

Organs and Features of Simplified Kundalini Yoga of Vethathiri Maharishi: A Study

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Abstract: Man is the ultimate result of the evolution of God. He is gifted with the sixth sense to understand the Self, Society and Nature. Though man is being handled by the greatest powers of God, he is unable to live a happy and full-fledged life. Man is facing many problems physically, mentally, socially and spiritually. There is confusion in all the fields of life. A permanent solution is required for all men either educated or uneducated. Here comes Vethathiri Maharishi who has prescribed the Simplified Kundalini Yoga (SKY Yoga) as a solution for the existing problems in the society. By reading this paper one will surely understand the greatness of Simplified Kundalini Yoga and try to implement in their life, which will result in a prosperous life without harming others.

Keywords: Simplified Kundalini Yoga, Introspection, Meditation, KayaKalpaYoga, Purification, Kundalini power.

1. INTRODUCTION

This Paper deals with the characteristic features of SKY yoga. It is found to be modern, contemporary, experimental, traditional, practical, interpretative and theosophical. It is characterized by purification through karma yoga, pacification through meditation and realization through Brahma Gnana. It explains different organs which the system is having like initiation, meditation and introspection

The paper explores some of the philosophies of Vethathiri Maharishi like the below:

Introduction to Simplified Kundalini Yoga

Stages in Simplified Kundalini Yoga

Features of Simplified Kundalini Yoga

Organs in Simplified Kundalini Yoga

Concept of purification in Simplified Kundalini Yoga

2. INTRODUCTION TO SIMPLIFIED KUNDALINI YOGA

Kundalini Yoga is a systematic and integrated practice for body and mind and its thrust is to make a man creative. By a new method which is wholly safe, one can get the Kundalini power raised in minutes. Hence this method is called the Simplified Kundalini Yoga, abbreviated to "SKY".

"According to the Siddha saints, the practice of meditation, where the mind of the individual remains focused on his own life energies is Kundalini Yoga". 'Kundam' refers to a pot or urn of fire or energy, and 'Ali', a unisex, something which is not differentiated by gender.

Vethathiri Maharishi has simplified the Kundalini Yoga very much detailed in the old text and has found a simple method to raise the Kundalini energy with the help of the master who is already well versed in this Yoga. The first step in this method is the activation of Kundalini through transcending method. That is to bring the Kundalini energy from its original place to the point between the eye-brows. Its fruit is the merger with the unified force, which is described as Divine experience and realization of the self.

Concept of Simplified Kundalini Yoga:

Mind is the fertile field where thoughts, words and actions originate, and also where the sensations of pleasure and pain are felt. The skills, the quality of every action, its success, and the resultant feelings of pleasure or pain depend on the quality of the mind. It is essential to understand the mind, its strength, and its weakness, through diligent efforts and the practice of Simplified Kundalini Yoga. The practice of Simplified Kundalini Yoga helps purify the mind and strengthen it. The mind has to rise above itself, which can be achieved through diligent efforts. When the mind realises its roots, it transforms into the Consciousness, at which point man stands on a par with the Divine. This is the concept of Simplified Kundalini Yoga.

The quality of peace depends on the extent to which the mind is in harmony with the body and the soul, for problems of the mind can affect the body and soul, just as problems with the circulation of the life energy affects the individual physically and mentally. Poor health affects the mind and the soul. It is for this reason that all the three viz. **body, mind and soul have to be maintained in good health and harmony. This can be achieved through the practice of Simplified Kundalini Yoga.** It is possible to give up bad habits and eradicate all unnecessary matters from the mind. The quality of virtue should be understood and practiced through awareness and a disciplined life.

The practice of Simplified Kundalini Yoga is not merely the practice of a branch of Yoga, but understanding Nature and the society, of which we all are a part. Man lives within a triangle made up of three limbs called the mind, Nature and the society. Of these, Nature is constant, while society is structured on certain natural laws. The mind should grow to the extent of being able to respect and safeguard the social laws. The mind should understand itself, for everything, pleasure, pain or peace, originates from within the mind; failure to understand this makes man continue his search for an elusive peace, leading to all types of social ills.

