Chapter IV

Sky Yoga for Modern Age
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CHAPTER IV

SKY YOGA FOR MODERN AGE (SIMPLIFIED KUINDALINI YOGA FORMULATED BY SRI VETHATHIRI MAHARISHI)

Yogiraj Shri Vethathiri Maharishi (14 August 1911 – 28 March 2006) was a spiritual leader, Philosopher, world peace activist, scientist, Siddha, Ayurvedic, Homeopathic practitioner and founder-trustee of the World Community Service Center in 1958 in Chennai. His Theory of Universal Magnetism is first of its kind which provides an alternative for the Big Bang Theory. He provided 14 principles for World Peace. He presented a Blue print for World Peace to United Nations.

His theory provides the formation of universe in much more common sensual manner than which something forms with a bang. His theory provides the evolution of atoms and God particles.

He founded many yoga centres on the world and wrote about 80 books in languages English and Tamil, many of which became academic textbooks. Tamil Nadu government has recently approved his Simplified Kundalini Yoga to teach at Schools. By the Dravidian University Vethathiri Magarishi was declared the 19th Sidda. Shri. Vethathiri Maharishi was born on 14 Aug 1911 in the village of Guduvancheri, south of Chennai, India, into an indigent weaver's family

4.1. EARLY LIFE

Vethathiri born as the eighth son to his parents. In earlier age he lived in poor environment. After spending several years in various minor employments, he established a textile having 2000 employees. Maharishi regularly participated in intense meditation
and introspection, At the age of thirty five meditation brought him full enlightenment. At the age of fifty, he closed his commercial ventures and surrendered himself to spiritual service. However, he remained a "householder", but rather lived in the indigenous Sidda tradition, maintaining family ties.

4.2. BOOKS AND POEMS

Shri Vethathiri Maharishi wrote over 3000 poems on philosophical subjects. In the Indian philosophical tradition, his philosophy corresponds to pure Advaita; In Sanskrit duvaitam means two ad means none. it simply says that the god is one. It may be called pantheistic monism. His language and attitudes are contemporary, non-sectarian and non-dogmatic. He authored about 80 books in Tamil and English, and continued to write until his death.

4.3. SPIRITUAL TEACHINGS

Meditation is must for every human being. Vethathiri strove to find answers to three questions: “What is God?” “What is life?” “Why is poverty in the world?” The search to find these answers as well as to further his lot in life led him into various fields of endeavour, including becoming a qualified practitioner of two systems of Indian indigenous medicine, Ayurveda and Siddha, and certified practitioner Homeopathy as well. Vethathiri led the life of a householder until he was 50, and then changed the course of his life from being a businessman to teach and write about his experiences of purported divine revelations. He published many books in English and Tamil. Between 1972–1993, he visited the USA, Europe, Malaysia, Singapore, South Korea, Japan and Mexico.
4.4. VETHATHIRI’S SCIENCE OF LIVING (VETHATHIRIYAM)

Vethathiri Maharishi claimed to synthesize a complete science of living for the betterment of humanity through: Simplified Kundalini Yoga meditation, Physical Exercises, Kaya Kalpa Yoga and Introspections. Lifetime works Vethathiri’s are called Vethathiriyam, which literally translates as a roadmap to the mountain of knowledge. He claimed that a deep understanding of nature is essential for living in harmony with the law of nature, while balancing spiritual progress with material well-being.

Vethathiri tells that the primordial state of the universe, which he called Absolute Space, has two inherent attributes that are latent:

- Gravity: Inexhaustible self-compressive force, the source of all forces, which acts everywhere

- Consciousness: The omniscient order of function in everything. According to vethathiri, 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. He believed that the spinning action propels an outward repulsive force, and that the co-joining of the two forces, attractive and repulsive, is defined as Universal Magnetism. Swamiji maintained that this fills the universe as a wave, and that it is the first phase of self-transformation of the absolute space from being to becoming. Andhara dravidan university has awarded him as 19th Siddhar award for THEORY OF GRAVITY BY Shri Vethathiri Maharishi
4.5. ORGANIZATIONS

In 1958 Shri Vethathiri Maharishi founded the World Community Service Centre (WCSC), a non-profit registered society with a view to work towards World Peace through individual peace. As of today, more than 200 trusts and about 2000 meditation centres have been registered and affiliated to WCSC in India. From 1972 to 1993, he travelled abroad annually, teaching and lecturing extensively in Japan, Malaysia, South Korea, Singapore and USA.

In 1984 he founded the "Vethathiri Maharishi Yoga and Kaya Kalpa Research Foundation" based in Aliyar, Pollachi, Tamil Nadu in the name of Arutperunjothi Nagar. It is located on Pollachi-Valparai Highway SH-78, next to Azhiyar Dam. Facilities are provided for large groups to stay and undergo SKY courses of several days in duration. The Temple of Consciousness is the centerpiece of the campus.

In 1998, Brain Trust was established to bring together intellectuals of various fields to discuss the issues facing mankind and work towards solutions for bringing about peace and harmony to the individual and to the world at large.

On 28 March 2006 in Coimbatore Vethathiri Maharishi died. His embalmed body is now located in Mani Mandapam inside the Arutperunjothi Nagar, Azhiyar, Pollachi.

