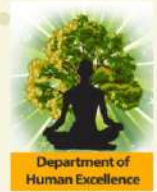




NGM College
Pollachi - 642 001



FAMILY VALUES



Department of Human Excellence

HUMAN EXCELLENCE EDUCATION



FAMILY VALUES

SEMESTER - 2



NGM COLLEGE

Re-Accredited with 'A' Grade by NAAC & ISO 9001 : 2015 Certified Institution
Affiliated to Bharathiar University, Coimbatore.

POLLACHI - 642 001.

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1st Edition : 2019

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PREFACE

It is the bounden duty of every youth to elevate himself and subsequently work for the upliftment of the society which is responsible for his own elevation.

The objective of this education should be to attain this lofty ideal by providing strength, perseverance, zeal and confidence.

The existing system of education, which enables a student to excel himself in many fields, does very little to understand his inner abilities and improve on them.

In order to overcome this shortcoming, a programme under the nomenclature "Ethics and Culture" was introduced in the year 1987 for the benefit of the students at NGM College, Pollachi and has been implemented successfully till date. It was renamed as "Human Excellence Education" in the year 2006.

It has always been our ardent desire that students need to think differently and strive to attain the glorious heights that provide them a permanent place in the pages of history. They should endeavor to live with a definite purpose in life rather than exist on whims and squander away a lifetime in pursuit of temporal things.

They should aspire for bigger things in life than to pursue the mundane ambitions. The primary purpose of this education is to prepare the students mentally and provide them with courage and confidence to stand up for themselves under adverse conditions of unfair and unhealthy competition.

This is achieved by imparting six values during the six semesters as detailed below:

1. Personal values
2. Family Values
3. Professional Values
4. Social Values

5. National Values and

6. Global Values

A separate wing consisting of qualified teachers, books, infrastructure, time table and classes has been established, taking into consideration the importance of the programme. Along with this as a part of Human Excellence Education, the teachings of great saints and seers on yoga and meditation are being imparted.

It is our aim to implement the course in all colleges in order to bring out the unlimited potential of the students and transform our Nation into a superpower among the countries of the globe.

Dr. B.K. Krishnaraj Vanavarayar

President

NGM College, pollachi

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1. BENEFITS OF BLESSING

What is Blessing?

Blessings are born of changes in the life energy at the deepest levels of the Consciousness; they are the result of the love and desire one bears for the wellbeing of oneself or the others. Blessings pave the way for a contented, happy and prosperous existence.

Blessings are the expressions of love and good intentions for others. Blessing fills the minds of both the giver and the receiver with peace and goodwill.

Blessing someone with the words "Vazhga Valamudan" is tantamount to wishing him all prosperity in life; it is equal to saying "May you live well and enjoy all prosperity in life". The words carry a very deep meaning and implication.

The tongue is folded and pressed against the roof of the mouth when articulating the syllable "Zh"; it helps activate the pituitary and pineal glands, called the 'Master Glands' of the physical body and mind, respectively. The process keeps the body and mind healthy.

The pineal gland is also called Manomani, made of the root words 'Mana', 'UI' and 'Mani', meaning the force that lies within the mind; in other words 'a gem that forms the core of the mind'. The pineal gland is activated even as we bless the others saying 'Vazhga Valamudan' repeatedly; it also generates noble thoughts regarding the wellbeing of the others.

The Sixteen Values

"May you live well, steeped in God realization, virtues, good education and prosperity, with sufficient food and in perpetual youth, with strength, courage, good children, and in the company of wise and noble persons, enjoying their affection, with beauty, fame, all the while practicing meditation and good culture, and returning ill-feelings and harsh words with kindness and blessing".

Blessing a person in order he may live amidst prosperity and with God realisation, treading the path of virtue made of the noble sentiments of Morality, Duty

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and Charity, is important. He should be blessed with good education and financial stability, besides possession of sufficient quantities of food grains, lasting youth, health and the confidence to perform noble deeds. He should also be blessed for begetting good children, the company of wise and honourable people and live amidst love, even as he practices meditation for emancipation of his soul. Good looks, lasting fame, humanitarian feelings and tolerance should remain a part of his life. This is the ideal way of blessing anyone.

Bless even these who find fault or talk ill of you; people may talk ill on account of ignorance - they are at best forgiven and blessed. Let us follow the path of virtue, as explained in the holy books and scriptures, in order we may live as role models or beacons who guide others along the path of life and virtue.

The mind works at frequencies of 14 - 40 cycles/second in the emotional state, when the sense organs are active. It is called the Beta level. The frequencies can be brought down to the Alpha level of 8 - 13 cps, Theta levels of 4 - 7 cps and even the Delta level of 1 -3 cps through the practice of meditation. At the Delta level it stands as one with the Divine State when blessings turn more effective; every single blessing possesses the potency of thousand blessings made in the normal state of the mind and remains capable of working wonders. Peace and noble sentiments rule the mind of the beneficiary who is weaned away from evil thoughts and deeds. The mind becomes strong, lucid and expands to link itself to others.

Benefits of Blessing

1. Blessing others by repeating the words 'Vazhga Valamudan' helps transfer our ideas and life energies to establish a harmonious relationship with others.
2. It helps ward off frequent bouts of anger.
3. Ill-feelings are avoided and even enemies turn into friends. Their thoughts can be streamlined and evil deeds averted; they change for the better.
4. Even plants can be blessed to produce a better yield.
5. Genetic center is purified.

How to Bless

The very thought 'Vazhga Valamudan' is highly potent; blessing at the end of a meditation makes it stronger. The process may be compared to arrows that are released from a bow drawn back to its limits; they fly faster and travel greater distances. Likewise blessings made in the calmer and subtler state of the mind turn more effective; they act faster and produce better results. Meditation brings the mind to very subtle frequencies when thoughts and words become stronger and more effective.

Waves of Blessing

Blessings are governed by the wave theory; biomagnetic waves go through five functions as mentioned below:

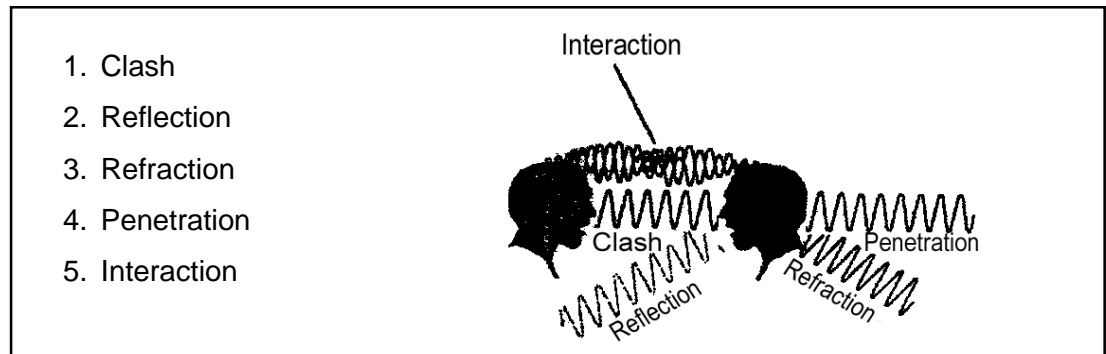


Diagram 1.1: Five Functions of Energy Waves

" **Clash// Reflection// Refraction// Penetration// Interaction**

Energy waves, born of blessing, travel between the individuals, whereby a transfer of energies, which lasts an entire lifetime, takes place. Energy waves continue to flow between the individuals even in the absence of visual or physical contact. Blessing a group helps establish a link with every individual in it.

Noble Thoughts

One's qualities and potentials keep changing in keeping with once deeds, whether good or bad. Thoughts, words and deeds born of a mind used to blessing constantly, are bound to be always good. We, ourselves, transform into noble qualities

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as we bless others; it improves the quality of our life energies. Blessing is a sublime action, ideal for all humankind.

Autosuggestion (Blessing Oneself)

We bless ourselves as well as the others at the end of every meditation. Autosuggestions are a form of blessing oneself for continued physical, mental and spiritual wellbeing. It consists of an invocation along the following lines: "By the grace of the Divine, I shall enjoy good health, long life, prosperity, fame. Spiritual wisdom, knowledge, ethics and a greater sense of duty".

Repeating the invocation, in the form of an autosuggestion, produces imprints in the life energies which expand repeatedly to produce noble thoughts, words and deeds. The body and mind remain healthy and pure. Waves born of the autosuggestions travel to every cell in the body, through the biomagnetic field, which begin to resonate with energy; it yields suitable results with time.

"By the grace of the Divine, I shall enjoy good health, long life, prosperity, fame, spiritual wisdom, knowledge, ethics and a greater sense of duty".

Diagram 1:2 - Autosuggestion

Blessing oneself cannot be considered a selfish or boastful action because physical, mental and financial wellbeing is important; they enable the individual to work for the welfare of the society. Every individual should strive to maintain physical, mental and financial health because it is his bounden duty to work for the wellbeing of the society. Autosuggestions, are therefore, imperative.

Good Health

Physical and mental health is important for success and happiness; they help a person take care of his responsibilities and work towards spiritual perfection.

Long Life

Autosuggestions invoking a long life generate a sense of responsibility whereby the individual begins to regulate his thoughts and deeds.

Prosperity

Prosperity is not possession of immense wealth; it is the financial stability to take care of essentials. Resources, in any form, prevents existing at the mercy of the others.

Fame

Fame helps establish good relationships. Fame should never be sought; it should come of one's good deeds and the gratitude that wells up in the minds of the people who are benefited by it.

Good Education

Education and knowledge are the greatest of assets; wise and educated persons are respected everywhere. Good education provides success in life.

Morality

"Discipline sustains dignified like life to the body,
to cultivate and protect":

Kural - 131.

Morality, which safeguards self-respect and other values, has to be practiced. The respect and regard extended by the society is a form of recognition for one's values.

Greater Sense of Duty

Nothing is greater, or more important, than fulfilling one's duties. Duties and responsibilities commence even as a person begins his academic pursuits in a school or other institution of learning. A student is expected to acquire sufficient knowledge with regard to his subjects, a trade or profession, the culture and the philosophy of Nature. He is then expected to live in keeping with his knowledge and skills and work for the betterment of himself and the society.

Spiritual Wisdom

The sixth sense serves to understand the Divine State, which is the primary purpose behind a human birth. The Divine State is the primordial state of the universe. A clear understanding regarding the laws of Nature makes every individual aware of the principles of Cause and Effect - the fact that every action brings a result, in keeping with the nature of the deed.

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Society provides an individual with everything, food, education and other comforts, even from the time of his birth. Man is made of a physical body, provided and taken care of by the society, as well as a life force, handed down by the Divine. Spiritual wisdom is realising this fact and performing one's duties with total awareness.

Blessing the Others

Autosuggestions are followed by blessing the others because no man can exist by himself; he lives in the midst of a family, friends, relatives, colleagues and countrymen, for which reason they have to be blessed for their continued wellbeing and a harmonious existence.

Order of Blessing

- ✧ Life partner/ parents
- ✧ Children/ parents
- ✧ Siblings
- ✧ Close friends/relatives
- ✧ Colleagues
- ✧ Enemies
- ✧ World/ universe



Life Partner & Children

Blessing the Life Partner

Life partner means husband or wife; the relationship between a husband and his wife should be harmonious, strong, and lasting, devoid of differences in opinion. The love and affection they bear for one another should last an entire lifetime - even beyond the lifetime. It is important that life partners bless one another saying "Vazhga Valamudan" in order to keep the noble sentiments alive. Peace reigns within the family.

Blessing the Children

Sin imprints of the parents are invariably passed on to the children, and they have to be blessed to ward off the ill effects of the imprints, besides helping them lead a healthy and prosperous life. Every parent desires that his children should do well academically and succeed in life for which reason they have to be blessed constantly. An image of the child is called to the mind and blessed by repeating the words 'Vazhga Valamudan' at least once a day. Changes become evident, soon.