The dormant primordial force in all the variants of matter is called Kundalini. (Simplified Kundalini Yoga can be defined as yoga through mental enlightenment based on the transcending of Kundalini force to the centre of the eye brows with a sheer aim of merging with the unified force.

Simplified Kundalini Yoga is a psychic practice which modifies the human soul to divine soul.

Though man has emerged and benefitted through Nature's evolutionary chain, one cannot deny the emergence of certain unwanted effects. Enormously deteriorated physical and psychic well being and contaminated genetic center are today detrimental to the happiness of life.

Hence, to eradicate such disorders, it is now imperative for the world community to create an educational system with corrective and regenerative methods devised by scientific and philosophical research. In this broad sense, the scientific education for prosperity in life synthesized by long term research is called "SKY", that is "Simplified Kundalini Yoga". This system of education for reformation and prosperity in life comprises five steps. They are:

1. Maintenance of Physical health
2. Streamlining of psychic activities
3. Maintenance of harmonious relationships with one and all of human society
4. Purifying the Genetic centre
5. Realisation of truth (Brahma Gnanam).

3. STAGES IN SKY PROCESS

According to Vethathiri Maharishi there are ten stages in the basic SKY process, they can be mentioned as below:

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 the Mooladhara to the Agna Chakra, and opening the eye of wisdom, thereby enabling the aspirant to feel the existence and function of the mystic Kundalini power.
4. Shanti Yoga: A practice to subdue and control the force rising to the Ajna Chakra, so that it may not be excessive.

5. Thuriya Yoga: Meditation on the crown centre.
6. Manoeuvring of the six temperaments of greed, anger, miserliness, lust, vanity and vengeance.
7. Thuriyateetha Yoga: Merging the individual consciousness with the Absolute.
8. Auto suggestion to promote harmony in oneself and in the environment.
9. Fullfillment of five duties- that is, duty to self, family, relations, nation and world.
10. Techniques to increase the stock of the life force (Bio-current) and channelize the same.

They can be explained in detail in the following way:

1. Passing of energy:

In man, the souls of mother and father are jointly functioning. These two life-forces comingled at the time of the joining together of the chromosomes. This becomes the inherent collective character of a person. All the imprints of the Karmas of the parents are ingrained in the individual. Birth is due to the sensual attraction and sexual activity of the parents. As a result, everyone has inherited sensual attraction and emotional moods. The results of this inheritance are pain, miseries, and problems in life. In the light of this background, if one wishes to improve one's personality, then some additional, highly purified life-force is necessary. The person with such a divine personality and life-force is the Guru (preceptor). The Guru passes his energy to a spiritual aspirant with the noble thought that the aspirant should become purified and enlightened in Consciousness.

(2) Understanding the secret of OM:

The person who first came to realize the Primordial State remained incapable of conveying the idea to the others, for not many could understand his description of God as a formless being, devoid of physical features or limbs. This formless concept was given a physical shape in the form of an idol, which came to be called Siva Linga, later. The Primordial State was worshipped in the form of the Siva Linga, and the followers of this sect came to be known as the Saivaites, or the worshippers of Siva.

However, many, unable to accept the idea of a formless God, had their doubts regarding the efficacy of such a God in protecting them or taking care of their needs. To satisfy them, the idea of praying to the dynamic state was considered, from which arose Saktheya, the worship of Sakthi, the energy particle, which forms the basis of the manifested Universe. When the idea of giving a physical shape to Sakthi, a fraction of Siva, the Absolute, came up, the surrounding force was given a male concept and the inherent one, a female. Siva, thus became the male and Sakthi the female; the various physical representations of Sakthi came much later.

As knowledge burgeoned, and the people came to know more about the energy particle, they realised that Sakthi, on account of its rotation, repulsed the other particles, keeping them at a distance. As the speed of the rotation came down, the particles moved closer, associated in varying proportions, and gave rise to energy waves that transformed into sound, light etc. The rotation of the particles and the sound of their movements were represented in the form of a wheel and conch and with these in hand, the idea of Vishnu came into existence. This was the basis for the Vaishnava sect. The worshippers of the Sun God formed the Saura sect, much later.

