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SKY YOGA FOR HARMONIOUS LIFE

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ABSTRACT

Vethathiri Maharishi transformed himself into a profound philosopher, a scientist of the highest order, a reformer, a supreme literary figure and finally a great Mahan with disciples and admirers all over the world. He has formulated a practical and simple method called Simplified Kundalini Yoga that has brought the great science of YOGA within the reach of everyone. SKY YOGA is a method aimed to change the very thought pattern of the individual in order to bring about a total transformation and lead him to peace and perfection. SKY YOGA aims at creating the types of harmony are Individual, Family and World.

KEYWORDS: Perfection, transformation, harmony, restoration and Kundalini.

INTRODUCTION:

As the world is rushing today, the restoration of harmony is taking an important role in the life of the people. Harmony is a precious treasure of human life. If we are to enjoy the benefits of life to the full, it is necessary for us to develop and maintain harmony; and for this of course, understanding and practice are required. A house can never be

called a home until there is harmony between husband and wife; a business can never be successful unless there is harmony between the partners; a society cannot thrive until its members are in harmony. Harmony brings optimum in everything. It is the key for the best of existence in any field and we need to fully understand this concept. No doubt harmonising life is a very difficult task. The path seems hard only at the beginning; as we proceed, the task would lighten and the practice itself will stimulate enthusiasm.

We are all in the rhythm of our lives, but due to certain pressures and stress, we lose our harmony with life.

So how do we get this harmony back and enhance the quality of our life? Yoga is the best way available with the modern man to achieve harmony in life. Because yoga is a technology to harmonize body, breath, mind, intellect, memory and ego with our innermost core. It is a method of going beyond the limitations of the body, of staying happy and being steady. It is a cultivation of the art of keeping a calm, alert and happy frame of mind which paves the way for success in life. Derived from the Sanskrit root word yuj, yoga means union. At least 5000 year old of knowledge that originated in the Indian subcontinent, yoga is now universal.

Many seers of this ancient land have spent their lives in developing this Science and making their own



contributions to it from time to time. This has resulted in several systems of yoga. At the same time these varied systems aim at helping man to realize his real self and live in harmony and peace with himself and the society in which he is born. As part of this great tradition Shri Vethathiri Maharishi has formulated a practical and simple method called SKY YOGA that has brought the great science of YOGA within the reach of everyone. SKY YOGA is a method aimed to change the very thought pattern of the individual in order to bring about a total transformation and lead him to peace and perfection. SKY YOGA aims at creating three types of harmony. They are :

1. Individual
2. Family
3. World

INDIVIDUAL HARMONY :

Individual harmony is a state where there is cooperation and coordination among three factors viz, body, mind and life force. The body is only a vehicle to life. Comfort to the Consciousness and appropriate opportunities to its development result in successful life. This is the harmonious life. In order to maintain harmony in body, we have to maintain the quantity, quality and circulation of these three vital forces viz, air, electricity and blood to be always normal. If for any reason, one of these three vital forces is disturbed or loses its norm, the other two also would get disturbed proportionately, causing pain to life. Such disturbance is called disease. The word 'disease' itself is made up of two parts – 'dis' and 'ease' – and it means "absence of ease". In disease the harmony in the body is disturbed.

According to Shri Vethathiri Maharishi the human body which has been designed by the divine with great care, with an inbuilt consciousness to regulate the problems faced by the physical Body. This Body consciousness is constantly working towards maintaining this equanimity. But the activities of man out of innocence, ignorance, emotional moods leads to disruption in the functioning of body consciousness. He also points out that when man exceeds moderation in the five ie, Food, Sleep, Rest, Sexual Gratification and Thought, the body will lose this equanimity.. Shri Vethathiri Maharishi has synthesized a yoga module that works at each layer of a being physical, emotional, mental, intellectual and spiritual parallely resulting in restoration of body equanimity as well as a conscious awakening leading to altered life style that empowers an individual to reverse and prevent inequanimity, will maintain holistic health.

Simplified Physical exercise is designed to regulate the flows of Air, Heat, Blood and Biomagnetism. Further, swamiji has introduced a different yogic technique called Kaya kalpa (Kaya means body and Kalpa means immortal of physical body). It is a rejuvenating technique which was discovered by our siddhars (School of thoughts in siddha system of medicine), and lost during due course of time. This was once again brought back by Vethathiri Maharishi in an easily understandable way. This technique is to rejuvenate the human health that prevents the aging process. Simplified Physical exercise combined with kayakalpa yoga helps to maintain body health condition resulting in physical harmony.

