

ISSN 2348-8301

NEW ARCHAEOLOGICAL AND GEOLOGICAL SOCIETY KANPUR
A REGISTERED NON PROFIT ORGANISATIONERS
REGISTRATION NO. 346-2009-201 UNDER SOCIETIES ACT 21, 1860

KANPUR PHILOSOPHERS

An internationally peer reviewed and Refereed journal
of Humanities & Social Sciences, Law, Modernity,
Gender Studies and allied disciplines

Volume 09, Issue 01, No. 15, 2022

KANPUR PHILOSOPHERS

Chief Editor Atul Kumar Shukla

/SKY YOGA - A YOGA FOR MODERN AGE – A GLIMPSE

Dr. K. Perumal M.Sc(Phy) Ph.D., M.A(YHE) WCSC – VISION SKY RESEARCH CENTRE Temple of Consciousness, Arutperunjothi Nagar, Aliyar, Pollachi . Mail Id-visionresearch@vethathiri.ac.in
Dr. S. Jagadambal, M.A, M.Phil(His), M.A., B.Ed(Eng), M.A.Ph.D(YHE) Mail Id-sjadambal11@gmail.com, Prof.Dept of Human Excellence, Nallamuthu Goundar Mahalingam College, Pollachi-1.

Abstract

Indian spirituality is deeply rooted in the ancient philosophical and religious traditions of the land. In the spiritual view of life, the purpose of our existence is to realize the spiritual nature, to realize 'God'. The scriptures, saints, mystics and wise men of all religions support this. They have ordained four major methods called yogas, for achieving this realization. Yoga is an ancient art which links the body, mind and soul. Yoga is not a religion; rather it is a tool which helps to mould the individual physically and mentally. The word 'Yoga' has its origins in the Sanskrit word 'Yuj' meaning to 'yoke' or 'join'. The practice frees the mind from its earthly bonds and helps it transcend time and space to become one with the Absolute.¹

The four yoga's correspond to four tendencies of the mind. **Gnana yoga**, the way of knowledge, directing the reasoning faculty of mind, to distinguish the ultimate reality from transitory phenomena through philosophical analysis. **Bhakthiyoga**, the way of love, employs the power of strong feeling to direct the mind and personality to absorption in an Ideal. **Karma Yoga**, the way of action, harness man's driving compulsion to act, leading man to freedom from action through non attachment and lack of desire and **Raja yoga**, the way of concentration and meditation, utilizes the mind's ability to gain the power and to direct the mind and fix its attention wherever desired. By making the mind one-pointed and functionless, one can reach the highest level. "The greatest help to spiritual life is meditation," says Swami Vivekananda

Nature, through the centuries, has been developing all sciences so that they may be more and more useful to the common man. Likewise this science of raising the Kundalini power has also been developed in recent times. Kundalini yoga is a systematic and integrated practice for body and mind and its thrust is to make a man creative. It is a new or innovative method which is wholly safe; one can awaken the Kundalini power within minutes. Hence this method is called the Simplified Kundalini Yoga, abbreviated as SKY.⁴

Key Words: Gnana yoga, Raja yoga, Kundalini Yoga, Karma yoga, spiritual, transcend, Absolute, philanthropist, Arousing, Thuriyatheetha yoga, Mooladhara to the Agna chakra. Thuriyatheetham Simplified Kundalini -Yoga Definition, consciousness, transcendental, Kayakalpa. Perspicacity, Receptivity, Adaptability, Magnanimity, Ontological, Introspection

Simplified Kundalini Yoga--Definition

Simplified Kundalini Yoga can be defined as a yoga for mental enlightenment based on the transcending of Kundalini force to the center of the eye brows with the aim of merging with the unified force. The method of focusing our mind on the life force is called 'Kundalini Yoga'. This technique were designed by the Siddhas of southern India. "Kundali" means fire or power. "Ali" is a gender-free word for life energy. Siddha's Kundalini yoga was very difficult for an ordinary person to practice. Thathuvagnani Vethathiri Maharishi had simplified this Kundalini yoga according to the modern life style. This yoga can be practiced by both men and women who have attained the age of puberty.