The combined forces of Siva and Sakthi gave rise to the Pancha Tanmatras, viz. pressure, sound, light, taste and smell in all the inanimate objects, followed by sensory perceptions and mind in the living beings. The five Tanmatras along with the mind, were represented as the six heads of Kumara the offspring of Siva and Sakthi. Worship of Kumara led to the formation of the Kaumara sect. The sages of old, through the practice of meditation, were able to realise the life force and the Truth, and the fact that the greatness of the life energy could be realised only when it was brought to the Agna Chakra, from the Mooladhara. They perceived the life energy in the shape of 'OM', which syllable represented the entire Universe. This was 'Pranava', represented in the form of Ganapathi, the elephant-headed God. The value of raising the life energy from Mooladhara to Agna was explained and formed the basis of Ganapathyam.

(3) Arising the Kundalini power and agna chakra:

A master of SKY passes his power by touch (Sparsha Diksha) to the aspirant and the Kundalini power is aroused. To start with, the aspirant will feel a feeble vibration in the Agna Chakra. The mind should be kept attentive to this sensation. Here

is no visualization, mantra or pranayama (control of breathe) to be done in the SKY process.

Linking the mind of an aspirant with his soul is a ceremony of Divine Communion. In spiritual terminology, this kind of graceful boon of a Guru to his disciple for the latter's enlightenment is called initiation.

The life-force of the Guru is passed on to the aspirant in three ways:

- (1) By touch: This is called Sparsha Diksha in Sanskrit.
- (2) By sight: This is called Chakshu Diksha.
- (3) By thought: This is called Jnana Diksha.

The mind of the aspirant is linked to the soul in the first method; with the universal force in the second, and with the Truth in the third. After the Guru passes his life-force to the aspirant, the aspirant's Kundalini power is aroused and identified. In SKY, all of these methods are followed.

One should simply sit and observe the movement of the Kundalini power at the Ajna Chakra. This meditation will improve awareness and will power. It will further enable the practitioner to withdraw from external sensory activity and thus, conserve his life-force. It will also free the aspirant from the distracted state because of his improved awareness.

(4) Shanti Yoga:

Depending on the age of the aspirant and the depth of his contemplation in practising meditation, the Kundalini power will be aroused forcefully within five to fifteen days after initiation. At that time, heaviness may be felt in the head. Shanti Yoga is then essential. This yoga is similar to a brake system in a car. It slows down and controls the excessive flow of energy. Whenever the vibration or flow of the Kundalini power increases to the stage of discomfort, it can easily be controlled by the practice of Shanti Yoga. This practice will also help to regulate the physical routine and relax the body. One can easily understand the benefits for oneself after practically experiencing this.

(5) Thuria Yoga:

In *Thuria Yoga*, the master, by his graceful sight (Chakshu Diksha), passes the Divine Yogic Power once again. This lifts the Kundalini power to the Sahasrara (crown of the head). The Kundalini Sakthi will begin to vibrate in the *Sahasrara*, giving a very pleasant sensation. Here the mind will get a much shorter frequency in its function, so that it links with the universal energy field.

(6) The Manoeuvring of the Six Temperaments:

Between Thuria and Thuriateetham, the aspirant has to put himself through some important psychic practices. These practices come under the processes of introspection. Introspection is designed for him to reform his character, obtain enlightenment, and to enjoy a happy and peaceful life. The process of introspection consists of the five lessons:

1. Analysis of thought.
2. Moralisation of desire.
3. Neutralization of anger.
4. Eradication of worries
- and
5. Realization of Consciousness (Self).

These practices will enable one to understand the value of one's own existence. Through constant research, and by leading a virtuous life, one gradually, day by day, dissipates the imprints of sins. As a result the soul becomes pure and perfect and the mind becomes peaceful.

