

Simplified Kundalini yoga practices on selected psychological aspect of women

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Abstract

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology provides man more comforts for his basic necessities. But with these comforts man faces lot of problems, which cannot sloved only by the above facilities. Today the world is looking for solutions to solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, etc. Stress is becoming a part of life in present days due to the increased workload and long working hours resulting in other health problems too. The stress remains bottled up leading to physical and mental health problems in the future. Stress is a body's way to react to a challenge.

According to the stressful event, the body's way to respond to stress is by the sympathetic nerves system which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on an organism's mental and physical well-being. Anxiety is a subjective feeling of apprehension and a heightened physiological tension. The term is often used synonymously with 'arousal', but anxiety is usually restricted to high arousal states, which produce feeling of discomfort. Anger is an emotion related to one's psychological interpretation of having been offended, wronged or denied and a tendency to react through retaliation. Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. In narrower definitions that are used in social sciences and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Yoga offers essential psychological benefits to the practitioners. Yoga exerts its effects on both the body and the mind. It affects the tissue locally and centrally.

Key Words: Restlessness, Emotional imbalance, Hyper-activity, Tension and Stress

Introduction:

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology provides man more comforts for his basic necessities. But with these comforts man faces lot of problems, which cannot sloved only by the above facilities. Today the world is looking for solutions to

solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, anger, anxiety etc. Simplified Kundalini yoga is yoga for modern age. It identifies with analytical and interpretative skill different concepts like peace wherein the individual peace, family peace and world peace are very important.

Selected psychological factors:

Psychological is a broad social science that seeks to understand the physiological, emotional and mental processes that drive and influence human behavior; it is also a profession that takes the scientific foundation of psychology and applies it to try to solve human problems. The best part about psychology is that every single person that takes a class can apply what they learn to their own life.

The psychology of women is the study of psychological and social factors affecting women's development and behavior. The field includes the study of stereotypes about women, the relation of hormones to behavior, women's achievements in mathematics and science, the development of gender roles and identity, sexuality, psychological problems of women.

Stress: Stress is becoming a part of life in present days due to the increased workload and long working hours resulting in other health problems too. The stress remains bottled up leading to physical and mental health problems in the future. Stress is a body's way to react to a challenge. According to the stressful event, the body's way to respond to stress is by the sympathetic nerves system which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on an organism's mental and physical well-being. Stress that continues without relief can lead to a condition called distress, a negative stress reaction. Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain and problems with sleeping. Research suggests that stress can also bring on or worsen certain symptoms or diseases.

Anxiety: Anxiety is a subjective feeling of apprehension and a heightened physiological

tension. The term is often used synonymously with 'arousal', but anxiety is usually restricted to high arousal states, which produce feelings of discomfort. The condition is closely associated with the concept of fear, but is more a feeling of what might happen, rather than a response to an obvious fear provoking situation. Anxiety can be viewed as an enduring personality trait and also as temporary state. Physiological symptoms of anxiety include increases in pulse rate and blood pressure, accelerated breathing rates, perspiration, muscular tension, dryness of the mouth and diarrhea.

Anger: Anger is an emotion related to one's psychological interpretation of having been offended, wronged or denied and a tendency to react through retaliation. Anger may have physical correlates such as increases heart rate, blood pressure and levels of adrenaline and noradrenaline. Some view anger as part of the fight or flight brain response to the perceived threat of harm.

Aggression: Aggression, in its broadest sense, is broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. In narrower definitions that are used in social sciences and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson.

Simplified Kundalini yoga meditation:

SKY yoga practices meditation and introspection are solved the psychological problems. This is a form of meditation to merge the mind with the subtle life force. This practice reduces the frequency of brain

waves, enhances awareness, intelligence and understanding. Sincere practice can advance one from limited body consciousness. This meditation includes a separate technique to strengthen the resistance of the mind and body to adverse effects of planetary positions. This system includes practices to understand and increase one's personal bio-magnetism for optimum physical and mental strength. One is also taught to use bio-magnetism for healing others by passing energy.

Willingly or unwillingly man himself is responsible for his emotional living. But the result is unnecessary waste of bio magnetism and the life force. As a result human beings lose the benefit of enjoying life in peace and bliss. To avoid the emotional outburst and thereby wasting the life's resource if one selects the path of spiritualism he will be able to bring back peace and happiness in his life. Practicing yoga and going into refurbishing and rejuvenating the mind is one's own responsibility to make the mind remain control.

Introspection: Meant for purification of the self, it includes self-analysis to sublimate the personality. To enjoy peace, prosperity, health and happiness, one must eliminate undesirable aspects of one's personality. Introspection is a valuable guide for selecting desirable habits of thought, word and deed and rejecting the unwanted ones. Introspection develops will power and awareness. By this, he understands where has he come from, what the purpose of life is and where he is being led. Unless the Ego is checked by doing introspection, awareness and discipline, these moods will continue to multiply with more and more imprints. As much as she surrenders her ego, that much her mind gets a state of equilibrium. In the society everybody lives with uncontrolled wants and needs, because people always try to show their wealth and

honesty to others. This habit leads them greediness. This can be rectified by deep introspection. Introspection is a final step to united with God, because many sages and saints attain "moksha" by doing deep introspection.

Psychological benefits of simplified Kundalini yoga:

Our mind will come to a peaceful state where awareness of self will develop. We develop self awareness and we find that the five great sins. Gradually all types of heredity imprints will be cleared and purified. Meditation do, merge our consciousness with absolute Universal Being. The mind reduces its mental frequencies to proper attunement with the imprints of quality of nature and to realize any natural law or secret and the Truth. Brain cells which were dormant start functioning. Then the mind is able to get attuned with all levels of energy functioning in the Universal. The secrets of the Universe are automatically transferred to our knowledge. Physical body is maintained in proper condition and the will power is developed. We slowly get rid of suppression and our desires are limited to certain extent. Our thoughts become less in number and good in quality. As you put in more and more effort, the thoughts would certainly come under your control to your betterments and to the mankind.

Imprints should be identified and isolated. Imprints of unfulfilled desires, wrong deeds, imaginary expectations, animal characteristics and thought of aggression and possessiveness. The practice of introspection, reducing mental frequency will help streamlining the mind and find out many advantages and progress in your life. Introspection is helpful for meditation and meditation is also helped to carry out the introspection successfully. It is a potent instrument to diagnose the causes for our problems and mistakes. It is a perfect aid to

plan out future and achieve success in every walk of life. Only with the help of introspection one can change the unwanted habits, thought pattern, perfect his character and achieve harmony in life.

Conclusion:

Simplified kundalini yoga practices helps to lead a healthy life. To change the character and improve our personality. To cure and prevent disease and relives the trouble.

