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VETHATHIRI'S SIMPLIFIED KUNDALINI YOGA WITH RECENT DAY YOGA

Sangetaa

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ABSTRACT

WISDOM is the judicious application of knowledge. It is a deep understanding and realization of people, things, events or situations, resulting in the ability to apply perceptions, judgments and actions in keeping with this understanding. It often requires control of one's emotional reactions so that universal principles, reason and knowledge prevail to determine one's actions. When man realize the Greatness of his own Self, he reaches the highest peak of consciousness. He 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. Yoga is a way to achieve this WISDOM.

KEYWORDS : Realization, Perception, Consciousness, Perfection & Kundalini.

INTRODUCTION

In the modern world we have become quite successful in our external achievements--we have created powerful technologies and a variety of products, we are obsessed with accumulating power, wealth, property and objects--and yet we have not been able to create either

individual or social peace, wisdom, or happiness. We have only to look around and see the destructiveness of our weapons, the emptiness of our pleasures and entertainments, the misuse of our material and personal resources, the disparities between rich and poor, and above all, the loneliness and violence of our modern world. We see that amid all our success in the external world, we have accomplished little of lasting value. These problems will not be solved through new technological developments. Instead, the resolution to these human problems will come only when we discover within ourselves that for which all of

mankind is searching--inner peace, tranquility, and wisdom. Many Seers of the ancient land called India have spent their lives in developing a science that would ensure this harmonious existence of human beings. This science of harmonious living within, with others and the nature is called Yoga.

Yoga has been misunderstood as an art of developing only the physical health. But that is not true. The true aim of yoga is to create harmony between the body, mind, life energy and soul, which in turn leads to self realization. The ultimate aim of ancient Indian wisdom is also the same . Wisdom is the judicious application of knowledge. It is a deep understanding and realization of people, things, events or situations, resulting in the ability to apply perceptions,



judgments and actions in keeping with this understanding. It often requires control of one's emotional reactions so that universal principles, reason and knowledge prevail to determine one's actions. Yogic techniques ensure this.

Today we find that there are several systems of yoga, each one with its own method of approach. But the aims of all these different systems is the same viz., that man should realize his real Self and live in harmony and peace with himself and the society in which he is born. "But, the old method of learning the Yoga is a very difficult one and almost impossible for the common man to Practice. The restrictions imposed and the conditions prescribed were so many that the ordinary individual, especially the normal family-man, could never think of practicing this Yoga". To overcome these intricacies and to help everybody to enjoy the benefits of yoga Vethathiri Maharishi has formulated a set of techniques called SKY (Simplified Kundalini Yoga)

VETHATHIRI MAHARISHI :

From being a simple, unknown and ordinary person of a remote village of the British India, with a very cultural background as a contributing factor, Vethathiri Maharishi transformed himself into a profound philosopher, a scientist of the highest order, a reformer, a supreme literary figure and finally a great Mahan with disciples and admirers all over the world. When Vethathiri Maharishi identified the Space as the primordial cause of the universe at the age of 35, he became a sophist. He revealed the process as to how the Space transformed itself as the Universe. By giving a logical link between the Space and the Universe, he succeeded in linking the process in philosophy and science. His life is a process of adjustment, tolerance and sacrifice and his message is the base for global transformation.

The philosophy and teachings of Yogiraj Vethathiri Maharishi provide humanity a spiritual, scientific, simple and practical way of living without conflicts within one's own mind and guidance to resolve the conflicts in the society and in the community of nations. Maharishi's thought is based on sustained research of traditional Tamil Siddha philosophy, meditation on the Self and his concern for mankind. He asserts that training of the mind, introspection and reformation of negative habits are absolutely necessary for achieving success, health, peace, happiness and wisdom.

IDEOLOGY OF VETHATHIRI MAHARISHI :

The span of man's life is limited. If he spends most of his life undergoing pain and misery created by Will, then he will not fulfill the purpose of his birth. In order to make life purposeful and to enjoy happiness, success, peace and harmony, man should simultaneously maintain harmony in thought and deed in conjunction with three factors: The creation of problems produced by will should be reduced and stopped. Ability to solve the problems arising from the law of Nature should be developed.

The opportunity for everyone in society to enjoy his birthright, and full freedom, which would enable him to reach the goal of perfection, should be developed and maintained. To achieve, maintain and enjoy all these values in life, one must:

- Regulate one's moral behavior,
- Achieve sufficient material prosperity in society, and
- Realize the law of Nature and its unfailing cause and effect system.

These are essential requirements. Ignorance, neglect, or the absence of even one of these three requirements will proportionately result in pain, misery, and disturbance to man. The techniques developed by Vethathiri Maharishi helps each individual to achieve the above set goals of life through simple yet powerful practices called SKY.

SKY (Simplified Kundalini Yoga):

- PHYSICAL EXERCISE
- KAYA KALPA YOGA
- SIMPLIFIED KUNDALINI YOGA MEDITATION
- **INTROSPECTION**

PHYSICAL EXERCISE :

Physical exercise ensures the proper flow of blood, heat, air, energy and bio-magnetic circulation, leading to better health and general well being.

KAYA KALPA YOGA :

Kaya means 'body' and Kalpa means 'immortal'. Through this, sexual energy is transmuted into spiritual energy by directing it to the crown chakra and beyond. As this practice is a natural restructuring process of the body, no medicines are involved, unlike the ayurvedic kaya kalpa. Kaya Kalpa Yoga imparts significant health and spiritual benefits keeping the practitioner free from many troubles associated with ageing.

SIMPLIFIED KUNDALINI YOGA:

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 to cosmic consciousness.

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.

ACHIEVEMENTS OF SKY YOGA:

- 50 LAKHS OF PEOPLE HAVE BEEN BENEFITTED
- KARMA YOGA STYLE OF LIVING HAS ENABLED THE SKY SYSTEM TO PRODUCE 6200 MASTERS IN INDIA AND 180 MASTERS ABROAD TO TEACH THE TECHNIQUES.
- NEARLY 20,000 STUDENTS ARE STUDYING THE PHILOSOPHY OF MAHARISHI IN COLLABORATION WITH 28 MAJOR UNIVERSITIES OF TAMILNADU, KARNATAKA AND ANDHRA.
- MAJOR EDUCATIONAL INSTITUTIONS, PUBLIC/PRIVATE UNDERTAKINGS, BANKING SECTORS, GOVERNMENT/ QUASI GOVERNMENT ORGANIZATIONS HAVE TRAINED THEIR STUDENTS AND STAFF'S WITH THE SKY SYSTEM
- 8,977 PEOPLE LIVING IN VILLAGES OF TAMILNADU HAVE BEEN FREELY TRAINED IN THE SKY SYSTEM.

CONCLUSION:

The nucleus of Vethathiri Maharishi's philosophy is to live for realization; living through karma yoga and make everyone involved through the journey of consciousness through the Simplified Kundalini Yoga, whom he calls the Yoga for modern Age. He is a prophet of Yoga System; warrior against poverty and ignorance and prudent with wisdom and detachment and filled with love and compassion. The Simplified Kundalini Yoga is a ten stage process that leads to perfection of mind and realization of self. This way of practice ensures peace within individuals, peace among society and ultimate peace among all nations. Maharishi has developed a psychic technique called Introspection. This is a training given to the mind to remain rational and not become emotional at situations that easily provoke us to lose harmony between body, life force, emotions and relationships. With such a developed consciousness an individual is able to respond to situations in his life rather than reacting which may result in complicating and disrupting harmony in his life. With these qualities one is able to live with contentment and peace.

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