Blessing the Siblings

Siblings differ from one another with regard to their age, physical form and appearance; but the imprints and qualities are the same, having come from the same parents. Imprints of parents are replicated in the children in the manner of like photocopies. The same life energies, passed on through thousands of generations, find a place within the siblings. The genetic centers of the siblings resemble one another for which reason it is important to bless them in order their genetic center also gets purified along with our own. The good or bad that takes place in the life of any one of the siblings impacts others also. The results of the good deeds performed by any one of them are passed on to others, even without their knowledge. It is important that one's siblings be protected against all evil and prosper in life, for which reason blessing them is imperative. The noble sentiment that they too prosper should be behind the blessing.

Blessing one's Friends

" Genuine friendship sits firm on high ground,
Sending its roots deep, unaffected by adversities"

- Kural 789

Good friends are assets in life; good friends are those who come forward, by themselves, to assist and alleviate one's pain or misery. They should be blessed with gratitude.

Blessing the Colleagues

Colleagues and co-workers have to be blessed for the sake of harmonious relationships at the workplace. It paves the way for peace, happiness and success. Colleagues, whether superiors, subordinates or peers, have to be blessed irrespective of their position; it brings good results. People begin to cooperate without ill-will or rancour, which is important. Cooperation and goodwill prevail at all times.

Blessing the Enemies

Enemies also have to be blessed. Imprints, which manifest in the form of evil thoughts, words and deeds, have to be eradicated and the soul purified; it is the law of Nature. We have to understand that all those responsible for our pain or suffering are not necessarily our enemies or ill-wishers but tools in the hands of Nature; their action is Nature's way of removing the imprints. This realisation prevents ill-will or

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anger towards people who have harmed us; they should be blessed in order they may mend their ways.

Invocation for World Prosperity

May the leaders of every nation
Intuitively attain Divine realisation
The boundaries of all nations guarded by-
A force common to every country.
May all men live without rancour or fear,
Working for a living, all wars disappear;
May the people all over the world, find
Lasting peace, which fills their mind.

Every one of us lives on the Earth, provided for, protected and guided by the forces of Nature. Peace and prosperity will evade the people so long as the leaders are unable to rule wisely and judiciously. Individual peace alone can lead to world peace, for which reason the people, leaders and all living beings have to be blessed. Anger, hatred and wars, which leave behind physical and economic ruin, should be avoided. Let people everywhere live and prosper in peace.

Invocation for Rain

"May the lakes, ponds, wells and rivers, brim and overflow; may the rains be copious and people live in prosperity....."

Food and water are basic requirements; rains are integral for raising crops. They are essential for people to live and civilisations to flourish. Invocations help bring in sufficient quantities of rain.

Blessing the World

May the world be blessed with plenty of rain,
The farmers work to produce an abundance of grain
Let the practitioners of all trades flourish and grow-
And culture progress, through the need to share and grow.
Let the rulers be beyond the feelings of anger or fear
Illiteracy, poverty and all evils, made to disappear;
Let the true lamp of knowledge burn steady and bright,
Our sense of duty guide us along paths always right!!

A stable government, comforts, conveniences and virtuous qualities are essential for people to live well. Agriculture and other trades have to thrive. A culture, where the people live without antagonism, illiteracy, poverty and evil should grow and develop. Blessing the entire world with these noble concepts in mind is important.

Invocation for Divine Protection

"The Divine power may protect us, guide us and lead us, at all times during the day and night, in all places, and in all our activities".

The above invocation, seeking the protection and guidance of the Almighty, enables us to harness the forces of Nature for our own protection and safety.

Actions in Keeping with the Divine

A spiritual life sanctifies the individual as well as the others around him. Nature, the Almighty power, is omnipresent; it is the all-knowing Consciousness, everlasting, just and absolute compassion. Realising this, and living in accordance with the principles of morality, duty and charity helps rid the mind of evil and free the soul of imprints. Good health and prosperity prevail.

Bless constantly, repeating the words "Vazhga Valamudan"; bless with awareness regarding its benefits because every blessing, made with the welfare of the others in mind, elevates us to glorious heights. The words Vazhga Valamudan are more potent than mantras and are capable of yielding immense benefits.

"Fulfil your duties and live in the midst of plenty, devoid of faults, enriched by good health, fame and knowledge, and free of the burden of debts" - Vethathiri Maharishi

Think of the world and its people and bless them by repeating the words "Vazhga Vaiyakam, Vazhga Vaiyakam, Vazhga Valamudan" thrice every morning in order people all over the world may live in peace and prosper.

LET US BLESS: LET US LEAVE IN PEACE AND PLENTY

VAZHGA VALAMUDAN



2. LOVE AND COMPASSION

*"The throb of life is in love;
In its absence, the body, a bundle of skin and bones".*

- Kural 80

Love lies centered in life, the period between the birth and death of an individual. Amongst all the living beings, from plants with a single sense to man with six, human beings alone are capable of expressing selfless love. For example, a deer is incapable of showing the same love it bears for its offspring towards the other animals; but man remains capable of thinking in terms of love for the others which is the reason behind the appearance of noble and great souls over the centuries.

Love, an outpouring from the life energies, seeks no reason for its expression; but love is important for attaining spiritual wisdom. Great persons, who had realized their inner self through a process of analysis and erudition, have advised the path of love to living in peace, harmony and contentment with the others.

"I wilted every time I saw a plant wither" - they are the outpouring of the love Sage Vallalar carried within himself for the others. Yet, how many people are capable of treading the path of love today? Are people not seen to be deliberately cruel despite realising the worth of love? Why don't children show the same love to their parents who had, once, showered it on them? Why do ill feelings and animosity among life-partners, siblings, fellow-men and countries of the world, exist?

The five cardinal sins of dishonesty, thievery, gambling, wanton killing and sexual impropriety continue to rule because man refuses to follow the path of love and virtue advised by the noble persons. They had, through the practice of meditation and introspection, realised their higher selves as well as its origin from the Divine State.

A veil of ignorance blinds people and stands in the way of realising the fact that problems prevail on account of their inability to accept love as a beacon which can guide them away from the misery that envelops them. Wise and learned people,

of an earlier era, have advised love and compassion as a means to remove the ignorance from human minds.

Love is not merely living in harmony with others; it involves realising the qualities of the noble sentiment as well as its origin from the Divine State. "Nothing, not even an atom, moves without His knowledge" - thus goes an old adage. The 'He' is Allah, Paramatma, Siva, or Brahman - the same primordial state is referred to by different names by many religions.

No man has really attempted to understand love despite living with it for one another. It is not possible to show or receive love all the time. A mother cooks for her daughter, with love, in order she may remain healthy and do well in her studies; it does not take all her energy. But the daughter requires 100% energy for her own heart to function normally, which the mother cannot provide.

How much energy does the heart, which keeps pumping even as one sleeps, really consume? If it fails to work, for even a few seconds, the person collapses and is forced to spend huge amounts for recovery. When we look at the money saved because the heart continues to work without problems, the Almighty force which keeps it going becomes evident.

Love and Life Force

Sentiments like love, compassion, knowledge, thoughts, sensations, pleasure, pain, peace and ecstasy arise from the life force. All feelings cease with death even as the life energies depart the body. Love, in its truest sense, begins to blossom only when a person realises his higher self; until then it remains a transient feeling, much like bubbles on the surface of water.

Realisation of the Divine State and life energies transforms love into a perennial stream. Life energies circulate all over the body with the Mooladhara Chakra as their center. Also called the genetic center, Mooladhara Chakra acts as the midpoint for the circulation of both life energy and biomagnetism; it also acts as the storehouse for the sexual vital fluid. Life energy keeps the heart, lungs, brain, kidney and the digestive system, which are beyond our control, working normally.

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A mother can hold her child close to herself, kissing, fondling, feeding, caressing and putting it to sleep, with great love; but she can do very little to keep its blood circulating or the body temperature normal. Biomagnetism, given off by the life energy particles, transforms into electricity that keeps the blood from clotting and circulating normally. The body remains at a constant temperature of 98.6 deg. F, and the organs working normally, on account of the life force and its transformations.

Life energies work to provide knowledge, clear thoughts, good qualities, a sense of responsibility and sensations, as well as their outcome. But a person suffering from an ailment like acute stomach pain can hardly be expected to generate noble thoughts because noble sentiments vanish in the face of pain or suffering. This can be prevented by keeping the life energies, as well as the three circulations, viz. blood circulation, heat circulation and air circulation, normal through suitable practices.

Physical, mental and spiritual health, which can be achieved and maintained through suitable practices, is important; it enables the noble sentiments of love and compassion to thrive. Lands yield better with proper care; the mind works better, and in a cultured and disciplined manner, when the soul is purified and filled with devotion. Society is rife with misery on account of uncultured or evil minds. Suitable practices for purifying the mind, and freeing it of evil and undesirable practices, are imperative. Regular practice of meditation helps purify the mind and guides it along the path of virtue and righteousness.

Crimes are often the result of raging emotions and ignorance regarding the principles of Cause and Effect. The practice of meditation helps bring down the frequencies of the mind waves from the emotional level of 14 - 40 cycles /second (Beta Stage), to the Alpha levels of 8 - 13 cps when peace prevails within the mind. The mind, at very subtle frequencies, begins to understand its origins from the Divine State as well as the need for showing love for all living beings; the flame of love begins to burn bright and spread its radiance everywhere.

It is the bounden duty of the parents and teachers to shower love and compassion on the children who wilt in the face of misery, much like rose plants deprived of water. Children should be made to understand the worth of love even from a very young age. For example, a mother stops buying ice cream for her

daughter, in view of her health. She begins to advise the daughter every time she asks for an ice cream. The child grows up and enters college where she finds herself in the company of boys and girls, who interact freely. One of the boys begins to buy her ice cream regularly and turns into an object of her admiration. He, in her eyes, appears to be affectionate, noble-hearted and caring; at the same time the mother, who denied her the ice cream, appears to be heartless and unaware of her needs. Resentment regarding all that was denied to her during her childhood, and lying buried in her subconscious mind, begins to well up and comes to the fore. It makes her trust the boy blindly, unaware of his true intentions.

A child crying for milk, a youth looking for employment, a girl waiting for marriage and aged people pining for attention, seek the solace of love and compassion as a part of their needs. Why do rifts appear within a family? A girl prevented from going next door to watch television decides to end her life. Another, forbidden from meeting the boy next door, resents the words of her parents and meets him on the sly; overcome by tension and frustration, she begins to despise and resent her parents.

It is important to understand the difference between genuine and false love for it to blossom and thrive. Proper analysis reveals the Truth that exists behind everything.

"Knowledge is to research the inner qualities,
And not conclude by outer words or deeds".

-Kural 355

Vethathiri Maharishi had advised that all things have to be studied in three ways: in the form of an atom, a Formative Dust particle and Absolute Space from which Formative Dust have arisen. The fact that the formless and imperceptible Absolute Space has transformed into the vast universe, as well as the things in it, has to be borne in mind.

"God is one and all things basically the same" - everything, whether a piece of iron, a handful of cotton or anything else in the vast universe, is the result of an association of atoms. Realisation provides the insight to see everything as a collection

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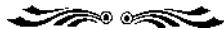
of tiny atoms which have come together. Love forms an integral part of the words and deeds of realised persons; it is a fact that no one has been able to explain the divine qualities of love as did Sage Ramalinga Vallalar.

Realisation provides the perspicacity to see divine love as well as the fact that all things have come from the same source.

As poet Subramania Bharathi puts it:

" Crows and sparrows are our kin,
The oceans and mountains our own fold;
Our own self, as far as eye can see
A veritable joy to behold!"