When woman realizes the Greatness of her own self, she reaches the highest peak of consciousness. She is then able to respect the needs and ambitions of others. Such perfection alone will secure and maintain peace within Self between Individuals and between Nations. Only then all the problems will be solved. The SKY guides and leads her to attain Spiritual perfection and reach the goal of Self-Realization.

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Societal stress of war for humanity

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Abstract

The commonsense of humane gets useless when he destroys the species of his own. Now-a-days men and women are simply passing their lifetime without any satisfaction, even though there are a lot of golden opportunities in this world. According to the culture of India and other Countries, there would not be any sin and other blunders, if people followed the believes and moral ethics proposed by our great forefathers. Nothing is permanent in the world, anyhow human have no such control over their desires and earthly pleasures, that is why some kind of bad activities like murder, gluttony, robbery are taken place. So for making some control over all these, the one and only possible way is through Yoga, especially the methods and principles of Swami Vethathiri Maharishi, where everyone can get proper manners and good dignity. If we follow this then we will understand and differentiate the real meaning of what is life.

Kew Words: Humane, Sin, Blunder, Pleasure, Gluttony & Dignity

Introduction:

While talking about the bombing of Hiroshima, Mahatma Gandhi said, “Non-violence is the only path open to man; it is either non-violence or total destruction”. Jawaharlal Nehru said, “An atomic bomb cannot be challenged by another atomic bomb, it can be effectively challenged only by humanism and wisdom”.

Yoga:

Yoga is a generic term for the physical, mental and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. Generally put, Yoga is a disciplined method utilized for attaining a goal. The ultimate goal of yoga is maksha through the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated. Yoga is used to unite Kundalini with Shiva . As the name suggests, the ultimate aim of practicing Yoga is to create a balance between

the body and the mind and to attain self-enlightenment. There by creating a union between a person’s own consciousness and the universal consciousness. Some of the most often practiced types of yoga are Karma Yoga, Gnana Yoga, Bhakti Yoga, Hatha Yoga, Tantric Yoga, Kundalini Yoga and Raja Yoga

Life:

Human life functions in the union of Self(the individual), the Society and the Nature. Yoga is a discipline of life. In that discipline, there are four harmonies. Yoga is the harmony between life-force and mind, between body and life-force, between self and society and between self and nature. Man is a refined product of nature. In nature we find many things are always in group. Man is no exception. What is the use of success in man when he does not have any body to share with? It is not that the lack of it is the cause for all our problems in the family, organization, country and in the world.

Vethathiriyam: Vethathiri Thoughts- Globally, **humanity** is experiencing a sense of helplessness and uncertainty due to personal, societal and environmental challenges that do not seem to have any long lasting solutions in sight. The modern life styles are a reflection of the imbalance that stems from the domination of science and technology. There is an urgency to balance our materialistic lives with spiritual practices that are practical and effective.

Vethathiriyam includes **14 principles** of life for the welfare of society that are suitable for people of all cultures throughout the world. Illustrative few examples from these principles are:

(a) food and water are two natural treasures that must be made available to everyone just like sunlight and air, (b) economic justice must be assured for all citizens of the world, (c) respecting womanhood and giving full equal rights to women is essential for the service and knowledge that they provide, and (d) the educational curricula need to include the teaching of the "cause and effect" as a law of nature, (e) **a world without war must be ensured to fully utilize all the available resources for the benefit of humanity and to eliminate untold suffering that wars cause.**

Vethathiriyam is a comprehensive system of practice and theory that offers an integrated way of life to get in touch with in and around the world. The in-built ease and safety of practices enables one to make it a lifestyle. Vethathiriyam weaves through self, society and nature to offer a healthy, harmonious and productive way of living.

The commonsense of **humanity** gets useless when he destroys the species of his own. Now-a-days men and women are simply passing their lifetime without any satisfaction, even though there are lots of golden opportunities in this world.

**Societal stress of war for humanity:
Are wars necessary?**

War: Hostilities between men resulting in suffering and death.

Wars are unnecessary.

The survivors are all killers.

Soldiers are mercenaries.

There are no real enemies.

III Effects of War

Wars are expensive.

Loss to humanity is high.

Fears of recurrence and retribution persist.

Basic Reasons for War:

01. The desire to overrun and pillage the other countries.

02. Economic disparities

03. Poverty.

04. Inequality.

05. Problems of unemployment

06. Boundary disputes

07. Exploitation

08. Religious fanaticism

09. Manufacture of weapons

10. Differences caste, creed, religion, nationality etc.

11. War economy (60% of the budget outlay is for the armed forces)

12. Selfish motives of the leaders of the State.

13. Continuation of earlier wars. (revenge, terrorism)

What is their fault?

Wars lead to loss of limbs.

Thousands lose their lives.

What faults have they committed?

What fault has the family of the deceased committed?

Who gains?

The manufacturers of the weapons stand to gain.

Two resolutions at UNO

Veto power given to five countries should be avoided.

Protection of the boundaries of all the countries will be undertaken by UNO.

Individual countries need do it.

Rules of One World Federal Government

Wars are illegal, antisocial, against nature and outside the purview of established laws.

Wars are crimes.

Wars should not be allowed to arise anywhere.

Future proposal – Centre for One World Federal Government

One World Federal Government essential for world peace.

United Nations Organization will be the center for the One World Federal Government.

Position of the World Today

Man yearns to live in peace, but illiteracy, poverty, debts, errors etc. result in mental strife and misery. This condition prevails all over the world. Terrorism that Rocks the World.

Evil Effects of War:

The losses suffered by **humanity** in the wars can never be compensated.

World without war:

Even though in human acts of war are unnecessary in the world today, they continue due to the force of habit. An analysis of the past experiences and the manner of living of human kind will reveal that man is constantly torn between the twin forces of wisdom and habits. In spite of this, the number of scholars with generous hearts is constantly on the increase. Do we still need Wars? - After **introspection**, will clear the path for organizing a way for man to live properly all over the world.

Education about War:

Wise men, who feel the responsibility, should come forward to explain the philosophy of human life to all the people, help disband the army everywhere, rehabilitate the soldiers for doing social work and establish a one world supreme

government. When single government for all the people of the world is established and the concept of a single God takes roots in the minds of the people, all unnecessary rituals, differences of opinion, feelings of enmity and wars will disappear. The learned ones should make all efforts to impart this knowledge among the people through the medium of education and cultural movements.

Unity among the people, world peace and the welfare of the world can be achieved through these measures. Everyone hast to come together to establish a One World Federal Government and a World Religion. The world will definitely prosper through this.

Once wars are abolished, peace will reign all over the world and the people will live in affluence and harmony. Doors and locks may prove superfluous in the absence of thieves. There will be no need for any form of security, everyone will be educated and wise and anger will be a thing of the past.

