



## EMPOWERING THE MIND ENERGY THROUGH VETHATHRIUM SKY PRACTICES

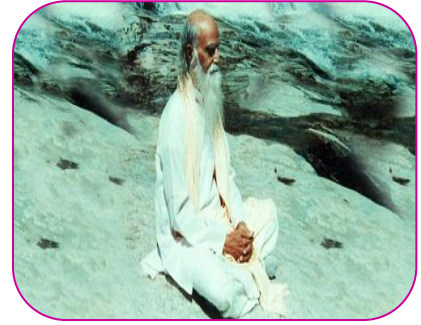
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### ABSTRACT

*Mind is the Man and Man is his mind. God is assumed to be the supreme principle, but only mind brings the principle of God into the human fold. Such an incomparable and divine mystery is the mind; it a tricky and slippery that cannot be brought into our calculations of volume, force, time or distance. The wonderful principle mind is provided for humankind by the supreme powerful principle of the universe; God, the Nature. Therefore I worship all men and women of the world as divine manifestations on.*



**KEYWORDS:** Mind, Incomparable, Divine, Manifestation, Universe.

### INTRODUCTION

The human body is the ultimate product of the compels capabilities attained by the life energy particles, in its protracted journey through the various stages of the transformation that spanned the centuries, commencing from the organisms made up of a single cell, to the animals with the five sense organs and finally into the human beings. Mind is the product of the energy waves emanating from the life energy particles present in the organism. An analysis of the life energy particles makes it clear that they have originated from the Divine State. When the frequencies of the mind waves area brought down. It finally merges into the life energy particles from which it had originated. The specialty of the mind lies in its existence from the stage of the sensation to attainment of perfection. Then life energy in its expanded state functions as the mind. It was the sages of the olden days who realized the fact that the mind is an energy wave, which originated from the life energy particles.

A person of controlled mind will be free from mental maladies and physical troubles caused by mental tension. In a person who has controlled his mind his higher nature asserts itself, and his hidden powers are released. Friends wonder how this person could become, before their eyes, so great. A popular Sanskrit maxim says; "WHO CONQUERS THE WORLD? HE ALONE CONQUERS HIS MIND".

### ORIGIN OF THE MIND

Life force particles in their self-rotatory whirling movement produce bio-magnetic waves and these waves functions as mind, In other words, the extended activities of life force become mind. The bio magnetic waves through our faculties {sense organs} enjoy and experiences the activities in the world land take them to the genetic centre and store them as imprints. At that point of time "the stock" becomes hyperactive and extends as mind. This is the definition of mind as conceived by "VETHATHRIAM". Mind is a fertile land; that makes the man's life "alive" Mind is such boon to the mankind and they should handle it with care because that is the originating point of though, words and deeds.

Man should become aware of body, life-force, bio-magnetism and mind in all perspective. The concept of mind has to be early understood as the mind decides man's Karma- deeds. The mind is the ultimate result in the transformation of the bio magnetic wave. Mind and consciousness are inseparable considering consciousness, the eternal Truth- the Almighty- as ocean and mind is the waves in an ocean.

The Physical body of man is made of Land, Water, Fire {heat} and fundamental energy particles. But the fundamental energy particles and their collection are the basis for the land, water, fire and air.

When bio magnetic waves are passing through the brain, it functions as mind. When these waves function through five sense organs we feel all the five senses. As this happens the bio magnetic wave continuously go out of the body through skin, tongue, eyes, nose and ears. When it passes out through eyes we feel the light. Through ears we feel the sound. Through nose we feel the smell and through skin we feel the body contact with another object.

### FUNCTIONS OF THE MIND

1. Compresses and stores everything in a miniature form as imprints.
2. Expands them in full forms as thoughts.

Mind is mysterious phenomenon of scientific interest. It works with genetic centre as its base. Mind itself as a network of eight closely integrated functions which make the difference between living beings and non-living objects. They are:

1. Body Life Force
2. Bio-magnetism
3. Genetic Centre
4. Brain
5. Soul
6. Mind
7. Senses

### FREQUENCY OF MIND WAVE AND FUNCTIONS

The mind is the collection of bio magnetic wave which has the self transforming capability and which has a whirling speed. The speed or the mental frequency can be measured as cycles per second. Encephalograph is an apparatus that records in the form of drawing the electrical activity of the brain, which is called Encephalogram {EEG}.

1. Beta wave of this facult.ave {14-40cycles/sec}
2. Alpha wave {8-13 cycles/sec}
3. Theta wave {4-7 cycles/sec}
4. Delta wave {1-3 cycles/sec}

### EMPOWERING THE MIND

Every one of us aspires for success in life for which the primary need is physical and mental fitness. Physical or mental disabilities not only come in the way of success, but also produce problems and miseries in life. SKY yoga is the system of education that eradicates problems and paves the way for success in life.

1. For Physical Health - Simplified Physical Exercises
  2. For Mental Health - Simplified Meditation practices
  3. For Spiritual Health - Simplified Kayakalpa Practice
  4. For Sublimation - Introspection Courses Virtues
  5. For Attaining perfection - Explanation of Divinity
- Agna meditation  
Shanthy Meditation  
Thuriya Meditation

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Thuriyatheetham Meditation  
Panchendriya Meditation  
Panchabhootha Navagraha Meditation  
Nine centre Meditation  
Nithyananda Meditation  
Divine State Meditation

## CONCLUSION

Man is endowed with the faculty of imagination. A great deal of our mental troubles and difficulties in controlling the mind arises from our habitual wrong use of this faculty.

Our thoughts directly convert bio-magnetism into shapes and images {form and character}. Sometimes by extreme happiness, fear or anger the blood pressure will be raised, affecting the heart, Hatred, fear, worry and anger are to be avoided. Bio-magnetism gets totally disturbed when a man is under the control of above said feelings. Instead if one keeps himself pleasant, cool and calm, the bio-magnetism functions normally and it is spent less. Good thoughts lead to good deeds, which lead to better health.

Self control involves regulating one's thoughts; when thoughts are controlled. The sense organs that produce wayward thoughts come under the control of the mind. When thoughts are analyzed constantly for possible evil, good habits and behavior become natural. Analyzing the thoughts taught in this course be well practiced.

When one's mind is filled with positive moral thoughts, his self-confidence is strengthened in his mind. He feels that he can complete his work in time. This thought gets intensified and makes him achieve success in all his endeavors. Self confident people always think about positive actions. They convert the obstacles into stepping stones for their success in life. They elevate themselves to high positions.

According to Vethathiri Maharishi, yoga helps man to get himself relieved from the state of tension. Yoga takes the level of consciousness first from the surface to the bottom and then to the origin. In this process, brain cells get activated and harmony of physical system and equilibrium of mental function develops gradually. This yoga practice designed by Vethathiri Maharishi is a boon to students to achieve the successful and prosperous living.

## REFERENCES

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