The words help understand the greatness and relationship between all things in the universe. The greatness of love can be cognised when the realisation that all things are manifestations of an invisible Absolute begins to sink in. Seeing our parents in the light of this knowledge helps strengthen family ties and relationships. Every living thing is the result of the life energies provided by the father, and a safe haven within her body, provided by the mother. They are the force and reason behind our growth and happiness - realising this makes the noble sentiments of love and compassion well up within.



3. FAMILY PEACE

Family

Families are made of a husband, wife, children and aged parents; they form the unit within which an individual lives. Among the four Ashrams, which mark the different stages in the life of a man, one's duties and responsibilities as a Grihastha or householder, who serves as a husband, son and father, is considered the noblest. Prior to taking up his duties as a householder, the individual goes through a period called 'Brahmacharya' or celibacy when he learns about his responsibilities as a Grihastha, even as he acquires the knowledge and skills essential for plying a trade to support himself and his family.

The stage as a householder, when the individual acquires all things, material or otherwise, is important. A rare opportunity in life, it makes the individual capable of earning, enjoying and giving away as charity. This was the reason Thiruvalluvar stressed the importance of living as a householder because a Grihastha provides the support for those in the other three stages in life, viz. Brahmacharya (Celibate), Vanaprastha (Seeker) and Sanyasa (Renunciate).

" Family life is the best protection -
To one's parents, spouse and children".

- Kural - 41

" A householder is patron to renouncers,
The have-nots and unprotected".

- Kural 42

What is a Family?

It is not proper to shirk one's responsibilities as a householder. In the words of Thiruvalluvar:

" Family life is the embodiment of righteousness,
If it guards against blame, it is finer".

- Kural 49

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" A family bound in love and virtues,
Is the purpose and essence of life".

- *Kural 46*

It is important that householders, who live amidst love and compassion, lead virtuous lives. Virtue, according to Vethathiri Maharishi, consists of the noble sentiments of Morality, Duty and Charity, which stand in the way of wrong or evil deeds. Morality consists of "deeds that do not produce pain to oneself or others, physically or mentally, immediately or later". Duty is made of responsibilities to oneself, family, relatives, countrymen and the world, all of which have to be taken care of without a clash of interests. Charity is attempts made to alleviate the pain or misery of the others without expectations of a reward or returns. Householders, who take care to fulfill their duties from within the confines of a virtuous life, stand on a par with the Divine.

" Success form within the ideals of a family life,
Elevates one to lofty heights of fame".

- *Kural 50*

Vethathiri Maharishi used to mention that it is not essential to forego family life in pursuit of Gnana; it is enough if the tenets of measure and method are observed in all things. Indulgence should be avoided in favour of a frugal existence. Food, work, rest, sex and thoughts, should be within limits; they should not be neglected or avoided either. It paves the way for physical, mental and spiritual wellbeing.

Family and Peace

A peaceful life, within the comforts of a family, is important for navigating the turbulent waters of the ocean called life. Family life should be ideal for progressing along the path to spiritual emancipation. Peace commences within the family and then spreads to the entire society. Families begin to prosper only when every individual comes to understand his responsibilities and takes care of them with diligence. People from outside may, at times, be responsible for problems within a family; but the ability to understand the shortcomings in others is a great asset. One has to learn to adapt and accept for the sake of peace within the family.

Physical, Mental and Financial Wellbeing

Every individual in a family has to strive to remain physically, mentally and financially healthy for a balanced and comfortable existence. Noble concepts regarding God, Philosophy of Nature, Philosophy of Life and spiritual wisdom can be obtained from within the family; in fact every family can act as a university when it comes to disseminating knowledge and wisdom.

Wisdom, rather than emotions should rule family relationships; it is the only way to ward off misunderstandings and problems.

Avoid Criticism, Authoritative Manner and Expectations

Relationships within a family should be strong, sincere and close; criticism, authoritative behaviour and unwanted expectations should be avoided. Finding fault constantly, ruins initiative; it makes people uninspiring. Avoid Comments, Commands and Demands, scrupulously. Decide not to make unwanted comments, commands and demands from this day onwards.

Once we stop finding faults, ordering or insisting, we change for the better. The entire world begins to admire and appreciate such an individual. Peace comes only through this; it cannot be established through fear.

The relationship between a husband and wife being divine, it should be sustained with care and not ruined through neglect.

Frugality

Frugality with regard to clothes, household expenses and social functions is important. Greed should be avoided. Getting into debt, through attempts to keep up with the neighbours or relatives, is inadvisable. It is better if every individual makes an attempt to earn or save for the sake of the family.

Reasons behind Disharmony within the Family

- (1) Need (2) Quantity (3) Quality (4) Time

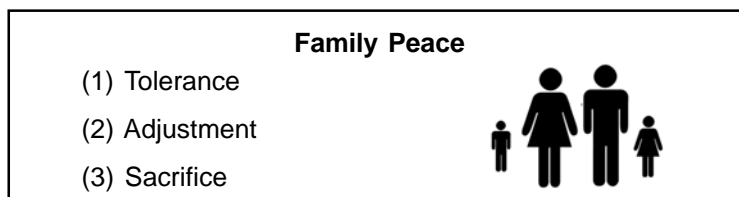


Fig. 2.1: Family Peace

Family Values

Family Welfare

1. Avoid fault-finding
2. Avoid commanding others
3. Avoid asserting oneself

Fig. 2.2: Family Welfare

Reasons behind Disharmony

- (1) Need
- (2) Quantity
- (3) Quality
- (4) Time

Fig. 2.3 : Reasons behind Disharmony

The lady of the house may ask for a pressure cooker while the son demands a bicycle; it leads to a clash of interest within the family. The father, hard-pressed for funds, decides to accede to his wife's request and buy a pressure cooker, as it appears more important. Next comes size: whether the cooker should be big or small, in keeping with the requirements of the family, which can lead to difference of opinions. The third point is quality, the need to choose the best brand available in the market. The fourth factor is time: whether the purchase is to be made immediately or later.

Differences in opinion can be avoided through adjustment - deciding to let the other have his way, at least for the time being; it wards off resentment and ill feelings. Everyone remains resolute with regard to quality, quantity, time and method about things in life, which is the primary reason behind many of the misunderstandings and problems. The noble sentiments of Tolerance, Adjustment and Sacrifice has to be cultivated.

Tolerance, Adjustment and Sacrifice

People do us favours, some of which may be according to their ideas and not exactly to our liking; but, when we receive hundreds of favours from the others, can we not overlook one or two which we may not be able to relish? Tolerance is the ability to put up with the actions or attitude of the others, even if they are not to one's liking.

Adjustment is the readiness to give up something, despite its attraction or value; letting the others act according to their wishes, yet supporting and helping them constantly, besides rejoicing in their success. Sacrifice is helping the others, physically, financially or otherwise, regardless of one's own comforts. It is born of

a desire for the wellbeing of the others. Putting up with the actions of the others for the sake of peace and goodwill is important.

There is nothing wrong in giving in to the others for the sake of peace - in fact it may even be looked on as a magnanimous act. Anything, except chastity, can be sacrificed for the sake of good relationship between a husband and wife. The three qualities, viz. tolerance, adjustment and sacrifice, if practised assiduously, help maintain peace in the family.

Say "No" to Ego

Family is the ideal place where a person can work to overcome his ego, emotions and the six evil temperaments of greed, anger, miserliness, immoral sexual passion, vanity and vengeance. Mistakes should not be magnified but corrected through kind and polite words. It is important not to magnify the shortcoming in others - tolerance, adjustment and sacrifice are called for. Sweet and kind words go a long way in pacifying, as well as, clearing misunderstandings.

A broad mind, free of raging emotions, is essential; in other words a mind that is capable of putting up with anything. Tolerance should be boundless; i.e. devoid of limits. Patience alone helps study and solve problems.

Peace reigns a mind which fails to magnify problems and shortcomings and also learns to forgive and forget. It is best to ignore harsh or unkind words for the sake of peace. One may be right and his ideas and ideals noble; but so long as the life partner remains unwilling to accept or abide them, they are to be kept in abeyance - at least for the time being. Even wisdom and spiritual knowledge at the cost of family peace is futile.

Relationship between a Husband and Wife

The sacrosanct relationship of wedlock should not become a licence to curse, abuse or ill-treat one another - such behaviour is unbecoming of anyone, especially those who practice Kundalini Yoga. The relationship between a husband and wife is divine and has to be safeguarded by both for the sake of the wellbeing of the other. It has to last an entire lifetime, because every individual, man or woman, is mentally readied for the hallowed relationship even before marriage; it should be strengthened by the bonds of genuine love.

Family Values

Family Peace and the Ocean called Life

The purpose behind a human life is to successfully navigate the turbulent waters of the ocean called life; a peaceful and harmonious life is imperative for this. The relationship between a husband and wife should be considered more precious than life itself. Relationships with one's children have to be healthy. Let the strength and knowledge provided by Manavalakkalai stand by you at all times and help safeguard family peace.

Work to establish peace and harmony within the family; benefit from it, enjoy it and let the happiness and goodwill born of it spread throughout the society. Life turns pleasant and paves the way for perfection.

Blessing

Commence every day with blessing your life partner. Children should be blessed by the parents, and they, in turn, should bless the parents. Ten days of blessing is bound to produce changes, with energy waves born of the blessing, making the beneficiary energetic and happy. The noble qualities help improve family relationships.

Every family should contribute to the welfare and wellbeing of the others in the society; it helps transform the world and makes it a better place to live in. People transform into better citizens and the country begins to prosper. Peace, which commences at the level of the individual, spreads to the family, neighbours country and the entire world.

Blessing on Wives' Appreciation Day

"I venerate my wife who has magnanimously detached herself from the bonds of her home, family and friends, leaving them behind, to accept me as her husband, according to the dictates of the culture and share my responsibilities as a part of her own duties. I look upon her and her services to me and the society as a boon granted to me."

– **Vethathiri Maharishi**
(*Gnana Kalanjiyam* - 475)



4. FAMILY AND A VIRTUOUS LIFE

Householder

The four stages in the life of an individual, according to the tenets of Hinduism are, Brahmacharya, Grihastha, Vanaprastha and Sanyasa. The stage of life as a Grihastha or householder, which follows the initial part of life as a Brahmachari or celibate, is important. It is the stage where the individual enters into wedlock, begets children, and begins to live as a householder, taking care of his wife, children and aged parents.

Virtue is an important quality every householder has to adopt and adhere to; in the absence of noble or virtuous qualities, family life becomes meaningless. It is the stage which provides a meaning or purpose to life. Family life commences with marriage, where a person selects a partner who is expected to share his life, with all its pleasures and travails. Life, in fact, begins to prosper with marriage.

The quality of life does not depend on material comforts or wealth, but on the peace and contentment that rule the minds of the life partners. "A contented mind is a panacea for all ills"-thus goes an old adage. Happiness and contentment are important; every action should be evaluated for its worth and only noble or correct deeds should be performed; others should be avoided with care.

Importance of Family Life

" A virtuous-householder who supports all other orders,
Has more penance in him than all the hermits".

- Kural 48

An individual who never strays from the path of virtue and also guides others around him is mentally stronger than even one who practices meditation. As an old saying goes: "A good family is a university in itself". Another saying advises people never to stay in a village bereft of places of worship. There can be no greater pleasure than transforming a house into place wherein God resides; but the onus for achieving it lies with husband and wife.

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Thiruvalluvar, who has provided the first place for the qualities of virtue in his epic work Thirukkural, has extolled the greatness of family life, wellbeing of the life partners, children, love, affection, hospitality and other noble sentiments, in an authoritative manner. Love, which begins to blossom within the precincts of a family, should expand and spread all over the world. Greatness lies in looking on all humankind as one's own family. It has always been a part of our culture to think of the welfare of the world in its entirety.

Women in a Family

The prosperity and wellbeing of a family rest in the hands of its women - in fact the welfare of an entire nation lies with women. Physical exercises, meditation and other spiritual practices were designed by our forebears for the welfare and wellbeing of the society and its people; but the same, when practiced by a woman, benefits not only herself but also the child growing within her. Good health depends not only on an individual but his parents as well.

