

Vital Role of SKY Meditation for Personality Development

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Abstract- Yoga implies a virtuous way of life. Vethathiri Maharishi has formulated a complete science of living for the betterment of mankind: a five-fold path for the individual and a 14-fold virtuous (Vethathirium) for entire mankind. Maharishi's thought is based on sustained research of traditional Tamil Siddha philosophy, meditation on the Self and his concern for mankind. He asserts that training of the mind, introspection and reformation of negative habits are absolutely necessary for achieving success, health, peace, happiness and wisdom. Yoga is a science of life to develop the potential attributes to its fullness. Meditation does enable and equip man to enjoy peaceful and blissful life.

Keywords- Five-fold Path, Siddha philosophy, Introspection, Reformation, Blissful life.

I. INTRODUCTION

Life is the span of existence between birth and death. Yoga implies a virtuous way of life; it is a Sanskrit word means merging or blending. The yogic science that deals with the co-ordination of the three components, namely body, mind and soul in a proper manner with a definite purpose is called Yoga. Vethathiri Maharishi has formulated a complete science of living for the betterment of mankind: a five-fold path for the individual and a 14-fold virtuous (Vethathirium) for entire mankind. Maharishi's thought is based on sustained research of traditional Tamil Siddha philosophy, meditation on the Self and his concern for mankind. He asserts that training of the mind, introspection and reformation of negative habits are absolutely necessary for achieving success, health, peace, happiness and wisdom. Yoga is a science of life to develop the potential attributes to its fullness and to enable and equip man to enjoy peaceful and blissful life.

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (WHO). Human with good health not be perfect human. Human body is lead by mind. Meditation enhances the will-power of human mind.

II. MEDITATION

Meditation is not merely chanting a mantra repeatedly, sitting in silent contemplation, twisting the body into various poses or performing self introspection. It is a state of existence in constant awareness, with an understanding of the purpose and value of human life, in full control of the senses and realisation of the Divine State by becoming one with it, adopting the virtues of morality, duty and charity and living in harmony with the others, ready for sublimation and perfection. This is meditation, also called as meditation on life, meditation on the Truth.

Reducing the frequencies of the mind waves is possible only through the practice of Kundalini Yoga. The frequencies keep decreasing as the meditation progresses to deeper and deeper levels. Through the practice of meditation, the mind becomes capable of transcending the experiences of thoughts, deeds and actions registered by the sensory organs when the mind was in the emotional state, with frequencies of 14-40 cycles/sec.

The main Centre of the soul or life-force is in the sexual gland or as it is called in Sanskrit, Mooladhara. Arousing the Kundalini power from Mooladhara to Agna chakra and opening the eye of Wisdom is called the Simplified Kundalini Yoga Meditation. The inner travel of the mind is Meditation. In Meditation the frequency of the mind is reduced. By Meditation the mind is regularised and it gets concentration. The mental frequency reduces from 14-40 cps to 8-13 cps, 4-7 cps and 1-3 cps respectively. There are nine stages in the SKY Meditation process.

1. Agna Meditation
2. Shanthi Meditation
3. Thuriya Meditation
4. Thuriyatheetha Meditation.
5. Panchendriya Meditation.
6. Panchabootha Navagraha Meditation.
7. Nine Centre Meditations.
8. Nithyananda Meditation.
9. Divine State Meditation. (Shri Vethathri Maharishi, 1992).

III. MEDITATION IN STAGES

Life-force is a conglomeration of innumerable energy particles with all the imprints. The mind is the result of the process of expansion of the life-force. All perceptions sensory or otherwise constitute the conscious mind and sub-conscious mind. These are the basic factors nuances of different meditations.

Yoga is to be particular learnt from an experienced teacher. This one particular Yoga can reduce the mental frequency level. Simplified Kundalini Yoga has nine types of meditation.

1. Agna: It brings up the 'Life- force' from the Genetic Centre (Mooladhara Chakra) and fixes it in between eyebrows (Pituitary glands) on the forehead. Pituitary glands get activated.
2. Shanthi: During this meditation the life force is brought back to Mooladhara Chakra – the Genetic Centre.
3. Thuriya: Taking the centre of the life force to the top of the head near Pineal gland. Pineal gland (the function of which is still probed and slowly evolving) which is considered to be network controlling factor gets activated.
4. Thuriyatheetha: The life force expands into the universe and gets dissolved in the Absolute Space.
5. Panchendriya: Limits the function of all five sense organs.
6. Panchabootha Navagraha: It is good to do this on the new moon and full moon days. The magnetic waves that emanate from five physical elements get united with the magnetic waves produced by nine planets.
7. Nine Centre: There are the seven function centres in the human body. They are Mooladharam, Swadhistanam, Manipuraham, Anahatam, Visukthi, Agna and Thuriyam. One has to meditate on them.
8. Nithyananda: It is spreading the bio magnetic waves all over the body consciously.
9. Divine Meditation: Life is a vicious circle. The meditation makes the circle complete our journey started from the Absolute Space which transformed into man. At the end the man get dissolved in the Absolute Space by meditation. The story of man from Absolute Space is well understood in this Divine Meditation and hence it makes one easily merges with the Absolute Space. (Shri Vethathiri Maharishi, 1992).

