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### **Introduction**

Vethathri Maharishi, the founder of sky yoga, opines that "the human being is regarded as the ultimate stage in the Evolution of living beings on the Earth. The structure of the physical body is built with such a precision and appropriate limbs and senses. The human mind is provided with the sixth sense, which is able to realize all kinds of subjective phenomena that are not possible to be understood by any of the species of the five senses. The omniscient consciousness of the Nature is to be ordered for evolving such a wonderful bio magnetic organism, to fulfill the greatness of the Universe and all its wonders"

Due to sensual intoxication, man forgets his true nature. Man succumbs to emotions such as greed, anger, miserliness, immoral sexual passion, inferiority or Superiority complex and vengeance. When Man thinks, speaks and acts in this condition, he creates troubles, pains and miseries to himself and others. These are known as sins. All his deeds enjoyment and experience are imprinted in him and they condition his character and qualities. Sky yoga provides solutions for the problems of human being and make him progress in both spiritual and material aspects of man. Therefore this yoga is a well-balanced and perfect process for success and peace in life.

**Key Words:** Substantiates, Omniscient, Consciousness, Subjective, Integral. Yoga, Evolution

### **The Aim of Human Evolution**

The ultimate aim of human evolution is self-realization which is otherwise known as god-realization. All the yogic practices show us the path to reach this destination. According to Aurobindo "man in his physical nature is still wholly an animal, thinking and speaking animal, but yet an animal in his material habits and instincts. Undoubtedly nature cannot be satisfied with such an imperfection. She endeavors to evolve a being without the animal instinct, a being whose consciousness will rise far above the mental being and should be free from slavery and ignorance".

Sri Aurobindo came upon the earth to teach this truth to man. He taught that man is a traditional being living in a mental consciousness but with the possibility of acquiring a new consciousness, the truth-consciousness, and capable of living a life perfectly harmonious, good and beautiful, happy and fully conscious. Sri Aurobindo gave all his time to establish in himself this consciousness he called 'supramental' and to help those gathered around him to realize it. Whereas Vethathri Maharishi has given a set of integrated practices for body, mind & soul such as simplified physical exercises, introspection, & meditation to realization of self.

Vethathri Maharishi's Kundalini yoga is a systematic and integrated practice for body and mind and its thrust is to make a man Divine; it can be defined as a yoga through mental enlightenment based on the transcending of kundalini force to the Centre of the eye brose with a sheer aim of merging with the unified force It is a new or innovative method which is wholly safe, one can get the kundalini power aroused in minutes. Hence this method is called the simplified kundalini yoga abbreviated to sky.

Integral Yoga is a “A methodized effort towards self-perfection by the expression of the potentialities latent in the being and a union of the human individual with the universal and transcendent existence which was impartially in man and in the Cosmos”. In the words of Sri Aurobindo “The method we have to pursue, then, is to put our whole conscious being into relation and contact with the Divine and to call Him, in to transform our entire being into His.”

### **Aim of SKY Yoga and Integral Yoga**

Although the spiritual development is the goal of sky yoga, its realization is possible only if the physical body is maintained in a healthy condition. The mistakes of the past and present cause the damage in the cell structure of the body. There is short circuit in those places. Diseases appear, spread and become stagnant in our body and mind. This is called Imprints. These imprints affect self and the children through genetic formation. Maharishi has designed the system, with the aim of eradicating the sin imprints and the sufferings and make us to live a pure and contented life.