All human efforts will be directed towards scientific development. Deserts will be converted into fertile lands and everyone will find employment without fear or loss of sleep over an uncertain future. People will live in total freedom, Cannons, which no longer have any use, will be utilized for laying pipelines for the supply of water. Soldiers will take up social activities for the welfare of the people. There will be no restriction for travel between the countries and everyone will live happily.

To achieve all this, each one of us has to contribute our mite for it. The United Nations Organization cannot be revamped by a single individual, but the collective blessings made by many individuals can produce changes in the world. The world leaders will come together to arrive at wise

decisions, whereby the world will unite and prosper.

Vethathirian Simplified Kundalini Yoga will give Yogic moral practices. Such as Introspection.

Simplified Kundalini Yoga: A system of meditation clarity and strength of mind;

Process: Meditation, Introspection, Sublimation, Perfection.

Development: Expansion of Mind, Understanding law of nature, Awareness of thought, word and deed.

Benefit: Perspicacity, Receptivity, Adaptability, Magnanimity, Creativity.

Result: Harmony, Satisfaction, Happiness, Wisdom, Peace.

Introspection:

A practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

The **process of introspection** involves observation of one's own mental processes, thinking and emotional states. Some argue that introspection is a reliable guide to self-knowledge. This is problematic, however, because introspection is itself a thinking of

process - can one engage in introspection for the process of introspection itself? This will result in an endless spiral of infinite introspection, not to mention an infinite number of simultaneous mental events, meaning that at some process introspection must stop and unreflective thinking start.

Introspection means examining one's own self. Man's life is along three angles: 1. Nature, 2. Self and 3. Society. For successful life, one has to understand the nature of three aspects. Introspection is a necessary practice for this enlightenment. Introspection is classified into five:

1. Analysis of Thought
2. Moralization of Desire
3. Neutralization of Anger
4. Eradication of Worries and
5. **Self Realization or "Who am I"**

Who am I – self realization:

Self -Realization is the perfection of the sixth sense and it is the peak of wisdom. Self -Realization, actualization of the Universe, realization of Truth are all the same. The entire Universe can be analyzed into four principles; they are (1) Truth; (2) Energy; (3) Mass; and (4) Consciousness.



(1) TRUTH: Truth is the static State around the created universe, Truth is called by many names including the primordial State,

Universal Being, Absolute Space, Vacuum, Omnipotence and Omniscience. This is the basic phenomenon from which all the movements start.

(2) Energy: Energy is the moving state of the static State. It is a minute particle with self rotate action; actually it is just a wave of the static Being. Because of its self rotate action it spans a volume or area and hence it is called a particle.

When this understanding comes, whatever you see, everything is a part and parcel of Nature. Oneness in multiplicity and unity among diversity are very clearly realized. This enlightenment will blossom as

When a man realizes himself, he realizes the value of everyone on the Earth. And to respect the needs, aspirations and ambitions of others and to restrict and moralize one's

(3) Mass: Mass is only the association of such energy particles.

(4) Consciousness: Consciousness is the function of the Universal Being, understanding, feeling, calculating and enjoying its own beauties and values through the living beings and man.

brotherhood among mankind. Man will understand the needs and feelings of other living beings and lead a life with the three virtues, Morality, Duty and Charity.

own activities in life become part of his Being. That is why we have to stress that the above said three virtues are imperative.



Nature is the Totality and man is a fraction, Nature has taken the shape of man to develop the Consciousness from fraction to Totality. All are having the same aims, the same inner urge and the same potentiality within. So everyone has to understand the aims of birth and help one another and at the same time avoid creating pains and miseries. In this kind of realization, realization of Truth, actualization of the Universe and realization of self are completed.

As a social democrat, Thathuvagnani Vethathiri Maharishi, a great saint who wished the society to move by peaceful co-existence of human being in any part of the

world. Swami stresses that for the mankind to live in peace, the society has to adopt reforms in four major fields which are Social Reforms, Political Reforms, Economic Reforms, and Respect to Women hood.

Development in any one of the field alone cannot guarantee for peace and harmony for any society. Hence reformation in social, economical, political and Spiritual field together can only help the society to live in peace and harmony. For which swami has written and expressed his views by his deep thinking and analysis and through various articles written by him such as Prosperity Of India, Logical Solutions for the Problems of

Humanity, Vethathirian Principles of Living, and Karma Yoga.

Truth, peace, harmony:

Maharishi makes us understand that we are at an evolutionary stage of the Supreme Being—the Space—and through practical teaching methods makes us understand the oneness running through the entire universe and beyond. The realization of this oneness is liberation. Only a liberated person can understand the scriptures, which say:

- *My father and I are one*—The Bible
 - *Form is emptiness; emptiness is form*—Buddhism
 - *Aham Brahmasmi (I am Brahman)*—Vedas
- Only such a person would be able to imbibe in himself the mindfulness of the Buddhist, the *ahimsa* of the Jain, the service to humanity of the Muslim and the love and tolerance of the Hindu. When this comprehensive knowledge spreads among people, harmony and peace in society will

be enhanced through every individual's understanding of the realities and functions of the microcosm and the macrocosm.

Conclusion:

According to the culture of India and other Countries, there would not be any Sin and other Blunders, if people followed the believe and moral ethics proposed by our great forefathers. Nothing is permanent in the world, anyhow human have no such control over their desires and earthly pleasures, that is why some kind of bad activities like murder, gluttony, robbery are taken place. So for making some control over all these, the one and only possible way is through Yoga, especially the methods and principles of Swami Vethathiri Maharishi, where everyone can get proper manners and good dignity. If we follow this then we will understand and differentiate the real meaning of what is life. One World Federal Government essential for world peace.

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Meditation technique in SKY Yoga

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Abstract

Human life is a highly responsible one. Everyone had acquired a right to live on this planet as he was born on it. It is essential for a man to have a perfect Knowledge about his right and duties. Duty is the clarity of through needed for the man to understand and put his birthright to complete use. Even though the man was born with all physical and mental facilities in good orders, he has to understand and use the perfectly to lead a life, but this knowledge is developed in stages over a period of time. For sometime after his birth a person remains of the fact that he is a human being, even after knowing as human a child does not know its own gender whether male or female initially, It takes some time to child to understand the gender. Same way it takes a lot more time to understand the excellence of the man and the women. Even then still more time is required to understand the right and the duties of a man or women in the society. Education is the only to understand these things.

