



A Study on upgrading personalities of the students by enhancing their Aura and Chakras through Vethathiri Maharishi's Nine-Center Meditation

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Abstract

Aura is a field of subtle, luminous radiation surrounding a person and indicates powers, holiness and characters of that person. The Chakras are vital energy centers where life energy flows into the body. Our Ancient Indians represented Aura as a circle of light behind god and saints and situated temples above seven hills to indicate seven chakras. This Nine Center Meditation of Simplified Kundalini Yoga was formulated by Sage Vethathiri Maharishi. It involves the following centers: Mooladhara, Swadhistana, Manipuraga, Anahatha, Visuddhi, Agna, Thuriya, ShakthiKalam and Shiva Kalam. Meditation is done on all the nine centers, seven of which are glands located within the physical body and ShakthiKalam, Shiva Kalam are Universal field and Absolute space respectively. Meditation commences at Mooladhara Chakra; followed by meditation on each of other chakras and concludes when the mind merges with Absolute space. To prove the research concept, Students of two different schools pursuing 11th standard were selected and chosen one as experimental group and another one as controlled group. After six month regular practice of the nine centre meditation, the former group of students progressed well compared to the later in the following: increase in energy levels of Aura and Chakras, Body mass Index, Academic Marks, harmony in relation with Parents, Teachers, Friends and decrease in Pulse rate, Blood pressure, diseases, anger, tension and worries. This Nine centre meditation promotes the energy levels of Aura and Chakras which streamline and uplifts physiological and psychological functions of humans.

Key words: *Mooladhara, Swadhistana, Manipuraga, Anahatha, Visudhi, Agna, Aura and chakras*

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Introduction

Yogiraj Vethathiri Maharishi (1911–2006) was a spiritual scientist and founder-trustee of the World Community Service Center in 1958 in Chennai. He founded over 300 yoga centers around the world and wrote about 80 books, many of which became academic textbooks. He was declared as 19th Siddha by the Dravidian University. Vethathiri Maharishi simplified the Traditional Kundalini Yoga and formulated this Nine Center Meditation. It involves the following centers (Chakras): Mooladhara, Swadhisthana, Manipuraga, Anahatha, Visuddhi, Agna, Thuriya, ShakthiKalam and Shiva Kalam. Meditation is done on all the nine centers, seven of which are endocrine glands located within the Physical body and ShakthiKalam, Shiva Kalam are Universal field and Absolute space respectively.

Aura is a Bio-magnetic field of subtle, luminous radiation surrounding a person and indicates powers, holiness and characters of that person. The Chakras are vital energy centers where life energy flows into the body. Our Ancient Indians found Aura and represented as a circle of light behind god and saints and situated temples above seven hills to indicate seven chakras. The aura and chakra are well enhanced by the Nine-centre Meditation so that physiological and psychological functions can be uplifted significantly.

Our forefathers introduced light worshipping to improve the Bio-Magnetism. They also found that Om Namah Shivaya -Mantra arouses Chakras. Shiva vakkiyar, A Tamil Saint, denotes in his poem that Om-starts at Mooladhara ends at Thuriya, Na –activates Swadhisthana, Mah- Manipuraga, Shi- Anahatha, Va- Visuddhi, Ya- Agna. Vethathiri Maharishi analyzed the above said and has gifted us Light gazing practice to enhance Aura and Nine-centre meditation to improve both Aura and Chakras.

The government of Tamil Nadu has found Vethathiri maharishi's Simplified Kundalini Yoga (SKY) practices effect immense benefits in body and mind. So, it has now implemented compulsory SKY meditation classes in morning in all government schools. This study was conducted to supplement the findings of government that the physiological and psychological behaviours of students can be streamlined and good academic progress can be obtained through Vethathiri maharishi's SKY practices.

Materials and Methods

Forty four boy Students of two different schools pursuing 11th standard were selected and divided equally one as experimental group and another one as controlled group to prove the research concept.