4.6. STAMP ON VETHATHIRI MAHARISHI RELEASED

Receiving from former Union Minister for Communications and Information Technology A. Raja the first copy of a commemorative postage stamp on Vethathiri Maharishi, the then Chief Minister M. Karunanidhi said that the centenary celebrations and
postage stamps on eminent persons and freedom fighters would help the youth to be inspired and emulate such personalities.

Talking about Vethathiri Maharishi, the former Chief Minister said "The teachings of Vethathiri Maharishi (1911–2006) have been receiving acclaim because the spiritual leader possessed the "weapon" of rationalism. To attract people, the spiritual leader did not use magical powers or claim that he was in contact with god. As he had possessed rationalism that would help people to realise themselves, his teachings and messages were still adored.

Ramalinga Swamigal (1823–1874) and Vethathiri Maharishi were conscious of the influence of superstitions on people and they strove for showing the correct path, Mr. Karunanidhi said.

N. Mahalingam, president of the Temple of Consciousness, Aliyar, recalled his relationship with Maharishi and said the World Community Service Centre founded by the spiritual leader was an outcome of the Satya Gnana Sabai of Adigal.

By properly balanced scientific and spiritual education man should know the greatness of man.

4.7. EMOTIONS

Man is unique among the many manifestations of the universe. He is supreme among all the living beings on earth because he is gifted with the sixth sense, i.e., the potential for Self - Realization. Due to sensual intoxication, man forgets his true nature. He succumbs to emotions such as greed, anger, miserliness, immoral sexual passion, inferiority-superiority complex and vengeance. When he thinks, speaks and acts in this condition, he create troubles, pains and miseries for himself and others. All such
pain-producing deeds are called SINS. All his deeds, enjoyments, and experiences are imprinted in him and they condition his character and qualities.

4.8. IMPRINTS

Two layers of imprints of deeds and experiences condition the character of man. One layer is the imprint of all the deeds from the date of his birth up to present. This is called PRARABDHA KARMA. The other layer is a hereditary imprint derived from numerous generations, i.e. from parents and their ancestral links throughout the evolutionary process. This is called SANJITHA KARMA. Present thoughts or action formed out of those new types of Karmas are called AKAMYA KARMA.

Under the force of needs, habits and circumstances, man repeatedly commits the same errors. This way of life is common to the whole world community and persisting through the generations, it has been creating and adding to pains and miseries. This is the reason why the entire world is subject to a wide spectrum of suffering despite the fact that man is now in the advanced scientific area, provided with more than enough of all his material needs.

If man is to avoid pain and misery and enjoy satisfaction, harmony happiness and peace in life, the Akayma Karma should be transformed through self-awareness and realization of consciousness. SELF-REALISATION is not in theoretical understanding. But in real intellectual and emotional purity through virtuous deeds and systematic psychic practice. This is achieved by gradually divinising the soul and turning the sixth sense inward to its source.
In the first place, one must understand the relationship between mind and soul. Soul is a philosophical term for the life force in man. A group of millions and millions of sub-atomic particles with self-relative speed, which is the seat of consciousness, is the LIFE FORCE. All the physical and psychic imprints and reflection are caused by such ethereal particles. The mind is the psychic extension of the soul functioning through the brain-cells and the five senses. This same life-force is also called KUNDALINI SHAKTHI. Unless the mind is fixed on the life-force it cannot perceive the existence and functions of the life-force. Such is psychic practice, concentrating the mind on the life-force is Kundalini Yoga.

The usual working centre of the life-force is in MOOLADHARA, the sexual gland; it is possible to shift the concentration of life-force up to the AGNA-CHAKRA, the point between the eyebrows. Concentrating on the life-force at Agna Chakra brings developments of higher consciousness, self-awareness, and peace.

Previously there were two basic methods to arouse the life-force (Kundalini Shakti) from chaining of 'Mantras' and the other was the breath-control (with or without physical exercises). Both these methods were strenuous and take long time. In addition, while undergoing the process, the aspirant could not enter into family life.

After two decades of research and Yogic practice Vethathiri has formulated a safe method of arousing and meditating on Kundalini Shakti called SIMPLIFIED KUNDALINI YOGA or SKY. In the SKY process, a master who is well versed in Kundalini Yoga can arouse an aspirant's Kundalini Shakti to Agna Chakra in minutes. The aspirant can feel the vibration of the Kundalini energy at once at the point between the eyebrows. The aspirant has to mentally observe the sensation of movement of the life-force at the point between the eyebrows, after it is brought up and fixed there by the master.
From the date of initiation, the aspirant is enabled to practice Meditation by merging his mind within his soul. This process of Yoga is called "Simplified Kundalini Yoga (SKY)". There are ten stages in SKY. They are,

1) Purification of Soul and Body as the master passes his energy into the aspirant.

2) Understanding the secret meaning of "Pranavam" (OM) the symbol of absolute silence.

3) Arousing the Kundalini power from the Mooladara to the Agna Chakra and opening the eye of wisdom, thereby enabling the aspirant to fell the existence and function of the mystic Kundalini Power.

4) Shanti Yoga: A practice to subdue and control the force rising to the Agna Chakra, so that it may not be excessive.

5) Thuria Yoga: Meditation on the crown center.

6) Thuriyatheetha Yoga: Merging of the individual Consciousness with the Absolute.