" What more can a man want than a noble wife?

And lacking this, what more is there for him, in life?"

- Kural52

A house with a noble-minded, cultured and good wife lacks nothing; as Avvaiyar states, "Every woman is the mistress of her house; a house where the lady is bereft of love, humility, discipline and other noble qualities, will be like a leopard's lair".

A woman is like the axle that holds a wheel in place and helps it revolve. Women, by nature, are sacrificing; a woman, after her marriage, moves into their husband's house, leaving behind everything she loves - her parents, siblings, relatives and even her prized possessions. She lives with her husband and his people and goes on to become a mother and mistress of the house, in time.

Ways to Improve the Household

- ◆ Family is a wondrous product of Nature.
- ◆ A good family is a paradise on earth.
- ◆ Families are schools where the basics of discipline are taught; families are God's gift to the young.

- ◆ A happy family life is not a happenstance, but the outcome of the diligent efforts put in by its members.
- ◆ Family peace is the way to world peace - the relationship between a husband and his wife is nonpareil.
- ◆ Wisdom, and not emotions, serve to keep relationships smooth.
- ◆ When expenditure exceeds income, it affects family peace.
- ◆ Secrets between a husband and wife stand in the way of a healthy relationship.
- ◆ Adjustment, tolerance and sacrifice are important for love to blossom.
- ◆ It is important not to magnify the shortcomings in others; to forgive and forget is best.
- ◆ Family peace is imperative for navigating the ocean called life, successfully.

Morality and Family Welfare

Whereas houses are built of bricks and mortar, families are built on love and understanding; this fact has to be realised. Misunderstandings and disharmony within the family are often the reason behind an increase in crimes in the western countries. The relationship between a husband and his wife is of prime importance, which has been highlighted in our ancient texts and scriptures.

Marriage is a sacred rite; it is not an agreement to live together, renewed periodically with the consent of the partners, as seen in the western countries. A husband and wife are bound together for life, in a sacrosanct relationship, which should not be allowed to deteriorate, in any manner.

Rules Regarding Relationship between a Husband and Wife

A couple who come together in wedlock, enter into a tacit agreement to live together and raise a family. Their act of living together in happiness and peace, devoid of ill-will or rancour, is an achievement in itself. In the words of Washington Irving, "All forms of love come together in the temple called a family". A family is a place where love, in its varied forms, stands revealed - the love a husband and wife bear for each other, affection for the children, respect and regard for the parents - all of them find a place within a family.

Family Values

The relationship between a husband and his wife is sacrosanct; it commences at the time of their marriage, conducted with the consent and blessing of the parents and society. Both the husband and wife should feel they live for the sake of the other and be ready to forego anything, comfort or possession, for the benefit of the other. The happiness born of sacrifice made for the sake of the life partner strengthens the bonds of love.

According to Vethathiri Maharishi, everything, except chastity, can be sacrificed for the sake of the life partner. The love between a husband and wife should be genuine. There should be no secret between the partners and poverty should not be a reason for love to wane. Financial constraints may exist; but it should be no reason for loss of love or virtue.

The love between Thiruvalluvar, who wrote Thirukkural, and his wife Vasuki stands as an example of total love. The lines of Bharathidasan, who lived happily with his wife even at the ripe old age of 84, is a classic example of how the noble sentiment can withstand the vagaries of age and time.

"She no longer is afresh blossom,
But a bundle of dried grass;
No longer light on her feet, but,
Tottering and stumbling with age.
Her face, no longer a radiant moon,
A barren field, with pits for eyes,
Yet what makes me happy,
Is she still is present here.

- Bharathidasan

Rearing Children

A family prospers only when good children are born into it.

" A good wife brings beauty and happiness to family life,
And good children are its ornaments"

- Kural 60

Children should be intelligent and grow to be honest and upright citizens. Every parent wishes his children will be a source of solace and support to the family.

Parents should bear equal responsibility with regard to the children. Children born into a society where equal rights are denied reveal certain innate flaws; families have to be devoid of disparities for social equality to prevail.

"Let us organize Gurukulas that rear children well, provide them with food and exercises in keeping with their ages, and impart knowledge regarding good culture and habits" - Vethathiri Maharishi.

Boys and girls, who have been made aware of the importance of celibacy, should live separately, even as they learn a trade; it is important for developing a healthy and moral relationship, which is an invaluable asset for the society.

Rules during Adolescence

Parents should learn to communicate freely and comfortably with prepubescent or adolescent children, who despite beginning to think like adults, remain incapable of acting like one on account of their inexperience. They have to be helped, guided and made to understand the love of their parents. Parents have to realise that children are unique and invariably gifted in their own way; comparisons with other children have to be avoided. Children should be encouraged to accept responsibilities and fulfil them successfully. They may also be encouraged take part in group activities or join service organisation like the NSS or NCC.

Parents are second teachers and teachers are second parents to children - parents should act as role models and help children acquire virtuous qualities. They should take care to observe how children spend their leisure hours as well as their allowance; they should also keep a watchful eye on their food habits, behaviour, attitude and manner of dressing. Adolescents, who are passing through a phase where they feel everyone, including their parents and siblings, are against them, have to be protected against evil influence through proper guidance and counselling.

Greatness of Family Relationships

The world begins to prosper when individual families begin to do well; only he, who knows to transform a house into a temple wherein God resides, can become a true ascetic towards the end of his life. Asceticism is only non-attachment and not lack of love. Families are human preserves; they are not a part of animal life. A human birth is rare, and a good family, a rarer thing. The noble qualities of love, virtue, chastity and hospitality, improve family life, for which reason they are inevitable.

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Family Life According to Thiruvalluvar

Thirukkural, which is divided into three parts, viz. Virtues, Wealth and Love-life, has been extolled by people from all over the world. The text, which consists of 1330 couplets, is divided into 133 chapters, each one of which explains a certain quality in great detail. The first part deals with love and affection, virtue, chastity and hospitality among the others.

Love and Affection

"Family life, endorsed by love and virtue,
Endows it with character and happiness".

- *Kural 45*

Love and virtue are imperative for a happy family life; families cannot prosper in the absence of love. Love and affection are essential for virtue and cultural values to flourish. A family where people love one another without expectations is at peace. Children who grow without the benefit of love stray from the path of virtue and righteousness and fall victims to the five cardinal sins of dishonesty, stealing, gambling, wanton killing and sexual misdemeanour. They turn to crimes and other forms of evil for pleasure as well as a means of livelihood. It has to be avoided.

Path of Virtue

" Thoughts and deeds free of envy, greed and wrath
-And bitter words, constitute virtue".

- *Kural 35*

Virtue consists of ridding the mind of evil qualities like jealousy, greed, anger and harsh words. It consists of using only sweet and kind words which can never hurt anyone, physically or mentally. Desires have to be moralised, and anger, neutralised, for peace and happiness. Anger, which ruins individuals as well as families, has to be replaced with tolerance and patience.

Chastity

"What greater treasure can there be -

Then a woman whose strength lies in chastity?"

- *Kural 54*

Chastity, the hallmark of Indian culture, acts as a beacon that guides women from all over the world. Chastity advocates the principle of "One man, one woman", according to which neither the husband nor the wife should stray from the path of fidelity or cheat on one another. This concept is applicable, equally, to both the partners in a marriage. A person has to go through the stages of Brahmacharya, Grihastha and Sanyasa, successfully, for contentment and progress along the path to perfection. Nothing, according to Thiruvalluvar, can be greater to a woman than living according to the principles of chastity.

Hospitality

" Lakshmi, the goddess of grace, will reside in the house of one,
Who feeds his guests with a cheerful face".

– *Kural 84*

Food replenishes energy and keeps the person alive. Hospitality, which involves taking good care of one's guests, is an important aspect of Tamil culture. As the saying goes, "He, who gives food, gives life itself. Hospitality consists of offering food with love and affection. Children have the responsibility to feed and take care of their parents until the end of their days, in return for all they had done earlier. Offering food, with love, to the starving, the wise and relatives is the noblest act a person can perform.

Conclusion

A good family is a university in itself"- Thiruvalluvar's words can turn even an ignorant person into a fount of wisdom. They help to develop a strong body and mind besides providing peace, happiness and contentment in life. It is a fact that following the principles of love and compassion, virtue, chastity and hospitality, will help families prosper.



5. SEX AND SPIRITUAL PROGRESS

"Discipline sustains dignity like life to the body-
To be sustained and protected".

- *Kural 131*

Every individual seeks to lead a happy and contented life, devoid of pain or suffering; yet man continues to be mired in misery in spite of the comforts provided by Nature. This is the case with all, educated or illiterate. It has become human nature to suffer and also make others suffer.

Purpose of Sexual Education

People differ gender-wise: male or female; but with regard to other aspects, like thoughts, life energies, sensations and feelings of pleasure and pain, they are similar. Everyone desires life should be pleasant rather than filled with suffering; yet no one is willing to adhere to ethics or moral codes that purify the soul and mind for the sake of a peaceful life.

Fish swim to move from place to place and also forage for food; it is essential for their survival. Likewise eradication of sin imprints and a pure mind is important for a peaceful and contented existence - there is no other way.

Perspicacity and the words of wise and erudite persons can enlighten us regarding the nature of pleasure and pain. For example, someone hands us a sweet and we enquire about the person who has given it. We enjoy the sweet and also the fact it was provided to us; but do we ever try to ascertain the reason behind the sweetness of the thing? Or where the taste comes from? Has anyone ever tried to understand pain or the reason why it manifests? Answers to such questions were provided by the noble souls, who through a process of assimilation and inference, came to understand the nature of pleasure and pain, as well as the ways to avoid pain in life.

The inability to live in accordance with certain laws remains the primary reason behind lack of peace and happiness. It has to change and the number of noble-minded people increase. Education, capable of sanctifying the mind and thoughts has to be provided even from a very young age; it is important. As an old saying goes: "That which is not pliable at five, remains unpliant even at fifty".

Sexual Misdemeanour and its Ill Effects

We are well aware of the ill-effects of sexual aberrations that plague the society. What is the reason behind an increase in the number of persons affected, physically and mentally, by such problems? How many, aware of their own wrongdoings, are ready to correct themselves? We have to analyse and ascertain the reasons behind this.

A non-smoker, in the company of friends, who smokes regularly, picks up the habit, gradually. His refusal to join them attracts their derision and ridicule rather than admiration. This changes him and he begins to smoke in order to remain a part of the group. The same is the case with many things - youngsters begin to use foul words merely because their peers do.

They have to become aware of the outcome of their actions. Knowledge regarding the physical body, the fact it is made of the Panchabhootas, as well as the mind and life energies is important. Wrong deeds are often the reason behind ailments in the body and impurities in the soul; life turns miserable. Lack of information regarding the sexual vital fluid, the seminal matter behind the physical body, mind and soul, is the reason behind all this.

Wasting the sexual vital fluid is fraught with risks; it affects the body and mind adversely. People, despite being aware of the fact erroneous deeds bring a bad name, continue to indulge in them. Intellect, which makes them aware of the consequences of their ill-advised actions, stops working.

"He, who wastes the sexual vital fluid, is ruined; but he, who conserves it, builds castles". Wasting the sexual vital fluid, unaware of its worth or greatness, leads to ruination of the body and mind; a long and pleasant life evades them.

The prevailing system of education imparts academic information, but does little to improve growing minds; a system which teaches the students the true worth

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and importance of the sexual vital fluid is essential. Television, internet, books and magazines are replete with stories and scenes that titillate young minds. People, overcome by the pictures and narrations feel aroused, and it leads to wastage of life energies; young bodies and minds are laid to waste.

Drawn by a neighbour's dress, ornaments or food, people try to emulate them, to their own detriment; likewise people whose baser instincts are awakened by the scenes on television or cinema, try to copy them in their own lives. Unwanted thoughts and desires are unleashed and they pave the way for problems.