Understanding and educating the others on the ways of virtuous life by instructions and achievements gained from his own experience in life are the unavoidable duties of an individual. These duties of individual are performed further by relatives, friends, teachers and administrators in the society. Hence duty consciousness is essential for all. Such high principles form the basis of education. Millions of years have passed by after the Evolution of mankind. With every passing year new ideas get generated and corresponding skills to satisfy those needs of mankind should teach to others who have not understood, with love and compassion. This process is education. Education has in today's world, brought much distinction in various aspects of life. The system of education has also to undergo changes according to the needs of the times. The duty to bring the request changes and guide the marking to lead a righteous life rests in the experienced wise people. Today institutions are rendering good service with the duty consciousness. Knowledge about things which are perceptible to senses and special functions of sensory organs and limbs is a much to everyone. It is the duty of the wise men to make people live happily and help the others achieve the same. Everyone should be taught about life at the young age itself. A nation which educates the truth in life science with all minute's details at proper age will flourish in all fields.

Key Words: Planet, Virtuous, Righteous, Perceptible and Flourish

Introduction:

Today we are living in an age of explosions, Explorations and paradoxes. We have conquered the unconquerable and achieved

things beyond the dreams of our ancestors. Science has changed our world into a place of abundance and plenty. There is an intellectual and spiritual Vacuum in every

heart. Man has become slave of the machine.

Great virtues like love, compassion, sympathy, fellow feeling have become out of vogue. Science has conquered old diseases but civilization has brought new diseases like cancer, aids, hypertension, diabetics, heart trouble, insomnia and sick stomach of which our forefathers knew very little. Today's millions of people suffer from emotional instability, anxiety, tension, fear, frustration and loneliness. There have been occasions when each of us has got up from the bed feeling fussy, tired and depressed. However, there is remedy for all is meditation. Meditation is that method which can bring zest and sparkle into our lives and make our lives cheerful and purposeful. Meditation is a great medicine. Meditation alone can give us soothing feeling, rest, relaxation and inner place.

Concentration is of paramount importance. In meditation is a faculty of body and mind. Physical concentration means gathering together every ounce of bodily strength and directing it towards one point or one object and mental concentration which is slightly difficult, requires a dynamic attitude. Often when the mind is disturbed by the memory of painful experiences, disappointments, we strive to empty the mind to cease thinking with the hope that we will concentrate on single object. Every man should make a legitimate effort to keep his mind in good, clean concentrated condition; otherwise it grows unsightly like a vessel which becomes tarnished if it is not polished every day. Concentration is holding the mind on one thought. Visualization plays a great and important part in spiritual life. Today most of our problems are caused by volatile emotions. They agitate our minds and make it slushy. We have to learn to exercise control over emotions through meditation. Today, people have turned to meditation as a

way to overcome emotional and mental strain. Meditation helps us to withdraw our attention from the outer world and focus it at a point between and behind our eyebrows thereby stimulating what is called "Third eye". By focusing our attention on it, we can reach higher level of consciousness.

Swami Ramakrishna Paramahansa has said, "be sincere, act according to your thoughts, be sincere, you shall surely succeed, pray with a sincere and simple heart, and your prayers will be heard. Physical activity or exercise is a cornerstone of a healthy life style. The human body is designed for physical activity and movement. Not only does physical activity makes the individual look and feel better, but it is also critical for improving health and extending the life. Throughout his life, man has to be physically active in order to procure his daily food and to succeed in the battle for survival. The marked deterioration in health and physical automation has mechanized our day-to-day life. Now-a-days people become almost sedentary and Health, according to World Health Organization (WHO), is the state of complete physical, mental and social well-being. The stated aim of the WHO is the attainment of the highest possible level of health by all people. Physical fitness, on the other hand is defined as "the ability to carry out daily tasks with vigor and alertness, without under fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies" (Gian and Tch. 1988). There is an optimal level of fitness for everybody. For some, striving for fitness will mean reducing their risk for disease while achieving physical health benefits. For others, fitness is for a high order of athletic functioning.

Need for health – related youth fitness:

This research relating exercise and fitness to health has been based primarily on adults. However, three important trends strongly

support the need for health-related youth fitness programs. A reason supporting the need for sound health-related youth fitness program is that adulthood characteristic and behavior are influenced by childhood.

Cardiovascular risk factors tend to be stable and predictive of cardiovascular disease from an early age. For example, the students who had high blood pressure and smoke habits were over twice likely to experience a cardiovascular disease event in later life as compared to those students who did not have this risk. Yogic exercise are so designed that they help to keep the spine flexible. Kapalabhati is very effective for keeping the lungs healthy and prevent lungs infection. With deep breathing air circulates to every part of lungs, whereas with most other physical exercises there is mainly an increase in respiratory rate. Physical exercises will make the joints supple. Yogic exercises aim to both prevention and treatment of various diseases. Yogic postures are generally mild and one is less likely to get into compilation, but physical exercise especially the type known as jogging, which is most popular in the western world today, should never be undertaken unless the individual is fully evaluated by his/her physician. The physician should look for signs and symptoms and taken an electro-cardiogram at rest and after exercise to detect an overt or sub clinical heart disease.

Earlier studies on yoga have positively confirmed its effect on physical, physiological and mental health of human beings. Their movement is not so fast rather so slow, and seems to be stretched from both in the functional aspects of physical and physiological. Hence such a valuable means and methods of yogic exercises, when combined with calisthenics based aerobic and resistance training, its value on

improving the physical and physiological aspects would be the evolution of yoga.

From time immemorial, yoga has been flourishing. In this modern era yoga has become inevitable to every individual. In this modern world, which is more than a jungle, it still becomes imperative for everyone who is mentally and physically haunted to practice yoga to lead a stress free life. The old concept restricted the reach of yoga only to a few men. (Definitely no women was allowed to practice yoga). But now its gender free, and no restrictions. Yoga has two divisions one to cater to the needs of the body and the other to the soul. But the reference of Yoga is immediately understood as physical fitness exercise. Pranayama and asanas are at the top of every one's brain. Astanga yoga which was designed earlier was not suitable for women and there was a bar on them because of a particular system in their life. Menstruation reduces the power of bringing up the kundalini power upwards until it reaches the centre of the during menstruation. So they may not able to practice kundalini yoga. Because of this break achieving the results get delayed. Later, people started believing that women could not practice this yoga.

Sri Vethathiri Maharishi was born in 1911 in the village of Guduvancheri, 30 km south of Chennai, India into an indigent weaver's family. From his youth he was driven by the desire for knowledge and in particular strove to find answers to three questions: "What is God? What is life? Why is poverty in the world?" "The search to find these answers as well as to further his lot in life led him into various fields of endeavor, including becoming a qualified practitioner of two systems of Indian indigenous medicine, Ayurveda and Siddha, and certified practitioner Homeopathy as well.