7) Maneuver of the six temperaments viz., Greed, Anger, Miserliness, Immoral sexual passion, Vanity and Vengeance.

8) Autosuggestion to promote harmony in oneself and in the environment.

9) Fulfillment of five duties- that is duty to self, family, relations, nation and world.

10) Techniques to increase the stock of the life force (bio-current) and channelize the same.

**4.9. DIFFERENT STAGES OF MIND**

There is no apprehension as to how much a human mind can comprehend and generate constant flow of ideas and thoughts. However, just like anything on this earth, it has to be trained to a degree when it comes to everyday activities.
Siddhas practiced a particular yoga activity in which their thoughts got unified in one focus point i.e. soul and continued this penance for years. Through this they brought up the Kundalini Power from mooladhara. 'Kundam' is 'fire'. The 'force' is called 'life'. 'Ali' is a gender free word in 'life'. This was the toughest of yogas. Vethathiri Maharishi has simplified it through his researches without compromising in its qualitative result.

**4.10. GURU'S (TEACHER'S) GUIDANCE-A MUST**

Till one realizes himself he will get absorbed by his emotions that rule the mind. Whatever one feels through sensory perceptions it gets imprinted in the genetic centre. Feelings become thoughts, thoughts become deeds and results may be pleasant or unpleasant. Whatever might be the outcome of the acts, they get imprinted. These imprints pass through the brain cells and become visuals. As 'thinking', though the sixth sense is meant for it, doesn't happen in human beings they get carried by their emotions. Thus spoil their body and mind.

A teacher becomes essential to direct one towards righteousness. One desires consciously for the assistance of a guru (teacher)-he becomes readily available. At this point of time the enlightenment of the guru passes into the mind of the learner and the learner gets enlightened. 'Dheeksai ' is the word used to refer to this act, which means initiation. 'Dheeksai’ is of three kinds: Sparisa Dheeksai (by body contact), Shatsu Dheeksai and Gnana Dheeksai. These dheeksas enter the learner's life-force in the form of rays. When teacher's and learner's life-force get contact, mind is directed towards searches and researches, getting relieved from emotions.
4.11. MEDITATION

The mental frequency can be streamlined only by the mediations called Kundalini Yoga.

During meditation the mental frequency will be reduced to the extent of depth of the mind. If the meditation is practiced, the thought, deed, the experience and enjoyments activated through emotional stage become indulgence crossing limit.

The mind crosses the limit of emotional mood (14 to 40 cycles per second) to peaceful state (8 to 13 cycles per sec.) Alpha (Dhamodharan, 2002).

Further, when the mind is expanded to the level of universe the mental frequency will be reduced to 4 to 7 cycles per second-Theta stage. On further expansion of mind the mental frequency will be minute by 1to 3 cycles per second Delta stage. Now it gets unification with Divine state (Vethathiri, 2005).

Bringing the mind frequency of mind to this level and fixing it with practice are possible by the wonderful method of meditation.

This practice of mediation called Kundalini Yoga is to be learnt stage by stage through an experienced teacher.

Practicing it by reading from the books or the instruction of the others will bring risks and can harm the body and mind.

The sky masters who are experienced in Manavalakali will teach this simple method affectedly with sacrificed conscious. The sky yoga improves self control, improves concentration, memory and perspicacity (Sathyamala, 2016)
4.12. MEDITATION IN STAGES

Simplified Kundalani Yoga has nine Types of meditation. They are: (1) Agna Meditation, (2) Shanthi Meditation, (3) Thuiya Meditation, (4) Thuriya Theertha Meditation, (5) Panchendriya Meditation, (6) Pancha Bootha Navagraga Meditation, (7) Nine Centre Meditation, (8) Nityananda Meditation, (9) Divine Meditation.

The meditation is commenced by concentrating the mind on the life force and concluded by focusing on the eternal state which is the origin of life force.

It is a long Journey, where the Guru leads step by step till the distance state is revealed.

Heart is the operational centre for blood circulation. Lung is the operational centre for air circulation. Just like that mooladhara is the operational centre for life energy.

The first step of Kundalini meditation is raising life force from the mooladhara to a point between the eyebrows and observe the movement of life force.

Each meditation is explained in detail in the following section.

4.12.1. AGNA MEDITATION

![FIG. 4.1 MEDITATION](image)
Agna meditation is the first step in the practice of simplified Kundalini Yoga.

Observing the life energy by the mind is called ‘Agnai’. This life energy so far had been working in mooladar. Now it is changed to the point in between the eyebrows. This change is a turning point in the spiritual uplift. The Guru awakens the Kundalini Power, lying dormant in the mooladara chakra by this power of Meditation and raises it through spinal cord to Agna chakra.

The aspirant is able to feel the energy immediately on touching Agna Chakra.

This process is called Spairsa Deeksha Initiation through touch can be compared to a hen hatching the eggs through physical contact by sitting on it. The physical body is the product of the union of life energy of the mother and father.

Just like milk curdles when some curd is added to it, life energy of the Guru mingles with that of the aspirant not only the birth taken by body and also, the spiritual the birth.

