CHAPTER-4

VETHATHIRI MAHARISHI’S MEDITATIONS

4.1 VETHATHIRI MAHARISHI:

Yogiraj Vethathiri Maharishi was born in the year 1911 in an indigent weaver’s family of Guduvancheri, a small village near Chennai, South India. Constrained to go even without the barest necessities of life, despite toiling at the loom from early morning to late night, his formal schooling stopped with 3rd Standard. A diligent student, he educated himself to the level of 9th Standard.

Entering service in the Postal Audit Office, Chennai on a monthly salary of Rs.15, he also did part-time work selling tooth powder and milk. He became a qualified physician in three systems of indigenous medicine viz., Ayurveda, Siddha and Homeopathy. Resigning from Government service in his 35th year, he went back to the weaving trade where his business acumen brought in unprecedented material prosperity. The turnover was over Rs.100000 per month and he owned two limousines. The entire business crashed overnight and he had to eke out a livelihood by selling rice-pudding. By then, he had fortified his mind through meditation and philosophy and so could sail through the calamity without falling a prey to bitterness.

Three were the questions engaging his thoughts from early childhood: ‘Who is God?’ ‘What is Life?’ and ‘Why should there be poverty in the world?’. Through research and cogitation, he was able to obtain unequivocal answers to the questions by the time he was thirty-five.

Vethathiri Maharishi founded the World Community Service Centre in 1958 and the organization has branch-centers all over India, in USA, in Japan, Korea and Malaysia etc. he has not renounced or relinquished family or world in the ordinary sense of the terms but only rationalized his relationship with the external and attained equipoise. He has visited the USA as many as sixteen times on spiritual mission. At the age of 72, he has founded World Peace Trust with the objective of building up Peace Consciousness in all parts of the Globe. He teaches Philosophy and Yoga in a manner to reach out to all sections of the society and hence he is known as the “Common Man’s Philosopher”.

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A system of Simplified Physical Exercises, Simplified Kundalini meditations, Simplified Kayakalpa Yoga and Introspection techniques – a combined practice of these four would ennoble man and lead him to Self-realization, according to Vethathiri Maharishi. And since he himself lived his teachings, his words, spoken and written, have a profound impact on all who come in contact with his words and practices.

By following his practices, everyone can develop physically, mentally, spiritually, and socially and lead a life of fulfillment, joy and wisdom. Only when there is peace in individual, it will spread to family, society and to the whole world.

4.2 SKY YOGA:

Yoga implies a virtuous way of life. The word ‘Yoga’ has come from the word ‘Yuj’ which means Unity, Harmony, Blending etc. 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;

In order to achieve these harmonies, Saint Vethathiri Maharishi teaches ‘SKY Yoga’ (Simplified Kundalini Yoga) which comprises the following practices,

1. Simplified Physical Exercises,
2. Simplified Kaya Kalpa Yoga,
3. Simplified Kundalini Meditations,
4. Introspection Techniques.

4.2.1 SIMPLIFIED PHYSICAL EXERCISES:

Good physical health is indispensable to make life happy, successful and harmonious. Realizing this importance of proper exercise, Vethathiri Maharishi has synthesized a simple yet comprehensive exercise-routine, practicable by any one from the age seven without strain. The
system consists of nine practices namely 1. Hand Exercises, 2. Leg Exercises, 3. Neuro-Muscular breathing Exercises, 4. Eye Exercises, 5. Kapalabathi 6. Makarasana- (part A & B), 7. Massage, 8. Acu-Pressure, 9. Relaxation. Each practice covers a particular aspect of good health such as adequate blood circulation, heat circulation and air circulation, lung-expansion, muscle-coordination and spinal flexibility. As a daily routine all these exercises require only less time for completion and so anyone can certainly do this practice. If a regular morning habit is established, one will feel bright and fresh throughout the day and would be able to increase one’s immunity against disease.

4.2.2 SIMPLIFIED KAYAKALPA YOGA:

‘Kaya’ means Body and ‘Kalpa’ denotes Immortal. It is an ideal practice designed by Siddha saints who lived in South India with a three-fold objective, 1. Withstanding the ageing process, 2. Maintaining health and youthfulness, 3. Postponing one’s death to suit one’s wishes. But this practice was kept secretly in their poems. Vethathiri Maharishi who researched those poems, discovered and simplified it suitable for modern age. The human body is the result of the combined functions of Physical body, Mind, Bio-magnetism, Life-force, and Sexual vital fluid. Whatever the quantity and quality of the sexual vital fluid, that much will be the strength and character of the life-force, Bio-magnetism. So, in order to maintain the health of the body and mind, the sexual vital fluid should be in quantity and quality. This Kayakalpa Yoga comprises two wonderful practices: recycling of sexual vital fluid and toning-up the nervous system.

This practice enables and equips one to maintain physical and mental health, further spiritual development and rejuvenate the physical body to withstand the ageing process. This practice will benefit everyone regardless of gender, race, religion and caste to enjoy a happy and energetic life.

