

Vethathiri Yoga Centre Inc - Sydney

Simplified Kundalini Yoga System

Globally, humanity is experiencing a sense of helplessness and uncertainty due to personal, societal and environmental challenges that don't seem to have any long lasting solutions in sight. The modern life styles are a reflection of the imbalance that stems from the domination of science and technology. There is an urgency to balance our materialistic lives with spiritual practices that are practical and effective. Vethathiriyam is a comprehensive system of practice and theory that offers an integrated way of life to get in touch with you and the world around you. The in-built ease and safety of practices enables one to make it a lifestyle. Vethathiriyam weaves through self, society and nature to offer a healthy, harmonious and productive way of living.

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.

Vethathiriyam includes fourteen principles of life for the welfare of society that are suitable for people of all cultures throughout the world.

For illustration, a few examples from these principles are:

(a) food and water are two natural treasures that must be made available to everyone just like sunlight and air,

(b) economic justice must be assured for all citizens of the world,

(c) respecting womanhood and giving full equal rights to women is essential for the service and knowledge that they provide, and

(d) the educational curricula need to include the teaching of the "cause and effect" as a law of nature,

(e) a world without war must be ensured to fully utilize all the available resources for the benefit of humanity and to eliminate untold suffering that wars cause.

Deep understanding of nature is essential for living in harmony with the law of nature, while balancing material well-being with spiritual progress. Vethathiri's profound revelations led him to propose that the primordial state of the universe, which he called Absolute Space, has two inherent attributes that are latent:

(a) Force or Gravity: Inexhaustible self-compressive force, the source of all forces, which acts everywhere,

(b) Consciousness: The omniscient order of function in everything. As a result of the self-compressive nature of the absolute space, an infinitesimal volume of space begins to spin in a whirling motion, called a fundamental energy particle. The spinning action propels an outward repulsive force. The co-joining of the two forces, attractive and repulsive, is defined as Universal Magnetism. It fills the universe as a wave. It is the first phase of self-transformation of the absolute space from being to becoming. As a result of self-compressive force, fundamental energy particles group to form atoms of different elements that produce different masses in the universe with all their wonderful attributes. In living beings, the fundamental energy particles form Life Force. The associated wave is called Bio-magnetism. It constantly

transforms into pressure, sound, light, taste, smell and mind, and maintains all the physical and psychic functions.

In summary, the existence of universal and bio-magnetism is the consistent element that permeates throughout the universe and connects all of its manifestations. Magnetism furnishes the foundation for unifying self, society and nature, for bridging the gap between modern science and India's perennial philosophy, and for humans to balance their material lives through spiritual progress.



Simplified Kundalini Yoga (SKY) meditation practice

In SKY practice various stages of meditation are given to an individual

1. A trained master initiates the student into meditation practice, intensifying the working center of his life-force at Agna Chakra (between the eyebrows) so as to focus there and meditate.
2. After a few days of the initial practice, energy increase in the upper centers may be felt excessively. At this point the student is taught Shanti Yoga.
3. The next stage of practice is Thuriya Yoga, which is meditation at the crown chakra, i.e. Sahasradara or Brahmaandra.
4. Higher level techniques of meditation include Thuriateeth Yoga where the fractional state of consciousness unites with the infinite state of consciousness. By sincere practice the student can advance from the limited body consciousness to soul consciousness and ultimately to God consciousness.

5. A separate technique of meditation is also taught to strengthen the mind and body in resistance to the adverse effects of planetary transits.

6. Practices are also given to understand and increase one's personal biomagnetism for physical and mental optimum strength. One is also taught to use biomagnetism for helping others by passing energy in certain cases.

Benefits

1. Reduces the mental frequency.
2. Enhances awareness.
3. Improves intellectual sharpness and understanding.
4. Increases the will power and concentration.