Agna is called ‘Muthu Mugappu”, “House of Three lanes”,

The place where eyebrows and nose are joining. It is also called ‘A place on five beds, by Aluganni Siddhar. It is situated as sixth place above the five points mooladhar swathistanam, Manipooram Anagatham and Visudhi. Vallalar glorifies it as “Eyebrow lock”. It is also “upper step and ‘Forehead Eye”

When the mind is focused on any parts of the body, the life force automatically rises there speedily and start functioning. Bio magnetism is intensified at that point.

In this process, enlightenment blossoms and the life force has the capacity of elevation.

When Kundalini energy starts working in a point between eyebrows, the mind with drawing the functions through senes outside, turns inward and merges on the life force slowly.
Mind gets inward look and Mind turns inward. That is the mind, the extended form of life force turns back towards life force (feedback).

Mind merges with life force and becomes one with the soul is the self rotational energy felt as pressure.

This is called “Aanma layam” in Tamil.

Mind merges with life energy. We feel the magnitude and movements of life energy as pressure. Among the extension of five senses, we feel only the pressure force in the Agna and the other four senses are not felt.

In Agna meditation life energy is turned inward and makes to look itself.

The process of merging the mind on the life energy is ‘called Spiritual Dharsan’.

In sanskrit, it is Aathma Sasathkaram.

The frequency of the mind comes to Alpha stage - 8-13 cycles per second in Agna meditation. The body cells are streamlined according to the function of mind by reducing the mental frequency.

Cooperation between mind and body occur in mind control itself Mind gets peace. All the five senses attain peace. Pituitary glands begin to function well. Consciousness gets awareness. The six temperaments can be regulated by preventing five sinful imprints. Wisdom is elevated.

The four steps in meditation designed by the ancestors are as follows:

1. Prathyakara : Withdrawing the mind from the contact outside Contact materials

2. Dharana : Concentrating the mind at will on one thing
3. Dhyana : The mind is fixed on the life energy, the point of origin of the mind

4. Samathi : Becoming one with the Divine state by merging the mind, becoming one with it and becoming the same

The aspirant, who practice the meditation through Manavakalai is able to feel the presence of life force within him immediately after Agna initiation. He is able to understand Prathyakara, Dharana, and Dhyana as part of Agna meditation. A person is get all the three at the same time such as freedom from the lure of the senses, the ability to merge the mind with the life energy and concentration.

Its depth and value could be understood only through constant practice.

All body problems are the effect of waste thoughts of mind (Fasul Ragman 2000)

**4.12.1.1 MANEUVER SIX TEMPERAMENTS**

The life energy is a place, from where the consciousness extends as psyche and act as mind. The mind functions as perceptional feeling all over the body originating from the centre of life energy particle through bio-magnetism. Mind is a psychical extension of life force.

On experiencing the result of any action, the imprints according to the experience will be reflecting again. Meticulous training is required to streamline the thoughts, and action where by unwanted actions can be avoided. This can be achieved by withdrawing the mind from the senses and focusing it on the life energy.

Here, the mind which was wandering outside through the senses begins to look inwardly and concentrates on the life-force. When the mind takes the shape and quality, it turns as emotional feeling.
During meditation the mind reaches to micro level resulting in strength, perspicacity, and powerfullness. All the five senses attain peace. Six bad temperaments namely greed, anger, miserliness, superiority and inferiority complex, immoral sex, and vengeance are transformed, into contentment, tolerance, philanthropy, chastity, parity, and forgiveness. Senses can be controlled by the consciousness.

4.12.1.2. CONTROL SENSES BY CONSCIOUSNESS

Saint-poet Thirumoolar in one of his poems compares the five senses in man to five cows that graze at will without providing any milk.

But when they are controlled by the mind in the role of a cowherd, the wandering is halted and they yield in plenty. Not having sufficient strength, the mind functions through senses. It cannot control itself. So, the five senses and consciousness are wandering.

When the five senses are controlled, it gives good results. Agna mediation helps to eradicate the six harmful temperaments born out of five senses. When the mind is focused on the life force one is able to feel the life energy. In Agna meditation, the mind stands still from its speed. It can expand into the universe, the External Wisdom. At the same time, it can also be felt as tiny particles.

4.12.1.3. AWARENESS OF MIND

The consciousness should be in the state of constant awareness.

“I have taken this body by birth
All the imprints need to be eradicated
And attain divine state” (Vethathiri, 1990)
To achieve this, one should be aware in doing only good actions and bad ones should be avoided. While doing so five cardinal sins of lying, thieving, gambling, and rape are eradicated.

**4.12.1.4. BENEFITS OF AGNA MEDITATION**

1. Attachment of material things will disappear.

2. Self realization becomes possible.

3. Develops the ability to tread the right path.

4. Desires are controlled and greed is avoided.

5. Constant awareness is developed.

6. Conscious mind is strengthened.

7. Senses are kept under control.

8. Adamant nature, Miserliness based on hatred are eradicated and senses come under control automatically.

9. The mind turns into a single sense form the five habitual senses.

10. The sub conscious and the conscious mind work in harmony and the concentration is improved.

11. Frees form akamya karma (New karma).

12. The ability to regulate the senses with limit and method in accordance with the past present experiences and the possible future increase day by day.
13. Mind gets concentration, sharpness, straight forwardness, mental peace, saving of bio magnetism, etc. Mental and physical health body health get improved. Face becomes elegant.

