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## HARMONY IN FAMILY LIFE IS IMPERATIVE FOR HAPPY SUCCESSFUL SPIRITUAL LIFE (A Study on Vethathiri Maharishi's concept of family peace)

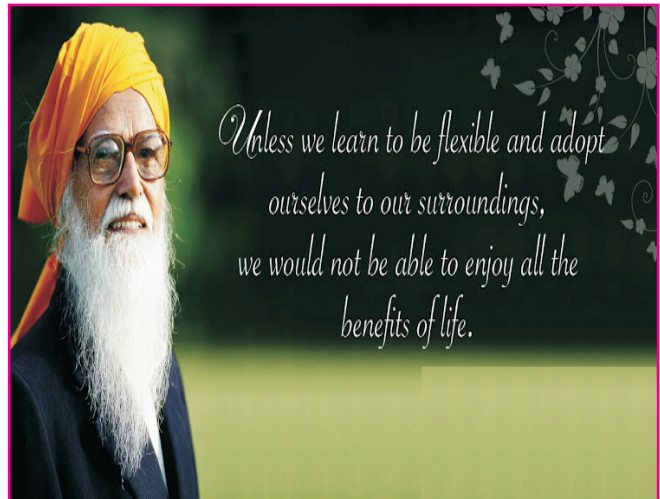
Vijaya M. N.

Research Scholar, Department of Yoga for Human Excellence, Bharathiar University,  
Tamilnadu, India.

### ABSTRACT

**E**very man born on this world has evolved only from within the structure of the family. We are living with the highest goal of crossing the ocean of birth. In this process family peace plays a vital role. To achieve that goal of spiritual life, others in the family may not co-operate and they will ride in their own path. One should organize his spiritual life to synchronize with the life of others. In the fast moving world we are able to see many disturbances in the family life due to many reasons. Family is a basic unit of the society. If each and every family is happy only then the people of the world can live a happy and peaceful life. Each and every person in the family struggles for security, equality and peace.

Here is a profound Philosopher, the founder of the World community service centre named Vethathiri Maharishi (1911-2006) who was a Spiritualists and a family man. He has struggled hard throughout his life for getting security, equality and peace in the society. At one stage Maharishi could find out that only individual peace can lead to family peace followed by world peace. This study is a meagre effort to bring family peace in the society as prescribed by Vethathiri Maharishi.



**KEYWORDS:** Struggle, Security, Profound, Equality and peace.

### This paper explores the following in detail:

1. Family and duty
2. Peace in the family is imperative
3. Core tenets for family peace
4. Protection of family peace
5. Misunderstanding in the family
6. Economic Disparity
7. Sex and harmony in family life
8. Life partners friendship
9. Marriage and blessings
10. Conclusion

### 1. Family and duty:

Family is an integrated structure of life partner, parents and children. Each member in the family has certain duties to be performed. There are three types of people to whom the family member has to offer his services: 1. Parents 2. Spouse 3. Children. The head of the family has to offer his duties to these three type of people, otherwise the elderly people will starve or beg or die. So it is a must for the son or daughter to take care of the elders and the children. If the children are left out without giving them proper security, and appropriate education, those children would spoil the social welfare. In addition to them he should also offer his services to the sick, differently abled, and intellectually undeveloped people of the community. Otherwise it would indirectly affect our spiritual development.

### 2. Peace in the family is imperative:

For a society to be peaceful, A SKY practitioner has to perform his duties to the family, and then spread it to the friends, relatives and world. Your responsibility becomes great. We may say that there is lack of peace in the family due to others. Then your responsibility gets doubled. It becomes imperative that you should be above them in understanding their weaknesses, make up their deficiencies and affection showered on them and maintain peace at home. A man can learn many things in the family itself. Family is veritably a university, for knowing God, Divinity, the philosophy of life and the Nature of life. The moment we understand and accept the lessons taught by our family members, success is certain.

### 3. Core tenets for family peace:

The three core tenets for family peace are 1.Tolerance 2. Adjustment 3. Sacrifice.

Tolerance is the capacity to bear when somebody executes something not liked by one some of these actions are not palatable to us.If many of their actions are acceptable to us and only a few are not as per our liking, then we have to tolerate these few.

Adjustment is the ability to give others whole heartedly a thing which we desire, without tendency to retain it for the self. It produces a lot of benefits among family members. When conflicts appear due a difference of opinion, even if our opinion is correct, better and essential, we can postpone insisting on our point of view till such time that other family members accept the same. Such adjustments from our side to suit their liking shall safeguard peace in the family. There is nothing wrong if, ignoring hardships, with an intention for the wellbeing of others, we give up till the end. Giving to others what we have for the happiness of others, is superior. Sacrifice is surrendering for the benefit of others unselfishly anything, by processes, physical material or by might. Between husband and wife, Friendship and Harmony should be cultivated. For the sake of the same except chastity anything else can be sacrificed. Thus, by adopting these three qualities of tolerance, sacrifice and adjustment, all conflicts in the family can be resolved. Further conflicts also would not arise.

### 4. Protection of family peace:

#### Three aspects which protects family peace are:

**i. No comment:** It is not advisable to comment on anybody in the family for any reason. Commenting on others in their absence is much dangerous and it will spoil the family peace.

**ii. No demand:** Demanding for things which we desire at the door step is a factor which hinders the family peace.

**iii. No command:** Family is a place given by God to love each other. In that place taking an upper hand and ill-treating others by commanding them is the worst of all.