Eligibility for SKY meditation practice

The SKY meditation can be practiced by those who have attained physical maturity (age above 14)

Four Process

1. Meditation
2. Introspection
3. Sublimation
4. Perfection

Five Benefits

1. Perspicacity
2. Receptivity
3. Adaptability
4. Magnanimity
5. Creativity

Three Developments

1. Expansion of the mind
2. Understanding law of nature
3. Awareness of thought, word & deed

Five Results

1. Harmony
2. Satisfaction
3. Happiness
4. Wisdom
5. Peace

SKY focus on four major areas

1. Body (Simplified Physical Exercise)
2. Mind (Meditation)
3. Life Force (Kayakalpa)
4. Bio Magnetism

1. Body

Maintains general fitness; develops immunity system and thus acts as a preventive and as a curative to various diseases.

Yogiraj Shri Vethathiri Maharishi after years of intense research has systematized a series of exercises that is suitable for all climates and all sections of the human community in the contemporary age. In the human physical system, the subtle life-force and the gross body are linked by three media: blood, heat and air. If the normal quantity and quality of these media and their circulation are adversely affected, the harmony between the body and life-force is disturbed and the result is pain.

For maintaining good health one must guard against disturbances in the body, life-force and the three media of blood, heat and air. Neglect, improper or over-indulgence in food, sleep, work, sex and use of thought-force cause disturbance to the normal functioning of the body in various ways. Natural causes such as climatic changes, hereditary imprints and changes in the planetary configurations and radiation also can disturb the health and mind. It is not possible to change any of these natural forces, but we can always be cautious in our own actions and thus avoid harmful results, and practice regular exercise to maintain the required fitness.

If spiritual development is to take place, the body must be free of diseases and pain to the maximum extent. Therefore, all spiritual aspirants are first and foremost advised to take up this system of physical health that would enable one to reap much more benefits in spiritual practices.

The benefits of different stages of Simplified Physical Exercise are as follows



1. Hands and shoulders are strengthened.
2. Arthritis, Numbness, Trembling of hands, pain in the joints etc. are reduced in a few days and cured with prolonged practice.
3. Improves the functioning of lungs.



1. Legs are strengthened and flexible.
2. Blood circulation is regulated in the lower abdomen.
3. Curative and preventive for sciatica and arthritis in feet and legs.
4. Foot reflexology activates and benefits all the organs of the body.



1. 1. Regulates the endocrine system and oxygenates the blood.
2. 2. Ventilates the lungs fully, purifies the blood and increases vital energy.
3. 3. Helps cure chronic headache, migraine, asthma, allergies and sinus conditions.



1. Refreshes and tones the sense organs, facial nerves and vital organs.



1. Clears the congestion in the nasal passage.
2. Helps to cure sinusitis.
3. Blood Circulation to Brain.



1. Regulates the endocrine system.
2. Massages the abdominal organs gently - liver, spleen, intestines, kidneys, pancreas.
3. Reduces the excessive sugar in urine and blood.
4. Reduces kidney stones.
5. Relieves menstrual discomfort.
6. Keeps the spine and spinal nerves flexible and healthy.
7. Strengthens the backbone and the spinal cord.
8. Removes unwanted flesh and strengthens the body.
9. Regulates the menstrual system.



1. Blockages due to short-circuit of electrical energy are removed.
2. A preventive for heart ailments.
3. Helpful in alleviating insomnia.



1. Refreshes and tones the sense organs, facial nerves and vital organs.



1. Removes tension and relaxes muscles all over the body.
2. Brings down blood pressure.
3. Removes recurrence of heart trouble.
4. Gives a wholesome rest to the entire system.

2. Mind and its Origin & functioning

What is the Nature of Mind?

Every manifestation, appearance or action in the universe is a part of Nature. The natural and divine force which is called consciousness starts in man from limited sphere and extends its dimension step by step, stage by stage, towards a further understanding of its own existence and functions in the shape of the universe.