(7) Thuriateetha Yoga:

By the merciful thought-force of the Master (Jnana Diksha), the aspirant is taken to the Thuriateetha state. Here, the soul merges into the Absolute State - the Almighty. This psychic practice is called Samadhi - Communion with God. This state is the realization of Consciousness. This is called Jiva-Brahma Aikyamukthi (Sanskrit) state.

After engaging in the practices detailed above, the spiritual aspirant's first part in the training of Simplified Kundalini Yoga is completed.

Thereafter, the aspirant's wisdom will blossom with clear light from his own experience and with help from the elucidation of the Master. In these days of worry, misery, and restlessness, the only sanctuary for mankind is spiritual knowledge. Perfection of mind and realization of the self are the real goals of life.

(8) Autosuggestion:

Self blessing is offering blessings to oneself. Each of us bless ourselves to the effect that our body and mind should function well and our life should be peaceful and successful. Generally at the end of the meditation, we bless ourselves and others.

Auto suggestion (Self – blessing) is to proclaim within oneself: **“I shall live with advancement in Health, longevity, material prosperity, fame, and wisdom”**. The deep impression and thought contained in the blessing will act such as to make these aspirations become normalized in us. Whenever one tells to himself like this, he creates an audio record within himself.

The record of impression once created shall continue functioning enlarging itself for ever. This is known as ‘Sankalpa’ or Vow. When the vow is thought in the mind, it gets recorded in the biomagnetism and gets reflected. The same vow is echoed in all the small cells of the body. The fruits of this vow and actions pertaining to the vow shall always happen.

Self blessing should not be construed as boasting or selfishness. A man rich in good health, wisdom and assets shall cause many benefits to the community. Thus for everyone it is essential that both physical and mental health are nice. Thus self blessing also is indirectly a duty towards social service. It becomes essential to take a vow or Sankalpam that the body should remain healthy, and mind should be enriched.

Autosuggestion gives imprints to your own Consciousness and your physical cells. Once you give autosuggestion, these imprints will start working and reflecting, even when you're sleeping.

(9) Duties:

Duty is returning the debt that one has received from the community, by way of all the objects produced by the Society. ‘Duty’ has come from the word ‘Dues’. The intention to return the debt is based on a Sense of Justice. The act performed with this sense of justice, benign results, thought, and experiences consequent to this act – all this put together is known as Sense of Duty. The enrichment of an individual depends upon the enrichment of the community. Similarly only when each individual acts realizing his/her duty, the welfare of the society is also protected. Therefore, if each one discharges without any deficiency, whatever may be his/her duties, according to his/her status, the benefits accrue not only to him/her but also would reach out to their family, relatives, town, and even the world. It will cause a contented prosperous life to everyone.

One should steadfastly observe five duties in life: towards (i) Self (ii) Family (iii) Relatives (iv) Society; and (v) World – Community, giving importance to each in the above order without neglecting any of the other four.

(10) Techniques to increase the stock of the life force (Kayakalpa Yoga):

As we age, the production of sexual vital fluid decreases and correspondingly, the quantum of life-force and the intensity of biomagnetism are reduced. Eventually, the polarity between the cells is weakened, causing the loss of structural integrity. This is the ageing process. Ageing signifies that the stock of life force is being reduced. This is because the secretion of the sexual vital fluid is diminishing. After age forty, the surplus of the sexual vital fluid is reduced. After age eighty, with few exceptions, there is almost no excess production of the sexual vital fluid. There is only enough to maintain the body. So the life-force is being thrown away from the body every day. And the sexual vital fluid, which contains it, is slowly reduced in quantity as we grow older. Gradually, due to the pull of gravity, all the nerves and muscles become loose, and old age appears. As the stock of the life-force is reduced, the intensity of the biomagnetism in the body is weakened. So by the exhaustion of the life-force and biomagnetism, the body functions gradually slow down and results in death from old age.

To reiterate: two forces are at work in ageing: (1) The cells of the body are being drawn or pulled towards the earth, and; (2) There is a decrease in the quantity and quality of the sexual vital fluid.

