

# A Study on Yogiraj Vethathiri Maharishi's Simplified Kundalini Yoga (SKY) Practices on the Conduct and Character of Humans

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**Abstract:** *Shri Vethathiri Maharishi (1911-2006) was a spiritual leader and founder-trustee of "WCSC - The World Community Service Centre". From his youth, he was driven by the desire for knowledge and in particular strove to find answers to three questions. Who is GOD? What is life? Why is Poverty in the world? The community requires more knowledge of BODY, MIND, and SOUL apart from their regular role. Yogiraj Vethathiri Maharishi formulated Simplified Kundalini Yoga practices for Body, Mind, and Soul. Simplified Physical Exercise for the Body, The technique Kaya Kalpa for Life-force (Mind), and Simplified Meditation AAGNA, SHANTI, AND THURIYA for Soul. The SKY yoga practices lead to human excellence in the CONDUCT and CHARACTER of individuals. When individuals attain meritorious conduct and live a characteristic life, peace and harmony flood for self, family, friends, and society. The world peace through individual peace is the motto of divine guru VETHATHIRI MAHARISHI. The author is confident that if Yogiraj Vethathiri Maharishi's SKY YOGA practices are nurtured in individual humans, the conduct and character of the individual humans lead to a peaceful society.*

**Keywords:** Aagna, Shanti and Thuriya

## 1. Introduction

The ancient "YOGI" practiced yoga and had big ideas about the union. They believed yoga could unite individuals with the universe and Shri Vethathiri Maharishi is such a yogi. Maharishi was born in 1911 in Guduvancheri, 30 km south of Chennai, India, into an indigent weaver's family. Maharishi regularly participated in intense meditation and introspection, which he claims brought him full enlightenment at the age of thirty-five. Between 1972 and 1993, he visited the USA, Europe, Malaysia, Singapore, South Korea, Japan, and Mexico. On 9<sup>th</sup> January 1975, Vethathiri Maharishi gave an immortal speech at the United Nations Organization (UNO), New York, U.S.A. Vethathiri Maharishi claimed to synthesize a complete science of living for the betterment of humanity through Simplified Kundalini Yoga (SKY) meditation, Physical Exercise, Kaya Kalpa Yoga, and Introspection. This SKY yoga is the gist of all the eight yogas "ASHTANGA YOGAM" of Patanjali. They are 1. Iyama, 2. Niyama, 3. Yogasana, 4. Pranayana, 5. Pratyahara, 6. Tharana 7. Dhyana and 8. Samadhi. He wrote about 80 books, many of which became academic textbooks in the Indian Philosophical tradition. His philosophy corresponds to pure advice mainly GHNA Yoga [THE YOGA OF WISDOM]. He Wrote over 2000 poems on philosophical subjects. In 1984, he founded the "Vethathiri Maharishi Yoga and Kaya Kalpa Research Foundation" based at Aliyar, Pollachi, Tamil Nadu in the name of the "Temple of Consciousness" Arutperunjothi Nagar. Today, more than 200 trusts and about 1000 meditation centers have been registered and affiliated with WCSC in India, and thousands of people have benefited physically, mentally, socially, and spiritually from the teachings and practices.

## 2. Objectives

This study focuses on the following objectives.

1. To identify the source of awareness towards SKY YOGA for human excellence among the world community.
2. To discover the factors responsible for body, mind, and soul awareness apart from one's routine.
3. To find out the level of satisfaction and benefits on Physiological and psychological aspects of humans by practicing Yogiraj Vethathiri Maharishi's SKY YOGA practices to attain human excellence through a well-behaved CONDUCT and CHARACTER.

## 3. The four limbs of SKY YOGA and techniques to synchronize body, mind, and soul

The four limbs of Yogiraj Vethathiri Maharishi's SIMPLIFIED KUNDALINI YOGA (SKY) practices are as below:

- A. Meditation
- B. Introspection
- C. Sublimation
- D. Self-realization and liberation.