Thoughts or ideas, which provoke sexual desire, use up large quantities of life energy - in fact they consume more energy than the act of sexual excretion. The body and mind turn weak leading to loss of appetite, increase in body temperature, loss of memory and indolence. Conserving the life energy helps people live actively, and happily, even during their old age.

Improper thoughts, words and actions, with regard to sex, affect people of all ages. Attempts made by parents to foster good thoughts and ideas, in the minds of their wards, often turn futile. It is time the youth began to learn about the qualities and worth of the sexual vital fluid from the elders in the family or society for a better and fruitful life. Lack of restraint in matters regarding sex can even be a reason for misunderstandings and rift between life partners.

Necessity to protect the life force

Life energies are subject to a Minimum Critical Level; once the level goes below a certain point, the body seeks ways to restore normalcy through reduction in the outflow or increase in inflow. Failure to restore the levels comes in the way of the available energy reaching some parts of the body, which leads to loss of polarity between the cells in that part and onset of diseases.

Loss of polarity between the cells affects the normal circulation of blood, heat, air and life energies. To set it right, life energy from other parts flows to the affected part in large quantities and undergoes transformation into electricity and the Panchatanmatras of pressure, sound, light, taste and smell. The transformations, which is in excess of the normal requirements of the body, is termed an 'Abnormal Conversion'. Production of electricity in large quantities during the process leads to

an electric short-circuit, which is felt in the form of a pain. Pain is an indication of a stagnation and short-circuit in that part of the body.

Lasting pain, which also spreads to the other parts, is called a disease. Diseases lead to outflow of life energies, which, at times, may be far more than actual production. It results in depletion in the level of the life energy, which can even lead to death. The process is progressive - what commences in the form of a pain, gradually transforms into a disease and death.

Life energy has to be safeguarded zealously for good health. This is possible only if the sexual vital fluid, which acts as the storehouse for the life energy particles, is available in sufficient quantities. The sexual vital fluid can be compared to a battery wherein electricity is stored. It is common to both males and females. The quantity and quality of the life energy depends on the quantity and quality of the sexual vital fluid. Good health, physical or mental, depends on the sexual vital fluid and life energy.

Greatness of the Sexual Vital Fluid

Discussions regarding sex and its role in human life have always been discouraged in our society. Books on the subject have invariably been written for pecuniary gains rather than disseminating genuine information. They tend to titillate the reader instead of educating him on the subject. Television, cinema, newspapers and magazines are replete with stories that depict 'poverty' and 'love', which stir emotions in the minds of the readers. Birth and death take place through discharge of the sexual vital fluid, the seventh component of the body.

Food undergoes transformation into seven body components, viz. (1) Juice (2) Blood (3) Flesh (4) Fat (5) Bone (6) Bone marrow and (7) The sexual vital fluid.

The final product, viz. the sexual vital fluid, stores the life energy particles. Biomagnetism, generated by the life energy particles, circulates within the body and transforms into the five Tanmatras of pressure, sound, light, taste and smell, which yield pleasure or pain, in keeping with the nature of the transformations.

Biomagnetism transforms into electricity within the cells. The cells are insulated against an electric shock by a magnetic coating; the coating also helps produce and

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store imprints of every thought, word or action; they then expand to produce thoughts and inner visions, in keeping with the needs or circumstances.

Good health depends on the quantity and quality of the sexual vital fluid and life energy particles. Physical as well as mental strength and acuity depends on the quantity and quality of the life force.

Chastity

Chastity is the highest form of virtue, to be observed by both partners in a marriage. Observing chastity and being loyal to one another paves the way for many other good qualities. Physical and mental health, a good life partner and prosperity can be attained by observing chastity. Children born to chaste parents are highly intelligent.

A mistaken notion that chastity is applicable only to women in the society has always prevailed. Men have the wrong idea that the woman who comes into their life, as life partner, should be chaste, whereas he himself need not be very strict about it. God, with His eternal wisdom, has provided women with more responsibilities than the men; the fact a woman, an embodiment of love and compassion, is made to carry a child within herself for 10 months, is proof of this.

"Chastity has to be practiced by both the husband and wife; unfortunately wrong conduct always affects the woman more than it does the man, for which reason a woman has to protect her chastity with the same seriousness, as she would her life".

– Vethathiri Maharishi

It is important for both the men and the women to remain chaste all through their lives. The fact that every action brings a result of its own has to be remembered at all times. Every deed should be performed with awareness and prepared to accept the possible consequences.

It is natural for both boys and the girls to feel the sex urge after a certain age and balancing it, in a proper manner, is important. But there, definitely, is an age for this; the individual should also begin to realise the responsibility behind the act. It is important to restrain such urges until the proper time. Giving vent to it after marriage, conducted with the blessings of the elders and society, is best.

Good health depends on the quantity of life energy particles, which, in turn, depends on the quantity of the sexual vital fluid. It helps maintain the polarity between the cells and keep the circulations normal; both the body and mind function well.

Seminal fluid, deposited within the body of a woman, is assimilated only after a specified time; if, meanwhile, the seminal fluid of another person is also deposited, the two react with one another just as blood from different groups, which remain incompatible. Inflammations and sepsis set in, and lead to venereal disease, which is highly contagious. It also leads to other forms of skin infections which produce itching and force the woman to seek relief through frequent sexual encounters. She begins to forget herself and seeks solace in the company of men, paving the way for ill-repute and her own downfall and ruin.

Sexual vital fluid plays a very important part in the lives of people; good health, physical or mental depends on it.

The Principle of Cause and Effect

It is important to realise that pleasure and pain are the final outcome of one's own deeds and not the actions of others. One has to realise that evil deeds bring pain and suffering in their wake and avoid them with awareness just as he would step carefully over a thorn lying in his path.

"Sin imprints are passed on from parent to offspring; for a child to be healthy and intelligent the parents have to rid themselves of sin imprints through the practice of meditation and virtuous deeds".

– *Vethathiri Maharishi*

Suffering can, to a very great extent, be avoided by practicing the tenets of measure and method in matters regarding food, work, rest, sex and thoughts.

Spiritual Progress

We have to understand the qualities, greatness and importance of the sexual vital fluid besides remaining pure with regard to thoughts, words and deeds; it paves the way for progress in life. Physical exercises and meditation practices serve to keep the body and mind healthy. They help foster the qualities of virtue.

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Practice of Kaya Kalpa transforms excess sexual energy into spiritual energy; it extends the life span and helps lead an affectionate, caring and peaceful family life. Whereas a husband and wife who tread the path of morality and chastity beget good children, those on the path of immorality and wanton behaviour give birth to bad ones. It lies with the present-day youth and students to follow the path of morality for the sake of a healthy and virtuous generation in the future. Thoughts are strong and lucid only in a mind which is under control and bereft of emotions.

A State of Deathless Existence

The sixth sense in man is capable of comprehending the laws of Nature, and prevailing over them, to a certain extent. This enables him to put off death by regulating the loss of life energy particles from the body. The quantity of the life energy particles and the level of biomagnetism in the body have to be high to achieve this. Further, the sexual vital fluid has to be thick and pure. It is important; only the presence of an abundant quantity of sexual vital fluid, purified and thick in its consistency, can make attempts to delay the onset of old age, put off death, and maintain a youthful appearance and good health, successful.

Thickening of the sexual vital fluid, the container for the life energy particles, prevents the exit of life energy particles from the body. When there is no need to live any further, the functions of the mind is brought to a halt; when both body and mind cease to function, yet the life energy remains within the body, it is called a state of deathless existence or Jeeva Samadhi.

Practice of Kaya Kalpa, which extends the life span by thickening the sexual vital fluid and preventing loss of life energy particles is essential. Ojus, or purified energy, is separated from the sexual vital fluid and taken to the brain, through the spinal cord, to blend with the sexual vital fluid originating there. The process, called "Recycling of the Sexual Vital Fluid", is achieved through the practice of Kaya Kalpa.

Conclusion

Understanding sexuality as well as its role in spiritual progress enables the students lead a disciplined and virtuous life; it helps them progress and achieve great things. In the words of Thiruvalluvar:

"The one at the pinnacle of lasting fame,
Achieves glory in life".

- Kural - 233



6. EXTENDED AND NUCLEAR FAMILIES

Family

Living together as families is one of the greatest and important aspects of human life. Families stand as testimonials for the development of culture, qualities and knowledge amongst people. Families and family backgrounds often decide the future course of events in the lives of people.

Families consist of groups of individuals, each one of whom occupies a special or exalted position within the household, in the form of a father, mother, son, daughter, grandparents, uncles, aunts and brothers or sisters-in-law. Sons or daughters, living with the parents, often with families of their own, is called a 'Joint or Extended Family'; when they live separately, with their own wives and children, it is referred to as a 'Nuclear Family'. More than friends or relatives, it is always family-members who rally round to share the happiness or sorrow in a family.

"A householder is patron to ascetics-
The have-nots and the unprotected'.

- Kural41

An ideal family is where happiness rules not on the strength of available comforts, but on the proximity of individuals. Families, according to our forebears, are temples wherein God resides. Like the tap-root, which keeps a tree planted firmly in the soil, families keep societies from crumbling or falling apart. Pleasure, pain, peace or ecstasy, which fill human minds, and are behind the progress or downfall of an individual, are often born of family circumstances. Every individual reflects the qualities of his family, and children who are born into families that are happy and at peace, turn to be noble and upright citizens who turn to be assets for the society.

Extended (Joint) Families

"Living together provides immense benefits".

Extended families are found mostly in the villages. The English language does not have separate words for people like the father's siblings or the mother's brothers

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and sisters - all of them are addressed by the common term 'uncie' or 'aunt', for the simple reason an extended family is not a part of their culture. The need to use separate words, to address every individual within the family, becomes necessary only in the case of a joint family.

A Chola king once sent his emissaries to the farthest parts of his land to look for people who had remained taintless even from the time of their parents and grandparents, for being appointed as ministers. One such person was Sekkizhar, who not only became a minister in the king's court, but also wrote the history of the Nayanars in the form of epic poems.

Even minor incidents are celebrated in the manner of a festival within a joint family. Extended families provide strength, confidence and many other benefits. Problems are resolved with the

assistance of all. A common kitchen space to cook for the entire family, helps regulate expenses and prevent wastage. Grandparents, within a joint family, take the trouble of feeding the little ones with love and care, even as the parents look after their other needs. Children, who refuse to eat properly, are carried around and fed with love by their grandparents.

Extended families help to take care of the physical and mental health of every member. People were happy because of the love, compassion and companionship showered on them by the others; relationships were strengthened with the help of sentiments like respect, tolerance and sacrifice. Noble and healthy people invariably come from good and loving families. Society, consists of families, and extended families add to the wellbeing of the society.

Birds build nests where eggs are laid and hatched; the birds then take care of the hatchlings by bringing food and feeding them, with utmost love and care. People in a family should learn to live like house-sparrows, happy despite misunderstandings or minor tiffs. Extended families are like oceans into which rivers flow without turbulence.

Nuclear Families

Nuclear families are made of a father, mother and their children. Nuclear families not only fcggp the individuals physically apart from the others, but also away from their love, compassion and acts of kindness.

Children are left to fend for themselves even as the parents go to work. Tiffs or petty quarrels, between the life partners, have to be resolved by themselves without the aid or advice of elders; very often individual ego, which stands in the way of amicable settlements, leads to serious misunderstandings and even divorce. Children from families where parents are at variance with one another remain insecure and fall victims to many evils.

Extended families, where the noble sentiments of tolerance, adjustment and sacrifice, take predominance over everything else, provide security. Patience and the need to obey one's elders remain the motivating factors. Society prospers when every individual act as role-models for the others.