4.2.3 INTROSPECTION TECHNIQUES:

Our genetic centre contains the imprints of all our thoughts, words and deeds both good and bad. The imprints of bad deeds give rise to evil thoughts that result in miseries in life. They produce feelings of ego, greed, anger, miserliness, immoral sexual passion, vanity, vengeance and jealous in mind, all of which pave way for further evil deeds and problems in life.
Introspection techniques formulated by Vethathiri Maharishi on the basis of Psychology, help to eliminate the bad temperaments and lead to success and happiness in life.

This Introspection includes five types of practices. They are 1. Analysis of Thoughts, 2. Moralization of Desires, 3. Neutralization of Anger, 4. Eradication of Worries, 5. Who am I? Through the Introspection practices, Ego can be transformed into Humility, greed into contentment, anger into tolerance, miserliness into charity, lust into chastity, vanity into parity, vengeance into forgiveness and jealous into complacency. Introspection Techniques generate love and compassion in the mind, enabling one to live in harmony with the others around us.

4.2.4 SIMPLIFIED KUNDALINI MEDITATIONS:

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. It is a state of existence in constant awareness, with an understanding of the purpose and value of human life, in full control of senses and realization of the Divine State by becoming one with it, adopting the virtues of Morality, Duty and Charity and living in harmony with others, ready for sublimation and perfection. This meditation is also called as meditation on Life, Meditation on Truth, Kundalini Yoga etc.

The practice of Kundalini Yoga should be learnt only from trained master. Practicing it by reading from books or the instruction of others is fraught with risks and can harm the body and the mind. The Traditional Kundalini Yoga was tedious to practice. It used Mantras, severe breathing practices etc to arouse the Kundalini energy. Also restrictions on food and living method were also more. Women were kept out of Kundalini Yoga. But, it has now been simplified ideally by Vethathiri Maharishi for practice to people of all the ages and at all the times. In this method, The Guru (Master) awakens the Kundalini power, lying dormant in the Mooladhara Chakra, by the power of his meditation and raises it to the Agna Chakra, through the spinal cord. The aspirant is able to feel the energy immediately at this Chakra. It is practicable for women too.
4.3 VETHATHIRI MAHARISHI’S MEDITATIONS:

Sage Vethathiri Maharishi has gifted us nine types of meditations in the system of Simplified Kundalini Meditations. These meditations can be practiced by the people of any gender who have attained puberty. They are:

1) Agna Meditation
2) Shanthi Meditation
3) Thuriya Meditation
4) Thuriyatheetha Meditation
5) Panchendriya Meditation
6) Pancha Bootha Navagraha Meditation
7) Nithyananda Meditation
8) Divine State Meditation
9) Nine-Centre Meditation

4.3.1 AGNA MEDITATION:

This is the first meditation in the practice of Simplified Kundalini meditations. This Meditation consists of concentrating the mind on the life energies at the Agna Chakra located in the middle of the eyebrows. The life force, which so far had been working from the Mooladhara Chakra (Sex Gland), is raised to Agna Chakra (Pituitary Gland). This becomes a turning point in the spiritual life of the individual. Here, the master awakens the Kundalini power, by the power of his meditation. This process is called as ‘Sparsa Deeksha’, i.e initiation through touch. It can be compared to a hen hatching the eggs through physical contact, by sitting on it. The physical body of an individual is the product of the union of life energies of his parents. Milk curdles when some curd is added to it. In the same way, the life force of master mingles with that of aspirant to give him a spiritual rebirth.

Practice of Agna Meditation:

When the life force originally situated in Mooladhara Chakra starts working from the point between the eyebrows, the mind turns inwards. The mind gets focused on the life force and senses attain peace. Four of five senses stop their functions and the touch sense alone remains
active. The frequencies of the mind waves come down to Alpha levels of 8-13 cycles/sec. peace reigns. The pituitary gland begins to function well and awareness rules the mind. The temperaments as well as the urge for the five cardinal sins are eradicated.

The four steps in meditation designed by our forefathers are,

1. Prathyahara: The mind is freed from lure of worldly objects.
2. Dharana: Concentrating the mind, at will, on anything.
3. Dhyana: The mind is fixed on the life force, the point of origin of the mind.
4. Samadhi: Becoming one with the Divine State by merging the mind with it.

The aspirant begins to feel the presence of the life force within him, immediately after the Agna initiation. He is able to understand Prathyahara, Dharana and Dhyana as part of Agna Meditation. Its depth and value can be understood only through constant practice.

**Maneuver of the Temperaments:**

The life force is the root from where the Consciousness in its expanded state functions as Mind. In other words, Mind is the peripheral Consciousness. From its place in the centre of life force particles, the Consciousness expands to cognize everything that takes place in the body. The mind establishes contact with external objects through the sense organs. It creates imprints of all that is perceived through the sensory organs, and these imprints reflect as thoughts in the mind again and again. Any action produces imprints and imprints are reflected as thoughts, prodding the body into the same action over and over again. To escape from all this and to introduce changes in life, awareness is essential.

Meticulous training is required to streamline the thoughts, whereby unwanted actions can be avoided. This can be achieved in Agna meditation as we withdraw the mind from the senses and focusing it on life force.