After spending several years in various minor employments, he established a textile concern that grew to employ over 2000 workers on profit sharing basis that would be thought progressive even today. Although constantly busy with family and business matters, he always found time to pursue his deep desire to achieve self-realization and realization of Truth. Several years of intense meditation and introspection brought him full enlighten at the age of thirty five. At the age of fifty he closed his commercial ventures and devoted himself solely to spiritual service so as to guide sincere spiritual aspirants by transmitting and sharing with them his experiences and revelations of Truth. Even though his life has long been dedicated spiritual and social service he has remained a “house holder”. i.e. he has not broken his family ties and taken vows of renunciation, but rather lived in the indigenous Siddha tradition, maintaining family ties and fulfilling his duties.

Simplified Physical Exercise:

To maintain health and prevent disease.
Kayakalpa Yoga: An ancient Siddha practice for enhancement of life energy.
Simplified Kundalini Yoga: A system of meditation clarity and strength of mind;
Introspection: A practical Methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

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Understanding of the Laws of Nature as well as one's relationship with Nature and with society is rationally and practically elucidated, providing a holistic education which is essential for every human being. Maharishi has been striving for World Peace for over four decades. In his book entitled World Peace published 1957; he has reviewed the condition of humanity, identified the problems affecting mankind and delineated a comprehensive plan for bringing about total transformation in society so as to achieve peace, prosperity and harmony. His is a global perspective covering the fields of politics, economics, education, science, medicine, psychology and philosophy.

Conclusion:

Whether there is actual requirement or not, men always think “I want this”, I want that”. Thus, man sticks on to certain people and objects and hinders his own spiritual progress. First of all, man should have the wisdom to realize that all the things that are necessary for his life are provided to him by Totality, In this realization, If we gets rids of unwanted attachments with persons and objects, the door of spiritual path will be open for him. Man's own imagination about wants will close the door of spirituality. So stop the imaginations and open your mind for a better prospective spiritual vision.

Vethantham to Vethathiri Yogam

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Abstract

The Vedas have stories about the Hindu gods, instructions for rituals, hymns, poetry, and prayers. The word "Vedic" means something about the Vedas. The language of the Vedas is called Vedic Sanskrit. The **Vedas** are the four holiest books of the Hindu religion. They are believed to be one of the oldest books ever made by mankind. They are written in an old Indian language called Sanskrit. They have words (called mantras) which are chanted at the religious ceremonies.

Although they were finally written down in 1,500 BCE. They are actually much much older and were passed down orally from one generation to the next possibly over thousands of years. Later types of Hinduism that are very different from the types of Hinduism that follow the Vedas respect them. The four Vedas are: the Rig Veda, the Yajur Veda, the Sama Veda, and the Atharva Veda.

Vethathirian Simplified Kundalini Yoga (SKY) - The human being is a combination of the physical body, mind and life force. To acquire and maintain inner peace and harmony, self knowledge and systematic physical and psychic practices are essential. The complete system, referred to as "SKY", evolved by Maharishi consists of the following.

Simplified Physical Exercise: To maintain health and prevent disease;

KayaKalpa Yoga: An ancient Siddha practice for enhancement of life energy;

Simplified Kundalini Yoga: A system of meditation Clarity and strength of mind;

Introspection: A practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

Key Words: Hymns, Rituals, Harmony, Enhancement, Sublimating, Introspection

Introduction:

Composed in Vedic Sanskrit, the texts constitute the oldest layer of Sanskrit literature and the oldest scriptures of Hinduism. Hindus consider the Vedas to be *apauruṣeya*, which means "not of a man, superhuman" and "impersonal, authorless". Vedas are also called *śruti* literature, distinguishing them from other religious texts, which are called *smṛti*. The Vedas are a large body of texts originating in ancient India.

The Veda, for orthodox Indian theologians, is considered revelations, some way or other the work of the Deity. In the Hindu Epic the Mahabharata, the creation of Vedas is credited to Brahma. There are four Vedas: the Rigveda, the Yajurveda, the Samaveda and the Atharvaveda. Each Veda has been sub classified into four major text types – the Samhitas (mantras and benedictions), the Aranyakas (text on rituals, ceremonies, sacrifices and symbolic-sacrifices), the Brahmanas (commentaries on rituals, ceremonies and sacrifices), and the Upanishads (text discussing meditation, philosophy and spiritual knowledge). Some scholars add fifth category—the Upanasans (worship).

The various Indian philosophies and denominations have taken differing positions on the Vedas. Schools of Indian philosophy which cite the Vedas as their scriptural authority are classified as "orthodox" (*āstika*). Other *śramaṇa* traditions, such as Lokayata, Carvaka, Ajivika, Buddhism and Jainism, which did not regard the Vedas as authorities are referred to as "heterodox" or "non-orthodox" (*nāstika*) schools.

Despite their differences, just like *śramaṇa* traditions, various Hindu traditions dwell on, express and teach similar ideas such as karma (retributive action)

and moksha (liberation) in the fourth layer of the Vedas – the Upanishads. The Vedas are called *Marai* or *Vaymoli* in parts of South India. *Marai* literally means "hidden, a secret, mystery". In some south Indian communities such as Iyengars, the word Veda includes the Tamil writings of the Alvar saints, such as *Divya Prabandham*, for example *Tiruvaymoli*.

“Yoga is a complete process of perfection of an individual by developing consciousness to its fullness” -VETHATHIRI MAHARISHI. Man is mortal. His life is in between birth and death. Everyone has come to this earth with a return ticket. The date of onward journey is fixed but there is no date fixed for one’s return. Though man’s life span is 120 years, it depends on one’s health and his ability to maintain it.

Simplified Kundalini Yoga: (SKY) is founded by Thathuvagnani Vethathiri Maharishi who was born in the year 1911 in a village near Chennai, South India. His early life was struggle against poverty, but he won through sheer determination and self effort. Probing into origin and purpose of life, the self educated philosopher perfected the Simplified Kundalini Yoga, a safe and highly beneficial system of meditation and yoga exercises. Swamiji has served mankind for over 55 years in cause of world peace (ie) when each individual realizes the value of self and learns to preserve harmony with environment. If the life is to be happy, successful, and harmonious, good physical health is indispensable. Realizing the importance of proper exercise, and meditation, Thathuvagnani Vethathiri Maharishi has synthesized and simplified the earlier ones and dedicated to the humans.

