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MANAVALAKALAI YOGA OF VETHATHIRI MAHARISHI

D. PADMAVATHY

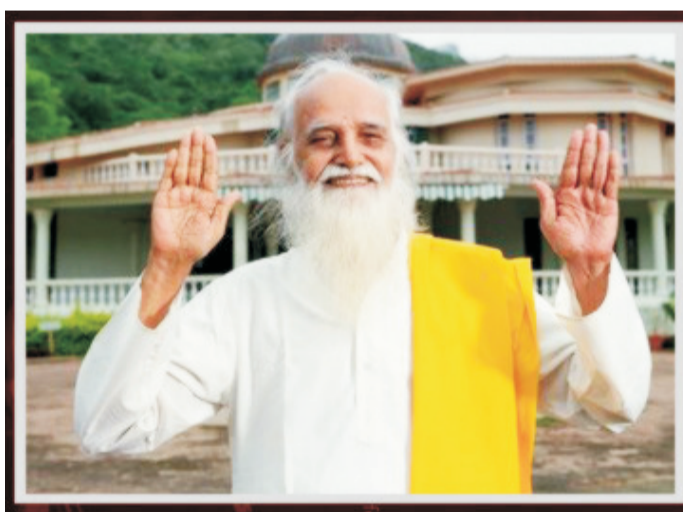
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Abstract:

Manavalakalai Yoga of Vethathiri Maharishi was started on 19th October 1997. Through Manavalakalai Mandram, Vethathiri taught the people, physical exercise for physical strength, meditation for mental ability, Kayakalpam for strengthening the life Force Energy. He had also conducted Introspection Courses. From these people can get sublimation and perfection. Hence this mandrams began to purify the human thoughts and their hearts. It is also propagates the ideas of Vethathiri in Tamil Nadu, other states of India and so many world countries.

Introduction

Thathuvagnani Vethathiri Maharishi was born in the year 1911 in a village near Chennai, South India. His early life was a struggle against poverty. But he won through by sheer determination and self-effort. Probing into the origin and purposes of life. This self-educated philosopher perfected the Simplified Kundalini Yoga (SKY); a safe and highly beneficial



system of meditation and Kaya Kalpa Yoga an esoteric technique to transmute sexual energy into spiritual energy and rejuvenate body and mind. Swamiji has served mankind for over 55 years in the cause of world peace which according to him could only originated from individual peace (i.e.) when each individual realizes the value of self and learns to preserve harmony with environment.

CONCEPT OF YOGA

Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India. Specifically, yoga is one of the six astika ("orthodox") schools of Hindu philosophy. One of the most detailed and thorough expositions on the subject are the Yoga Sutras of Patanjali. Various traditions of yoga are found in Hinduism, Buddhism, Jainism and Sikhism.

Pre-philosophical speculations and diverse ascetic practices of first millennium BCE were systematized into a formal philosophy in early centuries CE by the Yoga Sutras of Patanjali. By the turn of the first millennium, Hatha yoga emerged as a prominent tradition of yoga distinct from the Patanjali's Yoga Sutras. While the Yoga Sutras focus on discipline of the mind, Hatha yoga concentrates on health and purity of the body.

Hindu monks, beginning with Swami Vivekananda, brought yoga to the West in the late 19th century. In the 1980s, yoga became popular as a physical system of health exercises across the Western world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma and heart patients. In a national survey, long-term yoga practitioners in the United States reported musculo-skeletal and mental health improvements.

MAHARISHI'S MANAVALAKALAI

Man is a social animal. He has the qualities of animal in general. To purify a man he needs to achieve purpose Vethathiri started Manavalakalai Mandram on 19th October 1997. Through this, Vethathiri taught the people physical exercise for physical strength, Meditation for mental ability, Kayakalpam for strengthening the life force energy. He had also conducted Introspection Courses. From these people can get sublimation and perfection. Hence the people can maintain the awareness in Thought, Word and Deed and also understanding the law of nature in expansion of mind. So the mind naturally gets the abilities of perspicacity, Receptivity,



Adaptability, Magnanimity and Creativity. Then automatically a human could have the highest states of mind like Harmony Satisfaction, Happiness, Wisdom and Peace. This individual Peace will make the family peace and will blossom the world peace. So it is ultimate goal of this Manavalakalai Yoga of Vethathiri Maharishi.