It finally merges with its fullness in the infinite state. This is the nature of the mind. The mind is the most peculiar and adorable phenomenon in the universe. All the values in the universe are assessed only by the mind. And, all the existence and functions of the universe are found within the mind.

It can shrink its focus to the most minute size, and in no time expand to any vast dimension, even up to the extent of the universe and beyond even to the infinite state. The functioning field of the mind is the universe. The base of the mind is the soul. The origin of the soul is the Almighty - the infinite - God. There fore, the origin as well as the goal of the mind is The Infinite.

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 experience 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.

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 in Sanskrit Jnana or wisdom.

A man can enjoy material pleasure in the self-forgetful state of Maya as well as in the state of awareness or Jnana. When a person enjoys any commodity or facility with soul-consciousness, he gets both satisfaction and psychic detachment from it. On the other hand, when he enjoys the same commodity or facility in the state of illusion, he gets attached to that object.

Whatever the activity of man, that activity gets registered as an imprint in four ways:

1. in the limbs and senses
2. in the braincells
3. as hereditary quality in seed cells and
4. in each and every ethereal particle of life-energy.

In the forgetful state, the soul succumbs frequently to emotions and errs repeatedly. By the force of needs, habits and environmental conditions, the activities of the soul continue on the same wrong path because of old imprints. So the attachment with worldly imprints becomes deeper and deeper, day by day.

These imprints of the activities of man which lead to pain and misery are not conducive to the free journey of his soul, since they obstruct or delay its spiritual advancement. All such imprints are called sins.

The Origin, Function And The Greatness Of Mind

Here, it is most appropriate to give a beautiful poem written by Revered Father Thathuvagnani Vethathiri Maharishi which describes the various aspects of the functioning of mind:

"Thought is the only source
of both word and deed;
so you should learn to evaluate
every thought of yours
and implement only those thoughts
that would be to the good."

"Thought, word and deed
are linked and interlinked
and when we observe the pattern
of their emergence and manifestation,
it would be clear to all
that thought only is the source

and original of the rest.

Pleasure, Pain, Likes, dislikes

greatness and lowliness
are but the drama staged
by Thought and Thought alone;

And Thought is the casket that holds
the secrets of the universe.
If thought were to be absent
there would be nothingness here
and again there is nothing beyond
the compass of thought supreme."

For survival, enjoyment of pleasure, peace and ecstasy and to develop consciousness to its perfection, the genetic centre must be maintained with health and morality by positive and virtuous deeds. The waves of thought and action that most disturb the genetic centre are produced from the following:

1. Mental accumulation of unfulfilled desires and expectations based on imagination.
2. Causing pain or misery for others so that the sufferer's mental wave becomes a curse and
3. Transgressing the natural and moral limits and methods regarding food consumption, work, rest, sex and use of thought force; as by such transgressions the cells, limbs, senses and parts of the body are deteriorated.

Any obstruction in the normal activity is considered as conflict. Mental conflict is caused by the disturbance in the function of bio-magnetism, due to physical illness or a reaction to events that are contrary to expectation. Consider the problem from every angle and do introspection on it.

Find the natural justice of cause and effect (Brahma Gnanam). Consider the social environment involved (economic equality or reformation of society) and your exceptions and your own actions so far. Take a decision to avoid any wrong actions in future, and expand your mind to accept the results that have come into being due to reasons beyond your control.

The mind understands and feels the functions of the universe as pain, pleasure, peace and ecstasy. As long as the mind remains in peaceful state (equilibrium), there is no problem. When the mind is disturbed from the balancing state, it is divided into two parts

1. Aggression and
2. Possessiveness

As Brahma Gnanam is the total perspective knowledge of truly seeing the divinity in everything and everywhere, by lack of understanding of this divinity - god or in forgetting the truth, one's mind is diverted with illusive thoughts, thereby the ego develops possessiveness and aggression.

These two produce six bad temperaments; greed, anger, miserliness, immoral sexual passion, vanity and vengeance. Under the emotional moods of these temperaments, man is subject to commit five of the worst kinds of sins i.e., murder, theft, lying, gambling and

sex crimes.

