

Spirituality & Meditation

An Awakening NLP

Experience

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Problem Statement

We live in a material world in which money, science and technology are ever present. Though technology is supposed to make our lives easier and more connected, for some reason the opposite is true. For example, we are more connected via social media, yet we feel more lonely and isolated. In addition, we have more creature comforts and entertainment, yet we are more depressed and anxious. This begs the question. Do we have technology or does technology have us?

The Solution

Breathing techniques, yoga, meditation, prayer, spiritual knowledge, family time, reading, writing, hiking, communal activities etc.

Meditation & Spirituality

Everyone is technically spiritual by nature of the fact that the 3Dimensional part of ourselves is only a small part of our existence. While some people hardly give thought to their higher selves, other people spend a lot of time and energy on their spirituality to the point that it even spills over into engaging in dialogue about it on Reddit.

Meditation & Spirituality

Additionally, there are people who have a meditation practice that they set aside time for every day. While meditation can be a spiritual experience, it also has many practical qualities. Meditation is documented to lower blood pressure, stimulate the immune system and help with focus.

What is Spirituality?



*“**Spirituality** is a broad concept with many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.”*

A young girl with long brown hair and a colorful headband is sitting in a lotus position on a green cushion outdoors. She is wearing a grey t-shirt with a blue lotus logo and the text 'ISKCO' on it, and blue pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a lush green lawn with trees and bushes.

What is Meditation?

“Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation involves concentrated focus on something such as a sound, image or feeling.”

My Objective:

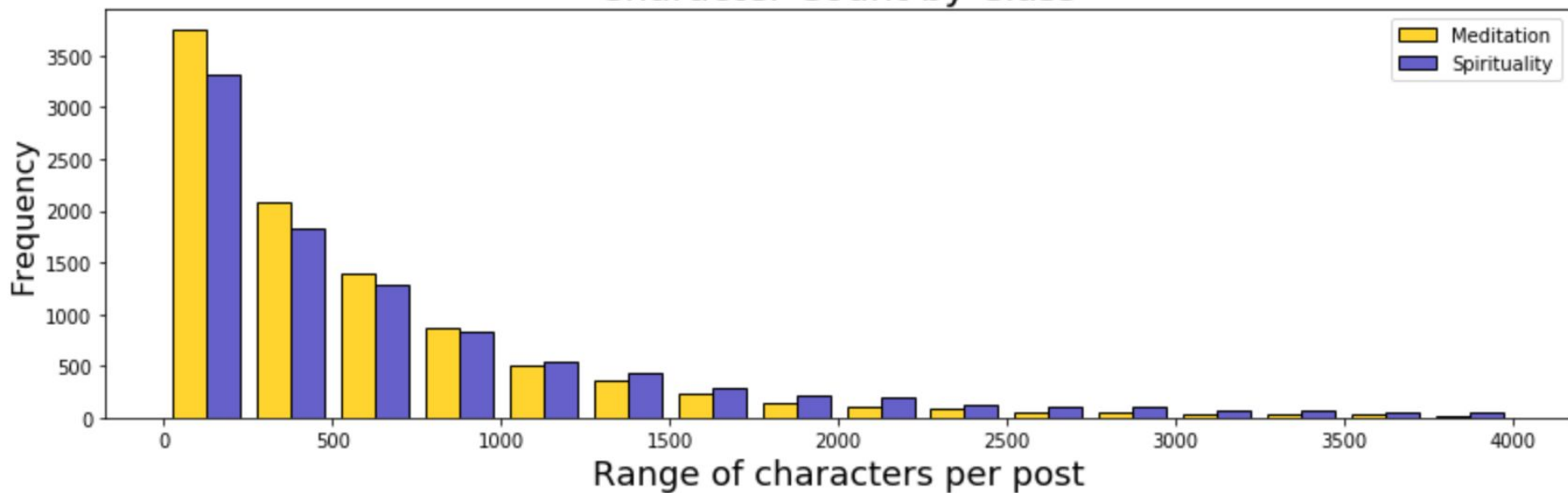
To scrape JSON data from Reddit.com on 2 subreddits:

1. Spirituality
2. Meditation

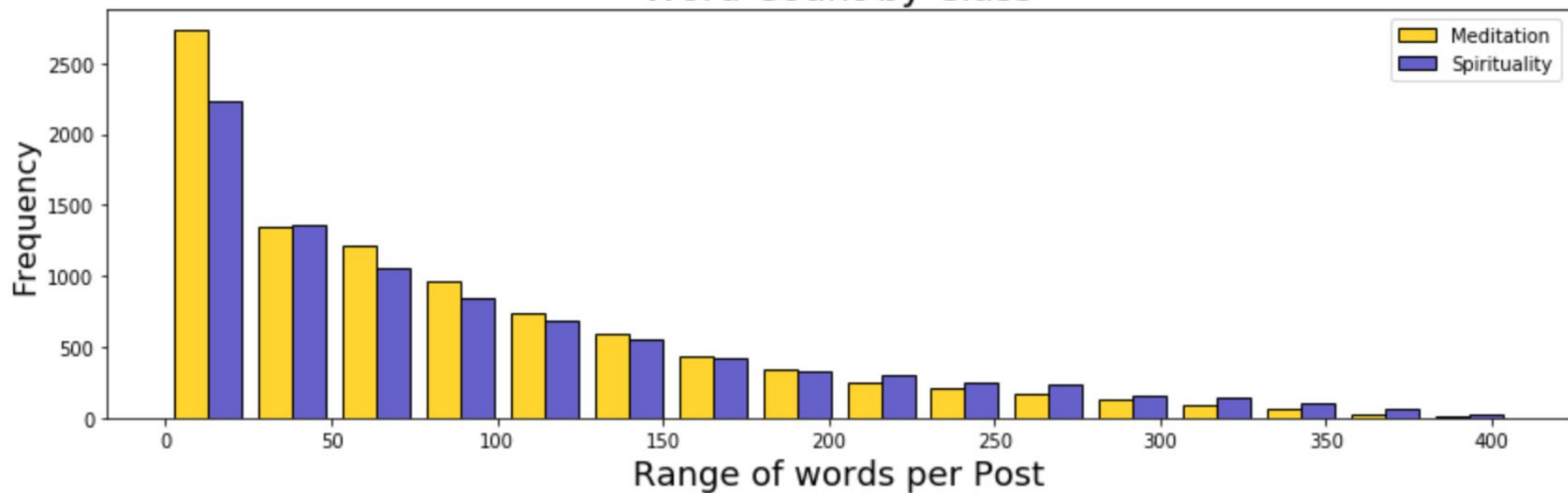
Then, using Natural Language Processing techniques, I parse words and characters from the text, and count frequency and sentiment.

Finally, utilizing machine learning I train different types of classifiers to take unlabeled posts and determine which subreddit they came from. I seek the model with the best accuracy score.