The experimental group students were given Initiation to Agna meditation, the first step, where the centre for life energy was shifted from Mooladharacentre to Agnacentre through the Spinal cord. The other four centers viz. Swadhisthana, Manipuraga, Anahatha, Visuddhi were bypassed during this process, for the simple reason that passing through each of these centers will consume a lot of time and effort. Next, they were initiated Thuriya, ShakthiKalam and Shiva Kalam (called Thuriyatheetha). Finally, the left four centers were initiated. This Meditation has been designed in such a way that meditation on individual chakras becomes easy once the aspirant begins to meditate on Agna, Thuriya and Thuriyatheetha. Nine-Meditation commences at Mooladhara Chakra; followed by meditation on each of other chakras and concludes when the mind merges with Absolute space. The controlled group students were not given any meditation. Both groups were followed for six months for observing changes.

To measure their aura and chakra, Aura Video Station system was used. It was developed by Johannes R.Fissliger, Researcher and Author of “Aura imaging photography” and “Aura Mastery”. It is an interactive multimedia Biofeedback aura imaging computer system built on the principles and studies of Biofeedback, color psychology, Human Energy field and Mind-Body knowledge. It uses “hand” BIOSENSOR to measure the Biofeedback data – the Electro-Dermal Activity and Electrical Conductivity of the skin of the hand and its temperature in real time. This data is analyzed, processed and correlated to specific Emotional-Energetic states and is displayed as Energetic Activity or AURA IMAGE of the individual on the computer screen.

A health record book comprising 59 questions prepared by expert physician in Vethathiri Maharishi’s Kundalini Yoga research centre was used to check the physiological progresses. A self-assessment questionnaire comprising 30 queries was prepared and given to assess their behaviors at home, class room and friends circle.

Both groups were periodically examined by a Medical Officer in WCSC-VISION SKY Research centre, Aliyar, Pollachi to measure Pulse rate, BMI, Blood pressure etc. and to evaluate health record.

Figure no.1: Experimental group



Figure no.2: Meditation process





Figure no.3:Aura and Chakras test

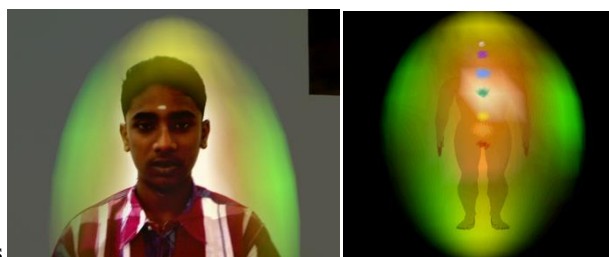


Figure no.4,5:Resulted Aura,Chakras

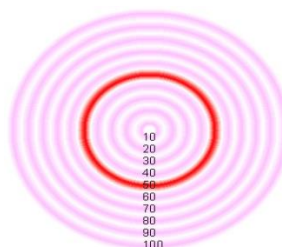


Figure no.6:Aura energy level



Figure no.7:Periodical test by doctor

Figure no.8:Pulse rate,BMI and BP test



Results

After six month regular practice of the nine-centre meditation, the Experimental group progressed well compared to the Controlled group in the following: increase in energy levels of Aura and Chakras, Body mass Index, Academic Marks, harmony in relation with parents, teachers, friends and decrease in pulse rate, blood pressure, health defects, anger, tension and worries.

Energy levels of aura and chakras

Table no.1:

<i>Aura</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>51</i>	<i>56</i>	<i>56</i>
<i>Controlled group</i>	<i>50</i>	<i>50</i>	<i>51</i>

Table no.2:

<i>Mooladhara</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>32</i>	<i>37</i>	<i>37</i>
<i>Controlled group</i>	<i>35</i>	<i>35</i>	<i>35</i>

Table no.3:

<i>Swadhisthana</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>34</i>	<i>37</i>	<i>37</i>
<i>Controlled group</i>	<i>36</i>	<i>36</i>	<i>34</i>

Table no.4:

<i>Manipuraga</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>36</i>	<i>41</i>	<i>41</i>
<i>Controlled group</i>	<i>36</i>	<i>36</i>	<i>35</i>

Table no.5:

<i>Anagatha</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
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<i>Experimental group</i>	34	35	34
<i>Controlled group</i>	31	31	31

Table no.6:

<i>Visuddhi</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	37	40	39
<i>Controlled group</i>	36	36	38

Table no.7:

<i>Agna</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	48	50	42
<i>Controlled group</i>	42	42	42

Table no.8:

<i>Thuriya</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	29	36	30
<i>Controlled group</i>	25	25	26

Physiological improvements

Table no.9:

<i>Pulse rate</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	88	73	74
<i>Controlled group</i>	87	87	86

Table no.10:

<i>Bmi</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	18.08	18.49	18.24
<i>Controlled group</i>	18.75	18.75	18.37

Table no.11:

<i>Diastolic pressure</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	73	67	66
<i>Controlled group</i>	68	68	64

Table no.12:

<i>Systolic pressure</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	109	114	111
<i>Controlled group</i>	116	116	123

Health Record results

For health record, out of 59 questions,

Experimental group progressed well than other group in 35 qstns,

Controlled group progressed well than other group in 13 qstns,

Both groups have equal progress in 3qstns,

Progress of both groups reduced in 1 qstn,

Both groups had no defects in 7qstns

Academic improvements

Table no.13:

<i>Marks out of 1200</i>	<i>Mid Term Test-1</i>	<i>Quarter yearly</i>	<i>Mid Term Test-2</i>	<i>Half yearly</i>
<i>Experimental group</i>	529	599	562	594
<i>Controlled group</i>	653	607	556	606

Psychological improvements

Evaluation method each question carried maximum 10 marks minimum 0 marks.

For e.g.Qstn. no.1. I talk to my parents with love and respect

Table no.14:

<i>A) Always</i>	<i>B) Occasionally</i>	<i>C) Never</i>
<i>10 marks</i>	<i>5 marks</i>	<i>0 marks</i>

Behavior at home

Table no.15: I talk to my parents with love and respect

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.41	9.09	9.32
<i>Controlled group</i>	7.27	7.27	7.27

Table no.16: I obey my parents orders immediately

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	5.45	7.95	8.41
<i>Controlled group</i>	6.14	6.14	6.36

Table no.17: I move with my brothers and sisters lovely

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	7.27	7.95	8.86
<i>Controlled group</i>	5.45	5.45	6.14

Table no.18: I do Homework daily

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
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<i>Experimental group</i>	5.91	5.45	5.68
<i>Controlled group</i>	4.32	4.32	5.23

Table no.19: I move lovely with my relatives and guests

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.64	9.09	9.55
<i>Controlled group</i>	8.86	8.86	9.32

Table no.20: I am not getting angry at home

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	3.64	5.68	6.14
<i>Controlled group</i>	3.86	3.86	4.55

Table no.21: I am not lying with my parents

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	5.45	6.82	5.91
<i>Controlled group</i>	3.86	3.86	5.00

Table no.22: I go and worship at temples

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	6.59	6.82	7.27
<i>Controlled group</i>	7.95	7.95	7.05

Table no.23: I return home punctually

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.18	8.86	8.86
<i>Controlled group</i>	5.68	5.68	6.59

Table no.24: I don't get money from parents unnecessarily.

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	9.32	9.55	9.55
<i>Controlled group</i>	7.73	7.73	7.50

Behavior in friends circle

Table no.25: I don't get angry on my friends

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
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<i>Experimental group</i>	4.77	6.59	7.27
<i>Controlled group</i>	5.68	5.68	6.36

Table no.26: I am not lying to my friends.