4.12.2.1. SHANTHI YOGA, EXPLANATION – SPINAL CORD CLEARANCE

The centre of this meditation is the end of the spinal column. This is called Mooladhar. This is just an inch above the sex glands. When meditating on the Mooladhara chakra, the mind should be concentrated at the base of spine. This is Shanthi meditation.

During the practice of Agna meditation, the kundalini power originally located in the mooladhara chakra, travels up gradually to reach the brain cells. Due to this, some may feel heaviness in the head or have head ache. Shanthi yoga alleviates such problems.

The excess quantity of the life energy focused in the forehead of the brain, during Agna meditation flow, back to Mooladhara Chakara while performing Shanthi yoga.

Many who practice Agna meditation alone, without being aware of the security provided by shanthi yoga, get into trouble on account of the accumulation of the energy in the head.

One can get rid of these problems on practicing the shanthi yoga in a single day. Shanthi meditation is also called downward meditation. The meditation is called “Shanthi” because it reduces the intensity of heat.

The Practice of kundalini yoga was a very difficult one in the earlier period. It was a period that all cannot practice easily. Only those who had strengthened the brain cells through retention of the sexual vital fluid and attained sublimation through the practice of yoga, asana, pranayama, and kriya yoga were considered to the fit to practice Kundalini yoga.
Woman who have crossed the age of 40 and past their menstrual cycles alone were considered to be fit for the practice of kundalini yoga, depending on the physical and mental fitness. Hence they did not have to face such problems.

Some people had to face many problems, unable to adjust themselves to the awakening of the kundalini power. As they did not know the santhi meditation, doing meditation was dangerous and even risky to human life. Diseases like delusion and insanity are also cured. Mental and physical problems even lead to untimely death of many.

It was under such circumstances that some of the gurus came up with the idea of shanthi yoga to control the power of mighty kundalini heaviness on the head. The same gurus (masters) who helped to take mooladhar to Agna, helped their disciples to bring their energy to its original place. This is shanthi meditation. Only after the practice of Shanthi yoga was found out the problems due to kundalini yoga were brought to an end. Simplified kundalaini yoga can be practiced easily by both male and female who attained puberty.

While learning, driving of speed vehicles, the use of the accelerator will be taught. At the same time, the position and the use of the brake will also be taught. In this same way, shanthi yoga helps to shift the excess heat. It is done initially with the help of a master and then can be practiced independently by the aspirant. The Shanthi meditation is to be learnt on the 3rd day of getting Agna meditation. In case of head ache or other problems, Shanthi meditation is to be learnt even earlier.
4.12.2.2. BENEFITS OF SHANTHI MEDITATION

1. In Shanthi meditation body temperature will be reduced. Nervous region is pacified. Full benefit of meditation will be utilized. Meditation power is transformed in body energy.

2. The Mooladhar Chakra represents the earth concept among the Panchabhoothas. Meditation on this point helps in research connected with the earth.

3. Excess energy is transformed into physical energy, improving the health and immunity power.

4. It cures simple diseases like body pain, fever, indigestion, and constipation.

5. Shanthi yoga is to be practiced once in a week regularly by realizing its value and merits.

4.12.3.1. SPINAL CORD CLEARANCE

The life-force between Mooladar chakra and Agna chakra may get stuck to some. To get relived from this problem, spinal cord clearance practice is taught. In this practice, the passage from mooladhar to Agna is set right (cleared).

It involves shifting the mind rapidly from Agra chakra to the Mooladhara chakra and back again, along the spinal cord for a few times. At the end, the mind is fixed at the mooladhar chakra.

4.12.4.1. THURIYA MEDITATION

Thuriya meditation is performed at the crown of the head. It is also called as Brahmarandra meditation. Thuriyam is the gateway in the path of Brahmam. Thuriya stage is also called Brahmaranthiram.
Thuriya meditation paves ways to attain Brahmam with strong will with the co-operation of the activite brain cells.

The imprints of the animals acquired through hereditary and passed on through millions of generations are to be found in every man. This imprints reflect through brain and this is the personality of man. These imprints reflect as thoughts. Each cell in the brain remains a tool to co-ordinate with the personality. To get-rid of the imprints acquired in the past, the function of the brain has to be regulated and brought under our control.

Failing which the imprints reflect as thought in the mind prodding the body into action. The past acquired imprints will rise again and again. One will not be able to do good deeds even if he/she thinks to do so, on some occasions. So a discard between the thought and the actions is aroused. One will not be able to do what one thinks as good. Habit and wisdom remains at variance and he/she struggles.

This should be changed. It is necessary to get strength to bring the habit into the path of wisdom. The functions of the brain cells are to be streamlined by practicing Thuriya meditation. Due to this, thoughts will not stop. As the mind waves become very low, the thoughts are inside. The mind becomes stand still, withdrawing from its speed. Hence, imprints of past acquired in various birth, that is got through hereditary are eradicated.

Thuriya yoga is a pathway to clean the soul by eradicating the imprints. The flow of the life energy circulating through brain cells and mind can be felt as a pleasant sensation during Thuirya meditation.

This circulation of the life energy increases the bio-magnetism in the brain cells and rectifies the defective polarization of the cells. The function of the brain cells increases
due to the body and the limbs compiled with instructions of the brain. The mind attains the capacity to do actions as what it thinks. As this kundalini yoga gives the strength to personally, controls the senses by the consciousness, it is called as “Raja yoga”.