When, under the guidance of a self-realized Guru, the life force is raised to a point between the two eyebrows and the mind focused there, it retracts from its expanded state to merge with the life force and become one with it. Concentration is achieved and the mind is withdrawn from the five senses. This is achieved during Agna meditation.
When the mind functions through the sensory organs as thoughts and transformation into the shape and qualities of things perceived, emotions predominate the mind. But, during the Agna meditation, the mind is turned inwards and made to observe itself. When it does this, it becomes one with the life force. The mind can expand to the level of the Universe and beyond to it, to the Absolute space; whereas it can also contract to cognize individual sensory perceptions. On account of this ability, the mind is capable of perceiving even the subtle life energy particles when focused on it.

**Benefits of Agna Meditation:**

1. Constant awareness is developed.
2. Conscious mind is strengthened.
3. Adamant nature, unreasonable anger etc are erased.
4. The sub-conscious mind and conscious mind work in harmony.

**4.3.2 SHANTHI MEDITATION:**

The point for Shanthi meditation is the base of spine also called as Mooladhara Chakra viz. sexual gland. This Shanthi Yoga involves bringing the life force (Kundalini Shakti) down from the Agna Chakra to Mooladhara Chakra by the master who initiated him. This meditation is called as ‘Shanthi’ as it reduces the intensity of the energies and provides peace to body and mind. It is an important part of Simplified Kundalini Meditations.

During the practice of Agna meditation, the Kundalini power, originally located in the Mooladhara Chakra, travels up gradually to reach the brain cells and this may result in headache or heaviness in head in some cases. Shanthi meditation alleviates such problems. The excess quantity of the life force particles that have reached the head during Agna meditation flows back to Mooladhara, when we do Shanthi meditation. Many people, who practice Agna Meditation alone without being aware of the security provided by Shanthi Yoga, often end up in trouble on account of accumulation of energy in head. This can be cured by the practice of Shanthi Yoga even for a single day.

Shanthi should be taught to the aspirant within three days of Agna initiation. In case of headache or other problems, it may be taught even earlier. Regular practice of Shanthi Yoga helps spread
the energy to all parts of body. Only Shanthi meditation should be practiced in the morning and evening of all Fridays.

**Benefits of Shanthi Meditation:**

1. As Mooladhara Chakra represents earth concept, this meditation helps research connected with the earth.
2. Excess physical energy is transformed into mental energy and vice versa.
3. It cures body pain, fever, indigestion and constipation.
4. Body temperature and nervous system are pacified.

**4.3.3 THURIYA MEDITATION:**

It is performed at the crown of the head. It is also called as Brahmarandra meditation, where the point at Thuriyam is considered as gateway in the path to Brahmam, the God. During Agna Meditation, the mind withdraws itself from four of the senses and perceives the life force through the touch sense. During Thuriya meditation even sensory perception is done away with, and the mind, no longer in its expanded state, disappears into the life force. The life force remains in its original form, and readies itself for merging with the Divine State.

Thuriyam Meditation is also called as ‘Sahasra Yogam’. ‘Sahasra’ means thousand. The human brain is made up of thousands of tiny chambers, many of which go into action simultaneously, when a thought arises. Thousands of these chambers are activated during this meditation.

Though our brain is made up of millions of cells, only a very small portion of it is used by us and majority remains inactive during our lifetime. While meditating at Thuriyam, the life force flows through the hundreds of tiny chambers of the brain producing a pleasant sensation.

**Benefits of Thuriyam Meditation:**

1. It regulates pituitary and pineal glands, the master glands of physical body and spiritual body respectively.
2. Noble thoughts that emanate from us reflect themselves in the minds of other people.
3. The mind becomes stronger and subtler. Emotions cannot overcome the mind easily.
4. Introspection, analysis of thoughts and eradication of worries become better.
4.3.4 THURIYATHEETHA MEDITATION:

This is the last of the three types of meditations where initiation is required. Thuriyatetheetha is the ultimate state in Kundalini meditation. At this meditation, the life force realizes its origins and transforms into it. Thuriyatetheetha meditation is invaluable to humanity, for it contains everything in it. It gives Samadhi state, a state where the frequencies of mind waves are at the lowest levels, the stage where the secrets of the universe become clear to human mind. Thuriyatetheetha forms union between Jeevatma (self) and the Paramatma (God). It is a homecoming of the wandering soul. The aspirant is initiated to the Thuriyatetheetha state by the master, through his mental power. This is also called as ‘Gnana Deeksha’ or ‘Kurma Deekasha’.

Merging into the Divine State:

The ultimate destination of our Soul is the Divine State. The human consciousness should elevate itself to the level of becoming aware of its origin as Divine State. The mind can reach noble levels only when unnecessary habits and imprints of emotional thoughts are wiped out from it. God realization is possible only in subtle frequencies of mind. This can be achieved by proper meditation.

Certain thoughts that arise in mind may be narrow or due to force of habits or emotional in nature. The mind remains entangled in such thoughts and unable to get freed from them. To escape this, the mind should expand beyond Universe and merge with the Static State. This practice is called ‘Shiva Kalam meditation’.

