CHAPTER-1

INTRODUCTION

1.1 YOGA:

Yoga is an ancient Indian art started before thousands of years, for a successful life. The word ‘Yoga’ came from the Sanskrit word ‘Yuj’ which means ‘Unity, Harmony, Blending etc’. Yoga then is about the union of a person's own consciousness and the universal consciousness. Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For this, three are to be integrated - emotion, action and intelligence. All these things must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through physical exercise, breathing, and meditation.

There are some misconceptions about Yoga, for instance, Yoga being a religion. Yoga is not a religion. It is more of a set of techniques for us to find spirituality. In fact, Yoga is being practiced by a lot of people from different religions like Christians, Jewish, Buddhists, and Muslims. Another misconception is that Yoga is an exercise, a way for us to keep fit. It is partly true. Yoga develops the body since a weak one is a hindrance to spiritual growth. It does not simply focus on the physical but on the mental and spiritual aspects as well.

Yoga in the view of Vethathiri Maharishi:

Yoga is a science of life to develop the sixth sense to its fullness and to enable and equip man to enjoy peaceful and blissful life. It is essentially an art of understanding all about the soul, which is only the life-force and realizing its relationship with the body, the society, the world and the Universe, maintaining its harmony and finally getting it merged with the Universal Soul.

Yoga is a systematic psychic practice to improve awareness, to develop will power and to realize the Self, to metamorphose the character so that it can be in tune with the Self and the society and to put an end to the birth-cycle by merging with the Almighty. Yoga is a complete process of perfection of man by developing his personality so that he may reach his ultimate goal, thereby fulfilling the purpose of his birth[1].
Four kinds of harmony should be established through Yoga. They are,

- Harmony between the Body and Life force;
- Harmony between the Life force and Mind;
- Harmony between the Individual and Society;
- Harmony between the Individual and Nature.

For the liberation of the Soul,

1. The attachment with material enjoyments should be neutralized and full satisfaction should be achieved.
2. The imprints of Sins should be eradicated.

In order to achieve these two, Soul-Consciousness is imperative. Yoga provides all the facilities and opportunities for improving the esoteric awareness to get satisfaction with worldly enjoyments and also to obtain detachment and wipe out the impressions of sins by streamlining the activities of the mind \[2\]. Thereby Yoga leads to Soul-Liberation.

Yoga helps every man,

1. To perform all his duties in harmony with the law of Nature and the sentiments and conventions of the society,
2. To lead a successful life and to achieve satisfaction, peace by sharpening his intellect,
3. To cultivate constant awareness and strengthening the will,
4. To streamline the mind and moralizing the behavior.

Branches of Yoga:

1. Bhakti Yoga - Yoga of Devotion,
2. Raja Yoga - Yoga of Self-Control,
3. Gnana Yoga - Yoga of Wisdom,
4. Karma Yoga - Yoga of Service,
5. Tantra Yoga - Yoga of Rituals,

Therefore Yoga is a well-balanced and perfect process for successful and peaceful life.
1.2 STUDENT:

A Student, also Pupil, is a learner, or someone who attends an educational institution. A person formally engaged in learning, especially one enrolled in a school or college; pupil.

The student community is the asset of the family, society and world. Student life is an important period in the life of every individual. The followings should be a part of education imparted to the students

- Literary skills,
- Knowledge of Trade,
- Discipline and
- Laws of Nature.

But, the students today are taught only literary and trade skills at various institutions which help them achieve economic progress alone. The students as well as the country can progress only if education includes inculcation of cultural values. The laws of Nature, discipline and good manners should also be taught for love, peace, contentment and happiness to find place in the life of the students. Such an education provides an opportunity for the noble qualities of morality, honesty and a sense of duty and service to blossom in the minds of the students, which paves the way for success and prosperity in their lives. Some of qualities of a good student are,

Self-Discipline: A student should not intend to harm any person in his environment mentally or physically. He must help others to his maximum extent to recover from their miseries.

Academic Attitude: A good student must increase his ability and willingness to learn new subjects even if the subjects are not interesting.

Academic skills: A student should develop his ability to read comprehensively, to write effectively, to speak fluently, and to communicate clearly. Having all these will make him shine in the class.