The master who initiated the aspirant into Agna meditation, by touching Agna Chakra with his finger, now initiates him into Thuriya meditation, with noble sight using his both eyes. This is called Nayana Deeksha or Satshu Deeksha. This is compared to a fish that inspires the hatching of its eggs by transfer of energy from its eyes.

During Agna meditation, the mind withdraws itself from four of the senses and perceives the life energy through the sense of touch. During Thuriya meditation, even the sensory perception is done away with. The life energy remains in its original form. The life energy remains as life force and prepares itself for merging with Divine state.

Thuriya meditation is also called as “Sahasra Yogam”, Shahasra means a thousand. That is, human brain is made up of thousands of regional valves. For each thought, many of tiny chambers get into action simultaneously. Hence, this place is called the “Sahasrara Chakra”.

While meditating on Thuriya, the life energy moves and oscillates by penetrating into all tiny cells of the brain. This flows in each tiny cell and gives a pleasant sensation. These sensational feelings may however vary from person to person.

Even though there are millions of tiny cells in the human brain, only a few portion get into activation. Plenty of the cells normally remain dormant and do not function.

When Thuirya meditation is practiced repeatedly and frequently, it triggers every cell to become functional. While doing so, wisdom blossoms into the universe and intuition
attains power. Thuirya regulates both pituitary, the master gland for the physic and pineal, the master gland for the spirit (soul).

4.12.4.2. BENEFITS OF THURIYA MEDITATION

1) Thuriya meditation is ideal for eradicating the sinful imprints in the soul and purifies

2) Thuriya meditation is performed from the level of subconsciousness. The consciousness begins to rule over subconsciousness. So, the mind gets additional expansion in this meditation.

3) Noble thoughts that emanate from a person reflect themselves in the minds of the many other people.

4) Auto suggestion and blessings work better.

5) The mind gets stronger and subtler.

6) Emotions cannot overcome the mind easily.

7) Analysis of thought, introspection, eradication of worries become better through the practice of Thuriya meditation.

8) Imprints of Prarabtha karma are eradicated.

9) Blemish (moral defects) in the body and soul are purified. (K.Sethuraman, 2016)

4.12.5.1. THURIYATHEETHA MEDITATION

Perfection of mind and Realization of Self is the real goal of life. Peace and happiness can be maintained in the life of individual and society, if one takes to the path of spiritual knowledge – (Vethathiri, 1997)
In the Thuriyatheetha meditation, the life energy realizes its origin and transforms into it. Through this meditation it becomes the Divine state or Brahamam. This is Thuriyateetha meditation.

Thuriya Theetha meditation is the ultimate state in Kundalini yoga. Realising the life energy, and merging the mind with universal magnetism in the entire universe is finally attained.

Maharishi exalts the value of Thuriatheetham by giving the correct explanation on what is meditation. Thuriyatheetha is Jeeva Brahma Ikkiyamukthi, Eternal state; Samathi. When a man think of anything he becomes that thing. His mind takes the shape and character of that thing. This philosophy is acknowledged by foreign philosophers too. On this basis, the mind which thinks of Bramhamam turns as brahamam-Aathi.

Thuriya meditation is a great valuable treasure. Everything is included in this. It is salvation. The samathi is a stage where all the secrets of universe are understood when the mind is tuned in a particular frequency.

The master through his mental power gives Thuriya initiations. This is can be called “Gnana Deeksha or Kurma Deeksha”. The tortoise, after laying eggs at the shore, goes back to sea. Then it keeps on thinking about the eggs. Its thoughts continue to hover around the eggs and this provides the inspiration for the eggs to hatch.

In the same way, the noble guru mingles his life energy with that of the aspirant and takes it beyond the universe up to the static state. He helps to realize that stage. This is why the process is ‘Kurma (Tortoise) Deeksha’.

The ultimate destination of the man is Divine state. The consciousness should elevate itself to the level of becoming aware of its origin as the Divine state.
The mind can reach the noble levels only when unnecessary habits and the imprints of emotional thoughts are eradicated from it. Realization of God is possible only in the subtle frequencies of the mind. Without the practice of the Thuiryatheetha, it is not possible to attain the divine state.

4.12.5.2. RELATIONSHIP WITH UNIVERSAL MAGNETISM

The life energy particles are called “Chitakash”. The formative dust that are ejected from them constitute Bio-magnetism. Similarly the energy particles in the universe are called “Mahakash”. The energy particles given off by them are called Universal Magnetism.

Universal magnetism and Bio-Magnetism are all formative Dust only. They are mingled with one another. The water in a well is always connected with the sea because entire ground soil is source of water. The source is connected with the sea. Likewise Bio-magnetism and universal magnetism always remain connected.

Fluctuations in the level of Bio-magnetism takes place due to body function and mind functions. To fulfill that, universal magnetism flows out into the body constantly. When a person contacts with universal magnetism through mind, his/her body accepts more universal magnetism. For linking with the universal magnetism itself mind has to expand to the level of this entire universe and meditate where upon ones life energy gets linked with universal magnetism. While this contact is made often, universal magnetism is converted as bio-magnetism. The mind is used to expand at will.