The goal of integral yoga is to become aware of the Divine to integrate the physical, mental and spiritual aspects of our self and manifest the Divine at the Earth. Its aim is to move in ward and discover the psychic being which then can bring about the transformation of the outer nature. According to Sri Aurobindo “ To find the Divine is indeed the first reason for seeking the spiritual Truth and the spiritual life; it is one thing that is indispensable and all the rest is nothing without it, hence All Life Is Yoga”

### **Objectives**

The main objective of sky yoga is to bring world peace and warless world. The means to achieve this end is to establish one federal government. Sky yoga emphasizes much on individual peace; which in turn leads to world peace. Spiritual awakening and understanding and realization of Divinity will bring peace in Self, Society, Nation and world. In the journey of realization of Self to God, human beings undergo various troubles, turmoil's, disturbances and miseries, sky yoga aims not only to put an end to all kind of sufferings, but also gives practices, to strengthen body, mind and spirit. Its objective is to reach the holistic culture of enlightenment of consciousness, the culture of love and compassion and to reach the Divine.

The generalized objective of the Integral Yoga is to bring universal harmony. Its goal is neither political nor social but it is rather spiritual. For that one has to enter into and be possessed by the Divine Presence and Consciousness. To love the Divine for Divine sake alone to be tuned into the nature of the Divine and our will, work and life are the instrument of Divine. The Divine alone is our object. To achieve this aim, the sadhaka, with the aid of concentration should isolate him/herself from the external influences. The goal is not to lose oneself in the Divine Consciousness, but the goal is to let the Divine Consciousness penetrate into Matter and Transform it.

### **Practices**

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



thoughts, streamlining desires, neutralizing anger, eradicating worries, and realizing Self, (d) Kaya Kalpa literally means body immortal. It offers a simple and powerful practice to maintain health and youthfulness, and to withstand the aging process.

### **The ten stages in sky system**

1. Purification of body and soul as the master passes his energy into the aspirant.
2. Understanding the secret meaning of 'pranavam' (Om, the symbol of absolute silence).
3. Arousing the Kundalini power from moola-dara to the agna chakra.
4. Shanthi yoga: a practice to subdue and control the excessive force rise in the agnacentre.
5. Thuria yoga: Meditation on the crown center.
6. Manoeuvre of six temperaments viz, greed, anger, miserliness, immoral sexual passion, vanity and vengeance.
7. Thuriyateetha 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 world.
10. Techniques to increase the stock of the life-force and channelize the same.

### **Practices in integral yoga**

Unlike sky yoga, practices in the Integral yoga does not propose any kind of physical Asana, Breathing Techniques or External moments it is more psychological in nature with internal reflection and self-analysis and correction as main tools of development. The main practices approaches are divided into 4 parts. Sri Aurobindo elucidates various stages of development in the Integral Yoga they are as follows;

1. The Yoga of divine work, yoga through one's work
  2. The Yoga of integral knowledge, yoga true analysis observation and knowledge.
  3. The Yoga of divine love, commonly referred as bhakthi yoga or love of God
  4. Yoga of self-perfection referred to as a synthetic yoga the triple way transformation.
- According to Sri Aurobindo the current status of human evolution is an intermediate stage in the evolution of being which is on its way to the unfolding of the spirit and the self-revelation of Divinity in all things.

Yoga with concentrated evolution can take effect in one's lifetime quickly, while unassisted natural evolution would take many centuries. Integral yoga reunites the infinite in the finite, the timeless, in the temporal and accidental with the imminent. In the processes of Integral Yoga standing apart from the Adhara by self-knowledge is considered as very important factor in the evolutionary process of human consciousness. This concept is similar to that of the concept of Maharishi's "Eradication of imprints from the Genetic Centre for purification of man and ultimately for self-realization and God-realization".

### **Aids of Evolution**

Aurobindo suggests a grand program called "Saptachatushtay" to aid this evolution

1. Shanthi- Peace, calm which consists of samastha
2. Shakti- Power, energy which consists of Shakti – virya Shraddha the power of primordial energy veerya energy -effort prakriti divine nature Shraddha faith.
3. Vigyan- Knowledge which consists of jnanam, knowledge, trikala dhrishti, knowledge of past present and future Ashta Siddhi eight powers and samandhi absorption
4. Sharira- Our body, consists of aarogyam, health uthapana levitation or being free from gravity and physical powers. Soundaryam, beauty, vividhananda , bliss
5. Karma -Divine work which consist of Krishna avatar of Vishnu. Kali the goddess, divine delight and Karma, divine action.