To streamline the mind, meditation has to be practised. To regulate the emotional moods and deeds and to sublimate the personality, introspection techniques have to be practised. By practising meditation and introspection, one can get awareness and mental peace. We have already seen that the thoughts arise because of the impressions kept in the genetic centre and which are executed through the mind. Thus, a man is a product or effect of his own past actions or karma.

Some people conclude from this, that man is a mere victim of his past actions over which he has no control. This is the law of destiny. But, at the same time, he is gifted with the capacity to choose his present action which is called self-effort. His self-effort today may be exercised in choosing 'the Path of Good' which combines with the past and makes his future better than his present. This self-effort is the Law of Karma. What one meets in life is destiny and how one meets it is self-effort, i.e., Law of Karma. The law of destiny is habit. The law of karma is self-effort or wisdom. The position of man is peculiar.

He cannot easily change his habits, neither could he forget his wisdom. Wisdom should become habit. For this, he has to practise meditation and introspection. Thus wisdom can take over fate or destiny and can get victory over destiny. From the above discussion, we understand that the realisation of mind is the holistic knowledge covering the entire universe, its formation, existence, functions and results. This divine knowledge is imperative for all scientists, all religious heads who are leading the people in understanding the philosophy of nature and for all administrators and legislators, regardless of the form of government.

3.Life Force(Kayakalpa Yoga)

Restructuring the body in a natural way, Kaya Kalpa helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging.Kayakalpa Yoga is an ancient wonderful technique of the Siddhas(saints) of South India for the enhancement of life energy.

In Sanskrit, the term "Kaya" means "body and "Kalpa" means "immortal". The Science of Kayakalpa delineates the manner in which the human body can be immortalised.

Kayakalpa has a three fold objective

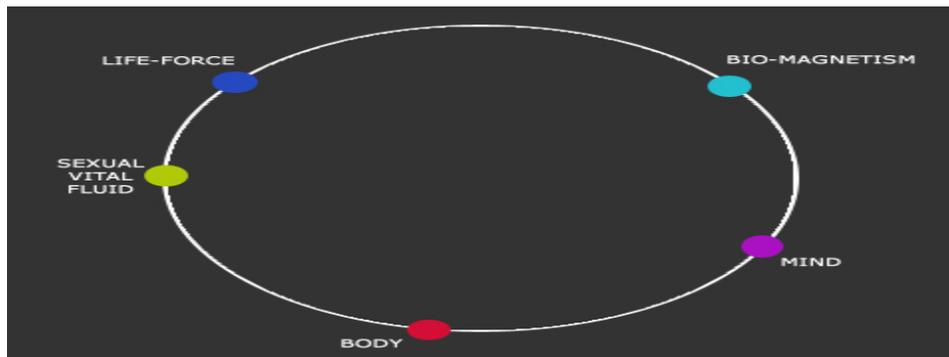
1. Maintaining youthfulness and physical health,
2. Resisting and slowing down the aging process,
3. Postponing death until one reaches spiritual perfection.

In order to understand the science of Kaya Kalpa, we have to study the functioning of the human system.

This system mainly comprises:

- (a) The physical body;
- (b) The mind;
- (c) The bio-magnetism
- (d) The life-force; and
- (e) The sexual vital fluid.

As the diagram illustrates, these are all interrelated:



Benefits

1. Activates the brain cells to its fullest functional levels
2. Increases memory power and grasping ability.
3. Develops the immunity system.
4. Reduces the effect of hereditary diseases.
5. Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.
6. Strengthens the uterus. Menstrual problems are reduced to a great extent.
7. Brings about proper arrangement of polarity of body cells.
8. Brings about reformation of character.
9. Helps in removing unwanted thoughts and habits.