#### 4. The methods formulated by Yogiraj Vethathiri Maharishi's SIMPLIFIED KUNDALINI YOGA (SKY) practices to synchronize body, mind, and soul are as below

- Simplified physical exercises for the body (Nine exercises with each 7 positions)

Hand exercise, Leg exercise, Neuromuscular and breathing exercise, Eye exercise, Kapalapathi, Maharasanam position 1 and 2, Massage, Accu pressure 14 points, and Relaxation.

- Kayakalpa a technique of Siddhas for long life for the life force called the mind and Kaya Kalpa which comprises the Ashwini mudra and Ojas breath. This is patented to WCSC.
- Simplified meditation for Soul as below [1].
  - AAGNA CHAKRA MEDITATION EYE BROW CENTRE (The endocrine Pituitary)
  - SHANTHI GENETIC CENTRE MEDITATION (The place Mooladhar where the ovary and prostate glands exist)
  - DHURIYAM CROWN CENTRE MEDITATION (The endocrine Pineal)
  - PANJETHIRIYA DHAVAM (The five sense organs)
  - PANJA BOOTHA NAVA GRAHA DHAVAM (The Five Elements Land, Water, Heat, Air and Akash and the Nine Planets)
  - DHURIYATHEETHAM ABSOLUTE SPACE MEDITATION
  - NINE CENTRE MEDITATION (Mooladhar, Swathisthan, Manipooraga, Anathaga, Vishukthi, Aagna chakra, Dhuriya chakra, Fundamental energy particle Akash, and Absolute Space.)
  - NITHYA ANANDAM (Forever happiness)
  - IRAI NILAI THAVAM (All we touch, taste, smell, see, hear, and think are the God and Godliness)



- Introspection for finding the fault in us and planning to eradicate and implement the process.

This introspection through the practices of Analysis of thoughts, Moralization of desire, Neutralization of anger, and eradication of worries are practiced after every Dhyana and meditation to know the answer WHO AM I? [2].

- Sublimation

Sublimation is the process of converting ill habits like greed, Anger, Attachment, Immoral sexual inclination, Superior Inferior complex, and Vengeance to Satisfaction, Tolerance, Humble, Chastity, Equality, and Forgiveness.

- Self-realization and liberation

This is the supreme state of attainment by humans to get blessed for humanity to develop spiritual knowledge and enjoy a harmonious, blissful, and peaceful life.[3]

#### 4.1 SKY exercise for BODY and the secretion of DOSE (Dopamine, oxidosine, serotine, and Endorphin) in our head region.

The divine guru's physical exercises are simple for the age group of 8 to 80 years. Physical exercise is simple, beneficial for the long run, without any side effects, and consumes very little time say less than 35 to 40 minutes. The anatomy of our human system depends much on positions and movements. The guru's self-experiment on himself for years of study resulted in such a wonderful yield. The very important hormone secretion called Endorphin is achieved by physical exercise. Also, the guru advises the simplified exercise to be done as meditation. The head-to-toe all internal as well as external organs perform their optimum. Every position and movement regulate the flow of blood, heat, and air in our system. The major systems in our body central nervous system, Respiratory system, Digestive system, Reproductive system, and Excretory system are regulated by simplified physical exercise. Beyond all the Endocrine performance is optimum. The Pituitary gland called the master of all glands in our human anatomy and physiology system is at its best performance through simplified physical exercise. The secretion of DOSE hormones (Dopamine, oxidosine, serotine, and Endorphin) in the head region decides our state of mind (Happy or worried). To have a healthy and happy state of mind always humans need simplified physical exercise.