Thathuvagnani Vethathiri Maharishi had simplified this Kundalini yoga in keeping with the needs of modern life. This yoga can be practiced by both men and women who have attained puberty and-simplified physical exercises are designed to suit everyone within the age group of eight to eighty.

Vethathri Maharishi- An unsurpassable Philosopher of 20th century

Thathuvagnani Vethathri Maharishi, one of the great exceptional philosopher & prophet of 20th century, was well known for his yeomen services to humanity, and reached the unsurpassable place in his field of work. Maharishi was a versatile personality; thinker, writer, poet, scientist, economist, ayurvedha & siddha doctor, psychologist, philanthropist, humanitarian, social worker, man of principles and above all a great philosopher and saint who had realized God. He not only framed ethical codes for the individual but also given great philosophies for world peace. His writing ranges from common games of children to high reformed economic concepts of the world, and to the depth of science & profound philosophy. His life, principles & philosophy have inspired a whole generation of Indians and continue to inspire millions of Indians and others all around the world.

Arousing Kundalini Power

Thathuvagnani Vethathri Maharishi is the founder of Simplified Kundalini Yoga system (SKY yoga).

According to Maharishi "A master who is well – versed in Kundalini Yoga can arouse an aspirant's Kundalini power in minutes. The aspirants can feel the vibration of Kundalini energy at once, or within two or three days. From the date of initiation, the aspirants becomes capable of practicing meditation by merging his mind with his soul. This process is called Simplified Kundalini Yoga." This is the process followed in all the branches of self – realization centers organized by the World Community Service Centre in 1958 (W.C.S.C.) (Regd.) with headquarters situated at Thiruvanniyur, Chennai, India since 1980. Temple of Consciousness, VISION for wisdom (1989)

Maharishi With the support of ardent followers formed an ashram at Aliyar which is located at the foot hills of western Ghats and named as Temple of Consciousness. Maharishi founded the sky system to attain world peace through the peace of an individual man. The task of Vision for Wisdom is to spread this yoga system in all schools colleges and universities. Diploma, Under Graduate, Post Graduate, M Phil and Doctorate courses in the subject of yoga for human excellence are being conducted in collaboration with approximately 19 Universities all over India. It can also be studied as an optional subject in colleges and universities. Now it is taught in online mode to cater the needs of current scenario.

The Ten Stages in Sky System

1. Purification of body and soul as the master passes his energy to the aspirant.
2. Understanding the secret meaning of 'Pranavam'(Om, the symbol absolute)
3. Arousing the Kundalini power from Mooladhara to the Agha chakra.

4. Shanti yoga: a practice to subdue and control the excessive force in the Agna Centre.
5. Thuriya yoga: Meditation on the crown center.
6. Maneuver of six temperaments viz. greed, anger, miserliness, immoral sexual passion, vanity and vengeance.
7. Thuriyatheetha yoga: merging of individual consciousness with the absolute.
8. Auto-suggestion to promote harmony in oneself and in the environment.
9. Fulfilment of five-duties that is, duty to self, family, society, nation and the world.
10. Methods to increase the stock of the life-force and channelize the same.⁶

Highlights of SKY system :

There are various highlights in sky system, some of the important things are as follows:

- It is **simple**: As the traditional system of Kundalini Yoga is very difficult to practice, Maharishi has modified and simplified it for the convenience of the aspirants; hence it is simple and easy to follow.
- It is **natural**: Awakening of Kundalini power is performed through a natural process
- It is **secular**: This yoga can be practiced by people of all religion and countries because it is secular in its nature.
- It is **logical**: Maharishi had many revelations during his formulation of yoga practice and philosophy. He has logical solutions for all the theories he promulgated, hence it is logical.
- It is **contemporary**: This system is developed with due modifications with the basic and fundamental aim of providing good health and mental peace in the present life style.
- It is **traditional**: Though Maharishi has simplified and modernized the system in keeping with the present era, its basic aim is the evolution of consciousness through self-realization; hence it is traditional.
- It is **customary**: It is customary in the sense that the teacher has to activate the vital force in the body to transcendental level, through a process of initiation.
- **Ontological**: This system identifies the transient phenomena and considers the imperishable factors in harmony with ontological truth.
- It is **systematic**: It is having an indivisible relationship with different stages inwardly and outwardly from the stage of initiation to the stage of realization. As all these stages are inter-related for which reason it is called systematic.
- It is **experimental**: Yoga is identified as a means and cause for many changes in the body and mind complex. One can check them and verify them and hence it is experimental.⁷