IV. BENEFITS OF SKY MEDITATION

1. Mental wave frequency gets reduced and hence mind becomes peaceful.

2. Mind becomes a unified force, sharp, straight forward and honest.
3. In meditation all sensory functions almost stop and mind becomes sharp focusing on only one thing. So the spending of bio magnetic force becomes very little as a lot of force is being preserved and stored.
4. Meditation brings in five important characters:
 - a. Perspicacity (a clear and total understanding of something)
 - b. Magnanimity
 - c. Receptivity
 - d. Adaptability
 - e. Creativity
5. Dilate the blood vessels thus reducing blood pressure.
6. Restore blissful mind and health in body.
7. The blood circulation speed become normal, the hypertensive level of the person will come down.
8. Meditation prevents stress by inhibiting activities of sympathetic nervous system.

V. MY EXPERIENCE

I am a yoga practitioner and enthusiast. In addition to teaching Yoga to students in Engineering College, I am doing service to public under the WCSC (World Community Service Center founded by Vethathiri Maharishi) for the past sixteen years. I have entered in to the India Book of Records by demonstrating fifty different yoga postures while continuously floating on water for one hour by creating a new record & World level Record Setter.

VI. EFFECT OF MEDITATION- INFOGRAPHIC

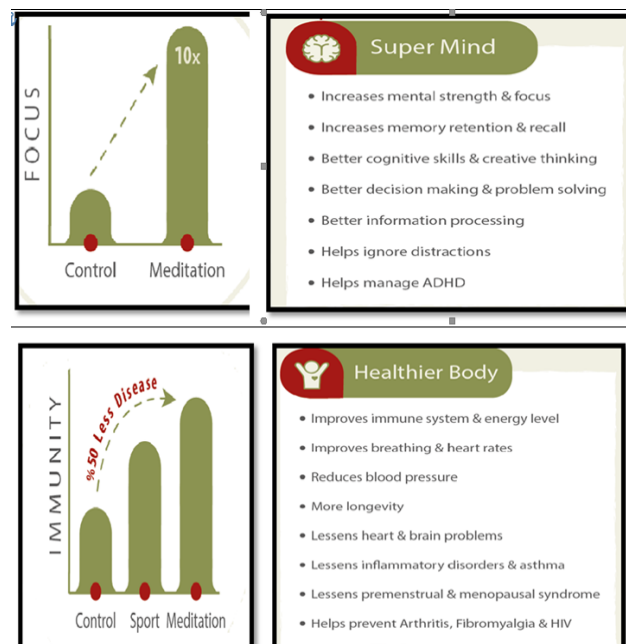


Figure 1.

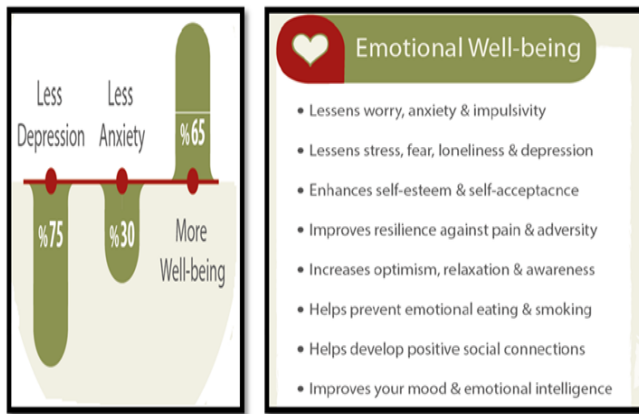


Figure 2.

VII. CONCLUSION

Traditionally, the classical yoga texts, describe that to attain true states of meditation one must go through several stages. Commonly today, people can mean any one of these stages when they refer to the term meditation. Some schools only teach concentration techniques, some relaxation, and others teach free form contemplative activities like just sitting and awaiting absorption. Some call it meditation without giving credence to yoga for fear.

With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact.

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