Vedas: The Vedas are a collection of hymns and other religious texts composed in India between about 1500 and 1000 BCE. ORIGIN: The origin of the Vedas can be

traced back as far as 1500 BCE, when a large group of nomads called the Aryans, coming from central Asia, crossed the Hindu Kush Mountains, migrating into the Indian subcontinent. This was a large migration and used to be seen as an invasion. This invasion hypothesis, however, is not unanimously accepted by scholars today. All we know for certain, mainly through linguistic studies, is that the Aryan language gained ascendancy over the local languages in the Indian subcontinent. The language of the Vedas is Sanskrit, an ancestor of most of the modern languages spoken today in South Asia. Vedic literature is religious in nature and as such tends to reflect the worldview, spiritual preoccupations, and social attitudes of the Brahmins or priestly class of ancient India. The Vedas were first composed sometime around 1500-1000 BCE in the north-western region of the Indian subcontinent - present day Pakistan and northwest India - and they were transmitted orally over many generations before eventually being committed to writing. Like the Homeric epics, parts of the Vedas were composed in different periods. The oldest of these texts is the Rig-Veda, but it is not possible to establish precise dates for its composition. It is believed that the entire collection was completed by the end of the second millennium BCE.

Structure of the Vedas:

The basic Vedic texts are the Samhita "Collections" of the four Vedas: Rig-Veda "Knowledge of the Hymns of Praise", for recitation. Sama-Veda "Knowledge of the Melodies", for chanting. Yajur-Veda "Knowledge of the Sacrificial formulas", for liturgy. Atharva-Veda "Knowledge of the Magic formulas", named after a kind of group of priests. The Vedas are the four holiest books of the Hindu religion. They are believed to be one of the oldest books ever made by mankind. They are written in an

old Indian language called Sanskrit. They have words (called mantras) which are chanted at the religious ceremonies.

The four Vedas are: the Rig Veda, the Yajur Veda, the Sama Veda, the Atharva Veda. Rig Veda is the first Veda of the four Vedas. Rig Veda means a Veda of praise. This Veda has several verses (hymns). These hymns praise a number of gods. This Veda is also the oldest Hindu holy book. Sama Veda is the second Veda of the four Vedas. Sama Veda means the Veda of sacred songs. This Veda also has many hymns. They were sung by the Hindu priests and other Hindus during religious activities. Yajur Veda is the third Veda of the four Vedas. Yajur Veda means the Veda of the Yajus. Yajus were mantras sung during religious activities. Yajur Veda is divided into two parts. The name of the first part is Black Yajurveda, called Taittiriya. The name of the second part is White Yajurveda, called Vajasaneyi. Atharva Veda is the Fourth Veda out of the four Vedas. Atharva Veda means the Veda of knowledge, spiritual and mental. The Atharva Veda holds key for the massive vedic knowledge on the sciences like Medicine, Sorcery and has many facts that current generation is still trying to crack.

Vedanta renounced all ritualism and radically re-interpreted the notion of "Veda" in purely philosophical terms. The association of the three Vedas with the bhūr bhuvaḥ svaḥ mantra is found in the Aitareya Aranyaka: "Bhūḥ is the Rigveda, bhuvaḥ is the Yajurveda, svaḥ is the Samaveda" (1.3.2). The Upanishads reduce the "essence of the Vedas" further, to the syllable Aum (ॐ). Thus, the Katha Upanishad has: "The goal, which all Vedas declare, which all austerities aim at, and which humans desire when they live a life of continence, I will tell you briefly it is Aum" (1.2.15)

Later Vedic period: Vedanga: Six technical subjects related to the Vedas are traditionally known as vedāṅga "limbs of the Veda". V. S. Apte defines this group of works as: "N. of a certain class of works regarded as auxiliary to the Vedas and designed to aid in the correct pronunciation and interpretation of the text and the right employment of the Mantras in ceremonies." These subjects are treated in Sūtra literature dating from the end of the Vedic period to Mauryan times, seeing the transition from late Vedic Sanskrit to Classical Sanskrit. The six subjects of Vedanga are: Phonetics (Śikṣā), Ritual (Kalpa), Grammar (Vyākaraṇa), Etymology (Nirukta), Meter (Chandas), Astronomy (Jyotiṣa).

Pariśiṣṭa: Pariśiṣṭa "supplement, appendix" is the term applied to various ancillary works of Vedic literature, dealing mainly with details of ritual and elaborations of the texts logically and chronologically prior to them:

the Samhitas, Brahmanas, Aranyakas and Sutras. Naturally classified with the Veda to which each pertains, Parisista works exist for each of the four Vedas. However, only the literature associated with the Atharvaveda is extensive. The Āśvalāyana Gṛhya Pariśiṣṭa is a very late text associated with the Rigveda canon. The Gobhila Gṛhya Pariśiṣṭa is a short metrical text of two chapters, with 113 and 95 verses respectively. The Kātiya Pariśiṣṭas, ascribed to Kātyāyana, consist of 18 works enumerated self-referentially in the fifth of the series (the Caranavyūha) and the Kātyāyana Śrauta Sūtra Pariśiṣṭa. The Kṛṣṇa Yajurveda has 3 parisistas. The Āpastamba Hauthra Pariśiṣṭa, which is also found as the second praśna of the Satyasādhā Śrauta Sūtra', the Vārāha Śrauta Sūtra Pariśiṣṭa. For the Atharvaveda, there are 79 works, collected as 72 distinctly named parisistas.

Puranas: A traditional view given in the Vishnu Purana (likely dating to the Gupta period, attributes the current arrangement of four Vedas to the mythical sage Vedavyasa. Puranic tradition also postulates a single original Veda that, in varying accounts, was divided into three or four parts. According to the Vishnu Purana (3.2.18, 3.3.4 etc.) the original Veda was divided into four parts, and further fragmented into numerous shakhas, by Lord Vishnu in the form of Vyasa, in the Dvapara Yuga; the Vayu Purana (section 60) recounts a similar division by Vyasa, at the urging of Brahma. The Bhagavata Purana (12.6.37) traces the origin of the primeval Veda to the syllable Aum, and says that it was divided into four at the start of Dvapara Yuga, because men had declined in age, virtue and understanding. In a differing account Bhagavata Purana (9.14.43) attributes the division of the primeval veda (aum) into three parts to the monarch Pururavas at the beginning of Treta Yuga. The Mahabharata (santiparva 13,088) also mentions the division of the Veda into three in Treta Yuga.

Upavedas: The term upaveda ("applied knowledge") is used in traditional literature to designate the subjects of certain technical works. Lists of what subjects are included in this class differ among sources. The Charanavyūha mentions four Upavedas: Archery (Dhanurveda), associated with the Rigveda, Architecture (Sthapatyaveda), associated with the Yajurveda. Music and sacred dance (Gāndharvaveda), associated with the Samaveda, Medicine (Āyurveda), associated with the Atharvaveda.