#### 4.2 SKY KAYA KALPA for age reversing process and to strengthen the life force

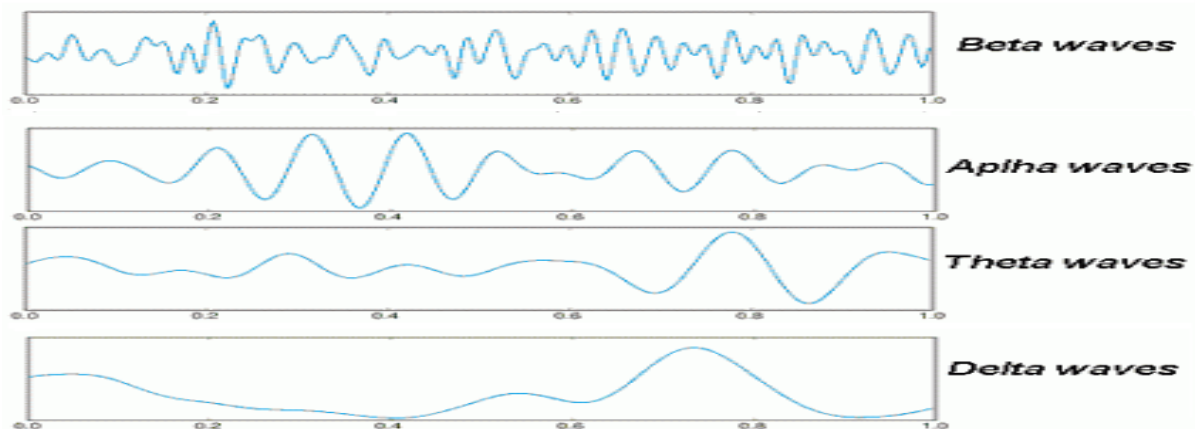
The Kayakalpa is a technique of Siddhas for long life for the life force called the mind, Kaya Kalpa which comprises the Ashwini mudra and Ojas breath. This is patented to WCSC. The purest form of our energy life force is taken to our Thuraya chakra (Crown chakra) from Mooladhar by using the air and mind. The benefits of Kayakalpa are innumerable. A few benefits of Kayakalpa yoga are listed below:

- Prevent Asthma related problems
- High blood pressure
- Arthritis starting stage
- Piles
- Diabetes type II especially
- Regulates food
- Eye-related problems
- Sharpens the Intelligence
- Memory power

- Heart problems
- Sleeping insomnia issues
- Constipation
- Strengthen kidney and urinary bag
- Ulcer and stomach-related problems
- Obesity issues
- Infertility issues
- To come out of addictions like alcohol and smoke
- Thyroid and menses issues especially for Ladies
- Pain with standing capacity

#### 4.3 Simplified Meditation for Soul.

Meditation is the technique to strengthen the mind. The mind is always of the type of wavering. The wavering mind is to



Beta (14 to 40 cps) - Emotional Level உணர்ச்சி நிலை  
 Alpha (08 to 13 cps) - Calm state அமைதி நிலை  
 Theta (4 to 7 cps) - Happiness இடுக்க நிலை  
 Delta (1 to 3 cps) - Delighted சமர்த்தி நிலை

Note: cps cycles per second measured by EEG electro encephalon gram.

##### 4.3.1 AAGNA CHAKRA MEDITATION EYE BROW CENTRE (The endocrine Pituitary)

This meditation helps one to come down from an emotional state to a calm state by reducing the spectrum of 08 to 13 cycles per second from more than 14 cycles per second. This meditation will make one perform all future actions called "AAKAMIKYA KARMA" by analyzing the cause-and-effect principle of life by doing only harmless karmas. In this AAGNA meditation, the mind will understand the life force and keep watching the gland pituitary otherwise called the master of all glands at the place in between eyebrows.

##### 4.3.2 SHANTHI GENETIC CENTRE MEDITATION (The place Mooladhar where the ovary and prostate glands exist)

This meditation helps one to strengthen the body by using the power of the mind. Here biomagnetism is topped up by the power of mind. When the power of life force gradually increases in the chakra AAGNA, it is necessary to bring it back to Shanthi to convert the energy from mind to body.

halt for a few minutes or seconds and this yoga practice is called meditation or Dhyana. By doing so the static state of mind from the dynamic will result in understanding the self, other living and non-living creations of the Almighty, and finally Nature nothing but the supreme power of the Almighty or God. Getting in tune or synchronizing with nature is meditation. To get such perfection of knowledge one should practice his mind to lower the mental frequency to a minimum. [4]

Our mind spectrum ranges in 4 levels recorded by EEG.