Health: Brain and mind will function well only in healthy body. Hence, a student ought to keep his body with sound health.
1.3 PHYSICAL AND MENTAL STATUS OF PRESENT STUDENTS:

Students, nowadays, have broad knowledge but they are now motivated and directed only to reach high academic scores. Their parents also believe that their children should score more in 10th and 12th standards so that then they can get bright future. Yes, it is acceptable that they can go to higher studies, jobs etc with the help of academic marks. So, it cannot be compromised. But, as we all focus only on marks, students think that they are allowed to do behave in any way they wish if they secure good academic marks. Because of this they stray from right path and resort to smoking, drinking, drug abuse, wrong group behavior, not respecting elders, destructing things, violence in public etc. It is found that some students indulge in rape cases, get imprisonment and further, some have diseases like AIDS.

To overcome these problems caused by student society, both parents and teachers should be always cautious on their behaviors. Students should be monitored for, what they are doing; with whom they are moving etc. Also, parents and teachers must change their opinion that ‘one is good student only if he scores high marks’ and must resort to the opinion that ‘one is good student when one has good ethical behavior’. It is universal truth that a person without mistakes, will progress naturally in all dimensions.

It is also found that students have unity based on community, religion and language etc. and they indulge in violence on these bases. Because, they misunderstand that this kind of unity is their strength. When they unite like this, their knowledge and good abilities tend to decrease instead of increase. Thereby, only wrong things happen in their life instead of good and auspicious things.

Nowadays we see that police cases are filed against students for they involve in group robbing, gang raping etc. Because of the bad habits their physical health is also affected by diseases like Heart attack in young age, Hypertension, Diabetes, Cancer and AIDS. Ego, carelessness, laziness and negative emotional moods etc. have brought many defects in their physical and mental health.
1.4 PROBLEMS OF THE STUDENTS:

The current curriculum of the students is not sufficient to train the students in all dimensions. Because two major things i.e. 1. Teachings on Ethical behaviors and 2. Teachings on Law of nature are missing. These are the major loopholes in the educational system all over the world. As a result, the students lack in giving importance to ethical code of conduct and indulge in harming of others. Also, faith on god is decreasing among them.

Also, students do not know how to streamline their mind towards good by refraining from bad. During the examinations they struggle with their mind to study. Further, it creates depression. Their academic progress also reduces. Hence, psychology should be included in the syllabus of the students.

We witness that many students who attain the physical maturity indulge in sexual misbehavior with opposite genders. Nowadays these have become great issues in the society. Absence of sex education in curriculum has brought this situation. Parents and teachers fear that sex education may divert the students from our Indian culture where chastity is given more importance. Actually, proper sex education will maintain the chastity in students by making them aware of their body functions, diseases etc.

Students lack in improving their memory power, understanding power, recalling power etc though they are willing to study. Systematic training of brain and mind functions can solve this problem. Breathing exercises and Meditation will help them to improve a lot. Many researches also have proved that Pranayama (breathing technique) and meditation trigger the empty cells in brain into active cells thereby improve the academic progress. Hence, a system of Yoga education is in a great need for students.

- Problems of the students,
- Problems by the students.

Both these have root cause only in elders in the society i.e. parents, teachers, governments etc as they lack to provide them the above said requirements. When the students are produced well, automatically society, country and world will be benefitted to greater extent.
1.5 MEDITATION:

Meditation is an Inner travel devised by Yogis, Gnanis and Siddhas for the purpose of God Realization. It is a gift handed down by them to the humankind. They elevate the minds of deserving by initiating them into the practice of Meditation. According to Indian saints, Both Self-realization and God-realization are one and same. Hence, they symbolically gave the word ‘Divine’ which denotes ‘Dive + in’. To achieve the God-realization, the mind should turn inwardly by meditation.

Meditation brings a lot of benefits to humans. All the negative emotions like anger, hatred etc take place only in the mind frequency called Beta which ranges from 14-40 cycles per second. The inward travel brings the mind to very subtle levels like Alpha (8-13), Theta (4-7) and Delta (1-3). Man gets rid of negative emotions in these frequencies. In the Indian system of Yoga, meditation is done on the Life energy called ‘Kundalini Shakti’. Hence all the humans who attained the physical maturity are eligible to learn the meditation.

Students can improve their personality a lot through the process of meditation. Because, it provides them concentration as the frequencies become subtle. In these state, the dormant cells in the brain become active cells, thereby they get increase in 1. Understanding power 2. Memory power 3. Recalling power etc. As a result, their academic performance can be upgraded well.

As the meditation is a spiritual practice, meditation improves the characters of the students. Their behaviors in the society become healthier. They transform into helping, disciplined, duty-conscious etc. Many researches on yoga studies declare that, students who practice yoga acquire Creativity, Receptivity, Adaptability, Perspicacity and Magnanimity. Meditation can rejuvenate the students wholly. The practice of Kundalini Meditation should be learnt only from trained master.

