



## KARMA YOGA OF VETHATHIRI MAHARISHI

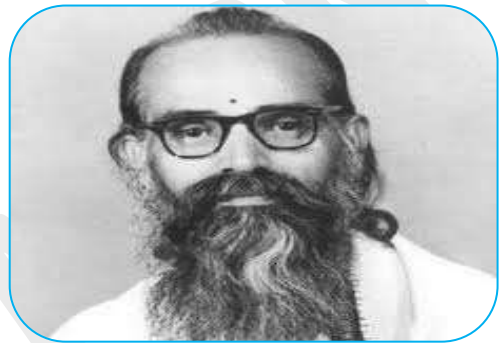
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### ABSTRACT:

All human beings differ from one another due to variations in physical strength, in intellectual ability, in the colour of his skin, in the wealth that he possesses and in the power and influence that he wields. In spite of all these differences, the truth, that every man is the product of the society and all his capabilities, whether they are meager or abundant, are a gift of the society cannot be negated.

**KEYWORDS:** physical strength , society , wealth , capabilities.



### INTRODUCTION

Hence, Vethathiri Maharishi explained that, “the very concept of life is a due and the concept of living is only a means of repaying this due”. When living is based and executed on such understanding it automatically becomes “Karma Yoga”.

### KARMA OR ACTION AND IGNORANCE :

Human life is a process of living involving three factors, i.e, the Visible (animate and inanimate universe), Self and the Beyond (infinite Space). The process of living is oriented either towards the visible, the self or beyond self. The orientation of life is exhibited through actions. An action is the movement of the physical body with mental effort to engage in, or to achieve, some kind of experience which could be

materialistic or spiritual. Action is also the expression of Self. Self is that unseen part of who we are that provides our physical self with insight, intuition, and other ways of knowing and being beyond what our five senses experience in the physical world. According to Vethathiri Maharishi Life-force, the seat of consciousness and which emanates Bio-magnetism is Self. Action defines the orientation of the Self or Life-force either towards the visible world or towards the Infinite Beyond. The word action is explained in spirituality using the term ‘Karma’. Every action occurs in man due to the harmonious function of four phenomena:

1. Body
2. Life-force
3. Bio-magnetism
4. Mind

Life-force consists basically of minute energy particles having

speedy, self-rotative whirling motion. The continuous whirling motion of every particle of the life-force emits a spreading wave. The sum total of such waves intensified in the body is bio-magnetism.

When the Consciousness taking its seat in the life-force particles extends its activities using bio-magnetism as a travelling vehicle, and the senses as its instruments is termed as Mind.

Consciousness as mind experiences the visible world through the five senses. Vethathiri Maharishi had explained that the life force via bio-magnetism (energy) extends through the five senses and interacts with the visible world. When this energy interaction is obstructed by the visible world it becomes perception to the mind. This perception is recorded in the life force as an experience or knowledge creating an

unforgettable, imperceptible link between the visible world and the invisible energy functioning within the body. This knowledge is constantly transferred via the life force to the Genetic centre the main repository leading to accretion of imprints. The aggregate of all such accumulated imprints throughout time in the ages of formation, evolution and functional forces in the universe, which is transferred to the progeny continuously throughout evolution is called as Soul by Vethathiri Maharishi. Soul constantly reflects these imprints via thought, word and action. When the perception of the mind is only about the visible universe the reflection and orientation of the soul is also towards the visible Universe. The Souls which has now got trained through repeated actions to stay constantly engaged with the gross forgets the subtle Truth. This state of Soul is termed as Ignorance, the seed for eternal sufferings.

### TENETS OF KARMA YOGA:

Inorder to remove this accrued ignorance from the Soul the pattern of actions has to be moralised in such a way that the life-force through Bio-magnetism is able to perceive the subtler phenomena that is getting manifested as gross. Inorder to gain the right knowledge each and every action of man should lead to purification of the mind. Purification is possible only after removing the imprints of past actions and illustration and habits shrouding the Soul. Actions both physical and mental that promotes purification is called karma yoga. Purification inturn can be classified into,

1. External purification and
2. Internal purification.

### EXTERNAL PURIFICATION :

External purification means modifying the physical actions into righteous ones. It indicates the efforts taken through actions to streamline thought, word and action towards spiritual upliftment. In external purification the underlying principle is the attitude with which an act is executed. Attitude towards action can either convert it into Karma or convert it into Karma Yoga. External purification keeps mind detached from the act but attached with God consciousness. Inorder to promote such an external purification Vethathiri Maharishi has identified two underlying principles that should govern each action. They are:

1. Awareness of the consequence (creates a commitment to be in harmony with the divine)
2. Sense of Gratitude. (creates detachment and promotes pacification of mind).