"Fifth" and other Vedas:

Some post-Vedic texts, including the Mahabharata, the Natyasastra and certain Puranas, refer to themselves as the "fifth Veda" The earliest reference to such a

"fifth Veda" is found in the Chandogya Upanishad in hymn 7.1.2. First chapter of Nāṭyaśāstra, Abhinaya Darpana - "Divya Prabandha", for example Tiruvaymoli, is a term for canonical Tamil texts considered as Vernacular Veda by some South Indian Hindus. Other texts such as the Bhagavad Gita or the Vedanta Sutras are considered shruti or "Vedic" by some Hindu denominations but not universally within Hinduism. The Bhakti movement, and Gaudiya Vaishnavism in particular extended the term Veda to include the Sanskrit Epics and Vaishnavite devotional texts such as the Pancaratra.

Gods & mythological accounts: Despite the fact that the Rig-Veda deals with many gods, there are some who get a lot of attention. More than half the hymns invoke just three top-rated gods of the moment: Indra (250 hymns), Agni (200 hymns), and Soma (just over 100 hymns). Indra was the head of the ancient Hindu pantheon. Agni, the god of fire, is often referred to in Vedic literature as the most important god, and is considered to be the flame that lifts the sacrifice to heaven, a symbol of the fiery life and spirit of the world, the "vital spark", the principle of life in animate and inanimate nature. Another important deity is Varuna, who was initially associated with heaven. Varuna eventually developed into the most ethical and ideal deity of the Vedas, watching the world through his great eye, the sun, and was thought to know everything, to enforce justice and to preserve the world's smooth functioning. The Vedas also have a hymn to Purusha, a primordial deity who is sacrificed by the other gods: Purusha's mind became the Moon, his eyes the Sun, his head the Sky, and his feet the Earth. In this same passage we have one of the first indications of a caste system with its four major divisions: The Brahmins or priests, came

from Purusha's mouth, The Kshatriyas, or warrior rulers, from Purusha's arms, The Vaishyas, or the commoners (land-owner, merchants, etc.), from Purusha's thighs, The Shudras, or labourers and servants, from Purusha's feet.

Simplified Kundalini yoga: Yogiraj Shri Vethathiri Maharishi (1911–2006) was a spiritual leader and founder-trustee of the World Community Service Center in 1958 in Chennai. He had founded over 300 yoga centers around the world and wrote about 80 books, many of which became academic textbooks. He was declared the 19th Siddha by the Dravidian University. Vethathiri Maharishi claimed to synthesize a complete science of living for the betterment of humanity through: Simplified Kundalini Yoga meditation, Physical Exercises, Kaya Kalpa Yoga and Introspections. [Vethathiri's life time works are called Vethathiriyam], which literally translates as a roadmap to the mountain of knowledge. He claimed that a deep understanding of nature is essential for living in harmony with the law of nature, while balancing material well-being with spiritual progress.

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Simplified physical exercise: Vethathiri Maharishi practiced them first then experimented the same on others. When he found positive effects then only he advocated these exercises to the world. All exercises except a few, need to be done by closing the eyes. Because, one has to take his mind to the part where his concentration should lie. Movements should be soft and

gentle. There won't be any sweating. It is another form of meditation. Exercise done once in the morning will keep the man active throughout the day.

Simplified kayakalp exercise: Disease, ageing and death are the three factors that everyone has to meet in his life. Kayakalpa exercise is rejuvenating the life-force particles. Kayakalpa is not a medicine: it is an exercise. The exercise provides healthy body and makes it fit and agile. Kayakalpa helps longevity.

Simplified Kundalini yoga: Simplified Kundalini Yoga is the practice to utilize the life-force for the object of meditation; merging the mind with the life-force takes one to the subtlest frequency, which enhances awareness and furthers intellectual sharpness and understanding. Process: Meditation, Introspection, Sublimation, Perfection. Development: Expansion of Mind, Understanding law of nature, Awareness of thought, word and deed. Benefit: Perspicacity, Receptivity, Adaptability, Magnanimity, Creativity. Result: Harmony, Satisfaction, Happiness, Wisdom, Peace.

Through this Simplified Kundalini Yoga meditation, the mental frequency can be streamlined. During the meditation, the mental frequency will be reduced to the extent of depth of the mind. If the meditation is practised, the thought, deed, the experience and enjoyment activated through emotional stage become indulgence crossing limit. Vethathirian nine types of Meditation by concentrating the mind on the life force and conclude it by focusing on the eternal state which is the origin of life force.

Conclusion:

During Vedic times, it was widely believed that rituals were critical to maintain the order of the cosmos and that sacred

ceremonies helped the universe to keep working smoothly. In a sense, ceremonies were seen as part of a deal between humans and the gods: Humans performed sacrifices and rituals, and the gods would return their favor under the form of protection and prosperity. During the later Vedic period (from c. 800 to c. 500 BCE), the priestly class was seriously questioned. The rituals, the sacrifices, the detailed rulebooks on ceremonies and sacrifices, all of these religious elements were being gradually rejected. Some of those who were against the traditional Vedic order decided to engage in the pursuit of spiritual progress, living as ascetic hermits, rejecting ordinary material concerns and giving up family life. Some of their speculations and philosophy were compiled into texts called The Upanishads. A number of practices were linked to this new spiritual approach: meditation, celibacy, and fasting, among others.

Simplified Kundalini Yoga or SKY is a physical, mental and spiritual discipline packaged by Yogiraj Vethathiri Maharishi for developing strength, awareness, character, and consciousness. The practice of Pranayamam, Acupressure, Asanas and Thavam in Simplified Kundalini Yoga raises the body awareness to prepare the body, nervous system, and mind to handle the Life energy better. The system of physical exercises developed by Shri Vethathiri Maharishi after years of intense research, fulfils the need of maintaining the proper circulation of blood, heat, air, energy and bio-magnetism, ensuring maintenance of health and prevention of disease in a gentle way. Simplified kundalini yoga is a form of meditation to merge the mind with the subtle life force. Kayakalpa is a specialized field of practice revered within the Ayurveda and Siddha medical systems of India as the ideal treatment for health, vitality, longevity and higher consciousness.

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The inner consciousness of ‘DNA’

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Abstract

The centre Part of the Bio-Magnetic field is mentioned by Swamy Vethathiri “Genetic Centre”. Any minute portion of the genetic centre with circular motion viewed It is “DNA” it having all imprints of the self transformation from unicellular up to man. The subject of ‘genetic center’ is of utmost relevance to the life of living beings. The genetic center is a phenomenon is to be realized through intuition of Mind. The genetic center is one of the imponderables of the Universe-as is mind, space energy particle and electromagnetism. Life first arose from that which we call non-living matter in a simple process of evolution.

A localized globe shaped circulation of energy particle (AKASH) with nitrogen (AIR) oxygen (HEAVY AIR) hydrogen (WATER) and carbon (SOLD) first living organism as on earth evolve, that may begin and a concomitant charged magnetic field will be established called genetic center. This is the basic consciousness substratum of DNA. The inborn consciousness loaded in the DNA of offspring from the parental DNA. They communicate the message one another. From the very beginning of evolution the processes is continuing, this relay race contributed by ever genius one. That is consciousness or oneness. Every living beings have physical body, astral body(made up of photons) causal body (magnetic Body) which comprises of gravity, the Universal Being, and its wave which is generated by the primary energy particle(photons). The under beneath consciousness in entire Universe is equal to the inner consciousness of DNA.