Discipline, exemplary behaviour and peace are the pillars of a joint family, with the noble qualities spreading to the society as a whole. Elders take care to correct wayward children, even as grownups treat their elders with love and respect.

Social Impact of Joint Families

Man, who lived a nomadic life during the early stages, began to live in groups, in harmony with his surroundings and Nature. He learnt to safeguard himself against the vagaries of Nature besides making use of the available resources for a pleasant and comfortable life.

Life in the villages was disciplined and ordered even as recently as 30 years ago; children were well-behaved and obeyed their parents implicitly. The idea of a joint family, with love, respect and obedience for one's parents and elders, was probably the reason, Tamil culture did not go into decay like many others.

Experience is the greatest of teachers; living in an extended family provides the experience essential for running a household, living with love and amity amongst the others, and the ability to rear children in a proper manner.

Love and Compassion

"The ignorant fail to realise that love and God are one, and look on them as separate; the fact love is a manifestation of the Divine has to be realised".
Thirumanthiram.

True love is acting without expectation of a reward or return; nothing lies beyond one's reach when the noble sentiments of love and compassion work together.

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Love and compassion for one's fellow-beings are the noblest of virtues. The twin forces of attraction and repulsion, which characterise, the Divine State, manifest, in the form of love and compassion. Love brings the desire to intimate the pain and suffering of others.

"The ignorant are devoid of grace and those without grace lack humility; those that lack humility do not possess noble qualities, and they who lack noble qualities are devoid of love".

Absence of the noble sentiment called love makes it impossible to understand the pain or suffering of others; the urge to steal from the others, rather than give away or share, remains primary. But those motivated by love and compassion prefer to make use of their skills, possessions and knowledge for the benefit of the others; their satisfaction comes through service. The life of Mother Theresa, who spent an entire lifetime taking care of the poor and destitute in the streets of Calcutta, is an example.

Love paves the way for the noble sentiments of tolerance, adjustment, sacrifice, patience, forgiveness, honesty and morality to blossom. They, who are unaware of the greatness of love, lead futile lives. Man alone, among all the living things, is capable of understanding the greatness of love. Love, the basic concept in Buddhism, conquers all.

During the olden days, realised persons travelled from place to place taking part in debates or discussions with others. Once, Bodhidharma, a very learned person famous for his knowledge and erudition, approached Buddha for a debate. Buddha, as was his nature, smiled at Bodhidharma and informed him that he, Buddha, was not qualified to debate with him and requested for a year's time to prepare himself for the task. He also requested Bodhidharma to remain with him in the meanwhile.

A year passed during which period Buddha looked after Bodhidharma and his disciples with love, humility and, devotion. At the end of the year Buddha informed Bodhidharma he was ready for the debate. Hearing this, Bodhidharma fell at Buddha's feet and said, "You have taught me everything even without saying a single word". He surrendered himself to Buddha and became his disciple.

The love and compassion shown by Buddha transformed even a rival into a disciple. We have the habit of reprimanding children for their mistakes, which makes them obey us for fear of punishment; but correcting the child with love and kind words will produce the same, or even better results, which will last longer. Love is divine, the reason why Vallalar stated, "I with every time I see a flower fade".

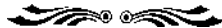
The noble sentiments of love and compassion should blossom within every individual for the society to thrive and prosper.

Advantage and Disadvantages

| Joint Family | Nuclear Families |
|---|---|
| <p>1. Adjustment Adjustment turns into a natural trait even from childhood.</p> | <p>1. Adjustment People do not find the need to adjust for the sake of the others, and remain selfish.</p> |
| <p>2. Sharing work Work is shared and made easy on account of the presence of more members in the household.</p> | <p>2. Sharing work All the work is performed by a single person for which reason it appears tiresome.</p> |
| <p>3. Good Behaviour Children are taught proper behaviour by the elders in the family. It helps develop discipline, fondness, love, the tendency to assist the others, enthusiasm and broad-mindedness.</p> | <p>3. Good Behaviour Children develop habits and qualities in keeping with those of the parents.</p> |
| <p>4. Child rearing</p> <ul style="list-style-type: none"> ◆ Develops love for the siblings. ◆ Strengthens relationships between children. ◆ They learn to respect the elders. ◆ They learn to do things properly. ◆ Relatives understand and take care of the needs of the children. ◆ They learn to discriminate between good and bad. | <p>4. Child rearing</p> <ul style="list-style-type: none"> ◆ Children fail to understand the importance of relationships. ◆ Chances of understanding good and bad are poor. ◆ Less love for one's siblings. ◆ Children lack security as both parents go to work. |

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| Joint Family | Nuclear Families |
|--|--|
| 5. Finance Money, spent on buying things, electricity charges, entertainment and rent is saved. | 5. Finance Expenditure is bound to be more. |
| 6. Leisure time Women in the family find time to relax and rest. Helping one another improves individuality and skills. | 6. Leisure time Less leisure because one person has to attend to everything. |
| 7. Control over expenses Expenses in connection with festivals or travelling is shared on account of which individual burden is reduced. | 7. Control over expenses A single person has to bear all the expenses in the absence of people to share it. |
| 8. Happiness Members remain happy and also get a chance to share the happiness of others. | 8. Happiness Happiness depends on the life partner. |
| 9. Loneliness Presence of people like father or mother-in-law, sisters and brothers helps ward off loneliness. Nuclear Families | 9. Loneliness In the absence of suitable company, people spend more time in front of the television or with their mobile phones; it affects physical and mental health, adversely. |



7. GREATNESS OF WOMANHOOD

Every individual has to realise the greatness of women, who having blossomed from Nature continue to strive ceaselessly and selflessly for the wellbeing of humankind. A woman reflects all the qualities of a benevolent Nature, both in her looks and behaviour. She is the light held forth by Nature for the benefit of mankind.

Despite her noble qualities and selfless sacrifice women have always been disregarded and relegated to the lower levels in a male-dominated society. It is definitely unfair and against natural justice. The greatness of women, if described in a single sentence, would probably go thus: "The entire human race is the gift of women to the world".

Women and Divine Nature

"The greatness of women becomes evident when -
The fact that all women and men
Are to the human race, womanhood's gifts,
Can there be a deed, nobler than this?"

- Vethathiri Maharishi

Women are the divine path, the gateway through which humankind enters the world. In a world of men and women, in equal proportions, every man was born of a woman, conceived within her and fed on her milk during the initial stages.

The greatness of women can be realised only by understanding Nature and its laws. Women make half the population of the world and the other half, the men, who are born of women. This fact can never be denied; all living things are conceived by the female of the species and they survive on her body secretions initially; very often they also continue to live under her protection for some time. It is important that women are treated with respect and regard by both men and women the society.

The noble sentiments of love and compassion, which fill human minds, are the gifts of a benevolent Divine. Love is holding close to protect and safeguard;

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compassion is providing in a selfless manner. Even though love and compassion are a part of human nature, they are revealed to a greater extent by women; it is their way of life. The two noble sentiments make her work and sacrifice for the sake of others, especially her husband and children. Unfortunately men look at her struggle and sacrifice as a sign of weakness and treat her as a servant or slave, which tends to tear apart the fragile fabric of the society.

Every man has a bounden duty to realise the true worth of women and safeguard them. It is strange that society has, so far, not taken steps to safeguard the interests of women who have separated from their husbands through divorce or otherwise. A fund to look after the needs of widows and divorcees, in order to enable them to live well and also take care of their children, has to be established. Wars should be declared unlawful and the funds should be used for fighting battles utilised for taking care of women, as mentioned above.

Families can exist in peace and amity only when governments are run by wise and erudite persons. Reformations at the level of the administration are imperative.

"A land consisting of ignorant persons will be run by people bereft of skills; cowards, thieves, ruffians, murderers, sick and destitute will be evident, everywhere"

- Vethathiri Maharishi.

Despite democracy being the ideal form of governance lacunae in the administration pave the way for problems in the society. It can be rectified only through suitable reformations in the culture and realising the greatness of womankind.

Vethathiriyam and Emancipation of Women

The time is ripe for the learned persons to initiate steps to establish a culture that respects and safeguards the rights of women. It is not possible for a common man to try and eradicate habits and customs that have prevailed for long. They had probably come into existence at some time in the distant past, in keeping with the demands of the time, place and circumstances and may not be suitable for the present. Some of the customs, which primarily involve women, should be subjected to a deep study and changed.

For example, the practice of giving away a daughter in a ritualistic manner by pouring water on the palms, as a part of the marriage rites, appears unsuitable for the present and can be done away with. Likewise the inhuman practice where a woman's Mangalsutra, draped around her neck at the time of marriage, is removed after the demise of her husband in the form of a ritualistic function, has to be stopped. No one seems to understand the pain or agony the poor woman, who had lost her husband recently, has to undergo during the ceremony. It would be far better if the Mangalsutra were to be replaced with an exchange of rings, on which the names of the bride and groom have been engraved, at the time of the marriage.

Another cruel practice, which has been mercifully abolished, through the efforts of the social reformists, is Sati, where a widow was burnt alive on the pyre of her husband; a totally inhuman and reprehensible act, abolition of Sati has, no doubt, provided relief to thousands of women.

Unfortunately religious fundamentalists continue to cater to the view that the practice has to be revived for safeguarding the honour of women. Once, when Vethathiri Maharishi was on a visit to Delhi, some of the religious heads called on him and requested that he, as an enlightened and wise person, he had to lend his support to the practice of Sati. They informed him that a draft bill of an act seeking the revival of the practice had been submitted in the parliament and that it would come up for voting on the same day. They requested his support and blessings in the matter.

Maharishi noticed that every individual in the group was a learned and wise person and informed them that he was ready to support the bill, provided they made one correction. He added, "The correction is simple; all you have to do is include that in the event of a woman's death the husband should join her on the pyre". Maharishi's words took his visitors by surprise and they left in a hurry. It is indeed a blessing the bill was neither taken up nor passed.

The above incident drives home the fact men tend to overlook the noble and affectionate deeds of women; they neither remember nor act grateful for it. Vethathiri Maharishi had, on numerous occasions, stated that rituals which prove to be an injustice to women should be abolished forthwith.

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It is important to realise the greatness and true worth of women and treat them with respect, regard and affection.

Role of Woman in a Family

Women within the family, take a greater responsibility with regard to duties and responsibilities; they shoulder a greater share of the burden for the sake of the family's wellbeing. Men have the onerous responsibility of weeding out the injustice meted out to women and take good care of them, fully aware of their true worth. Women should be provided with sufficient opportunities to improve their skills, find suitable employment, increase their income and seek spiritual solace, on a par with the men. They should be provided with equal rights and opportunities in all fields - in fact greater privileges if circumstance warrant them.

Wives' Appreciation Day

The 30th of August, is celebrated as Wives' Appreciation Day at all the meditation centers and Trusts of Manavalakkalai Yoga. During the function the husband recites a poem in appreciation of the wife and offers her a floral bouquet, in return for which she gives him a fruit as a token of her love and gratitude. This ceremony is performed to make the husband aware of the greatness and worth of the wife and rid him of any male ego that may come in the way of his appreciating her fully. The substance of the poem is given below:

"I venerate my wife who has magnanimously detached herself from the bonds of her home, family and friends, leaving them behind, to accept me as her husband, according to the dictates of the culture and share my responsibilities as a part of her own duties. I look upon her and her services to me and the society as a boon granted to me."

The truth behind the words cannot be refuted by anyone. The function provides a platform for highlighting the noble qualities of womanhood and the services rendered by women to the society.

In the words of Thiruvalluvar:

"Chastity is the greatest virtue in a wife'
One which places her on a pedestal in life".

- Kural 54

Bharathiyar and Women's Empowerment

We, the people of this proud Nation, refer to the sky as Akashvani, the earth as Bhoomadevi, the Nation as Bharathmata, and the rivers by various names like Ganga, Yamuna, Kaveri, Godavari; we also call knowledge as Saraswathi, wealth as Lakshmi, and Goddesses by names like Kali, Shakti and Amman; our language is 'mothertongue' to us.