### AWARENESS OF THE CONSEQUENCE :

Awareness of consequence has to start with self action. Inorder for man to survive and to carry out all functions of body and mind, bio-magnetism is adequately provided. Bio-magnetism is the principle fuel behind every action. The life force and the bio-magnetic field of man are of an electromagnetic nature and are linked with the universal field. Any action of man first affects the magnetic wave-field of his body and then by its spreading nature, affects the universal field. There are many secrets in Nature; a very important one among them is the magnetic wave principle, which covers all functions of the universe, and encompasses many other mysteries of Nature. By the five functions of a wave, i.e., clash, reflection, refraction, penetration and interaction, five results are produced. These are: pressure, sound, light, taste and smell. These five results produce millions and millions of chain results in the universe.

Clashes of waves generated by and affecting the physical and mental functions create imprints on the cells of the body and the life-force. As well as on all the energy particles of the universe. These imprints get recorded for a long period of time and will evoke the same thought or urge of action to others through the flows and interconnection of the magnetic wave. So whatever an action may be it affects all the parts of the body, the life-force, mind, all individuals and the universal field. Since it is only the pressure of a wave. In any action, the motive efficiency, place, time and object of contact are all

factors which determine the character of the result. Accordingly, the result will be pain or pleasure to self and others, at present or in the future, to the body or the mind.

This creates a moral responsibility within the inner consciousness of an individual to moralize his actions because one movement of the body or one thought in the mind could be a great asset or curse for mankind for a long period of time. So one's actions should be disciplined and one's thoughts streamlined, so that they may produce only good results such as pleasure, harmony, satisfaction, health and peace for oneself and for others at present and in the future. Today of the many choices available, generally the problem is, men choose what they like and not what is right, and that is precisely the reason for the conflicts and turmoil's all over the world. Karma yoga way of living provides every individual with the necessary logic and maturity to do what is right and not what one likes. Hence a Karma Yogi does every action with full understanding and awareness of the facts of Nature, and with the intention of maintaining harmony in all aspects and relations of life. Every action of a karma yogi will be based on the following two basic principles,

1. I will not harm anyone either physically or mentally.
2. As far as possible will render all possible help.

Awareness in maintain one's action in harmony with the nature brings him closer to the Nature and be one with the Almighty.

### **SENSE OF GRATITUDE :**

Secondly, everyone is born on the earth only with the imprints of karma; no-one brings any material wealth to the world when he comes. From the point of birth up to adolescence, that is 13 years, generally no-one is able to earn anything for food, cloth, and other facilities and commodities of life by his own labour. All material requirements are supplied and fulfilled only by the society. In this respect, parents or guardians also are part of the society. Millions of people spread throughout the whole world are involved in the production of the materials required for every person. The protection from all dangers of life is given by the society (which includes government and relations). Education is given by government, which is administrative arrangement of the society. For all these undocumented receipts everyone is indebted to the society. Karma yoga way of living creates an awareness that this inevitable and unwritten loan should be returned to the society by each person by way of service at the proper time, when one is ready physically and fit intellectually to clear the dues.

When this moral consciousness deteriorates in the society it will certainly lead to the prevalence of poverty. If one keeps on drawing from his savings without depositing, it will become zero very soon. Keeping on borrowing without repaying also leads to the same condition. This is the reason for poverty. When such a condition prevails it becomes a vicious cycle. Those responsible for poverty are forced to face poverty and sufferings in return as per the law of nature. That is why it is very important to create a moral consciousness to repay such a loan to the society by way of service. This way of thinking is termed as 'Duty Consciousness'. Karma yoga way of living instigates the concept of 'Duty Consciousness' as the way of living. In karma yoga every person is engaged in some particular work. He is paid for it according to the social system. The simple fact is that everyone is already a debtor to the society and he repays his dues by way of his service. The working person is maintained by means of the wages paid to him. Without this understanding if one does not work at the proper age it becomes a crime. By this crime, one gets punishment in two ways:

1. The physical body will fall ill without proper movement by work.
2. One loses the right of indirect feeding by wages.

Hence it becomes essential that everyone render one's service in all possible and practical ways in order to repay the dues to the society and help others. When man through karma yoga way of living understands the society is there to take care of all one's needs, the need to retain surplus commodities even after one's daily consumption and by preserving and saving them for future is automatically removed from his mind. Every individual voluntarily becomes the property of the society as he understands the truth, "Men may come and go but the prosperity of the society continues to nurture the

people of the present time and would also nurture the people who would be coming into the world in future”