Kaya Kalpa Yoga contains simple exercises to accomplish these goals. When these exercises are mastered, the excretion of the sexual vital fluid is gradually reduced, and so is the craving to excrete it. Potency is preserved, and thoughts do not stray toward indulgence. A compulsive behaviour is actually overcome or controlled. This is a great victory for mankind to withstand this problem:

- (1) Tone up the nerves and body to counteract the force of gravity, and
- (2) Conserve and increase the sexual vital fluid, which contains the life-force.

4. FEATURES OF SIMPLIFIED KUNDALINI YOGA

Based on the ten stages in SKY process as detailed by Vethathiri Maharishi some features of SKY has been identified. They can be explained in the following way:

1. It is simplified:

The Kundalini Yoga system has been simplified for the benefit of the modern world community. Our ancestors, who desired to attain realization, practiced breathing techniques for awakening their life energies, which consisted of Poorakam (inhalation), Kumbhakam (retention) and Rechakam (exhalation). Through a series of breathing practices and meditation they raised the life energy through the six chakras namely Mooladhara, Swadhishtana, Manipooraka, Anahatha, Visudhi and Agna, which process took about 15 years to complete. Many of them, unable to withstand the rigours of the practice died, while in some cases stagnation of the life energy at some chakra resulted in complications. Further, celibacy had to be observed during the practice, which acted as a deterrent for some. The methods explained in some of the scriptures are also hard to follow.

Instead of the above, a very simple method of awakening the Kundalini power is practiced at the SKY centers, where the Master makes use of his own life energy to raise the energy of the aspirants from the Mooladhara to the Agna Chakra. Young aspirants can feel the results within 10 minutes, in the form of a mild sensation between the eyebrows; elders can feel it within two or three days. After initiation, the practitioner can learn the other steps within about 40 days. This is an ideal and safe method, even for married people, and all benefits can be reaped by practicing it regularly. By adding it to their prayers, spiritual organizations can pave the way for peace and happiness all over the world.

SKY can be practised by men and women above the age of maturity, that is, fourteen years of age. Simplified Kundalini Yoga will ensure peace within society, and ultimately, peace among all nations.

2. It is natural:

The activation of the Kundalini is a natural process. Any practices followed in SKY system is not against the natural rhythm. Hence it is natural.

3. It is secular:

This system can be practiced by anybody irrespective of religion, caste, creed, colour, sex etc, the philosophy given by Maharishi is not pertaining to or regarded with any particular religion. It can go on from age to age, continuing through long ages.

4. It is logical:

Vethathiri had many revelations which he has explained to the human community in a logical manner to promote faith in the common man.

5. It is contemporaneous:

The system devised by Vethathiri is very much suitable to the yoga practitioners of this century. Its basic aim is to lead a happy and healthy family life in the modern life style.

6. It is traditional:

Any person born on this world should attain total perfection. This is inherent reason of human birth and this desire is not new one grown out of fashion, but it is being carried on from generation to generation. The ultimate aim of SKY is the perfection of consciousness through continuous practice. Hence it is traditional.

7. It is customary:

The teacher has to activate the vital force in the body to a higher level. This Yoga has to be imparted personally and through direct practice. This system of Yoga is also being taught in the SKY centre's.

8. It is purely Ontological:

This system identifies the transient phenomenon and considers the imperishable factors. Yoga is said to be a harmony with the imperishable ontological truth. Hence it is purely ontological.

9. It is systematic:

Each and every stage of practices given in SKY is interrelated. The philosophy given by Maharishi is also continuous; there is no gap in the chain he has linked from the all pervading God up to Human beings.

10. It is Experimental:

Self-realization is not merely theoretical understanding. It is a process which has to lead to real intellectual and emotional purity through the practice of virtuous deeds and a systematic psychic practice.

By doing these practices one can easily understand and feel the differences in his body and mind. By implementing the practical philosophy of Vethathiri in our life we can experience the harmony created in the Self, relatives, and the neighbours. Hence it is experimental.