Vethathiri Maharishi defines; meditation is of two types. They are as follows,

1. Internal meditation – This is Inner travel,
2. External meditation – This is Virtuous way of life (following Discipline, Duty, Charity).
1.6 TYPES OF MEDITATION:

There are nine types of internal meditation in the system of Vethathiri Maharishi’s Simplified Kundalini Yoga. These can be practiced by the people of any gender who have attained puberty. They are:

1. Agna Meditation: This meditation consists of concentrating the mind on the life energy at the Agna Chakra located in the middle of the eyebrows.

2. Shanthi Meditation: The point for Shanthi meditation is the base of spine, also called as Mooladhara Chakra viz. sexual gland. It balances the excess energy in the body.

3. Thuriya Meditation: It is performed at the crown of the head. It is considered as gateway in the path to Brahmam, the God.

4. Thuriyattheetha Meditation: Thuriyattheetha is the ultimate state in Kundalini meditation. At this meditation, the life force realizes its origins and transforms into it.

5. Panchendriya Meditation: It is a meditation on our five senses viz. touch, taste, smell, light and sound. The practitioner will no longer be a slave to his sense organs.

6. Pancha Bootha Navagraha Meditation: The meditation starts with focusing on 5 elements i.e. earth, water, fire, air, energy particle and 9 planets in the solar family.

7. Nithyananda Meditation: ‘Nithyam’ means constant, every day, every minute etc. ‘Anandam’ means ecstasy. This meditation provides constant ecstasy.

8. Divine State Meditation: During this meditation, the mind is expanded to the level of the Eternal Space and merged into it.

9. Nine-Centre Meditation: This meditation enhances our Chakras and endocrine glands. This is done on nine centers, seven of which are located within the body and two, viz. the universal field and absolute space are located outside.
1.7 NINE-CENTRE MEDITATION:

The Nine-Centre Meditation has to be learnt and practiced under the guidance of a trained master. It involves the following centers:

1. Mooladhara,
2. Swadhistana,
3. Manipuraga,
4. Anahatha,
5. Visuddhi,
6. Agna,
7. Thuriya or Sahasrara,
8. Universal Field,
9. Absolute Space.

Meditation is done on nine centers, seven of which are located within the body and two, viz. the universal field and absolute space are located outside. Meditation commences at the Mooladhara Chakra, followed by meditation on each of other Chakras and concludes when the mind merges with the Divine State.


When we meditate on Mooladhara Chakra, our immunity power develops and hormones secreted by sexual glands are regulated. The meditation on Swadhistana Chakra improves extra-sensory perception and blood pressure and adrenalin, the hormone secreted by adrenal gland, are administered in healthy manner. Meditation on Manipuraga regulates the pancreatic insulin level in blood; activation of this Chakra develops mystic powers, clairvoyance and telepathy etc. Anahatha Chakra meditation enhances the thymus gland; eradicates fear, cowardice and complexes; and transforms us into compassionate and friendly. Visuddhi Chakra meditation stimulates the thyroid and para-thyroid glands. Meditation on the Agna Chakra enriches the pituitary gland and yields many spiritual benefits viz. protects us from future sins; self realization
dawns; bestows intuition and constant awareness. Thuriya Chakra triggers the pineal gland. It awakens all the brain cells; strengthens the Sub-Conscious mind and erases the sins acquired at this birth.

Further meditation on Universal field, the eighth centre, unites our mind with Universal soul and reveals Universal secrets. In the ninth centre, called Absolute space, our ego, illusion and imprints disappear completely; Soul merges with the divine and achieves totality.

1.8 STATEMENT OF THE PROBLEM:

The purpose of the study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” was to find the changes in physiological, psychological and radiological characteristics of school boys when they undergo Vethathiri Maharishi’s Nine-Centre meditation.

1.9 SIGNIFICANCE OF THE STUDY:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” would give ideas about how to improve the physiological traits of the students i.e. BP, Pulse Rate, BMI and psychological variables such as ethical behavior, academic scores and radiological variables such as brain wave frequencies, energy levels of Aura and Chakras and resonances of endocrine glands. Further, this study would help the teachers, parents, and school psychologists streamline the psychological behaviors of the students and will give the world an understanding on importance of Nine-Centre meditation for students. It would also help the academicians know the ways to improve the academic performances of the students. The future researchers would inspire and turn to study on students and meditation in depth.