4.12.5.3. MERGING WITH THE ABSOLUTE SPACE

Certain thought that arise in the mind may be narrow or emotional in nature due to force of habits. The mind remains entangled in such thoughts unable to free itself from
them. To get rid of this, the mind has to expand beyond the universe and merge into the Absolute space. This mediation is called Paeriyakka kalam. Divine state is eternal space and it is also called Gravity in English.

Absolute space fills the entire universe in the form of universal magnetism and in the living beings as bio-magnetism. It functions as consciousness in this energy particle. People mediate by fixing their mind on Absolute space. The space which exists beyond this universe is consciousness. The mind functions at Alpha state that are 1 to 3 cycle/sec. at Absolute space. In this universal field mind functions at Theeta stage that is 4 to 7 cycle/sec.

The mind which was functioning at Alpha stage in the Thuriya meditation (8-13 cycle/sec.) expands to the level of universe and beyond with Absolute space and comes to attain the Delta stage (3-1 cycle/sec).

4.12.5.4. MATTER AND ENERGY

When this truth is understood, it becomes clear that the life energy is not the “I” in the individual because the universal soul itself has become the life in the individuals. The Omnipresence of universal field can be realized. When the mind and the life energy expand beyond the confines of the physical body to merge with the entire universe, it is a meditation on universal field.

When the mind travels beyond the universe in its various forms, it reaches the boundless Absolute space. Our Consciousness is Absolute space, Divine state is also Absolute space. Absolute space functions as consciousness. Absolute space is Totality. The life energy is the fraction of Totality. Absolute space is the macrocosm. Life energy particle is microcosm.
If the Absolute space can be compared to a sea, the life energy particle is a mere droplet of water. Absolute space is static stage. Life energy particle is its dynamic state.

Hence the mind, habituated to transforming into waves, and thinking about small things, can be brought into a standstill only through a process of expansion to its maximum level of an object which is boundless at which point it can expand no more. The mind comes to a stand-still only when it cannot transform into a shape or quality and is in a state of equanimity.

When people looks at an elephant, they takes the shape of an elephant. They attain the quality of an elephant. When they see any object, they transform into shape and quality of the object. But when the mind thinks of the Divine state, the Omnipresence, in the Absolute space, it transforms into Absolute space. The consciousness expands and mingles with Divine state to the extent of expansion of absolute space. This is “Samathi State”. ‘Samam’ means equal and ‘Adhi’ means the primordial state. The Primordial state is the origin of everything. It is eternal. This is Absolute space. Absolute space is the basis for all matter and there is no matter prior to this, it is called “Anathi”.

Realizing this through consciousness and attaining purification and remaining as the one is the ultimate noble achievement for man. To realize it, absolute space is functioning as consciousness in the body, one has to practice deep meditation by becoming one with it. While practicing this, the mental frequency attains Delta stage. (i.e.) 3-1cycles/sec.

For ordinary people, when reaching the level of 3-1 cycles per second it is called coma stage. In the coma stage, the person becomes unconsciousness and he is beyond the feeling of anything. Even in this stage the mind will function in subtle state. But in the Thuriya theetha meditation, this state is attained with full “awareness”.
4.12.5.5. SUBTLE STATE

When the mind merges with the Divine state during Thuriyatetheetha meditation, the frequency of the mind waves comes down to very subtle levels. The life force is activated to the extent it perceives anything and knows anything. At that time, a link is established between oneself and the objects as a stable one. It activates us with material benefits.

For example, let there be 2 units of sound energy in our body, 2 units of sound energy are transformed through ears magnetic waves. So, a sound consisting of 10 units is heared. Immediately, the transformation in the body goes upto 10 units. When it is raised from 2 units to 10 units, there is excess of 8 units. The higher level of 8 units is perceived as sound. Like wise, any stage and level one transcends and activate is known as “Perception”.

In Thuriyatetheetha meditation, the mind transcends to the level of sensory perception and reaches the primordial state, this gives the ability to mind to cognize even subtle matters. So, practice is necessary to bring the mind to subtle state. When practiced accordingly, conscious attains minuteness and sharpness. One thinks about many actions in his/her life. They analysis deeply, but fail to perceive further. This is because of the incapability of the mind to attain the frequencies required to perceive the thoughts any further and retain. It is due to lack of proper training to the mind.

Through Turiyatetheeta meditation practice, the mind attains the capability to remain at any desired frequency including the very subtle one, whereby humans can think of anything deeply and get attachment with that. Hence, in order to achieve sharpness, intelligence, and true knowledge the mind is to be trained and retained by practicing at alpha, Theeta and delta frequencies.
Anything can be done with this good result through a deep analysis of the past experience, the present circumstance and the possible outcome of every action such ability of the consciousness is called ‘Trikala Gnanam’. Such ability can be achieved through Thuriya Theeta meditation.

4.12.5.6. BENEFITS OF THURIYA THEETHA MEDITATION

Generally every meditation provides certain benefits. Thuriyatheeetha meditation gives everything that life requires. The consciousness attains perfection by acquiring a clear knowledge regarding the connection between the living beings and the Divine state, as well as the qualities and functions of the body, life force, the consciousness and universe. Duty consciousness improves through this realization. The role is that this performance of one’s duty plays in the development of the individual, besides providing strength, happiness, contentment and peace becomes clear. It provides the inspiration for putting it to use for the welfare of human kind. In this ecstasy that the realization of the Divine state provides, virtue of morality, duty and charity becomes a part of life and the individuals excel in their role as a seer. The soul gets purified. The purpose of life is achieved. The cycle of birth and death comes to an end and salutation is attained.