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	4.32	6.82	7.27
<i>Controlled group</i>	5.45	5.45	5.68

Table no.27: I don't quarrel with my friends

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	5.23	7.73	8.18
<i>Controlled group</i>	7.5	7.50	7.05

Table no.28: I help my friends in learning lessons

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.18	8.18	8.18
<i>Controlled group</i>	7.95	7.95	6.59

Table no.29: I don't comment badly on teachers with my friends

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	7.50	7.95	8.41
<i>Controlled group</i>	5.91	5.91	5.68

Table no.30: I don't indulge in unwanted talks and cinemas

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	4.77	5.68	5.91
<i>Controlled group</i>	3.64	3.64	2.95

Table no.31: I don't tease my friends

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	5.68	6.36	5.91
<i>Controlled group</i>	5	5.00	4.32

Table no.32: I don't indulge in any love affairs

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	6.14	7.73	7.73
<i>Controlled group</i>	7.73	7.73	6.36

Table no.33: I don't talk bad words

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	4.77	5.23	6.82
<i>Controlled group</i>	4.09	4.09	4.55

Table no.35: In sports, I don't feel sad while get defeated and excited while win

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	4.32	6.82	7.27
<i>Controlled group</i>	5.45	5.45	5.68

Behavior in class room

Table no.36: I do listen to lessons carefully

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	6.36	7.27	7.50
<i>Controlled group</i>	4.77	4.77	6.36

Table no.37: I do obey to the teachers

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.86	8.41	9.09
<i>Controlled group</i>	6.82	6.82	7.05

Table no.38: I do come to class punctually

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	8.86	9.09	9.09
<i>Controlled group</i>	9.09	9.09	9.55

Table no.39: I do move lovely with my classmates

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	9.09	9.77	10.00
<i>Controlled group</i>	9.32	9.32	8.64

Table no.40: I don't lie to the teachers

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	5.23	6.14	6.59
<i>Controlled group</i>	5.45	5.45	6.14

Table no.41: I don't malpractice in exam

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>6.36</i>	<i>5.91</i>	<i>7.05</i>
<i>Controlled group</i>	<i>6.14</i>	<i>6.14</i>	<i>7.27</i>

Table no.42: I don't sleep in the class

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>8.18</i>	<i>8.86</i>	<i>9.32</i>
<i>Controlled group</i>	<i>7.05</i>	<i>7.05</i>	<i>7.50</i>

Table no.43: I don't have the habits of smoking and drinking.

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>9.09</i>	<i>8.86</i>	<i>9.32</i>
<i>Controlled group</i>	<i>9.09</i>	<i>9.09</i>	<i>8.18</i>

Table no.44: I do involve in co-curricular and extracurricular activities

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>5.68</i>	<i>7.05</i>	<i>7.50</i>
<i>Controlled group</i>	<i>4.32</i>	<i>4.32</i>	<i>5.00</i>

Table no.45: I don't move with girl students beyond the limits

<i>Marks out of 10</i>	<i>0-month</i>	<i>3-month</i>	<i>6-month</i>
<i>Experimental group</i>	<i>8.41</i>	<i>9.09</i>	<i>9.09</i>
<i>Controlled group</i>	<i>7.5</i>	<i>7.50</i>	<i>7.27</i>

Discussion

The Experimental group students progressed more in the 3-month test of the experiment compared to final test. Later, it faced some decline in 6-month test due to arrival of examinations and holidays. Energy levels of Aura and chakras got well enhanced for practitioners. It was never expected that the energy level of agna chakra is reduced more in 6-month test than the 0-month test. This may be caused by some other diversions or any other. We could not discover the cause for it. The harmony with friends, teachers, parents and academic marks also got increased for practicing students.

The experimental group students progressed significantly than controlled group students in most queries/exams except some declines in some questions due to any other diversions whereas controlled group students showed increased performance than

experimental group in few queries/exams which may be due to any other motivations or realization they got. But as a whole the overall growth percentage is higher for experimental group.

Conclusion

It could be witnessed that this experimental group students have improved physically, spiritually, intellectually, ethically and culturally. The above result shows if, one practices the Yoga regularly, the can gain sound health, long life, wisdom and peace in life. Our ancient Indian siddhas had understood the greatness of inward travel without which one cannot get enlightened. So they symbolically told the word 'Divine' which denotes 'Dive+in'. They gave rituals like Manthras to arouse the chakras and light gazing to enhance Aura. Vethathiri Maharishi who came in Tamil Siddhas heritage, has simplified traditional kundalini yoga and made easier to modern world. His Nine centre meditation promotes the energy levels of Aura and Chakras which streamline and uplifts physiological and psychological functions of human beings.

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