6. Brahma-The realization of Brahman.
7. Siddhi - Realization which consists of Shuddhi, purification, Mukti, liberation, Bhukti, enjoyment and Siddhi Realization of yogic powers.

### **Triple Transformation**

Integral Yoga recommends three stages of transformation for the complete transformation of mind, life, body – in the sense completeness.

1. Psychic transformation or psychicisation – In which all is in connection with the Divine through the individual psychic consciousness.
2. Spiritual transformation or spiritualization- In which all is merged in the Divine in the cosmic consciousness.
3. supramental transformation or Supramentalisation- In which all becomes supramentalized in the Divine gnostic consciousness.

### **Differentiation of consciousness**

The supramental is not the same as the spiritual-mental or over-mental. All has different meaning. For instance, Lord Krishna's mind was over-mental, Sri Ramakrishna's was intuitive, Chaitanya's spiritual- psychic, Buddha's illuminated- higher mental. All the above mentioned were spirituals, rather god-realized Mahans. Whereas Sri Aurobindo differentiates supramentalism from all other transformation with various examples for clear understanding.

### **The Vision of God Everywhere and in all Things and in all Happenings**

The third process of the Yoga is to perceive all things as God. First, in the process of knowledge, the sadhaka comes to see pervading all space and time one divine impersonal Existence, sad atman without movement, distinct, in which all names and forms seem to stand with a very doubtful or a very minor reality. In this realization the One may seem to be the only reality and everything else Maya, a purposeless and inexplicable illusion. But afterwards the will come to see the same Atman not only containing and supporting all created things, but informing and filling them, and eventually he/she will be able to understand that even the names and forms are Brahman. The sadhaka will see the Self in all existing things and all existing things in the Self. Maharshi Aurobindo says, in 'Essays in Philosophy and Yoga', that the crowning realization of the Integral Yoga is when the sadhaka become aware of the whole world as the expression, 'Lila' or play of an infinite divine personality. It is not only in things animate but in things inanimate also that we must see the Divine.

Shri Aurobindo continues his conception saying that it is not enough to see the Divine in all things and beings, 'Sarvabhutesu'. The sadhaka must see Him /Her in all events, actions, thoughts, feelings, in him/herself and others, and throughout the world. For this realization two things are necessary: first, that the sadhaka should give up to Him /Her the fruit of all his/her actions; secondly, that the sadhaka should give up to Him /Her the actions themselves.

For the above said processes of Yoga all that is indispensable on the part of the sadhaka the anumati, and anumati is consent. The sadhaka must give a temporary consent to the movements of the Yoga, to all that happens inside or outside the a Sadhaka, as part of the circumstances of the sadhana. This is similar to maharishi's self- transformation theory.

**Conclusion**

In the words of Sri Aurobindo; "government succeed governments, regimes follow regimes, centuries past after centuries, but human misery remains lamentably same. It will always be so, as long as man remains what he is blind and ignorant close to all spiritual reality, a transformation, an illumination of the human consciousness alone can bring about a real amelioration in the conditions of human life. it follows logically that the first duty of man is to seek and possess the Divine consciousness."

In the words of Vethathri Maharishi ; Sky yoga is not a just a technique in concentration, nor merely a new method of Meditation. It is something more; in fact it is very much more. It is a method aimed to change the very thought pattern of the individual in order to bring about a total transformation and lead him on to a peace and perfection- to transform a ordinary man weighed down by his problems and complexes and limited by his body consciousness into a colossus anchored in God- consciousness, marching with confident strides towards success and realization and spreading happiness and peace all around." . Analyzing the principles and practices of Integral Yoga it is clear that, Integral Yoga substantiates SKY Yoga. SKY Yoga starts from where the Integral yoga stops.but both of them aiming for evolution of consciousness.

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