SubramaniaBharathi, one among the greatest poets of the 20th century, worshipped his land and mother tongue as Goddesses. He wrote many poems extolling the virtues of women and the urgent need to liberate them from the shackles of a male-dominated society. According to him any place, which does not treat women with respect, and on a par with the men, is headed for ruin.

Women should not be looked down upon or treated as slaves or chattels. They, along with the men, should be looked on as a body and soul, two aspects of one entity, equal in all respects. Society consists of both men and women; it is the law of Nature. They have to live together, in love and harmony, for a complete and pleasant life.

Women's liberation was among his primary considerations. He realised that a proper education was essential before women could fight for their freedom. They should be provided with certain basic knowledge and skills to help them break free of the fetters of slavery in a male dominated society.

"The same God who made this earth also provided women with sufficient intelligence; they have to be helped to overcome their ignorance and inexperience'.

Betterment of the society, as well as the Nation, depends on the development of both men and women. Men cannot claim to be free so long as women remain steeped in ignorance and are treated as slaves. Women should be educated and allowed to secure knowledge on a par with the men; it is the only way to freedom and prosperity.

"Let the ignorance that disgraces women be burnt to ashes; let them live on a par with the men of this country" -thus spoke Bharathiyar regarding freedom for women.

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It is not easy for women to break free of the shackles of family ties; yet they can raise their collective voices in favour of freedom and against the injustice meted out to them in a male-dominated society. Who has not heard or read about the 'progressive' or 'modern' woman, as envisaged by Bharathiyar? His poems helped enthuse women launch a struggle for equal status and freedom from bondage.

Many of the ideas proposed by Bharathiyar, regarding women's freedom, have found acceptance and been implemented today, and the credit for thinking ahead of the times goes to him alone. His words and works stand as testimonials for his efforts at reforming the society as well as the plight of women.

According to Bharathiyar the only way for society and humankind to prosper is for man and women to stand on a par with one another. He was a poet nonpareil of the twentieth century. Bharathiyar, who had the fortitude and strength to speak on behalf of women and their freedom, extols the virtues of womanhood in one of his poems.



8. FOOD IS MEDICINE

"The one who knows his digestive system and eats accordingly,
Requires no medicine".

– *Kural 942*

Food, which forms an essential part of life, has to be prepared and served with love and care. A child, growing within the mother, receives nutrition through its umbilical cord; after birth it survives on her milk. Parental love is common to birds and animals; in the absence of parental love and proper care the offspring is likely to perish. Food helps living things grow and survive.

Man, during the early stages of human existence, lived like the beasts, foraging for food in the manner of hunter-gatherers. Much later, with the discovery of the uses of fire, he began to cook and prepare food according to his tastes. Despite the fact food kept him alive and healthy, overeating and improper food habits led to problems. It is important to understand the nature of food as well as its likely ill-effects. Proper food habits enable us to lead a healthy life.

Misery, pain and ailments made man probe into the reasons behind the problems, during which he began to understand the Divine State and its qualities; he also came to understand the ways to ward off diseases.

The Three Gunas

A happy and prosperous family reveals physical and mental wellbeing. Food works as medicine when taken in time and in moderate quantities; otherwise it becomes a reason for ailments. Food has to be nutritious and healthy. The three Gunas or qualities of Sattva, Rajas and Tamas, which characterise human nature, depend, to a very large extent, on food habits.

A person may be Sattvic (noble), Rajasic (pleasure-seeking) or Tamasic (indolent or miserable) in his nature. Rajasic qualities tend to provoke or arouse a person and make him seek sensual pleasures beyond everything else.

Excessive pleasure transforms into pain, which is Tamasic. Evil and emotional thoughts, which can harm or hurt the others, are the characteristics of Tamas. In

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other words thoughts, words or deeds, which lead to pain or suffering are basically Tamasic.

Tranquility, the characteristic of Sattva, is a divine feeling. Emotions rule the mind and turn into habits with time; they have to be warded off, with care. Food habits play an important part in this.

Cereals, pulses, vegetables, greens and fruits, which are Sattvic in nature, calm the mind; they are ideal for Yoga practitioners. Old and rancid food, as well as tubers, other than beetroot, carrot and potatoes, are Tamasic - they produce indolence and disinterest. Meat and the flesh of animals bring out the undesirable qualities in man - the individual turns rough and loutish. Overeating is bad; simple, hygienic and nutritious food is best, especially for people on the spiritual path. The qualities of an individual undergo changes in keeping with his food habits.

Non-vegetarian Food

"When people, who relish the meat from a life-
That cried out 'Amma', when under the knife,
And remained unmoved, are bound for hell
What about those that ate it? Who can tell?"

When even the noblest ascetic, steeped in traditions and religious practices, remaining unmoved by the plaintive cry of a dying beast, is sure to go to hell, what about those who, with relish, killed and ate the flesh of an animal that died in pain? When all living things are considered manifestations of an imperceptible Absolute, why does man have to kill for food? Every individual has to resolve not to take a life.

Overeating

What happens when a person overeats? Leftover food, after a time, turns sour and rancid and begins to produce gas; similarly excess food, which remains undigested in the stomach or intestines, turns rancid and produces gas which enters the blood stream, seeping through the walls of the digestive tract. Air or gas in the bloodstream affects normal circulation of both blood and biomagnetism and leads to a variety of ailments. Measure and method with regard to food is essential.

Food and the Society

"We shall destroy the world if even a single person has to starve" - Subramania Bharathi

Every individual has to be provided with food because social prosperity depends on the wellbeing of the people; besides, it is the only way to maintain goodwill and amity. Avvaiyar had, centuries ago, spoken about the ill-effects of shortage of food. As an old saying goes, "Hunger drives away virtues".

The advice of Ramalinga Adigalar that every individual should be provided with food is being followed to this day. It is a fact that spirituality and noble qualities cannot take roots in the mind of a hungry person.

A Planned Diet

Cereals, pulses, eggs, milk curd, butter and other items, which contain the six tastes and are capable of inducing suitable chemical changes in the body, is best. Vethathiri Maharishi had advised a planned diet along the following lines: "Gruel (kanji) made from cereals, with pieces of grated coconut, for breakfast, between 6.30 and 7.00 AM. Lunch should consist of rice, vegetables and ghee, taken between 11.30 AM and 12.30 PM; supper should be in the form of leavened bread made from wheat and vegetables. Boiled milk, with sugar for taste, can be taken as per requirements. Curd, buttermilk, ghee and eggs can form a part of the regular diet, whereas coffee, tea and similar beverages are better avoided.

The above regimen of food will be ideal for the people from all parts of the world, irrespective of climatic conditions. Cereals and pulses, which help strengthen the body and the mind, should be a part of the diet. Constant use of spicy and rich food, which takes the mind away from ordinary food, is inadvisable. A simple diet is ideal for all.

To be Observed While Eating

Many people raise a morsel of food to their forehead, as a gesture of obeisance, before placing it in their mouths, which is their way of venerating the food and the efforts behind it. Practitioners of Kaya Kalpa should perform 10 Aswini Mudras and 1 Ojus breath, with a morsel of food in their hand, before eating it. Ojus breath magnetises the food and makes it easy to digest and assimilate.

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Unsuitable Food

Food items that produce gas or flatulence are best avoided; similarly leftovers, including previous day's curd, should be avoided for a long and healthy life. According to the text Padartha Chintamani, eating twice a day, and only when hungry, is ideal for good health. Tubers, other than elephant-foot yam, should not be eaten; raw or tender plantains are better than ripe ones; they extend the life span.

Things to Be Avoided

Talking, laughing, pressing the food into balls, and spilling over the sides of the plate when eating, should be avoided. All the fingers should be in contact with the food when it is being carried to the mouth. Unhygienic items like hair, pieces of bones or dead insects should never fall into the food. Similarly spitting out unwanted things while eating, unmindful of the others, is a very bad practice.

Cycling, running, swimming, heavy work and sex should be avoided immediately after a meal. Eating unfamiliar food, in large quantities, or at odd hours, is bad. Never eat in the presence of dogs or hungry people, because the energy emanating from their eyes can contaminate the food and lead to stomach ailments and ulcers.

Natural Food

Natural food is one which has not been cooked; cooking tends to decrease their nutritional value. Eating natural food becomes possible only through regular practice.

Fruits, vegetables, greens, dry seeds are all natural foods. They can be used to prepare the following items which require no cooking:

1) Fruit juice (2) Sliced fruits (3) Mixed fruits (4) Vegetable juice (5) Sliced vegetables (6) Mixed vegetables (7) Juice of greens (8) Stem of greens (9) Mixed greens (10) Grains (11) Sprouted grains (12) Mixed seeds (13) Dried fruits (14) Powders (15) Tablets (16) Milk and milk products (17) Roots and tubers (18) Oil and ghee.

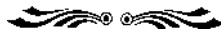
Benefits of Natural Food

1. Fruits can be a part of the daily diet, but should not be taken in excess.
2. More than two types of fruits or vegetables should not be taken in one sitting.

3. Sugar, salt or pepper should not be added in excess to the raw vegetables or fruits while eating.
4. Dry fruits, cereals or grains should be allowed to soak in water for 6 - 12 hours before eating. Pista nuts, badam, walnuts, cashew nuts, chestnuts and coconuts, with greater content of oil in them, are good for people who are underweight.
5. Groundnuts, radish, carrot, beetroot etc. that grow below the soil can be taken raw. They have the ability to clean the digestive system as well as purify the blood through elimination of uric acid.
6. Leafy vegetables like spinach, lettuce, celery, beet tops, cauliflowers, cabbages etc. with a lesser content of tissue salt in them, should be taken raw without the addition of salt or other spices. This helps maintain the alkali levels in the blood.
7. Fruits like grapes, oranges, mangoes, lemons, apples, pineapples, pomegranates etc. with a higher level of acid content in them help excretion of body waste and purification of the blood. Taken for three weeks continuously, they remove all the wastes from the body.
8. Bananas, custard apples, jackfruits, figs, cucumbers etc. provide strength to the body.

Conclusion

As an old saying goes, "A healthy life is the greatest asset". Overeating and an improper lifestyle are the primary reasons behind problems. The purpose of this chapter is to explain the ways to ward off and fight ailments through proper food habits. Following the guidelines is important - it helps lead a happy and contented life.



9. KARMA YOGA

Mental Strength and Humanitarian development

Human life prospers only when (1) the self, (2) the society and (3) Nature, exist in harmony. It is important to realise the true worth of each one of the above and live in accordance with the knowledge. Religions serve to enlighten the people regarding this aspect of human existence.

God worship is to understand and live in accordance with the laws of Nature; virtue, made of the qualities of morality, duty and charity, is to understand the structure of the society and live according to its, often, unwritten laws. God worship and virtue, together, help people live in peace and amity.

Harmony between the following is essential for a life of peace:

1. Body and life force
2. Habits and wisdom
3. Individual and the society
4. Purpose of life and the way of living
5. Actions of the Consciousness and the laws of Nature

Life turns pleasant once the purpose behind a human birth becomes clear, even though the process may not be easy in the absence of diligent efforts and practices. The following qualities help make life happy and contented:

(1) Receptivity (2) Perspicacity (3) Creativity (4) Adaptability (5) Tolerance
(6) Humility and (7) Magnanimity

God realisation makes a person tolerant, adjusting and sacrificing. Nature is perfect; but human deeds are often flawed. Understanding the feelings or sentiments of the others is the ultimate level of spiritual growth. Respecting and taking care of others' needs, even at the cost of one's comforts, is Nishkama Karma.

Service consists of dedicating one's physical and mental capabilities to work for the welfare of others, devoid of expectations in the form of a reward or fame.

The desire to work for the wellbeing of the others wells up when the fact that the society takes care of us, as well as our needs, begins to sink in. It is born of gratitude, one of the important aspects of Karma Yoga.

