



## INTROSPECTION PRACTICES FOR MENTAL HEALTH

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### ABSTRACT

Human life is a highly responsible and dignified one. The word Humanity is derived from the Latin word 'Humanitas' for "human nature, kindness. Humanity is the human race, which includes everyone on Earth. It's also a word for the qualities that make us human, such as the ability to love, be kind, shows concern for others & be creative etc. Everyone has the right to live on this planet. Human becomes humane when he shows concern for others. **Introspection:** Introspection means inner inspection. Vethathiri Maharishi paved the way for a better human with better behaviour. This is the quality of Life. Ennoblement of character is achieved by the process of Introspection. This is done by step by step analyzing our behaviour. Maharishi gives this through wonderful techniques like Physical exercise, Kayakalpa Yoga & Meditation. Introspection cannot be done without practicing Meditation. But Meditation requires Physical exercise & Kayakalpa Yoga. **Mental Health:** Mental health is nothing but an approach to life. Simplified Kundalini Yoga Evolved by Vethathiri Maharishi gives Holistic Health. The Holistic Health is nothing but the overall health which includes Mental Health. Simplified Kundalini Yoga emphasizes the connection of mind, body and spirit through Simplified exercise, Meditation, Kayakalpam & Introspection, Simplified Kundalini Yoga gives the above said health in all manners (i.e., mind, body and spirit) to the humanity as a whole. It is the combination of 1) Physical Exercise - for the body, 2) Meditation - for the mind, 3) Kaya Kalpa Yoga - for the life force, and 4) Introspection - for the behavior. **Simplified Kundalini Yoga:** Simplified Kundalini Yoga evolved by Vethathiri Maharishi is the way of life; it paves the way for a better quality of living. Better quality is achieved when the person goes under Introspection Practices. It is not enough when the person knows all yogic practices. If he is not able to alter or change his behaviour then everything goes waste. Maharishi gave this important practice in order to achieve the purpose of Life. The ultimate purpose of the yoga is to realize the self and the god. Yoga is the only tool to achieve this. It gives different ways or stages.

**KEY WORD:** Introspection, Simplified Kundalini Yoga, Mental Health.

### SIMPLIFIED KUNDALINI YOGA (SKY)

SKY is the science of raising the life force or the Kundalini power. Thereby enhancing physical health, mental health, and social health. This is essentially an art of understanding all about the body, mind, life force and soul.



**Body** - If you want a strong Mind then you should have a strong Body and vice versa. According to Simplified Kundalini Yoga, body is divided into 10 parts, namely feet, legs, knees, thighs, hip, abdomen, chest, shoulders & arms, neck, head and face. Maharishi framed exercise accordingly to remove the toxins and thereby health is maintained. There are 9 steps in Simplified Physical Exercise, namely - Hand Exercise, Leg Exercise, Breathing Exercise, Eye Exercise, Kapalathi Exercise, Maharasanam - Part 1 & 2, Body massage, Acupressure and

Relaxation. Physical exercises make all systems function normally. This helps meditations to get desired results.

### **Purpose of Simplified Physical Exercises**

1. To strengthen the body parts.
2. To regularize the functioning of all systems.
3. To eradicate sinful imprints.
4. To enhance the Health of the Body and the Mind.

**Life-force** - The sub atomic particles or the infinitesimally tiny particles rotate by itself and also revolves around the body. This particle is called the Life-force.

Kayakalpa Yoga helps to strengthen the Life-force. The practice of Kayakalpa yoga enables to maintain physical and mental health by improving the quality of the Life force.

### **Kayakalpa Yoga**

Kayakalpa yoga is an exercise for strengthening life force and bio-magnetism by recycling of sexual vital fluid. In Sanskrit, the term “Kaya” means “body and “Kalpa” means “immortal”. This exercise improves the functioning of nervous system. Kayakalpa yoga is a simplified exercise comprising of Aswini mudra and ojas breathe. By doing Kayakalpa yoga, the sexual vital fluid becomes denser and purer. The nervous system gets strengthened. The immunity power increases. It provides healthy body and helps longevity. Restructuring the body in natural way, Kayakalpa yoga helps cure and prevent disease. It relives the practitioner of the trouble of ageing. Kayakalpa yoga is an ancient wonderful technique of the Siddhas (saints) of South India for the enhancement of life energy.