BATD (Beta, Alpha, Theta, and Delta waves of our mind spectrum)

##### 4.3.3 DHURIYAM CROWN CENTRE MEDITATION (The endocrine Pineal)

This chakra called crown or dhuriya will make one understand all living and non-living creations of the almighty. Here the mind spectrum will remain constant in the calm stand to understand the life force of all existing creations. The imprints that are in our Praraptha (The karma imprints of us stored in our genetic center)

##### 4.3.4 PANJETHIRIYA DHAVAM (The five sense organs)

This meditation will optimize the usage of energy use by our sense organs namely the skin, tongue, nose, eyes, and ears. After this optimality is achieved the great important chakras AAGNA AND DHURIYA to strengthen the glands pituitary and pineal are achieved by this meditation.

##### 4.3.5 PANJA BOOTHA NAVA GRAHA DHAVAM (The Five Elements Land, Water, Heat, Air and Akash and the Nine Planets)

Here in this meditation, we will derive and understand nature and its power by keeping our mind with the panja boothas and the nine grahas. All the rays emanating from the grahas are always helping our body mind and soul. All the nine grahas are directly attached to our Bone, Skin, Sexual vital fluid, Blood, Bone marrow, Brain cells, Nerves, and the purest oxygen in our human system.

### 4.3.6 DHURIYATHEETHAM ABSOLUTE SPACE MEDITATION

This is a special and ultra version of Dhuriyam and hence called athlete Thuraya. Here our mind spectrum will slowly understand nature by staying in the 4 to 7 cycles per second. The imprints Sanjitham otherwise called old imprints are built in by ancestral karmas. This is a powerful meditation formulated by our guru arutthanthai. vethathiri maharishi to cleanse the imprints of ancestral cause.

### 4.3.7 NINE CENTRE MEDITATION (Mooladhar, Swathisthan, Manipooraga, Anathaga, Vishukthi, Aagna chakra, Dhuriya chakra, Fundamental energy particle Akash, and Absolute Space.)

This meditation is purely on science with the glands from Ovary/Prostrate in Mooladhar, Adrenal in Swathisthan, Pancreas in Manipooraga, Thymus in Anathagam, Para thymus in Vishukthi, Pituitary in Aagna chakra, Pineal in Dhuriya chakra, Dynamic space chakra to understand nature and the Absolute space to understand the Divinity or almighty otherwise God.

### 4.3.8 NITHYA ANANDAM (Forever happiness)

It is a simple breathing exercise through the spinal cord to control the total happiness of our human system 24 hours a day. The breathing exercise will keep the energy well stored throughout the day.

### 4.3.9 IRAI NILAI THAVAM (All we touch, taste, smell, see, hear, and think are the God and Godliness)

This is the ultimate meditation which gives clarity that the person seeing and seen or the transformation of nature. Godliness is everywhere. This leads to the understanding of the exact meaning of 'Self-realisation' is the realization of 'consciousness' [5] phenomenon and not for virtues and traits to get good conduct and character;

1. Not to hurt or harm anyone with my thoughts, words, and actions physically or mentally.
2. To extend help to those who are in misery and suffering in every possible way.[6]

## 5.The SKY practices result in good CONDUCT and CHARACTER by Virtue and Trait

The supreme state of mind which is nothing but the connected absolute space has the everlasting, superpower, superconscious, and controller of time assets inbuilt and the best qualities of self-transformation, intuition, and the law of natural cause and effect. This absolute space is nothing but our GNAA or supermen state of mind nothing but ALMIGHTY or GOD. This should be preached as a single GOD for all religions. The six senses human to enjoy natural resources should build harmony in self, family, relatives, town, country, and lastly the globe. Birth is the result of a previous deed The realization of GOD is nothing but the realization of self. Harmony among religious leaders is very essential. For the true realization of GOD, one has to accept the concept that there is only one GOD. In the matured

format the person seeing and the seen are the transformations of ALMIGHTY – GOD (Unified force). To bring this aspect of a single God requires effort from all sides. All leaders of the world (Political, Trade union, Industrial, Religious, Intellectual, etc.) are put together to form a brain drain, and the ultimate truth on this is to arrive. When such universal agreement on a single god is accepted by all religions the globe will attain peace and harmony by itself.[7]

The SKY practices formulated by Divine Guru. Vethathiri Maharishi to synchronize BODY, MIND, and SOUL inherited the following conducts and characters a knowledge to transform a "Man" into a "Human" [8]

- PERSPICACITY நுன்மாண் நுழை புலம்
- MAGNANIMITY பெருந்தகைமை
- RECEPTIVITY ஏற்புடமை
- ADAPTABILITY இனக்கத்தன்மை
- CREATIVITY படைப்பாற்றல்

### 5.1 Perspicacity

Perspicacity is mental shrewdness and acuity. It is the keen judgment with a clear understanding of reality. This will bring out the best of our natural talents and convert the setbacks to success. Perspicacity is an in-depth analysis of any issues in a common platform.