Without this basic understanding when each individual tries to balance their inevitable needs through materials, properties and persons provided by the society it leads to attachment, anxiety and worry. Without understanding the natural facts of living the heart of man throughout his living days is buried under the burden of attachment to wealth, people and suffers complete loss of peace of mind. But when way of living is based on duty consciousness it ultimately results in absence of attachment which in turn leads to pacification of the mind. Duty consciousness naturally creates a sense of self-contentment and also effortlessly helps to maintain richness and surplus in material prosperity while enjoying the satisfaction and happiness of helping others. That is why Vethathiri Maharishi explains that when the mind is fixed in duty consciousness, problems and miseries will abate and there will be peace and harmony in the society. In this regard he writes,

“Duty is the word derived from the root ‘due’. If able persons carry out their duties with clear understanding of life’s principle, all people will get their proper share in enjoying their birthrights and freedom of life and no one would have to supplicate, beg or fight for his birthrights and freedom of life. If everyone does his duties, automatically the birthrights and freedom of life will be assured to all”.

Only when an individual is freed from the anxiety in personal life and violence in the social life can there prevail true peace. Karma yoga of living automatically leads to the pacification of the mind. Pacification alone can remove worry, suffering, miser and anxiety. Swami Omkaranamdagiri writes,

“Pacification is a smooth path and soft power for strengthening moral life and promoting yogic life and thereby assuring divine life”.

When the way of living is based on moral actions due to increased awareness about its consequences on self and society combined with duty consciousness as a result of Gratitude toward the society leads to overall pacification. Pacification of mind in turn becomes the threshold for self realization.

### **INTERNAL PURIFICATION :**

Internal purification means purification of the subtler bodies (astral and causal). With growing awareness of the self, the subtler bodies start expressing themselves.

To make the gross and subtle coexist and to allow easy interpenetration at the physical, astral and causal levels, the purification involves individual fine-tuning of the subtle bodies as well as elimination of the mutual incongruence. To facilitate internal purification, Vethathiri Maharishi has developed the system called SKY Yoga with the limbs of Physical exercise, Kayakalpa, Meditation, Introspection and Bio-magnetism Enhancement techniques. SKY system is Physical and Mental exercises that leads to purification of the bio-magnetic field, genetic centre, life-force and vital fluids that permeates into awakening the Kundalini Shakthi to attain the knowledge of the ultimate truth. Following a way of living that inculcates actions which facilitate purification and awakening of Kundalini Shakthi is called “Karma Yoga”.

### **MECHANISM OF KARMA YOGA :**

The underlying mechanism of Karma yoga is creating an attitude change towards the way an act is executed. It is a way of undoing the impressions that has been gathered earlier in the form of imprints through multiple births. These impressions have converted life into a continuous process of binding oneself with the material or visible world resulting in manifestation of Ego and Ignorance. Ego and Ignorance automatically separates us from our true nature of pure bliss, peace, and knowledge. But if the activity becomes a process of liberation instead of entanglement, it is karma yoga. Whenever an individual engages oneself in a selfless action that contributes to the welfare of others, it will purify the individual and create a vibratory pattern of the mind which will automatically lead him or her into higher states of consciousness. Thus Karma Yoga leads an individual to the door of intuition which is the key element in transcendental experience of the ultimate truth.

### **KARMA YOGA - WORLD RELIGION :**

With his exhaustive understanding of Karma Yoga, Vethathiri Maharishi proposes it as an alternative Religion to be followed by the entire World. He writes,

“Many religions from many parts of the world have come into existence and still they exist. But the present world requires a new religion taking every good ideology from every religion and without contradicting any. Karma Yoga is in all possibilities an alternative to all the religion.”

According to Vethathiri Maharishi the principles of Karma Yoga are very simple, to be acceptable by all. The special features are: “Bring welfare through duty consciousness” to make one fit to work - he needs Physical health and refurbishing of mind. Everyone should fulfill his responsibility to the society. Being Duty conscious is the basis for this world religion the karma yoga.

### **SYSTEM OF WORSHIP IN KARMA YOGA :**

Every religion in this world has two ideals in common. One is worship to god and next is life in consonance with the law of nature. It is like two wings of a bird. How should a man live in the society? He should have had a healthy life. It indirectly indicates that he should have led a morally sound life with duty consciousness and charity. To retain these three factors he needs a method and that is praying to God.

To improve one's intellectual power also requires a means and that is also prayer to God. Faith, understanding and realization are the three steps through which one grows intellectually. All these three steps are described in one word 'the divine consciousness.'