### **Kayakalpa Yoga has a Threefold Objective**

- Maintain youthfulness and physical health.
- Resisting and slowing down the ageing process
- Postponing death until one reaches spiritual perfection.

**Mind** - According to Shri. Vethathiri maharishi mind means “psychic extension of the life force”. This mind is nothing but the bio-magnetic waves arising due to the continuous rotation of the life-force particles. These magnetic waves are classified as 4 stages, namely

1. Beta (14-40 cycles/sec)
2. Alpha (8-13 cycles/sec)
3. Theta (4-7 cycles/sec)
4. Delta (1-3 cycles/sec)

### **There are 9 Stages of Meditation. They are:**

1. Agna Meditation
2. Panchendriya Meditation
3. Centre Meditation
4. Shanthi Meditation
5. Panchaboodha Meditation
6. Nithyanandha Meditation
7. Thuriya Meditation
8. Thuriyadheedham Meditation
9. Divine Meditation

The various stages of meditation, brings down the mental frequency from 14 and above to 13 and below. By practicing this, one's mind becomes strong and sharp. Thus one can lead a healthy life when practiced with Introspection.

### Benefits of Simplified Kundalini Yoga

- It is a systematic psychic practice to develop Mental health.
- Mental frequency comes down from 14 and above to 13 and below.
- Awareness is created in every walk of life.
- It moulds one's personality by correcting the mind, body and thought force.
- It leads to a better understanding of life and relationships.
- It helps to enjoy the peaceful and blissful life.

### Introspection

Introspection is 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 aspects of one's personality. Introspection is a valuable guide or selecting desirable habits of thought, word and deed and rejecting the unwanted ones.

- Analysis of thoughts
- Moralization of desires
- Neutralization of anger
- Eradication of worries
- Who am I ?(Realization of Self)

By practicing the above, a person removes the bad qualities in him. This will ultimately improve his mental health thereby improves Social Life as well as his Spiritual life.

- **Analyses of Thoughts:** The mind always compares the new experience with the earlier ones. This is the place where thoughts are born. Imprints in the genetic center are also forms part of thoughts. Thoughts arise on account of Need, Habit, Circumstances, and Induced by others, Hereditary & Divinity. All thoughts should be analysed.
- **Moralization of Desire:** To remain alive is the basic cause of the desire. Moralization of desire can be achieved by analyzing the reason behind, the possibility of fulfilling it, as well as the final outcome. This brings peace and contentment in life.
- **Neutralization of Anger:** Thwarted desires pave the way for Anger. Anger affects the body and the mind adversely. The practice to neutralize anger helps establish harmonious relationships and develop tolerance.
- **Eradication of Worries:** Worries are nothing but the incapability to face and solve the problems. Worries are on account of
  1. Disparity between physical and mental capabilities
  2. Difference between expectations and outcome
  3. Differenced between requirements and resources
 Worries can be eradicated by classifying the worries in accordance with their nature as follows
  1. Worries that have to be faced
  2. Worries that have to be kept in abeyance
  3. Worries that have to be ignored.
  4. Worries that have to be dealt with it immediately.
 This introspection practice gives a peaceful life.

- **WHO AM I?:** Man comprises of 4 phenomena namely

1. Body
2. Mind
3. Soul and the
4. Almighty. The Answer to the Question Who Am I? can be obtained only when he comes to know the answer to all the above 4 Phenomena.

### CONCLUSION

Vethathiri Maharishi here gives prime importance to Introspection practices. Because when this is practiced along with Physical Exercise, Meditation and Kayakalpa Yoga, it will bring Mental Health so that people can lead a Peaceful, Harmonious, Contentment life. Simplified Kundalini Yoga is an Integrated Yoga which gives all of the above.

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