Kayakalpa gives significant physical, mental as well as spiritual benefit by intensifying our life-force. As this practice is a restructuring process of the body in a natural way, no medicines or herbs are involved. Significant results have been observed in various types of chronic diseases and in overall improvement of general health. Kaya Kalpa helps cure and prevent diseases and relieves the practitioner of many of the troubles of aging.

Learning

1. The Kayakalpa can be learnt by those who have attained physical maturity (age above 14).
2. We need to spend only 3 minutes every morning and evening.
3. These exercises is taught in about 3 hours time by the SKY Professors.

Swamiji's Poem on Kayakalpa Yoga

By sublimating and recycling

The sexual vital fluid

Kaya Kalpa frees you from

A variety of earth-bound ills.

Your mind develops strength

and contentment comes to stay; Charity, compassion

and chastity - consciousness

Patience, forgiveness

and acuity of intellect -

All these become part

of your nature and belong.

Your Thought gets oriented

to the Absolute direct

and fear of death withers

In the effulgence of Wisdom -

4. Bio Magnetism(Biological Evolution)

The base and origin of the universe is the Unified Force and its ultimate perfection of evolution is living beings. Consciousness is the prominent significance of the Unified Force. It is the order of functions in every movement throughout the universal evolution and finally to evolves with peripheral significance in living beings as mind with its ultimate goal being the realisation of self as consciousness. All the results of universal functions are experienced only by living beings as four kinds of sensations viz., pain, pleasure, peace and ecstasy.

The Gravity which is the primordial state or absolute space, its self transforms into universe consisting of five elements (Pancha Bhootha) viz., energy particles (akash), air, heat(heavy air), water (liquid) and Earth (solid).

Evolution of living being can originate only on a planet that has these five elements in proper proportions maintaining their individuality and yet protecting and preserving one another. When these five elements associate in a harmonious proportion as an inorganic mass, magnetic circulation from these elements occurs in that physical body.

According to the principle of specific gravity the magnetic waves becomes more intensified in the centre of the mass as a concentrated wave pool. The magnetism in the centre pool of the mass extends and interacts with the universal magnetism prevailing outside, to get transformed into pressure, sound, light, taste and smell.

This interaction with the environment continually characterizes the quality of the central pool which is called the "**Genetic Centre**". This is how an organic mass evolves as a living being. The tendency of interaction according to the fluctuations of the environment is called the perceptual ability. The magnetism functioning in living being is bio-magnetism.

The significant and obvious futures in living being are senses and feelings which do not exist in inanimate forms. If sensation is to function, there must be a particular organ and systematically functioning phenomena, such as

1. Physical body
2. Life force
3. Bio-magnetism
4. Genetic centre
5. Brain
6. Conscience
7. Mind and
8. Sense organs

Devoid of any one or more of the above aspects cannot be accepted as a living being.

The living being interacts and is affected by the external environment by the transformations of its bio-magnetism. The emission points of bio-magnetism from the body to sense the environment become sense organs.

The overall transformation bio-magnetism at the periphery becomes skin to be the touch sense. According to the principle of specific gravity the waves of sound, light, taste and smell led to the formation of ears, eyes, tongue and nose respectively.

Based on the formation of the number of sense organs the organisms are classified into six groups as follows:

1. One sense organism (plants, bacteria, etc.)
2. Two sense organism (worms)
3. Three sense organism (insects)
4. Four sense organism (reptiles)
5. Five sense organism (birds and other animals)
6. Six sense (humans)

Man is provided with factuality of rational thinking to understand the three subjective phenomena viz. ,

1. Unified force

2. Life force

3. The mysterious transformational process of bio-magnetism into pressure, sound, light, taste, smell and mind With his sixth sense man is at the supremacy of all living beings to realise the self to be primordial state, the absolute space - Almighty God.

Thus the living being is the transformation of the Almighty through the process of Nature; the living being ultimately gets re-transformation, being resumed into the Almighty by purification of the genetic centre in humans. This is the law of Nature.