All religions teach the 'divine consciousness and moral life'. Any time for any religion only these two are the basis. In order to achieve the same Vethathiri Maharishi has also provided system of worship that is classified into two:

1. Introspection - One is getting control over the six cardinal enemies through the regular practice of introspection. The neutralization of anger, moralization of desires and quest for knowing who am I? are all the organs which lead a man to devout himself to the spiritual path. - Moral Life
2. Meditation - In the second way the worship includes the system of meditation. It is to make the mind ready for spiritual upheaval, to promote the divine energy by contacting the life force at Thuriya and go far stretched into the fathoms of space including what are called in the terms of Vethathiri Maharishi as Dwathasangam, Periyakkamandalam and Suthaveli. - Divine Consciousness

### **ORGANS OF KARMA YOGA :**

Vethathiri Maharishi has summed up the entire philosophy of Karma Yoga into ten reliable guidelines that show us how to live a better life now and forever. They are :

1. One Should Respect Mother, Father, Guru, Government And The Supreme Power - The Universal Being.
2. Worship Of The Supreme Power Is Necessary For Man Because It Is That Eternal Power Which Has Evolved As Universe And Is Working within Everything as Consciousness (character). In the absence of this worship, ego will sprout and develop in man and that, in turn, will generate the six temperaments starting with inordinate desire and cause wrong deeds resulting in pain, problems and miseries in life.
3. One should understand the law of nature which brings pain, pleasure, peace or ecstasy according To One's Motive, Efficiency, Place, Time and Object of Contact in any action. When the result of any action is to be happiness and gain, it is the reward from the almighty. If, the result is pain or loss, it is a lesson imparted by the almighty to rectify one's mistakes and become good. One should do every action, whether thought, word or deed, with a perspective awareness not to inflict pain to self or others, at present or in future, to the Body or Mind.
4. As physical and mental health is important for a happy and successful life, one has to maintain following moderation in the following five aspects of life:

- (i) Food; (ii) Work; (iii) Rest; (iv) Sex; And (v) Use of Thought-Force. These five should not be neglected, overindulged or improperly dealt with.
5. All The Religions Of The World Have Only Two Main Principles As The Core And Goal. They Are: (i) Worship Of The Almighty For The Development Of Consciousness; And (ii) Maintaining Harmony And Peace In The Life Following A Virtuous Way Of Life. Morality, Duty and Charity. One Should Respect All The Religions Of The World And Their Followers.
  6. One Should Steadfastly Observe Five Duties In Life: Towards (i) Self; (ii) Family; (iii) Relatives; (iv) Society; And (v) World-Community, Giving Importance To Each In The Above Order Without Neglecting Any Of The Other Four.
  7. One should not blame, neglect or create conflict with any individual because he has committed crimes in the fields of economics, politics, religion and moral behavior, reasons for his wrong deeds are: (i) the force of hereditary imprints accumulated through innumerable generations according to the force of circumstances and the culture of society; and (ii) the force of needs and available opportunity in life for forming a - particular character. One's duty in this respect is to pity the wrong-doer and be kind to him, rendering what service one can to enlighten him with spiritual knowledge to help him improve character for a better life.
  8. Grace of Nature: The Female Sex is given the responsibility of conceiving, giving birth to and raising all living beings; all should understand the value of women and respect and appreciate them for the inevitable strain and pain imposed on them by nature.
  9. One should allot at least 1% of his income to be spent only for the help and welfare of the needy.
  10. In order to achieve the purpose of life and develop one's consciousness, one must learn and practice meditation on the life-force, which will result in peace of mind, physical health and enlightenment of consciousness.

From the above explanation it is clear that Karma yoga is the key that places individual consciousness at the threshold of Spirituality by initiating the process of Purification (internal and external) through right attitude and right actions.

### CONCLUSION :

Further Vethathiri Maharishi throughout his lifetime had laid emphasize to the fact that the path of Karma yoga will give the contemporary society caught in chaos and misery the much needed directive to easily attain the goal of inner and world peace. When we act, if we do what is right, we promote peace; if we do what we like rather than what is right, we disturb peace. Karma Yoga automatically leads to greater understanding of the way the society and individual life is intertwined. Karma Yoga transforms our mind from the selfish and egoistic level toward the level of concern for others. When we do what we like, we go by our ego and habit; when we do what is right, we go by wisdom and a concern for others. When every action of an individual is guided by such wisdom and reflects concern for the others, that individual inturn becomes the friend of every member of the society thereby creating universal brotherhood. Hence, wisdom and concern as a result of Karma Yoga will automatically create equanimity within and equality around. When this becomes the culture of the entire world the result is "world peace".



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