Shiva Kalam is Eternal Space, Static State, Almighty and Gravity. It fills the entire Universe in the form of universal magnetism and living beings as Bio-magnetism. In the life force particles, the Static State functions as Consciousness. The same Consciousness also exists beyond the universe.

During Agna meditation, it functions between frequencies of 8-13 cycles/sec. This is called Alpha wave. When meditating on the Universal Field, the Mind functions at frequencies of 4-7 cycles/sec. called Theta wave. In Static State, the mind comes down to the very low frequencies of 1 - 3 cycles/sec. called Delta wave. This is Thuriyatetheetha meditation.
**Benefits of Thuriyatheetha Meditation:**

Even though every meditation provides certain benefits, Thuriyatheetha Meditation gives everything that is required for life. The Consciousness attains perfection by acquiring a clear knowledge regarding the connection between living beings and Divine State, as well as the qualities and functions of the body, life force and Consciousness and Universe. Duty consciousness improves through this realization. The role that the performance of one’s duty plays in the development of Individual, besides providing strength, happiness, contentment and peace becomes clear. It provides the inspiration for putting it to use for the welfare of humankind.

In the ecstasy that the realization of Divine State provides, virtues of Morality, Duty and Charity become a part of life and the individual excels in his role as a seer.

1. The Soul is purified and the purpose of life is achieved.
2. The cycle of birth and death comes to an end and salvation is attained.
3. Perspicacity develops.
4. Unification with the Soul of Guru is attained.

**4.3.5 PANCHENDRIYA MEDITATION:**

Panchendriya Meditation is meditation on our five sense organs. Many things are required for the upkeep of the body and they are to be put to use through the senses. The bio-magnetism in the body is transformed into pressure, sound, light, taste and smell through the sensory organs. That is, it is transformed into five kinds of magnetic waves.

- Sensory organs form the means for consumption of bio-magnetism.
- Life force is expended during sensory perception.
- Pleasure and pain sensations are the result of consumption of life force.

The five sensory organs are called as ‘Panchendriyas’ or ‘Gnanendriyas’. They are 1. Skin (Touch), 2. Tongue (Taste), 3. Nose (Smell), 4. Eyes (Light), 5. Ears (Sound). During the Panchendriya Meditation, mind focuses on the five sense organs and meditates, whereby the organs begin to function well.
Benefits of Panchendriya Meditation:

1. Lure of sensory pleasures is overcome.
2. Measure and method in enjoyment is practiced.
3. Material consciousness is removed and spiritual consciousness rules the mind.
4. It provides peace and clarity of thought. The practitioner is no longer a slave to his senses.

4.3.6 NITYANANDA MEDITATION:

‘Nithyam’ means constant, every day, every minute etc. ‘Anandam’ means ecstasy. This meditation provides constant ecstasy. The Divine State that forms the basis of everything in the Universe has through its inherent qualities undergone transformation into the countless forms, living and non-living, including man who is at the top of the evolutionary scale. The same Divine State also functions as the Omnipresent Consciousness that regulates everything. This Nithyananda meditation paves way for Self-realization which produces ecstasy. When the mind remains focused on the body with the realization that the Divine State is the Self, Universal magnetism mingles with bio-magnetism. It makes way for ecstasy to fill the mind at will.

During the Nithyananda meditation, we practice expanding the astral body to the extent of the physical body and then bringing it to a focus at Thuriam. When the mind is expanded to include the entire body, from Thuriyam to the toes, with full awareness, concentration of bio-magnetism takes place. During this process, the cells of the body get energized and this can be felt as a physical sensation. This meditation should be practiced under the guidance of a Master.

Benefits of Nithyananda meditation:

1. This meditation helps spread the energy all over the body, rejuvenating the cells
2. Constant happiness prevails.
3. Immunity is increased.
4. Ecstasy rules the mind.
4.3.7 PANCHA BHoothA NAVAGRAHA MEDITATION:

Pancha bhootha Meditation:

Everything in the Universe is the result of an association of Pancha Bhoothas. The word ‘Pancha’ means ‘Five’ and ‘Bhootha’ means ‘Elements’. Pancha Bhootha meditation is on the five elements Earth, Water, Fire, Air and Akash (Energy particle). By this meditation, the energy waves that emanate from them are converted into physical and mental energy waves in our body.

The meditation starts with focusing on earth, where the ill effects of waves emanating from earth are negated and only its positive ones are accepted. The secrets of earth are laid bare before us and this knowledge is utilizes for attaining prosperity and success in life. This is followed by meditation on water, fire, air and Akash where the same procedure is repeated.

Benefits of Pancha Bhoothas Meditation:

1. Man establishes harmony with everything around him.
2. The body and mind are strengthened and rejuvenated.
3. Immunity power increases.
4. The secrets behind everything are revealed and we are protected.