### 5.2 Magnanimity

This conduct and quality come with the understanding that all are only different forms of almighty. Magnanimity leads to crossing the man-made boundaries of caste, creed, language, country, and ethnic differences. The purpose of life is to realize God and attain wisdom. This stage arises when all the bad imprints are eradicated by keeping our souls cleansed.

### 5.3 Receptivity

Receptivity is the state where one's mind is open to receive the secrets of nature. Both living and non-living things impart knowledge to us. Receptivity is the key to success. A sound decision with clarity is achieved to enjoy a healthy and prosperous life.

### 5.4 Adaptability

Tailored to suit the law of nature is blessed to those who follow the Vethathiri Maharishi SKY yoga practices. They adapt to all situations since karma theory is vital and inevitable. All good or bad happens to cleanse the imprints of individuals. Any person developing spiritual knowledge through meditation will automatically cultivate adaptability.

### 5.5 Creativity

Through regular practices of SKY yoga, the majority of brain cells (Neurons) are activated to function very effectively and efficiently. The clarity and focus improve. It helps one to focus his energy to activate according to his

plans and get success, satisfaction, and peace of mind. This is a creative life.

Apart from these basic five conducts, exemplary conducts and qualities are getting developed while practicing SKY yoga. The following are a few more:

- Unity ஒர்மை
- Sharpness கூர்மை
- Honesty நேர்மை
- Neatness சீர்மை
- Living in tune with nature இயற்கையுடன் ஒத்த இசைவான வாழ்வு
- Ahimsaa அஹிம்சை
- Truth உண்மை
- Saving nature இயற்கை வளம் காத்தல்
- Tolerance பொறுமை
- Neutral நடுநிலை
- Self-restraint தன்னடக்கம்
- Humility பணிவு
- Persistence விடாமுயற்சி
- Hatred feel பொறாமை இன்மை
- Ego தன்முனைப்பு
- To see good நல்லதை காணுதல்
- To talk good நல்லதை பேசுதல்
- To hear good நல்லதை கேட்டல்

## 6. Conclusion

The truth is that reality is our intellect. All other things are false objects. The truth is one. More than one is false. When it comes to the question of worship, all individuals have their own beliefs. Religion plays a role. But thinking outside the box all religions pray for health, wealth, education, prosperity, and well-being of all creations of the Almighty. The religious gurus were telling the path towards excellence in beliefs and knowledge and fine-tuned the result of all religions to reach the same destination. Though the path is different, the destination is the same. Human excellence through intellect is given as the prescription in vethathiriyam. When we fix the intellect or the supreme stage of intellect called wisdom as the super consciousness power as ALMIGHTY, then this could be the universal GOD of the globe. This universal GOD is our super strength and fixed as omnipotent and Omni consciousness.

When the religious parity has synchronized the chance of harmony among mankind is simple. Hence the common superficial substance called our intellect should be our unique GOD. To conclude, vethathiriyam says our intellect which is unique to all should be our universal GOD. If one GOD, one globe, all are our brothers and sisters hood stage attains, the following two mantras will come into the minds of all human beings.

1. I will not do any harm to anyone in any format.
2. If anybody is hurt or in trouble, I will extend my possible help of mine.

The above two are the important two characteristics and conduct of being a VETHATHIRIAN.

When such days reach us, the place we live will be heaven...

All creations of the almighty live with harmony and peace...

The enmity and hatred felt will suppress and gradually disappear...

When hatred feels goes off... there is no disease...

When no disease... no medicine... happy state of health brings more prosperity to the land... When the lands are with prosperity ... The globe is in a harmonious state with peace.

Peace in individuals will bring peace to the family, town, and country, and finally, global peace is attained by the blessing of our divine guru.

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