral Yoga.

5 Integral Philosophy and Consciousness Studies

5.1 Interconnectedness of Human Consciousness and the Cosmos

Integral philosophy elucidates the profound interconnectedness between human consciousness and the cosmos, drawing upon Advaita Vedanta's non-dualistic perspective, which posits a fundamental oneness transcending individual separateness [19]. This view challenges materialistic paradigms by asserting that consciousness is a fundamental aspect of nature, not merely a byproduct of physical processes [6]. The universe is conceptualized as a self-aware entity, suggesting that consciousness permeates all levels of existence, from the microcosmic to the macrocosmic. This aligns with the idea that spiritual intuitions are deeply rooted in human cognitive evolution, underscoring a universal spirituality that transcends cultural and historical boundaries [11]. By framing the universe as conscious, integral philosophy reimagines the relationship between human awareness and the cosmos, positioning human consciousness as integral to a larger, self-aware whole.

This interconnected view significantly impacts our understanding of human potential and reality, linking consciousness evolution to the universe's fundamental dynamics. It is influenced by broader cultural and scientific paradigms, including integral perspectives and non-equilibrium thermodynamic frameworks, which seek to unify knowledge and explore the conditions necessary for consciousness [2, 15]. Recognizing the inherent unity of existence encourages a holistic approach to consciousness studies, integrating spiritual insights with scientific inquiry to explore deeper dimensions of being.

5.2 Philosophical Implications of Consciousness

The philosophical implications of consciousness within integral philosophy challenge traditional materialistic views, advocating for a holistic understanding of consciousness as an integral aspect of existence. This perspective posits that consciousness is not merely an emergent property of complex neural processes but is fundamentally intertwined with the fabric of reality [18]. Research on neural correlates of consciousness underscores the significance of connectivity differences within the same physiological state, indicating that consciousness is a dynamic and integrated phenomenon.

Integral philosophy asserts that the evolution of consciousness is intrinsically linked to the spiritual development of the Absolute Subject, emphasizing speculative logic and ethical life in achieving a cohesive understanding of freedom [22]. This aligns with the notion that human dignity, derived from a divine source, is foundational to human rights and ethical considerations [9]. This perspective invites a reexamination of individual autonomy and collective ethical frameworks, suggesting that true freedom is realized through the integration of personal and universal dimensions of consciousness.

The philosophical implications of consciousness studies are further enhanced by the free energy principle, which provides a mathematical framework for understanding how beliefs about the world are updated through inference [25]. This approach offers a theoretical basis for exploring the dynamic processes of consciousness, suggesting that the mind continuously minimizes free energy to maintain a coherent and adaptive model of reality.

6 Spiritual Evolution and Holistic Approaches

6.1 Holistic Approaches in Integral Philosophy

Integral philosophy embraces a cosmopolitan outlook that synthesizes diverse cultural and religious perspectives to deepen our understanding of consciousness and spiritual evolution [4]. This approach integrates philosophy, science, and consciousness studies, creating a synthesis that transcends traditional boundaries and fosters elevated states of awareness [6]. Yoga exemplifies this philosophy, offering a structured practice that enhances cognitive functions and supports holistic development. The Eight Limbs of Yoga provide a comprehensive framework for achieving higher consciousness through ethical disciplines, physical postures, and meditative practices, which are reported to enhance cognitive abilities and deepen divine connection [23, 24].

Integral philosophy prioritizes supportive and integrative methods, eschewing suppressive treatments, thereby highlighting its holistic nature [12]. By merging spiritual practices with philosophical inquiry, it offers pathways to self-realization and spiritual growth. This is evident in innovative educational practices that enhance student engagement and self-reflection [5]. Nonetheless, the scarcity of empirical studies validating spiritually sensitive practices remains a limitation [10]. Future research should explore alternative connectivity estimators and directionality measures to advance the understanding of consciousness [18].

6.2 Spiritual Evolution and the Absolute Subject

In integral philosophy, spiritual evolution is intricately linked to the Absolute Subject, providing a framework for the progressive unfolding of consciousness towards higher awareness. The four goals of humanity—Kama (pleasure), Artha (prosperity), Dharma (responsibility), and Moksha (salvation)—represent dimensions of spiritual growth, underscoring the integration of material and spiritual pursuits on the path to self-realization [19]. The Speculative Dialectical Method offers a philosophical basis for exploring the interdependence of subjective freedom and objective ethical life, illustrating their roles in the evolution of the Absolute Subject [22]. This method highlights the dynamic interplay between individual autonomy and collective ethical frameworks, suggesting that genuine spiritual evolution reconciles personal freedom with broader ethical responsibilities.

Future research should focus on methodologies that bridge spiritual and psychological practices, exploring trends in consciousness studies [20]. Such approaches can deepen the exploration of spiritual evolution's transformative potential, providing insights into cultivating higher consciousness in alignment with the Absolute Subject. Integrating spiritual practices with psychological insights may yield a more comprehensive understanding of the processes underlying spiritual growth. Viewing work as a spiritual practice further emphasizes the practical implications of spiritual evolution. By reimagining everyday activities as opportunities for spiritual development, individuals can align their professional and personal lives with their spiritual aspirations, fostering a deeper connection with the Absolute Subject [24]. This perspective promotes a holistic approach to life, where each action and experience contributes to the ongoing evolution of consciousness.

7 Conclusion

The exploration of involution, evolution, integral yoga, psychic being, integral philosophy, consciousness studies, and spiritual evolution collectively advances our understanding of consciousness development. These interconnected concepts underscore the dynamic nature of human potential, emphasizing the transformative impact of integrating spiritual practices with philosophical inquiry. This synthesis enhances our comprehension of human nature and its transformative capacities, offering profound insights into the unfolding of consciousness.

The pragmatic integration of these ideas, as articulated within the frameworks of integral philosophy, provides a comprehensive approach to addressing contemporary global challenges. This approach fosters a dialogue between individual aspirations and collective needs, promoting a holistic perspective that values both personal growth and societal transformation. Such a perspective is crucial for navigating the complexities of modern life, advocating for an elevation in states of awareness that are both spiritually and ethically grounded.

The role of education in promoting these integrative frameworks is pivotal. Future research should focus on developing innovative pedagogical practices and training programs that can be seamlessly incorporated into mainstream education. This educational endeavor is essential for nurturing a deeper understanding of consciousness development, ultimately fostering a more profound awareness of the human experience. By validating spiritual practices through empirical research, the integration of these concepts into various fields can be effectively realized, paving the way for a more enlightened approach to human potential and societal evolution.

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