According to Vethathiri, man is a unique figure in the manifestation of the Universe. He is supreme among all the living beings on earth because he is gifted with the sixth sense that is potential of self realization. Due sensual intoxication, man forgets his true nature. He succumbs to emotions such as greed, anger, miserliness, immoral sexual passion, inferiority or Superiority complex and Vengeance. When he thinks, speaks and acts in this condition, he creates troubles,



pains and miseries to himself and others. All such pain producing is called sins. All his deeds, enjoyment and experience are imprinted in him and they condition his character and qualities. But we can change our sins through the yoga. Manavalakalai yoga provides all benefits in both spiritual and material aspects of man. Therefore this yoga is a well balanced and perfect process for success and peace in life.

Vethathiri Maharishi developed a complete system of practices for the self. (a) Simplified physical exercises that are designed to balance the circulations of blood, heat, air, and life energy and to keep the body fit without any stress or strain. People of all ages can practice and benefit from them, (b) Simplified Kundilini Yoga (SKY) meditation, which is a unique technique to calm your mind by connecting it with your life energy. It is simple, systematic, and safe, which enables a person to go within and progress spiritually. Blessings are given at the end of the meditation as autosuggestions to help an individual to harmonize relationships and interactions with others. (c) Introspection practices are taught for personality development and to deal with day-to-day life situations, such as analyzing thoughts, streamlining desires, neutralizing anger, eradicating worries, and realizing Self, (d) Kaya Kalpa literally means body immortal. It offers a simple and powerful practice to maintain health and youthfulness, and to withstand the aging process.

MANAVALAKALAI YOGA ACTIVITIES

The following methodology and activities created and or synthesised endorsed by Shri.Yogiraj Vethathiri Maharishi initiated and pursued.

Teaching physical Exercise and Kaya Kalpa Yoga to maintain general health and prevent and cure diseases as far as possible.

Teaching an universal system of meditation (Simplified Kundalini Yoga) and introspection to enable one to streamline the mind, discipline deeds, maintain awareness, avoid emotional moods and actions and realise self and Truth to achieve full satisfaction in accomplishing the purpose of life.

Imparting the above on the Trust Campus and at any time or place in India and aboard as deemed fit.

Imparting training to members so as to perpetuate and propagate the aims and objects to the global community as far as possible as and when appropriate.

Institution of library and publication of books or audio/visual materials as deemed appropriate.

Institution of health clinics, and engaging in health related research and service wherever necessary and appropriate.

Institution of schools, colleges for arts and sciences deemed fit by the Trust.

Institution of schools, colleges or training centre's for teaching theories and practices as propounded and or established by Shri.Yogiraj Vethathiri Maharishi.

Acquisition, construction or renting of any property/buildings and providing staying facilities which may be required for the purpose of and in the course of the fulfillment of the Trust's objectives.

The activities of the trust are solely to propagate a new system of international culture as taught by Shri.Yogiraj Vethathiri Maharishi towards realization of Consciousness and identification of the same as Universal Being through his system of spiritual exercise and meditations. There will be no religious rituals of any kind, deity worship or fictitious stories propagated or followed by any one or group under the aegis, sponsorship or in any extension services and centres anywhere at any time.

In propagating and imparting the teachings and services towards actualizing the aims and objectives of the Trust, the Trustees, Staffs, Teachers and Volunteers will strictly observe loyalty, obedience, respect and adherence to the laws of the land, region or peace as well as public or private rules and regulations wherever

applicable.

To do services for development or virtues like spiritual knowledge, morality, social understating good habits in life, realization and awakening of consciousness and actualization of truth, purification of soul, mind and body, universal brotherhood, schemes for universal peace, to perform the said duties with absolute faith, understating, sincerity and steadfast service mindedness for the welfare of Human society and nation and World at large.

To help the aged, sick, invalid and orphans in society.

To help in the educational growth of children, students and adults.

To promote, assist and maintain all activities in conformity with the objects of the Trust and as are conductive for advancement of any other objects or objects of general public utility which promote the welfare of the general public in a charitable way.

And whereas the Board of Trustees herein has been further desirous for providing and establishing this trust with the following further objects without any profit motive.