5. ORGANS IN SIMPLIFIED KUNDALINI YOGA

To identify Simplified Kundalini Yoga as a system, it must have some organs. Just as Patanjali had identified eight limbs of Yoga such as Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, In SKY system there are four essential organs, they are Simplified Physical Exercise, Kayakalpa, Meditation and Introspection. The organs of the SKY yoga can be detailed in the following way:

1. Simplified Physical Exercise:

Among the ten stages of SKY yoga the eighth stage mentions the auto suggestion were in one has to pray for good health. To maintain good health some systematic exercises are required. Simplified Physical Exercise being taught in SKY yoga plays a major role in maintaining good health.

One must take some effort to make the body healthy. Our ancestors have formulated some asanas and physical exercises for this purpose. We can protect our body from diseases and cure them when they exist. These activities are looked after by the life force. Still physical exercises are necessary to motivate them.

In various countries, various physical exercises were formulated depending upon the time, season, life style and habits. The earlier life style proceeded very slowly. So the exercises were designed accordingly. Now the time has changed. We live in the fast, stressed and excited situations. Our needs are also different. So, the earlier exercises will not suit to modern environment.

In day to day life, only certain organs are used very often according to the type of job. Suitable physical exercises should be done to make the organs function well, improve the immunity against disease and eradicate the animal imprints.

There are many kinds of physical exercises in the world. Vethathiri Maharishi had formulated a series of physical exercises after researching all these exercises, synthesized the best from them, practiced them for many years with his medicinal experiences and calculated their uses. Maharishi had designed these exercises in such a way that they don't strain the body and don't take much time. The exercise should not have the quality of speed. There are two stages in physical exercise. They are: (1) Posture, (2) Movement.

It is necessary to practice the physical exercises before meditation, the exercise for mind. We cannot do complete meditation for half an hour when our mind turns over to the body when there is pain in the leg or body. That's why the physical exercises are taught first, then the meditation. The blood circulation, heat circulation and air circulation are balanced when we do the exercises. We can regulate these circulations by the exchange of posture and movement. Thus the physical health is maintained. Mind goes deep in the meditation.

When we are in a normal position, we give a particular movement to the body. As a result, there will be obstruction in the blood circulation, heat circulation and air circulation. This obstruction leads to short circuit, pain and disease. If we do these exercises daily with appropriateness, we can remove all the deficiencies and regulate the speed and quantity of the circulations.

The purpose of physical exercises is:

- a. Strengthening the body

- b. Balancing the functions of physical body
- c. Eradicating sin imprints

Man did not come directly from the nature. Man was the last one in the evolutionary process after crossing lakhs of births which had new transformations when species joined. Physical organs are different by classes but the mind or soul is not different. The soul is densed biomagnetism. The activities and results of any species are imprinted. This is in it called genetic centre. Human body has all the excellence and characteristics of its race which is a continuum of birth that are contracted by the great biomagnetic waves. So, the characteristics of any race in the genetic centre rises and functions with the help of the organs then and there and become deeds according to the opportunity.

2. Kayakalpa Yoga:

A few, among the vast multitudes, born on this planet, have reached glorious heights in the form of scholars, seers, saints and scientists. The attempts made by some of them to serve humankind, by finding ways to live long and in good health, by eradicating diseases and other forms of misery have borne fruit. The research undertaken by them into the nature and functions of the body, mind and the soul, have revealed the close links among the three. They realised that the body, mind and soul have to be in total harmony with each other for a healthy existence; in fact, even death can be postponed, if need be. They came up with the practice of Kaya Kalpa for this purpose. Kaya Kalpa is not a drug or medicine; it is an exercise which involves the body, mind and the soul. "Kaya" means the physical body, and "Kalpa" means well being, health, strength; Kayakalpa therefore means a healthy and long life, as the name suggests.

1. A long life by postponing death.
2. Putting off old age and retaining youth.
3. Good health.

It is possible to live long by delaying the ageing process and retaining youth. The ways to achieve this was known to the Siddha saints of yore, who left behind records of their research, in the form of poems; yet their secrets remained hidden from all, for many centuries. In the words of Saint-poet Sivavakkiyar, "The life energies stored in the Mooladhara, when raised to the head, make even the old young; the body begins to glow".