Character Count by Class



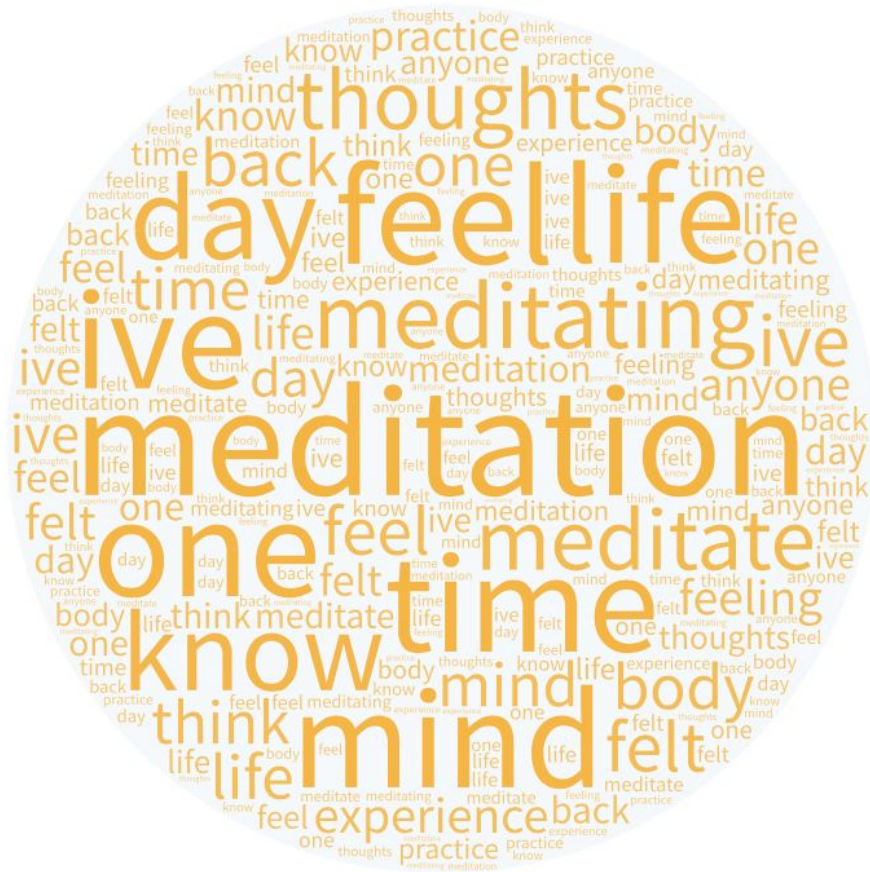
Word Count by Class



Top 20 words of Meditation & Spirituality

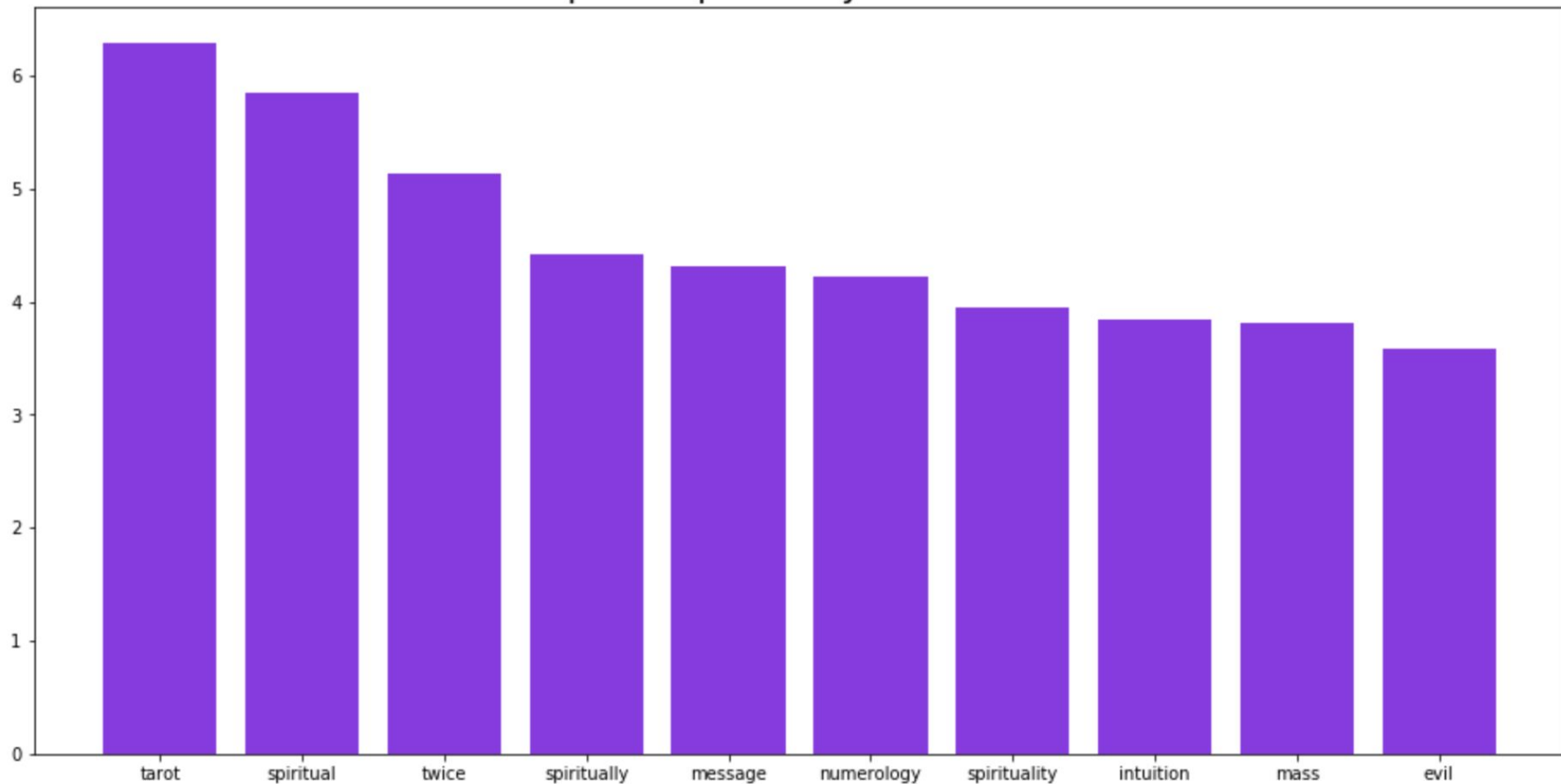
Meditation - Meditation, Feel, Time, Mind, Meditating, Thoughts, One, I've, Know, Day, Life, Meditate, Body, Experience, Practicing, Feeling, Think Anyone, Back, Felt

Spirituality - Life, One, Know, Feel, Time, Spiritual, Love, Things, Want, God, Think, World, Way, See, Mind, Us, Self, Much, Need, Could

