



Research Paper

Evaluating the Effectiveness of "Intuitive Perception" in "Life Improvement" from the Perspectives of Yogananda and Berg

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Abstract

The ideas of Paramahansa Yogananda and Yehuda Berg are influenced by religious traditions concerning spirituality and life improvement. This paper explores how a comparative analysis of the relationship between intuitive perception and life improvement in their thought is possible and how robust such an interpretation is. Using a library-based study and an analytical-comparative method with a critical approach, we demonstrate that while both thinkers share common views—particularly regarding success, higher will, and intuition as foundational for improvement—significant differences exist in their ontological perspectives and spiritual practices. These differences create distinct dualities regarding the human position in the world and offer unique spiritual exercises for life enhancement. Therefore, their interpretations exhibit at least two shortcomings. First, reductionism—they overlook broader religious goals, focusing solely on specific aspects of life improvement while neglecting its diverse dimensions. Second, they demonstrate a one-sided view of intuition and show leniency regarding the criteria for its validity.

peace, love, and overcoming fear, anxiety, anger, and irritability, among others.

Amid this spectrum, a core idea can be identified around which all analyses of life improvement are structured. A review of the thoughts of Paramahansa Yogananda and Yehuda Berg suggests that they regard "intuition" as the foundation of spiritual living and a prerequisite for life enhancement.

This article seeks to present an interpretation of the relationship between "intuition and improvement" in the process of living from the perspectives of Yogananda and Berg, while simultaneously analyzing the coherence and comprehensiveness of this theory. In other words, the article's central question is: How is the alignment of "intuitive perception" and "life improvement" possible in their thought, and to what extent is this interpretation robust?

2. Methods

The library study method and the analytical-comparative approach, as well as the critical approach where appropriate.

3. Results

The perspectives of Yogananda and Berg on life improvement and personal transformation are significant because they draw on the teachings of secular theology and rely on intuitive under-

Extended Abstract

1. Introduction

The enhancement of life as the ultimate purpose requires a worldview and diverse actions. These range from one's perspective on the universe, human relationships, and attention to meaning, value of awareness, and understanding of happiness, to the cultivation of introspection, creativity, positive thinking, freedom, meditation, reflection, self-confidence, physical and spiritual pleasures, physical health, spiritual healing,



standing to address spiritual challenges and achieve a better life. In their shared interpretation, they regard intuition as a pathway to personal development and improvement. In other words, both believe that intuition can serve as a spiritual and even practical foundation for enhancing life. However, their application and interpretation of intuition in the spiritual journey differ.

4. Conclusion

The first major difference between Yogananda and Berg lies in their ontological perspectives regarding the position of humanity in the universe. Inspired by their respective religious traditions, each presents a unique and distinct view of the relationship between humans and the world. Yogananda, influenced by Hindu teachings, emphasizes the unity of existence and humanity's interconnectedness with the universe, asserting that intuition serves as a pathway to connect with ultimate truth. In contrast, Berg, drawing from Jewish tradition, articulates a dualistic worldview that underscores human independence and individual responsibility.

The second difference pertains to the practice of spiritual exercises aimed at achieving direct awareness. While Yogananda and Berg both pursue the shared goal of awareness and life improvement, their methods for reaching this goal differ significantly.

Nevertheless, their approaches are not without shortcomings. For instance, there is a notable reductionism and one-dimensional focus in their reliance on intuition as a tool for life improvement. While both emphasize the value and validity of intuition, they tend to isolate it, neglecting other critical religious and spiritual dimensions. This reductionism limits their perspectives, addressing only a subset of spiritual and religious needs, thus failing to provide comprehensive solutions.

In this way, although Yogananda and Berg regard intuition as a foundation for transformation and life improvement, achieving holistic and sustainable improvement requires a more comprehensive approach. Such an approach would integrate intuition with other spiritual and religious dimensions, helping individuals experience a more balanced and enduring life across various spiritual and everyday domains.

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Authors' contribution

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Conflict of interest

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