Karma Yoga

'Karma' means action, and 'Yoga', a virtuous life; virtue consists of regulating thoughts, words and deeds in order they do not harm anyone, oneself or the others, physically or mentally, immediately or later. Karma Yoga is living with awareness and performing only noble deeds, all the time. The two aspects of Karma Yoga are: (1) Gratitude and (2) Awareness of the consequences.

Gratitude

It is important to offer a word of thanks to our benefactor when enjoying anything physically, mentally or spiritually. Gratitude is an expression of appreciation for the benefits received. It also includes bearing in mind the good deeds of others and repaying them in kind, when the opportunity presents itself. Gratitude is an important aspect of Karma Yoga and all good deeds, performed by others, should be borne in mind. Vethathiri Maharishi used to thank the Divine State, plants, women and the labourers who were responsible for the wellbeing of the human society.

Awareness of Consequences

Man expresses himself through (1) thoughts (2) words and (3) deeds; thoughts blossom into words and deeds and bring results of their own.

Thoughts may seem harmless, but the same thought appearing again and again gains strength, until it blossoms into words or actions. Thoughts, turning into words or actions, produce results of their own. Further, a thought which cannot be put into action, passes on to another and transforms into thoughts of his own and pushes him to action. Words and actions are the visible component of thoughts.

Every thought, word and deed brings a result in keeping with the laws of Nature which cannot be denied or refuted. Events that take place without human efforts are called 'Acts of Destiny'; those that happen on account of human deeds can be called 'the outcome of one's sin imprints'. The fact that every action brings a result, which may manifest immediately or in time, should not be forgotten or

Family Values

overlooked. Man, gifted with a sixth sense, which enables him to think, analyse and infer, should remain careful with regard to his deeds as well as their possible outcome.

Everyone should work in keeping with his position, age, circumstances, knowledge, physical and mental capabilities for the welfare of the others. Awareness and gratitude should be the hallmarks of every individual. Awareness goes hand in hand with a knowledge regarding the laws of Nature; it rids the Self of ego and instils a sense of duty consciousness.

Asset of the Society

What can we do to help others? This should be the question that motivates a person constantly. Every individual, up to the age of fifteen, survives on the goodwill and care of the society for which reason he grows up with certain dues, which he is bound to repay. Each one of us has entered the world empty-handed and will be leaving it in a similar manner.

The society provides everything during a person's lifetime; everything, from the physical body to the knowledge and skills of a person, is the asset of the society and he has to repay his dues by working for its welfare. The need to repay one's dues is born of natural justice and forms the basis for 'duty-consciousness'.

It is the bounden duty of every individual to remember his dues to the society and repay it, in time, through selfless deeds or service. The word 'duty' probably comes from the root word 'due' - the duty of the individual to repay his dues for a peaceful and harmonious existence; failure to do so sends the society into decline.

Acting without an eye on the possible returns is "Nishkamy Karma"; actions born of expectations are called "Kamy Karma".

Greatness of Gratitude

Food and comforts a person enjoys in life are the result of the hard work put in by thousands of others, all over the world. Every grain of rice reflects the efforts of a plethora of people behind it - men who have worked to raise the crops, harvest, process, sell, as well as those who worked to invent the machinery - the list is long. Every morsel of food contains stories of the efforts put in by many.

"See the unity of the world in every morsel of food,
Pay back your dues, through deeds that are good!"

- Vethathiri Maharishi

This is the case with all the things in the world and each one of us has a duty to repay the efforts of the people, who, by working selflessly, have taken care of our needs and comforts. This, the need to repay the kindness and benevolence of the others, in every possible way, is gratitude. Gratitude, along with the noble sentiments of love and compassion, makes society prosper. Let us bless everyone for their continued wellbeing and prosperity.

Karma Yoga through Kundalini Yoga

Eternal Space is also referred to as Absolute Space, Brahman and the Divine State. Karma Yoga, adopted as a religion, common to people all over the world, will enable them to perceive God in the form of manifestation of the laws of Cause and Effect under which good or evil deeds are repaid in kind. It is a scientific way of looking at the Divine and paves the way for spiritual growth and emancipation.

Emotions are often the result of expectations when temperaments rule the mind and add to the stock of sin imprints. Life becomes miserable with pain and suffering raising their ugly heads everywhere. This can be avoided, and lasting peace ushered in, when every individual begins to realise his duties and responsibilities and fulfils them with care and in a selfless manner. The path of Karma Yoga is ideal for all, children or aged, alike.

Karma Yoga - 10 Rules

1. I shall respect my mother, father, Guru, ruler and God.
2. I realise the presence of the Almighty Divine within me.
3. I shall take care not to harm anyone through thoughts, words or deeds.
4. I shall observe measure and method with regard to food, work, rest, sex and thoughts.
5. I shall live according to the tenets of morality, duty and charity.

Family Values

6. I shall take care of my duties with regard to me, family, neighbours, country and the world, diligently.
7. I shall strive, selflessly, to spread the message of spirituality and peace everywhere.
8. I shall forever respect and be grateful to women.
9. I shall utilise 1% of my income for the purpose of charity.
10. I shall practice meditation for the emancipation of my soul.

Kundalini Yoga, which consists of practices like meditation, introspection and ublimation aimed at attaining perfection, helps understand the principles of Karma Yoga and practice them with ease. The practices make the individual aware of the Divine and lead a life of virtue and righteousness. The ardent desire to help others, and serve them in a selfless manner, wells up in the mind.

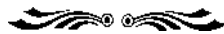
Let us all live well and help others live in happiness, peace and contentment.

Ten Rules of Karma Yoga

1. I shall forever be grateful to, and respect, my mother, father, Guru, ruler and God, who are responsible for my birth, growth and survival in this world.
2. I realise, believe and accept the presence of the Almighty Divine as the omnipresent Total Consciousness in all the things in the Universe.
3. I fully respect the fact that the Divine Consciousness manifests as the unerring sensations of pleasure and pain in keeping with the time, place, object of contact, intent and skills, born of my thoughts, words and deeds. I shall sincerely try to regulate my actions so that no harm is caused to me or the others, physically or mentally, immediately or later, on account of any deeds of mine. It shall be my way of worshipping God.
4. I shall take care of my physical and mental health, besides looking after the welfare of the society, by observing measure and method in food, work, rest, sex and thoughts.
5. I realise that God worship for emancipation of the soul, and the virtuous qualities of morality, duty and charity, advocated for maintaining harmony amongst the

people, form the core principles of all the religions. I shall respect all the religions. I further realise that prayers and obeisance offered in any form, in the name of God, are in fact obeisance paid to one's own Consciousness. I shall not ridicule at any form of worship.

6. I shall work for the welfare and the wellbeing of me, family, relatives, society and the world, without jeopardising the interests of any of the five.
7. I shall not look on any individual as being personally responsible, or bear ill will or hatred towards him, for the crimes and sinful deeds prevailing in the family, society or the world, for they are the results of the imprints of the ideas, deeds and circumstances prevailing in the society since long. They continue to exist, being passed on through heredity.
8. I realise the magnanimity of the Divine State, which has bestowed the duty of procreation on the female of the species, providing them with the physical and psychological capabilities to undertake and perform the duty successfully.
9. I shall keep aside 1% of my income for the welfare of the needy.
10. I shall practice meditation for the purification and emancipation of my soul.



10(A). MEDITATION

Refer yoga practical book 1st Edition - 2018 pages from 63 to 64

10(B). SIMPLIFIED PHYSICAL EXERCISES PART II

Refer Yoga practices book 1st edition - pages from 30 to 41

| | | | | |
|------------------------|----------------|---|-------------------------|----------------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course code: | 18HEC202 | Course Title | Batch : | 2018-21 |
| Hrs/Week: | 2 | Human Excellence - Family values & SKY Yoga Practice - II | Semester | II |
| | | | Credits: | I |

Course Objective :

To maintain harmonious relationship in family and sustaining love and care of family members.

Course Outcomes (CO)

| | | |
|-----------|------------|--|
| K1 | CO1 | Blessing is a divine invocation and a technique applied for family peace, well being of others and world peace |
| K2 | CO2 | Bringing harmony in family life to lead a happy, marital life and to maintain a good relationship in family and society. |
| K3 | CO3 | Values such as love, compassion, tolerance, adjustment and sacrifice are explained and transformation of sexual energy into spiritual energy is taught. The significance of womanhood is highlighted so that women should be given equal rights in all fields. |
| K4 | CO4 | Thuriyatheetha meditation and physical exercise are taught for the activation of brain cells and to increase memory and rejuvenate the whole system |

Syllabus

Unit-1

Mutual blessings for family peace - Benefits of blessing - Method of blessing - Love and compassion - Nature's inherited character.

Unit-2

Harmony in family - Reasons for disagreement among family members - Solution for family peace - Blissful marital life - *Greatness of good relationship* - Thiruvalluvar's Concepts of Family values.

Unit-3

Sexual derive and Spiritual development - Significance of vital fluid - Joint family - Merits and demerits of Joint family - Merits and demerits of Nuclear family.

Unit-4

Greatness of womanhood - *Role of women in family* - Bharathi and development of Womanhood - Food is Medicine - Three types of Food cause three kinds of characters - Karma Yoga.

Unit-5

Meditation II - Thuriya meditation - Simplified Physical Exercises Part-II - Makarasana exercise part-I - Makarasana exercise part-II - Massage exercise - Acupressure exercise - Relaxation exercise - Revision (Kayakalpa exercise).

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study.

Books for study :

1. Kuppusamy. M. et al., (2015). Family values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp:84.
2. Vethathiri Maharishi. (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
3. Vethathiri Maharishi. (2016). Manvalakalai part-II. 28th edition. Erode: Vethathiri publication (Tamil version). pp: 198.
4. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
5. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
6. Sri Sri Paranjothi Maharishi, (2009) Thirukkural, Erode,Kayathri Offeset print.
7. Bharathiya Vidya Bhavan Coimbatore Kendra. (2017) Unleashing Excellence, 2nd Edition, Coimbatore, Bharathiya Vidya Bhavan.

Reference Books :

1. Rabin Sharma, Family Wisdom, Jai Co Public house, 2009.
2. B.S. Acharya, Thirumanthiram,Chennai, Narmadha publication, 2009.

**HUMAN EXCELLENCE PAPER - II:FAMILY VALUES
AND SKY YOGA PRACTICE II**

SECTION - A

(10 X 1 = 10 MARKS)

ANSWER THE FOLLOWING QUESTIONS.

1. The gland which controls mind is called as -----
a) penial b) pitutary c) thymas
2. Three virtues morality, duty and charity together is called as -----
As per vethathiri maharishi
a) Love b) Virtues life c) Character
3. 'Except chasity you can sacrifice anything for your life partner' who said this?
a) Owvaiyar b) Bharathiar c) Vethathiri Maharishi
4. Food what we eat is converted into Elements.
a) 5 b) 7 c) 9
5. This first step of simplified kundalini Yoga is
a) Shanthi meditation b) Thuriya meditation c) Agna meditation
6. Name the five duties.
7. Write two fold ethical culture.
8. When is the wife appreciation day celebrated?
9. What do you mean by natural food?
10. Write any two of the Karma yoga principles.

SECTION -B

(5 X 8 = 40 MARKS)

ANSWER ANY FIVE QUESTIONS IN NOT LESS THAN FOUR PAGES EACH.

11. What do you mean by blessings? Explain the benefits of blessings.
12. Write an essay about Family & Peace
13. Explain about the fivefold ethical culture.
14. Explain in detail about Sex and Spirituality.
15. Write an essay about the role of womanhood in family and compile the vethathirian reform for the upliftment of women?
16. Write an essay about "Food is Medicine".
17. What is Karma Yoga? Explain the principles of Karma Yoga.
18. Explain the importance of Shanthi meditation and its benefits.