1.10 DELIMITATIONS OF THE STUDY:

1. The samples for the study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” included Government school boy students.
2. Students ranging in 15-16 ages were selected.
3. Students were selected from Coimbatore district, Tamil Nadu, India.
4. Practice of the Nine-Centre meditation was one hour daily.
5. 22 boys were included in experimental group and controlled group individually.
6. Duration of the study was only 6 months.

1.11 HYPOTHESES:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” was carried out by conceiving the following hypothesizes,

By the Nine-Centre meditation,

1. The Aura and Chakras energy levels of the Experimental group students will be enriched significantly than the Controlled group students.
2. The Brain wave frequencies of the Experimental group students will reach significant subtle levels than the other group.
3. The Functions of Endocrine glands of the Experimental group students will be enhanced significantly than the other group.
4. The Physiological defects of the Experimental group students will be alleviated significantly and their Blood pressure, BMI and Pulse Rate will be regulated significantly than the other group.
5. The Psychological behaviors of the Experimental group students with their Parents, friends and teachers will be harmonized significantly than the other group and academic performance also would progress significantly than the other group.

1.12 OBJECTIVES OF THE STUDY:

The objectives of the study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” were,

1. To analyze the status of present students.
2. To conduct the Nine-Centre meditation to students.
3. To apply various tests on students to find out the effects of the meditation.
4. To give suitable suggestions for the effects of Nine-Centre meditation on students.
1.13 METHODOLOGY:

The samples for the study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” were 11th standard boys who range in age from 15-16 and they were totally 44 in number. 22 students from VCV School, Vellakinaru, Coimbatore were selected as Experimental group and 22 students from EAB School, Mettupalayam were selected as Controlled group. The experimental group was trained with regular Nine-Centre meditation and both groups were observed for 6 months. The following tests were conducted on both groups i.e. Aura & Chakras test, EEG (Electroencephalography) test, QRMA (Quantum Resonance Magnetic Analyzer) test, Health Record questionnaire test, BMI, Pulse Rate, Blood pressure tests and Psychological questionnaire test. Statistical tools i.e. small sample test, descriptive statistics and diagrammatic presentations were applied on the results. Finally, findings and suggestions were drawn.

1.14 TERMINOLOGY:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” has been described with the following terms,

- EEG - Electroencephalography,
- QRMA - Quantum Resonance Magnetic Analyzer,
- BMI – Body Mass Index,
- PR – Pulse Rate,
- HR – Health Record,
- EG – Experimental Group,
- CG – Controlled Group,
- WCSC - World Community Service Centre,
- SKY – Simplified Kundalini Yoga,
- CPS – Cycles Per Second,
- df – Degrees of Freedom,
- SD – Standard Deviation.
1.15 PERIOD OF THE STUDY:

The period of the study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” was from August, 2012 to January, 2013.

1.16 LIMITATIONS OF THE STUDY:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” was bound with following limitations

1. The food habits and diet of the students were not considered.
2. Climatic variations were not taken for consideration.
3. Life style and environments of the students were not concerned.
4. Other physical and mental practices followed by the students were not considered.

1.17 CHAPTERS SCHEME:

The study entitled with “Effects of Vethathiri Maharishi’s Nine-Centre Meditation on Physiological, Psychological and Radiological Variables of the Students” deals with the following 7 chapters.

1. Introduction:

This chapter deals with the basics on yoga, students and their problems, meditations and its types etc and objectives, hypothesis, significance etc of the study.

2. Reviews of Related Literatures:

This chapter deals with the previous studies conducted on yoga which gave the researcher inspirations to select this study and ideas to enhance the study.

3. Physiological, Psychological and Radiological features of the Students:

This chapter deals with student, physiology and its features, psychology and its features, radiology and its features and finally, the current scenario of the students.
4. Vethathiri Maharishi’s Meditations:

This chapter deals with Vethathiri Maharishi, and his meditations with a major focus on Nine-Centre meditation.

5. Effects of Nine-Centre meditation on physiological, psychological and radiological states of the students:

This chapter deals with the meditation process, tests conducted on the students and descriptions of statistical tools applied.

6. Analysis and Interpretations of the data:

This chapter deals with the results of the tests, the processed data with suitable diagrammatic presentations and table analysis with one-sample test, independent sample test and paired t-test.

7. Findings and Suggestions:

This chapter deals with the findings of the study obtained through the Nine-Centre meditation and provides conclusion and suggestions for future research.

[1] Yogiraj Vethathiri Maharishi, Value of Yoga, Yoga for modern age, Vethathiri publications, 2005 July; P-1