Vethathiri Maharishi, who undertook a study of the methods of the saints for nearly forty years, was able to formulate a practice through which the energies could be raised as mentioned above, which he propagated amongst the people for the benefit of all. This method is the jewel in the crown of the system of Simplified Kundalini Yoga. It occupies the tenth place in the ten SKY process discussed previously.

3. Meditation:

Meditation can be defined as penetrating into the womb of the cosmos through the bio magnetic medium. This is also called as tapas.

An integrated practice of reorganizing and restructuring the body and the mind for a newly planned life is Kundalini Yoga.

Kundalini is the Life-force. As the life force is the store house of the character of man and is a recording and transmitting machine and medium of generations in the evolutionary process, and as it is connected with the energy field of the vast universe, the exalted name Kundalini is given to it.

Fixing the mind and meditating on Kundalini in order to strengthen, purify and streamline the mind is Kundalini Yoga. Generally the term Yoga means a systematic practice and implementation of mind and body in the living process of man to keep harmony within self, within the society and with Nature. In order to enjoy the happiness provided by Nature as also the joys generated by man through the skills of his intellect in the material world and to develop the inherent potential of the consciousness to Self unfoldment, Kundalini Yoga should be practiced by everyone. It is the intrinsic need for man who is gifted by providence with the higher stage of Consciousness, the Sixth sense.

Meditation should be commenced and performed with the full realisation that it is being undertaken to correct ourselves, as well as strengthen and cleanse our minds, and for improving our own selves. When performed with this motive in mind, the benefits will enrich our lives, as can be seen through experience. The mind works constantly from the time of birth, to the moment of death, except during the periods when a person is asleep. Bringing the frequencies of the mind waves to very subtle levels makes it tranquil, but it cannot be stopped from working.

If any Spiritual practice is taken to, it will give an intellectual clarity to the practitioner which would become an asset to the progeny, through a favourable change in the genetic value.

4. Introspection:

The sixth sense in man has the ability to understand the mind, the life energies and the Eternal Truth. Despite being gifted with the sixth sense, man suffers from ignorance and is miserable, due to the error of his ways. He is swayed by his Sanchitha Karma, which takes him along the path of sensory pleasures, depriving him of a chance to realise his 'Self'. His resolve not to repeat mistakes remains forgotten, and the same are committed again and again. This can be corrected only through a proper way of life and the practice of introspection, whereby he is able to identify his wrong doings and correct them.

Our habits and character depend on the quality of the imprints we have inherited from our parents, as well as the customs which prevail in society. Even though we are humans, gifted with a sixth sense, we tend to forget the purpose of our life, involved in pursuit of materialistic pleasures and confined to the five senses, when the six temperaments of greed, anger, miserliness, immoral sexual passion, vanity and vengeance rule our minds. We have become used to this, on account of which we face innumerable problems and miseries in our lives. To extricate ourselves from this and find peace, a definite change is required. Introspection is essential for this.

6. CONCEPT OF PURIFICATION IN SIMPLIFIED KUNDALINI YOGA

Acquiring impurities:

There are three reasons for the embodiment of the soul and for its continued birth-cycle. They are: (i) Psychic attachment to men, materials and the enjoyment thereof, (ii) Imprints of sins, and (iii) Ignorance of truth. These three reasons are described as the three impurities of the soul: (1) Ego, (2) Imprints of sins (Karma) and (3) Illusion.

The body is only an outer expression of the soul. Unless the soul is purified from its unwanted imprints, it cannot secure liberation from the pains and miseries of embodiment and merge with the Truth, which is its primordial state.

In the course of development of the understanding of the functions and beauties of the universe, a diversion of the mind's activity is produced by the experiences of pleasure and pain sensations. In such a condition, the soul, in its psychic extension as mind, forgets its existence, greatness and its aim. This stagnation of the soul embodied in man is called *Maya* (Sanskrit) or illusion

Man is supreme among all living beings on the earth because he is gifted with the sixth sense: the potential of self-realization. But because of sensual intoxication, man forgets his true nature. He succumbs to emotions such as greed, anger, miserliness, lust, inferiority or superiority complex, and vengeance. When he thinks, speaks, and acts in this condition, he creates troubles, pain, and miseries for himself and for others. All such pain-producing deeds are called sins.