Key Words: Genetic centre, Imponderables, Consciousness, Concomitant and transformation

Introduction:

All animals are born with intrinsic knowledge that is essential for survival. In born knowledge in the form of patterns is pre-loaded in the developing brain’s long term memory and remains intact throughout life time. A baby animal is stand up and walking with an half an hour of birth. The inborn knowledge is help to walk the baby animal. The parent animal did not learn this in half an hour, a baby bird at the right time jumps from the nest and flies for the first

time. The inborn consciousness loaded in the DNA of offspring from the parental DNA. They communicate the message one another. From the very beginning of evolution the processes is continuing, this relay race contributed by ever genius one. That is consciousness or oneness.

Gravity:

Gravity is the mighty force that is the primordial state of Universe. Consciousness is the property of gravity, the Nature or God.

“Space is almighty, the primordial state of Universe with force and consciousness as inherent potential¹” Consciousness is order of function in everything and everywhere. Force, plenum, and time only by these four properties, the Gravity transforms into all (non- living and living) principles and phenomena of the Universe. Consciousness is perfectly regulating and directing the force of gravity. The further modification of gravity is Universal magnetism and bio-magnetism is the environmental signal of the cells.

The pre-model state of universe = Universe-galaxies-planets- solid- liquid- gas- heat-electrons- photons- bosons- the consciousness is X or unknown.

Human are one with bigger Universe/god. The cell engages in behavior when its brain; the cell membrane, responds to environmental signal. In fact, every functional protein in human body is made as a complementary “image” of an environmental signal. If a protein did not have a complementary signal to couple with, it would not function. This means, every protein in our bodies is a physical electromagnetic complement to something (SPACE) in the environment. Because human are machines made out of protein, by definition living beings are made in the images of the environment, that environment being THE UNIVERSE/GOD

“I believe that cells teach us not only about the mechanisms of life, but also teach us how live rich, full lives.I can tell you that you are in truth a cooperative community of approximately fifty trillion single-celled citizen almost all the cells that make up your body are amoeba-like, individual organisms that have evolved a cooperative strategy for their mutual survival. Reduced to basic terms, human beings are³ simply consequence if “collective amoebic

consciousness.²” The above concept created already by the philosophical thoughts of swamiVethathiri Maharishi. Here I conclude vethathirium magnetic philosophy related with Dr. Bruce Lipton.

Hyper communication:

Hyper communication means that the information is available in both places simultaneously, a unified field of information. Sheldrake merely states that it depends up on a kind of resonance, called orphic resonance. This resonance shapes and stabilizes its morphogenetic fields, such as acoustics resonance simply involve a transfer of energy from one system to another, whereas morphogenetic resonance involves a non “energetic transfer of information”. Physic Bohm argued that electrons are connected by **invisible forces**. They are like corks bobbing on waves in the sea. If one electron moves, the path of other electrons entangled with it on a shared wave will be modified. Matter, then it is composed of waves that are thoroughly and intimately interrelated, and the fact that electrons have **knowledge** of these inter electrons implies that they have the capacity to remember their previous states. The point is that these electrons are not just randomly spin-up or spin-down. They are determined by forces that not even Einstein could understand, and they have the capacity to store data.

Bio-photons: (LIFE FORCE PARTICLE)

Russian biologist, Alexander Gurwitsch, who in 1923 had proposed that onion roots could communicate with each other using UV light. Gurwitsch had found that onion foots could stimulate the foots of a neighboring plant if they were in quartz glass pot which allowed UV light to pass through, and not if the pots were made of silicon glass which flitted UV light. As this was the only difference between the two forms of pot, it became apparent To

Gruwitsch that the plant must be communicating using Ultra violet⁴⁸. UV light has a wave length of about 380nm and a frequency of 1015Hz. Its wave length is shorter than visible light and its frequency is faster. Dr.Popp and his Ph.D. students did some experiment with the help of machine called photomultiplier. They noticed that light in coming from living organism (including plant). A coherent light is one that retains its precise sinusoidal wave form for longer periods of time. The light emanating from these living organisms was the nature of laser light.

Popp developed theories about how light (photons) from the food we eat is stored in the body. We eat green vegetables, it is metabolized into carbon dioxide and water; and he reasoned that the energy from these photons must be distributed over the entire spectrum of **electromagnetic frequencies** and dissipated in the body. This energy, he reasoned, was the driving force for all molecules. Chemical reactions can occur when electrons are activated by **photons of a certain frequency**, and therefore provide the appropriated amount of energy. Photons stored by green vegetables that are responsible for triggering these effects, that electromagnetic vibrations from these bio photons are specifically directing chemical reactions that would be much slower at body temperature of 37°C if un facilitated by electromagnetic energy. Dr. popp came to the conclusion that photons (light) control everything in the cell. He found that all the molecules that make up the cell responded to individual frequencies, and these molecules internally modulated the frequencies of DNA. Dr. Popp exclaims, “we know today that man is essentially a being of light³”.

In their book *Vernetztintelligenz* (Networked intelligence), Grazyna Fosar and Franz Bludorf argue that there is a networked

intelligence in the DNA that sets up the consciousness of all living creatures (including plants). The networked intelligence is a hyper communication in DNA that constitutes a substratum beneath the physical world. Eternal Space is the primordial state. Plenum, force time and consciousness are inherent and latent. “An everlasting, singular, almighty, all penetrative, super-transparent, invisible, fluid, dark matter, with inherent potential of ever-increasing self-compressive surrounding, pressure force, in its intensification resulting in automatic repulsion which forms the infinitesimal primary energy particle is unified force. This is the omnipotent, divine principle which has the dual character of gravity and gravitational repulsion, existing and functioning as an invisible thread throughout the universe. Unified force is the primordial state and the same is plenum, force and consciousness, adored as God⁴”.

Primary energy particles (vethon or photons) evolved from space. The primary energy particles (photons) has speedy spinning action by constant surrounding pressure of the mighty space. By the friction created between the photons and the surrounding space, countless waves constantly emerge and form globe shapes (yogan). These secondary particles merge into space and become magnetic fields. It has the quality of space. So the awakened consciousness is magnetism.

Conclusion:

Every living beings have physical body, astral body (made up of photons) causal body (magnetic Body) which comprises of gravity, the Universal Being, and its wave which is generated by the primary energy particle (photons). The under beneath consciousness in entire Universe is equal to the inner consciousness of DNA.

References:

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