Navagraha Meditation:

This meditation involves meditating on the planets Sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Rahu and Kethu. The last two planets are black holes which start at the centre of the Sun and expand in its both sides and merge with the Absolute Space beyond the Universe. These are also called ‘Shadow planets’ as they are invisible. Each planet emits rays according to the nature of its chemical composition and these rays produce changes in the objects they strike upon. We, on the earth, receive rays from all the nine planets. The earth and the other planets revolve around the sun, in elliptical orbits, at different distances and speeds. On account of this, the distance between the earth and the other planets, as well as periods of their proximity to the earth varies regularly. This result in periodical changes in the volume of the rays received from the sun and other planets, according to which changes are induced in human lives.
The intensity of the rays received from any planet depends on its distance from the earth at any point of time, and its effects vary on account of this. Every living thing undergoes chemical changes due to the transit of planets, which may be beneficial or harmful to them.

The human body undergoes six types of chemical changes. Heredity, food, thoughts, actions, movement of planets and environment induce changes in the magnetic, electrical and physical fields of the body.

The following organs of our body are having direct connections with the 9 planets.

- Sun – Bones,
- Mercury – Skin,
- Venus – Sexual Vital Fluid,
- Moon – Blood,
- Mars – Bone marrow,
- Jupiter – Brain,
- Saturn – Nerves,
- Rahu and Ketu – Ojus.

The negative waves of the planets will not affect the people with spiritual inclination as much as it does the others, on account of subtle nature of the mind waves given off by them. When frequencies of the mind waves are altered through meditation, changes can be brought about even in the ill effects of the energy waves given off by planets.

In the Navagraha Meditation, receptivity is improved and the ill effects of are warded off by establishing harmony with the individual planets. An auto-suggestion that the rays may turn out to be beneficial to us is also made during the meditation. The individual is automatically protected against any bad effects from the rays.

All planets are associations of Pancha Bhoothas and are very powerful. Doing the Pancha Bhoothas Navagraha Meditation daily or at least once a week is good. It is ideal when done on full moon, new moon and eclipse days.
Benefits of Navagraha Meditation:

1. The life force merges with the energy from planets with good results.
2. This meditation enhances fame, longevity in life, success, wealth, knowledge, happiness, beauty, physical and mental health and friendship.
3. It helps make discoveries, provides good life partner, protection from enemies, realization of Truth etc.

4.3.8 DIVINE STATE MEDITATION:

During this meditation, the mind is expanded to the level of the Eternal Space and merged into it. Constant practice at this level makes mind capable of merging into the Divine State at will. This meditation makes the individual aware of the history of the transformation of the Divine, where the Divine State has, through a process of transformation, become the Formative Dust, the Energy particles, the Pancha Bhoothas and the living things finally evolved as man, at the pinnacle of all creations.

During Divine State Meditation, we become aware of Consciousness initially and the fact that Consciousness is God. The fact that the entire Universe is a manifestation of the Divine State sets in, and every object, every individual, becomes a tiny cell in the vast body of the Divine. We begin to merge into the Universal Truth.

The Divine State is Omnipresent; it fills the tiny energy particle as well as huge heavenly bodies and man. It is not an empty space. It is the Almighty, also called as the Absolute Space, Static State and the Primordial State. By its self-compressive and surrounding pressure force, it has evolved up to humans in the following order.

Absolute Space -> Formative Dust -> Energy particles -> Air -> Fire -> Water -> Earth -> One sense(Plants) -> Two sense(Worms) -> Three Sense(Insects) -> Four Sense(Snake) -> Five Sense(Elephant) -> Sixth Sense(Human beings)

Regular practice of this meditation produces a stage of constant awareness that the entire Universe and the Self are manifestations of the Divine State.
**Benefits of Divine State Meditation:**

1. The mind merges with Divine State; attains perfection.
2. Mind becomes filled with love and compassion for other living beings

Meditation is essential for mental and spiritual progress. Let us live a prosperous life by bringing down the frequency of the mind waves through regular meditation in mornings and evenings. Let us achieve the purpose of life and become one with the Divine State.

**4.4 NINE-CENTRE MEDITATION:**

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

1. Mooladhara,
2. Swadhistana,
3. Manipuraga,
4. Anahatha,
5. Visuddhi,
6. Agna,
7. Thuriya,
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 Mooladhar Chakra, followed by meditation on each of other Chakras and concludes when the mind merges with the Absolute Space.

The endocrine glands convert the bio-magnetic force into various chemicals necessary for functioning of the body. The secretions of the glands are called hormones and enzymes. They are also known as bio-chemicals on account of the fact they are derived from bio-magnetism. The bio-chemicals also take care of the metabolic and catabolic functions. The endocrine glands also produce the hormones necessary for psychosomatic functions of the body. The hormones enter the blood stream to reach every cell in the body. They perform a variety of functions like regulating the level of glucose and sodium, as well as caring the body according to circumstances.

The endocrine glands function in harmony with each other. For example, the secretions of the sex glands are taken to other glands through the blood vessels. Similarly, when the secretion of the pancreas exceeds, other glands work together to balance it. Each gland takes care of others and protects itself at all time. The endocrine glands should be well supplied with bio magnetism for improving their function. Nine-Centre meditation has been designed with this purpose in mind.