The character of man is conditioned by two layers of imprints of deeds and experiences. One layer is the imprints caused by all the deeds from the date of his birth up to the present. This is called Prarabdha Karma in Sanskrit (present life imprints). The other layer is that of hereditary imprints, Sanchita Karma (Sanskrit) (imprints derived from numerous generations). These are imprints from parents and their ancestral links through the evolutionary process. Any present thought or action emerging from man is called Akarma Karma.

We have been acquiring imprints through the pleasure and pain sensations, born of our contacts with the outside world. They are the Prarabdha Karma, which along with the Sanchitha Karma inherited from our parents, have to be eradicated.

Eradication of impurities:

Vethathiri Maharishi has suggested three methods for purification and they include the expiation, super imposition and nullification

Expiation: Expiation is a process of rectifying the errors and having self punishment for the errors committed to the individuals, to the self, to the society, nature and Divinity. One must not repeat the errors already done and he must not be committed to the new mistakes or errors. He has to be careful enough to introspect in finding out his own fault or reason in the mistakes as such.

Super imposition: Improving the imprints of the meritorious activities in the genetic centre is the super imposition. The imprints are put in through the hearing, singing, thinking and practising good deeds purposefully.

Nullification: The singing of the glory of the Divine is the only path for the emancipation from the action imprints according to Thiruvalluvar. One has to learn to associate the terrestrial consciousness with Divine consciousness through the process of meditation.

When man develops the force of his mind and self-awareness, thereby achieving success over this stagnation, he reaches the ultimate goal of the Infinite-the state of perfection of the mind. He leads his life in this light of perfection of realization. This state is called *Jnana* (Sanskrit) or wisdom.

If man is to avoid misery and pain, if he is to enjoy satisfaction, harmony, happiness and peace in life, then the *Akamy Karma* must be transformed through self - awareness and realization of Consciousness. Only self-realization can deliver mankind from its age-old suffering. When this understanding comes, whatever you see is a part and parcel of Nature. Oneness in multiplicity and unity among diversity and very clearly realized. This enlightenment will blossom as brotherhood among mankind. Man will understand the needs and feelings of other living beings and lead a life with the three virtues, Morality, Duty and Charity.

When a man realizes himself, he realizes the value of everyone on the Earth. Respect for the needs, aspirations and ambitions of others and to restrict and moralize one's own activities in life become part of one's being. That is why we have to stress that the above-said three virtues are imperative.

So everyone has to understand the aims of birth and help one another and at the same time avoid creating pains and miseries. In this kind of realization, realization of Truth, actualization of the Universe and realization of self are completed. When one comes to this stage, that is the perfection of knowledge, the liberation of the Self from all unnecessary bondages. There is the peace, there is the happiness, and there is the Bliss.

It can be done only through meditation, when our soul merges with the Primordial State. During meditation, the mind comes to very subtle levels, becoming calmer and stronger, which helps put into action the thoughts that spring forth at this level.

We do many things on account of the thoughts that well up in the emotional state of the mind, which can be eradicated through the practice of Analysis of Thought, Moralisation of Desires, Neutralisation of Anger, Eradication of Worries and the ultimate realisation 'Who am I'? Imprints are in the nature of Sanchitha Karma, inherited from our parents and the generations that preceded them, and Prarabdha Karma, acquired by us, during this lifetime.

7. CONCLUSION

In today's fast moving hectic schedule people have no time to think about themselves and undergo some spiritual practices. People are suffering from different kinds of miseries. In such a situation Vethathiri Maharishi has suggested some simple and safe methods of yogic practices to be followed and practiced. The study will definitely help anyone to understand the basic concepts of Simplified Kundalini Yoga and would feel to search for some spiritual path. Only such simple practices are suitable for the present day life style and will help all of us to keep happy and live prosperously.

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