### 5. Misunderstanding in the family:

“A man who lives without misunderstanding is a saint”.

For any minor or major reason, there can be misunderstanding in the family. The reasons for mis understanding can be divided into four heads: They are: 1. Need 2. Quantity 3. Quality 4. Time. Based on one or many of these four heads, as centre, misunderstanding occurs. . For example, mother says she wants a mobile phone; son wants a bicycle laptop. Which to be given priority? This is a conflict arising out of need. Father accepts

to purchase laptop. Now what type of laptop? This conflict is caused by quantity. Which brand of the laptop? This is related to Quality. Then, when to purchase? Whether immediately or after getting the salary increase? This is a conflict related to time. In all these four aspects, there would always be difference of perception among people of whatever nature. If there is a mutual adjustment and cooperation conflicts would not arise. Every one of us becomes obstinate after we have our own decisions on the quality, quantity, time, procedure and the like. This obstinacy is the only cause for all conflicts throughout the world. For these conflicts to be resolved, these three conditions have to be adopted: Tolerance, Sacrifice and adjustment. Both husband and wife must resolve the conflicts arising out of need, quantity, quality and time by respecting each other and understanding the subtleties of the issue and discussing with an open mind and confidence. There should be adjustment with mutual affection in the process. If the conflicts are not resolved and they reach a stalemate, or even after resolution, some mental tension persists, slowly it transforms itself into hatred and finally leading to enmity. Because of this enmity, the interactions between them will slowly decrease and finally totally stop. Womenfolk have a greater responsibility in resolution of the conflicts. It is in their hands to run the family on a budget proportionate to the income. By planning to run the family within the budgets, many conflicts can be nipped in the bud.

#### **6. Economic Disparity:**

Every member in the family have different needs. In the present days needs are increasing very much. It becomes necessary that both husband and wife should earn to fulfill these needs. While managing the family affairs, only your brain should manage. On any account, emotion should not govern the family. If so the result will be misunderstanding. Earning or savings without the knowledge of the husband or wife will lead to a lot of problems later. This will mar the Divine relationship. There should be no secrets in between the life partners. Having secrets within the couple, one cannot develop spiritual progress. In families where the income is lower, the responsibility of wife increases in leading a thrifty life compared to the husband. The deficiency of materials can be compensated either by trying to earn more or by thrift. But inadequacy in understanding may lead to loss of peace in the family. To ward off this lack of understanding, meditation, introspection and spiritual feeling are important.

#### **7. Sex and harmony in the family life:**

Sexual activity is a divine activity which helps the partners to attain the highest state in Spirituality if understood and followed in limit and method. There may be fluctuation in the ability and desire in the sexual practice. One will wish sex, whereas the other may not. One may have the physical health and the conditions but the other may not have physical health. It is at that time that the other life partner has to understand the situation and adjust himself or herself with his life partner's desire and health. This may not be possible for all. But, in our SKY system the craving for sex is completely erased. The potency in sex may be developed but craving will not be there. So it is not difficult to adjust. Under craving one cannot adjust and he/she gets tension. When both the life partners practice SKY yoga, it will be a boon, as both the partners will develop equal and balanced desire at the same time and get mutual understanding. Sexual relationship becomes divine only when the partners are transparent in their activities. Partners should never maintain secrets. Each of them should be openhearted and feel free to do anything after discussing. Discussing often and taking decisions will always end up in victorious family life.

#### **8. Life partners friendship:**

The marital bond is the state of giving up the physical body, material wealth and the ego of an individual for the sake of other with whom one has united with the mind and has agreed to live together. Husband and wife relationship is a wonderful divine relationship. They should be like friends without ego sharing both good and bad. This friendship should be protected for the advancement in all spheres of life. A harmonious living couple can achieve anything in the world which other relations cannot do so.

### 9. Marriage and Blessings:

In each and every family there is always lot of chances for conflicts. In many families since there is conflict between the parents the children are not able to live a peaceful life. Directly or indirectly it causes disharmony between others also. Therefore relationship with in the life- partners should be free from conflicts and each on should respect the other. Marriage is a divine link provided by the society and by the blessings of almighty. Marriage is not a license to torture or curse one another freely. Cursing each other in this relationship will pave way for many physical diseases, mental ill health, accidents and many other disastrous. In some families only the husband is earning. Even the other person is looking after the family work. Thus both are taking part in maintaining the family work. So no one should take an upper hand in the family. Both should love each other and have affection. This married life is a kind of divine love between husband and wife to surrender physical body as well as the property to each other. So each one should bless each other and live happily by sharing within the limits of whatever is available. Blessing each other will keep us away from many problems that arise from the family members, society or others. In such a way life should be enjoyed and understood by all the members of the family.

### 10. Conclusion:

For family peace to exist, each member of the family should perform their duties with due understanding. A family in which there is peace and is conflict free, such a family is like an artistically designed temple. Such a family where a peaceful, contended life is established and peace prevails is sweet family. To keep peace prevailing in our family Vethathiri Maharishi has designed the art of mental enrichment with a view to achieve peace in the community as an expansion and extension of peace in the family. By learning and practicing SKY yoga and following the above said principles laid down by Maharishi one can definitely bring peace in his or her family. A peaceful family only can lead all those persons in the family to a Spiritual lane and help them to reach the ultimate goal of the human birth.

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