Generally, the life energy is situated in the Mooladhara Chakra, except in the case those involved in deep research where it moves up and locates itself in one of other Chakras. When the mind attains very subtle frequencies, the life energy automatically begins to move from the Mooladhara Chakra. It travels up, through the other Chakras, to reach Agna Chakra, and then moves to Thuriya Chakra.

The sages of the olden days accomplished this process through the practice of meditation. When the life energy reaches the crown of head, the mind attains equanimity. The energy spreads to the body and brain cells to strengthen and enhance their quality.

4.4.1 Mooladhara - Sex Gland:

This is the place where the life energy begins its functions. It is located at the base of the spinal cord. It represents the earth among the panchaboothas. The sex glands are located at Mooladhara Chakra. Indian forefathers represented this Chakra as four petals lotus flower and made Lord Ganapathy as god for this Chakra.
Psychological functions:

1. Meditation on this Chakra helps work connected to geology, archaeology etc.
2. Excess spiritual energy is converted to physical energy and vice versa.
3. Immunity increases. Problems like body pain, headache, fever, indigestion, blood pressure are alleviated.

Physiological functions:

It takes care of hormones secreted by the ovaries, testis, prostate gland and seminal vesicles. It also looks after the health, sex urge and peace of mind or agitation that may occur during old age, insomnia etc.

4.4.2 Swadhistana - Adrenal Gland:

This is the second Chakra located in front, around four inches below the navel. It represents the water element. Indian forefathers represented this Chakra as six petals lotus flower and made Lord Brahma as god for this Chakra.

Psychological functions:

1. Develops Extra-sensory perception.
2. Chances of attachment of souls dead.
3. Controls the sexual urge and the developments of mystic powers.

Meditation on this centre should be restricted to a minimum period.

Physiological functions:

Adrenals located on the top of kidneys are very powerful glands. They are smaller than the tip of a finger and consist of an adrenal medulla surrounded by an adrenal cortex. It regulates the secretion of insulin and bile and controls the blood circulation and blood pressure in the body. Decrease in the level of adrenalin produces lassitude and breathlessness. An increase in its level results blood pressure and acidity in blood. Failure of the gland leads to certain death. So, administration of adrenalin becomes essential.
4.4.3 Manipuraga – Pancreas:

This is the third Chakra located near the navel. It represents fire element. Indian forefathers represented this Chakra as 10 petals lotus flower and made Lord Vishnu as god for this Chakra.

Psychological functions:

1. Develops Extra-sensory perception.
2. Develops clairvoyance and telepathy. This faculty may create problems so be better avoided.
3. Chances of attachment of souls of saints.
4. Enables astral travel.
5. Helps regulate body temperature and control blood pressure.
6. Helps win the affection and respect of the others.
7. Mystic powers are developed.

Physiological functions:

This gland controls the digestion of food in the body. It regulates body temperatures and controls the level of sugar in the blood. It functions constantly and secretes two types of hormones. Insulin secreted by pancreas controls the level of glucose in the blood and also stimulates the cells to use glucose.

When pancreas fail to function properly, insulin enters the blood stream and the blood stream and level of sugar in blood drops drastically. This produce a craving for sweets and the pancreas are made harder to work harder to keep up with additional intake of sugar. This leads to diabetes and pancreas are further affected on account of this.

4.4.4 Anahatha – Thymus Gland:

This is the fourth Chakra located underneath the breastbone around four fingers above the diaphragm. It represents the air element. Indian forefathers represented this Chakra as 12 petals lotus flower and made Lord Rudhran as god for this Chakra.
Psychological functions:

1. Increases will power, enthusiasm, courage, confidence and talents.
2. Develops ESP (Extra-Sensory Perception).
3. Develops intuition, telepathy and the ability to make discoveries.
4. Eradicates fear, cowardice and complexes.
5. Develops keenness of mind to analyse thoughts and arrive at the right conclusions. The confidence and ability to implement them are also developed.
6. Improves the ability to isolate one’s self from worldly affairs.

Physiological functions:

Thymus gland attains full growth only within a few days of birth of a child. It is located in the middle of the chest, i.e. below the breastbone. It controls the functions of heart and blood circulations. It is about the size of a matchbox. It fights bacterial and viral infections, besides diseases like cancer. Its ability to resist diseases makes it a watchdog against the onset of many diseases. It is responsible for the growth of lymphocytes that fight diseases.

Mental stress or sorrow can cause this gland to shrink to 1/3 of its original size. Thymocin secreted by thymus gland mingles with blood and enhances the resistance power of the body.

4.4.5 Visuddhi – Thyroid Gland:

This is the fifth Chakra, located near the Adam’s apple in the throat. It represents Akash (Ether) element. Meditation on this Chakra activates thyroid and parathyroid glands. Indian forefathers represented this Chakra as 16 petals lotus flower and Indian Lord Maheshwara as god for this Chakra.