Important Ideologies of Simplified Kundalini Yoga System

Ideologies are a set of opinions or beliefs; it is a systematic body of concepts of a group or individual created to establish a theory. Maharishi has promulgated certain philosophies for the progress of the consciousness in man towards god realization. They are as follows

- Keeping body healthy through physical exercises.
- Initiation and practices for keeping the mind healthy.
- Purification of body, mind and soul is the essential factor for mankind to get divine experience. (physical exercise, meditation and KayaKalpa).
- Introspection is a method for self-control; it is a very vital path for purification. Introspection plays a great role in integrating SKY as a yoga system. (Analysis of Thoughts, Moralization of Desires, Neutralization of Anger, Eradication of Worries and Realization of the self.)⁸

➤ Genetic center is said to be the store house of imprints, the divine court of justice and the soul. Purification of the imprints in the genetic center is one of the important aspects for god realization.

➤ Mind is the psychic extension of the soul. According to Maharishi mind is the only efficient tool to penetrate the cosmic womb. Mind is the foundation for the system of meditation in SKY system. Patanjali defined yoga as cessation of mind whereas Maharishi asks the aspirants to divert the mind for divine experience as yoga.

➤ Peace is another vital concept in SKY system. The serene status that each man has to acquire, by virtue of having a healthy body at the levels of individual, family, society, nation and world.

➤ Magnetism is the original state of the energy; that which has the qualities of attraction, repulsion, interaction, scattering, refraction, reflection and penetration can be called magnetism. It is called universal magnetism in the infinite akash state and bio-magnetism in the finite bodies of living beings. Sky yoga teaches the method to unify bio-magnetism with universal magnetism for attaining the blissful state.

➤ Brahman: Absolute space, which self-transformed into a multiples of universe, and is known as siva-sthala and suddhaveli is the key or ultimate revelation of Maharishi described in sky system. In this theory, when finite consciousness, symbolized as I or self, is merged infinite consciousness or Brahman or totality then one can find out with no difference between the self and Brahman. Upanishads symbolizes it as 'Aham Brahmasmi'.⁹

Major components of sky system

- Simplified Physical Exercises – Purification of body.
- Meditation – Purification of the Mind.
- Introspection – purification of mind & soul.
- Kayakalpa - Purification of Mind, Soul & Genetic Centre.

Conclusion

When we analyze the practices and principles of SKY system, we can conclude that, it is simple but effective to follow. It provides all the factors for a man to purify himself from sinful imprints; to attain salvation or mukthi and god realization. Man is a social animal and has the qualities of animal in general. To purify himself he needs some worthwhile practices. SKY yoga propounded by Vethathiri Maharishi teaches the people physical exercise for physical strength, Meditation for mental ability, Kaya Kalpa for strengthening the life force energy and Introspection practices for sublimation and perfection. The practices help people maintain awareness in Thought, Word and Deed and also understand the laws of nature through expansion of the mind. The mind automatically attains the abilities of Perspicacity, Receptivity, Adaptability, Magnanimity and Creativity whereby a person can achieve the highest states of mind like Harmony, Satisfaction, Happiness, Wisdom and Peace. Individual Peace will lead to family peace and, in turn, to world peace. This, then is the ultimate goal of the SKY system designed by Vethathiri Maharishi.

References:

1. BKS. Iyengar, **Lights on Yoga**, p.19. Harper Collins publication, New Delhi, 11th ed.(1997)
2. Thathuvagnani Vethathri Maharishi, **Story of my Life**, p.10, Vethathiri Publications, Erode (2014)
3. Yogiraj Vethathri Maharishi, **Enathu Vazhkai Vilakam**, p.6 Vethathiri Publications, Erode (2014)
4. Vethathri Maharishi, **Yoga for Modern Age**, p.2 16th edition March(2013)
5. Dr. Kashibhatta Sathyamoorthy, **Simplified Kundalini Yoga**, Pp.22-23, Vethathri publications, Erode. (2002)