Rural Development.

Establishment and maintenance of old age homes.

To carry out any or all types of scheme for the advancement of the welfare and well being and upliftment of woman.

SIMPLIFIED PHYSICAL EXERCISES MANAVALAKALAI YOGA

If life is to be happy, successful and harmonious good physical health is indispensable. Hence realizing the importance of proper exercise, routine, practicable without strain by anyone between the ages of 8 and 80 the system consist of seven main sections of seven postures each. Each section covers a particular aspect of good health such as adequate blood circulation, heat circulation and air-circulation, long-expansion, muscle - co-ordination and spinal flexibility as a daily routine.

All these exercises require not more than 30 minutes for completion and so anyone can certainly find this time. If a regular morning habit is established one will feel bright and fresh throughout the day and would be able to increase ones immunity against disease.

KAYAKALPAYOGA OF VETHATHIRI MAHARISHI

Restructing the body in natural way, kaya kalpa helps care and prevent diseases. It relieves the practitioner if many of the troubles of aging. Kaya kalpa yoga is an ancient wonderful technique of the Siddhas (Saints) of South India for the enhancement of life energy. In Sanskrit the term 'Kaya' means body 'Kalpa' means immortal. The science of kaya kalpa delineates the manner in which the human body can be immortalized.

KAYA KALPA HAS A THREE FOLD OBJECTIVES.

Maintaining youthfulness and physical health.

Resisting and slowing down the aging process.

Postponing death until one reaches spiritual perfection in order to understand the science of kayakalpa, we have to study the functioning of the human system.

The system mainly comprises:

- a. The physical body
- b. The mind.
- c. The bio-magnetism
- d. The life force
- e. The sexual vital fluid

BENEFITS:

Activates the brain cells to its fullest functional levels

Increases memory power and grasping ability.

Develops the immunity system.

Reduces the effect of hereditary diseases.

Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.

Strengthens the uterus. Menstrual problems are reduced to a great extent.
Brings about proper arrangement of polarity of body cells.
Brings about reformation of character.
Helps in removing unwanted thoughts and habits.

Kayakalpa gives significant physical, mental as well as spiritual benefit by intensifying our life-force. As this practice is a restructuring process of the body in a natural way, no medicines or herbs are involved. Significant results have been observed in various types of chronic diseases and in overall improvement of general health. Kaya Kalpa helps cure and prevent diseases.

INTROSPECTION

The process of analyzing and getting a total understanding of oneself. Introspection is a practical methodology for sublimating the negative emotions of greed, anger, vengeance, etc., Between Thuriya and Thuriateetham the aspirant has to put himself through some important psychic practices under the process of Introspection in order to have his character reformed, to get enlightenment and to enjoy peaceful and happy life.,,

SYNOPSIS

1. Practical self-analysis tools designed to take stock of positive and negative characteristics in your personality.
2. Eliminate the unnecessary and incompatible aspects of your character.
3. Strengthen the habits of good thought, word, deed and discerning and rejecting the habits unwanted.

FIVE PRIMARY ASPECTS OF INTROSPECTION

Analysis of Thoughts.
Moralization of Desires.
Neutralization of Anger.
Eradication of Worries.
Who am I – Realization of Self?

These practices will make a man to understand the value of his own existence. By constant research and by leading a virtuous way of life, he dissipates the imprints of sins day by day. As a result, the soul becomes pure and perfect and his mind is peaceful.

Benefits

By exposition and practical techniques of introspection, one is enabled to suitably modify his or her hereditary and past traits.
One is able to change one's personality and bring out the latent talent and innate strength resulting in cheerful and successful life.
The process of analyzing and getting a total understanding of oneself. A systematic practice to get this understanding and to lead a life without causing pain to self and others.

Two Fold Moral Principles

In my lifetime, I will not cause harm to the mind or body of myself or others, in the present or in the future.
I will try to remove the suffering of others to the maximum extent possible.
Introspection helps us to achieve the two fold moral principle framed.

CONCLUSION

Thus the Vethathiri Maharishi formulated the principle of yoga through the Kundalini principles, realization of mind, simplified physical exercises and karma yoga. These yoga principles lead the humanity to the world piece. Finally, this study conclude that “Vazhga Valamudan”

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