Psychological functions:

1. Intake of food comes down without reduction in the energy levels of the body.
2. Develops a clear knowledge about Akash.
3. Akash flows into the body
4. Secrets of universe are revealed. Contact with universal consciousness is established.
5. Frequencies of the mind come to subtle levels and consumption of life energy is reduced.
6. Helps achieve expansion of the mind, magnanimity, philanthropy, broad mindedness and
tolerance.

Physiological functions:

Thyroid glands are pink in colour and located on either side of Adam’s apple in the throat. It is a
powerhouse of energy in the body. Absence of this gland in a child results in Mongolism (thick
lips and flattened nose).

This gland takes care of metabolic functions and it has connections with respiratory system.
Thyroid gland secretes two hormones which together provide 2/3 of iodine required by the body.
The hypothalamus and pituitary gland together regulate the secretions of hormones of thyroid
gland.

The secretions increase during moments of danger. Deficiency of iodine in our daily diet leads to
an increase in the body weight and an enlargement of the arteries resulting in blockage of the
windpipe. Calcitonin, an enzyme produced by thyroid gland supplies calcium to the bones and
teeth. Para-thyroid gland that functions in conjunction with the thyroid gland supplies calcium
from bones to blood. The amount of calcium in the bones is regulated by calcitonin. Abnormal
functioning of this gland produces obesity, cramps, bone problems, toothaches etc.

4.4.6 Agna – Pituitary Gland:

This is the sixth Chakra located between eyebrows. Indian forefathers represented this
Chakra as two petals lotus flower and made Lord Sadha Shiva as god for this Chakra.

Psychological functions:

1. Turning point in spiritual awareness. An inner light blossoms and the life energy move up
2. Attachment to material thing disappears. Self-realisation dawns. Achieves the ability to
tread the right path. Desires are moralised and greed is overcome. Constant awareness
about consequences becomes possible.
3. The conscious mind becomes perceptive. Desire for material pleasures vanishes.
4. The mind begins to rule the senses. Adamant nature, ill-will based on hatred etc disappears and serenity prevails.

5. Total concentration, bereft of unwanted thoughts becomes possible. Compassion fills the mind.

6. The mind concentrates to a single sense, the sense of touch alone. It becomes tranquil.

7. Frees the self from Akamya karma (the future sins).

8. Mind attains calm by reaching the Alpha state.

9. Needs, habits or circumstances do not sway the consciousness.

Physiological functions:

It is pink in colour and located below the brain. Only it performs many complicated functions, next to brain. It can make or mar health. It is also referred to as Master gland or Conductor of ductless glands. It receives commands directly from hypothalamus in the brain.

When any of the other glands malfunctions, this gland takes over and corrects it. It is made up of 2 lobes. The anterior lobe secretes 10 types of hormones, one of which controls the thyroid. Development of bones, maintaining youthfulness and controlling the height and kidney etc are some of functions of pituitary. Any deficiency in the gland, at the time of birth, makes the child hyper active, prone to lying and bad behaviour.

4.4.7 Thuriya – Pineal Gland:

This is the seventh Chakra, located at the crown of the head. This is called ‘Brahma randra’, the gateway to the divine. Indian forefathers represented this Chakra as 1000 petals lotus flower and made Lord Parameshwara as god for this Chakra.

Psychological functions:

1. Mind realises its origin as the life energy.

2. The life energy prepares itself to cease its movements and transform into the divine.

3. The sub-conscious mind strengthens itself for a state of constant awareness and prevents reflection of imprints as thoughts due to habits or circumstances.
4. The consciousness transforms into Super-consciousness. Intuition dawns and secrets of universe begin to unfold in the mind. Clarity and courage increase. This state of mind is commonly seen among philosophers and scientists.

5. Eradicates Praraptha Karma (sins acquired at this birth). Mind gets purified. All parts of the brain become fully active. Evil thoughts are superimposed with good ones, born out of awareness. Life becomes reorganized with pure thoughts.

6. Our noble thoughts reflect in the minds of others and vice versa. Auto suggestion and blessings become more effective.

7. Introspection works better. The sub-conscious mind dominates the conscious mind and serenity prevails.

8. Mind remains in the frequency of Alpha state (8 – 13 cps) constantly.

Physiological functions:

The pineal gland is cone shaped. It plays a vital role in the transformation of thoughts into action. It can be said to be abode of life energies. Scientists refer to it as a clock within the body. Even if the gland is located in the deepest recesses of the brain in total darkness, it is capable of cognizing the external world in the form of light and shadows through the eyes. It is capable of receiving universal magnetism directly.

The pineal gland begins to secrete a hormone called melatonin in the evening when the sun sets and stops when the sun rises. The secretion is more in the winter when the nights are longer and less in the summer when the days are shorter. This creates a doubt whether a change in the mental condition does take place according to the change in the seasons.

4.4.8 Universal Field:

The first seven centers are located within the body but the last two including Universal Field are outside the body, to be reached through expansion of the mind. This center is also called as ‘Shakthi Kalam’.