Simplified kundalini yoga is a form of meditation to merge the mind with the subtle life force. When this form of meditation is done it leads to shifting of mind to lower and subtler frequencies. Vethathiri Maharishi explains that a rational and calm mind is called consciousness. But this consciousness is constantly influenced by our past habits. Making human life a constant struggle between habit and wisdom. To overcome this problem faced by every spiritual aspirant, Shri Vethathiri Maharishi has developed a psychic technique called Introspection. This is a training given to the mind to remain rational and not become emotional at situations that easily provoke us to lose harmony between body, life force, emotions and relation ships. With such a developed consciousness an individual is able to respond to situations in his life rather than reacting which may result in complicating and disrupting harmony in his life. With these qualities one is able to live contentment and peace.

FAMILY HARMONY :

Human being is claimed to be a social animal. He cannot live alone. He survives on the support provided by other individuals. The truth is human life is for ever dependent and never independent. But depending on age, need, experiences and way of living, there may be difference between one person and another. As a consequence, conflicts of opinion between one another may arise every now and then. All conflicts arise only on the basis of

needs, quality, quantity and time. With mediation combined with introspection each individual is able to automatically develop the qualities of creativity, Receptivity, acceptability, adaptability, tolerance, humility and magnanimity. These qualities help to create mutual respect and understanding among individuals. Mutual respect and understanding is the foundation for implementing adjustment, tolerance and sacrifice in all relationships that an individual is blessed with or accepts on his own. This positive consciousness, changes the general attitude of “Only I am right; all others should accept my opinion and be submissive to me” into “live and let live”. This attitude guides man to perform his duties to self, family, relatives, country and world in a moral way making way for family, societal harmony and peace.

HARMONY IN THE WORLD:

When the world is filled with individuals with developed consciousness resulting in individual and family harmony, it automatically creates a sense of universal brotherhood. Each one understands that we are all the manifestation of the same divine consciousness striving to achieve the perfection in consciousness. The stage provided by nature to achieve the purpose of everyone’s birth is one earth, one sun with one air to breathe. This truth has been fragmented by human minds due to innocence, ignorance and emotional moods. Yoga helps humanity to realise this basic truth and coexist harmoniously with one another leading to lasting world peace.

SIMPLIFIED KUNDALINI YOGA :

The ten stages of SKY are :

- 1.Purification of Body and soul as the master passes his energy into the aspirant.
- 2.Understanding the secret meaning of ‘Pranavam’ (Om), the absolute silence.
- 3.Arousing the kundalini power from the mooladhara to the agna chakra and opening the eye of wisdom, thereby enabling the aspirant to feel the existence and function of the mystic kundalini power.
- 4.Shanthi Yoga : A practico to subdue and control the force rising to the Agna Chakra, so that it may not be excessive.
- 5.Thuriya Yoga : Mediation on the crown centre.
- 6.Manoeuvre of six temperaments viz, Greed, Anger, Miserliness, Immoral sexual passion, Vanity and Vengeance.
- 7.Thuriyateetha Yoga : Merging of the individual Consciousness with the absolute.
- 8.Auto-suggestion to promote harmony in oneself and in the environment.
- 9.Fulfilment of five duties – that is, duty to self, family, relations, nation and world.
- 10.Techniques to increase the stock of the life-force (bio-current) and channelize the same.

CONCLUSION :

The Simplified Kundalini Yoga is a ten stage process that leads to perfection of mind and realization of self. This way of practice ensures peace within individuals, peace among society and ultimate peace among all nations. Shri Vethathiri Maharishi has developed a psychic technique called Introspection. This is a training given to the mind to remain rational and not become emotional at situations that easily provoke us to lose harmony between body, life force, emotions and relationships. With such a developed consciousness an individual is able to respond to situations in his life rather than reacting which may result in complicating and disrupting harmony in his life. With these qualities one is able to live contentment and peace. Yoga helps humanity to realise this basic truth and coexist harmoniously with one another leading to lasting world peace. The techniques developed by Vethathiri Maharishi helps each individual to achieve the above set goals of life through simple yet powerful practices called SKY.

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