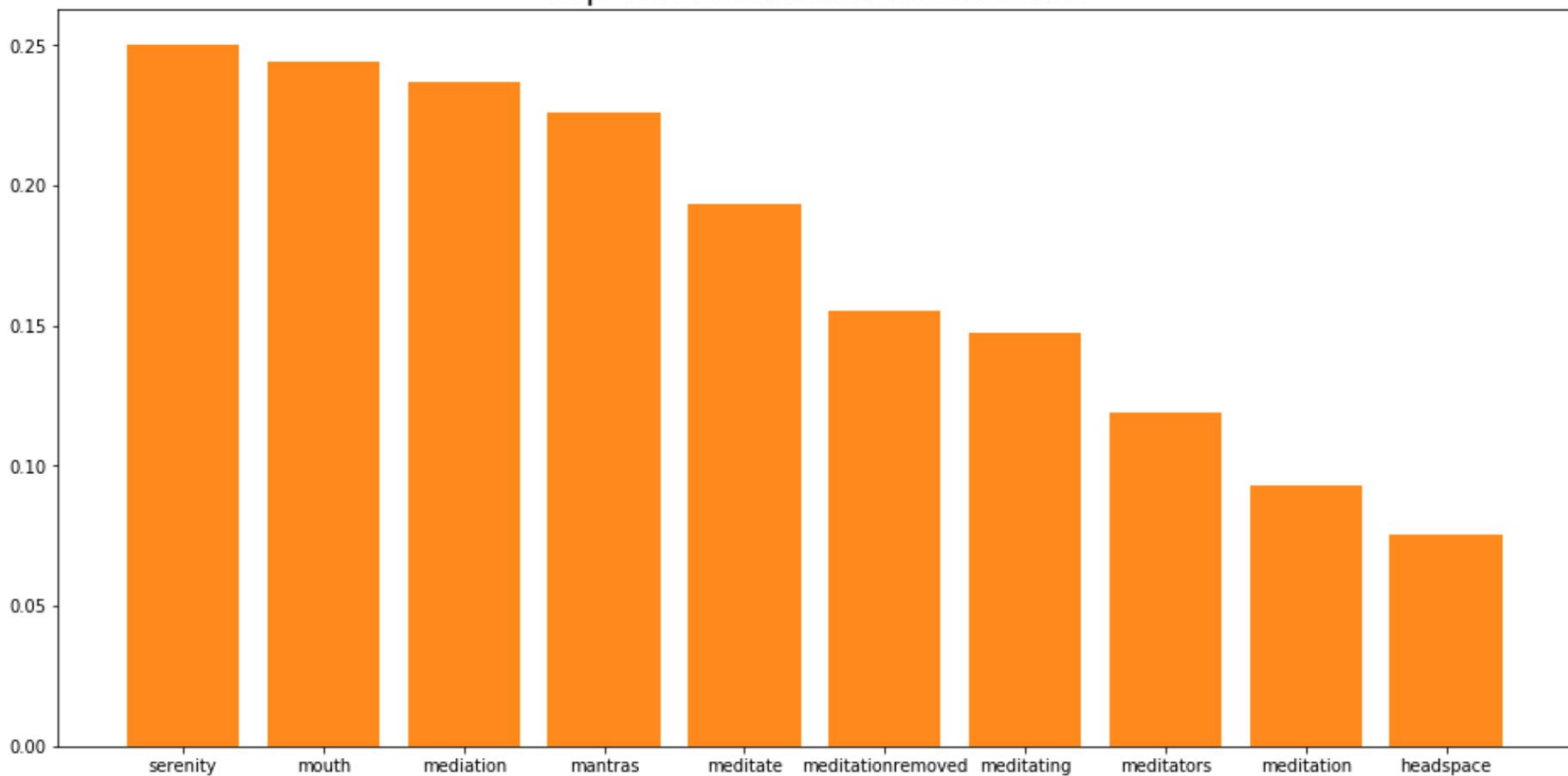


Top 7 Overlapping words of Meditation and Spirituality:
Life, One, Know, Feel, Time, Think, Mind

Top Ten Spirituality Coefficients



Top Ten Meditation Coefficients



After removing all variations of the words spirituality and meditation, I plotted 2 new lists of the top 10 coefficients for each subreddit based on my logistic regression model:

Meditation:

- Headspace
- Mantras
- Mouth
- Serenity
- Shared
- Introverts
- Practices
- Funny
- Supernatural
- Bipolar

Spirituality

- Tarot
- Twice
- Message
- Numerology
- Intuition
- Mass
- Evil
- Festival
- Randomly
- Correct



Machine Learning Results

Logistic Regression

	Predicted meditation	Predicted spirituality
Actual meditation	2145	343
Actual spirituality	353	2098

- accuracy score: 0.859
- X- variables: 'text', 'word_count', 'sentiment
- Features: Feature Union(numeric and word features), Standard Scaler and Count Vectorizer
- Parameters: Lasso ('l1') and Ridge ('l2')

Sources

1. Photo by Mohamed Nohassi on Unsplash
2. Photo by Jyotirmoy Gupta on Unsplash
3. Spirituality definition: <https://www.takingcharge.csh.umn.edu/what-spirituality>
4. Meditation definition <https://www.yogapedia.com/definition/4949/meditation>
5. Word Clouds created using [Word Art.com](https://www.wordart.com)