Universal Field or the Dynamic Universe forms the eighth centre. The mind expands to become one with the universe, made up of millions of stars and planets. The frequencies of mind waves come down to Theta level of 4-7 cycles/sec at this stage in the meditation.
The planet earth on which we live is a part of solar system made up of a sun and eight other planets. Millions of suns and other celestial bodies make up the Milky Way galaxy that lies around the solar system. The universe is made up of trillions of such galaxies amongst all of which, the human being is a tiny dot. The mind expands to include the entire universe and become one with it then the secrets of universe are revealed.

4.4.9 Absolute Space:

Absolute Space or Static State is the ninth center in the meditation. This is the Divine State. This center is also called as ‘Shiva Kalam’.

The mind expands beyond the functional universe to attain the formless Divine State and become one with it. Plenum, force, consciousness and time are the characteristics of the Absolute Space.

It is the mighty divine fluid, totally dark, omnipresent and omniscient and the order of function in everything. Its quivering motion is time. The mind attains purification when merged with the Divine State and comes to the lowest frequency, Delta wave (1-3 cps).

The mind assumes the shape and the quality of the object it thinks about. But what happens when the mind thinks about the formless state (also called as Brahman, Shunya etc) that exists beyond the concepts of time, distance, volume and force known to the human mind? The mind transforms into the Divine State where there are no obstructions to provide perceptions. This is the secret of this Thuriyatheetha meditation. Constant practice of the meditation brings the mind to a state of total stillness. Boundaries make the mind travel beyond them. But when there are no boundaries, it becomes one with the Absolute Space.

The consciousness achieves totality by becoming one with the Static State. Life energies merge with the divine and Thrikala Gnana (knowledge of past, present, future) dawns. Ego, illusion and imprints disappear completely. The mind rules the senses. Intuition grows and problems disappear. Thuriyatheeetha is the place where Jeevatma (self) unites with the Paramatma (Source). It is the state of Samadhi and the homecoming of the soul.

The state of Samadhi is where the secrets of universe are revealed to mind. Absolute Space meditation probes the very depths of the mind. The deeper one goes into this meditation, the
greater peace he attains. Imprints of Sanchitha, Praraptha and Akamya karmas are erased. Even, chronic diseases cure. The consciousness attains peace and respite.

The purpose of human birth is to reach god. The credit for making this meditation easily available to all including women goes to Vethathiri Maharishi, the 19th Siddha saint.

4.5 IMPORTANCE OF NINE-CENTRE MEDITATION:

Every human being has three bodies i.e. Physical body, Astral body and Causal body. Physical body is comprised of tiny cells, the Astral body is comprised of energy particles and Causal body is comprised of magnetism given off by energy particles. These three bodies are intertwined and collectively appear as single body. Nine-Centre meditation enhances all these three bodies simultaneously. Because among the nine centers, seven centers are endocrines glands in the physical body. These glands are places for ‘Chakras’ in the Astral body, these Chakras are vital ‘Power stations’ for our Soul and they absorb the cosmic energy and supply to physical body thereby bio-magnetism which constitute Causal body, also increases in strength. As a result, when endocrine glands are stimulated, students can recover from health defects and will get sound health. When Chakras are aroused well, many spiritual powers, ethical and social benefits can be obtained.

Also, students will feel much interested to do this meditation as it involves many centers. Of course, the other meditations i.e. Pancha bootha Navagraha meditation, Divine State meditations, involve many steps. But this Nine-Centre meditation has seven steps in their body. In addition, students have sufficient knowledge about endocrine glands from their curriculum. When benefits of this meditation are explained and initiation is given to each centre, they would focus attention dedicatedly. This Nine-Centre meditation involves a centre called ‘Mooladhara’. It has the power to balance the sexual feelings of the students. Nowadays we see many indiscipline activities in schools and colleges. Most of the problems arise only from this background. When ‘Mooladhara’ regulates their sexual feelings, it is true that students will automatically observe ‘Chastity’ and concentrate more on studies. As their attention and energy are channelized, their academic progress also would be appreciable. Like this, every centre in Nine-Centre meditation has its own uniqueness and influences for providing physiological, psychological, radiological and spiritual benefits.
In the Nine-Centre meditation, the students will concentrate on individual Chakras up to ‘Thuriya’, the seventh centre which is weaved with Pineal gland. Next to this centre, they will expand to Moon, Sun, the vast Universe and boundless Absolute Space finally. This practice of expansion of mind would yield to them many generous characteristics like forgiveness, charity, magnanimity, adaptability and receptivity etc. This expansion practice will make them peaceful thereby there they can think and function in subtle mind frequencies i.e. in Alpha, Theta and up to Delta. In these lower frequencies, tension and worries will be eradicated, Pulse Rate will reduce, blood pressure will normalize and concentration will improve.

Many Siddha saints like Pattinathar, Thayumanavar and Thirumoolar who lived in South India have described this meditation and its benefits in their poems. This gave the researcher an inspiration to teach this to students. Nowadays we are unable to see God Consciousness in students; some of them openly say that ‘No god at all’. Many of them become egoistic also. This in turn leads to violence activities. This meditation will lead them to reach Self-realization which is equal to God-realization. So, the researcher believed that Nine-Centre meditation would bestow to students good physiological, psychological, radiological, spiritual and social health.