1. The mind merges into the divine state
2. Salvation is achieved
3. Bad imprints are eradicated and get relived from Sanchita karma,
4. Ego, illusion and imprints are eradicated totally.
5. Thirikala Gnanam becomes possible. Perspicacity develops.
6. Unification with the soul of the guru is attained.
7. Mind gets satisfaction

8. Limitation in enjoyment of worldly pleasure will be achieved.

9. The cycle of birth and death comes to a close.

By this practice, one can experience the truth that Divine state which is the form of static state is functioning as consciousness within him. The purpose of life is achieved through cleansing and glorification of the genetic centre.

(Vethathiri, 1996)

4.13. SPECIAL MEDITATIONS

4.13.1. PANCHABOOTHA MEDITATION

Everything in the Universe is the result of an association of the Panchabhoottas. Bhootha means matter, one of the states of matter that make up the Universe. The five states of matter are the earth, water, fire, air, and Akash. Panchabootha Meditation is the
meditation on the individual state of matter whereby the energy waves that emanate from them are converted into physical and mental energy waves in our body.

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

4.13.1.1. WAVES FROM THE PANCHABHOOTHAS

The bio-magnetism in the body undergoes changes according to the nature of the energy waves it comes into contact with. Humans are constantly exposed to the energy waves that are given off by the stars and planets, as well as the objects and the people around them. They may be beneficial or harmful to them. The waves that cannot be borne by them produce ill effects and they can overcome them by adjusting themselves suitably.

The steadfastness and resistance power to withstand the effects of the waves that are unfavourable to one is essential. This can be achieved by linking ones life energy, bio-magnetism and mind to the Panchabhoothas through meditation. For example, when meditating on the earth, It is autosuggested that 'the energy waves given off by the earth should be favourable at all times and in all places'.

Also one must make autosuggestion to know about the secrets of the universe. Regular practice of Panchabhootha meditation protects us from the elements and helps us establish harmony with them. Our life energy mingle with the Panchabhoothas and the mind becomes strong. The mind that is merged with five elements of nature is capable of
accepting happiness, disgust or failure with equanimity. All the needs are fulfilled through
the bounty of Nature. Such a mind can have a link with any object and energy and benefit
from them. At this level, mind unravels secret of origin, function and their start and end
the cycle of this universe. Thus, mind is able to clearly understand the nature and get
benefited by them.

The consciousness inherent in the divine state first became active in the
Panchaboothas as pattern, precision, and regularity in everything. The physical structure of
any object is the result of an association of the energy particles and the ratio of the
association is decided by the Consciousness. The Consciousness of the Divine State
functions as the Force and Consciousness in all living things.

4.13.1.2. PANCHABOOTHAS AND HUMAN BEINGS

Living things are also the result of an association of the Panchabhoothas.
The Consciousness which functions as the Pattern, Precision, and Regularity in the
non-living things also functions as the perceptive qualities of Cognition, Experience, and
Discrimination in the living beings. Similarly, the living things are endowed with the additional
faculty of perception, which enables them to perceive everything in the Universe.

In man, this goes one step further in the ability of realizing his own Self. This is the
Sixth sense. Besides cognizing the transformations of pressure, sound, light, taste, and
smell, man is capable of realizing the force that exists behind these transformations.

Cognition takes place through conversion of bio-magnetism. When the Consciousness
comes into contact with the Panchabhoothas, instances of cognition, experience and
discrimination takes place.
All the needs are fulfilled through the bounty of Nature. Everything in Nature is an association of the Panchabhoothas. In order to establish harmony with the energy waves emanating from the objects around us, meditation on the Panchabhoothas is essential. One should always maintain this link with Panchaboothas. Merging the mind with energy of Panchaboothas, One realizes the origin of Panchaboothas and get protection from them. Humans are benefited by knowing the value of everything, establishing a link with it and understanding the secrets of its origin. They are also protected by the earth, water, fire, air, and akash at all times.

4.13.1.3. BENEFITS OF PANCHABHOOTHA MEDITATION

1. Humans are benefited through the harmony established by them with everything around them.

2. The secrets behind everything are revealed to and they are protected.

3. The body and mind are strengthened and rejuvenated.

4. Immunity power increases.

5. The Earth, Water, Fire, Air and Akash in Panchabhootha Meditation are understood. They are benefited by 1) respecting their values and greatness, 2) getting life link with them 3) knowing their secrets in the evolutionary process, 4) getting protection from them in all the activities, day and night, at all places and 5) utilizing them in better and beneficial ways.

4.13.2. NAVAGRAHA MEDITATION

Planets are formed with a combination of Panchaboothas. They have a direct influence on life of Human beings. Navagraha meditation involves concentration on the Sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Rahu, and Kethu:
<table>
<thead>
<tr>
<th>S.No</th>
<th>Planet</th>
<th>Distance from Sun (Miles)</th>
<th>Days to rotate around the Sun</th>
<th>Colours</th>
<th>Related to Body</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sun</td>
<td>9 crore miles (from earth)</td>
<td>-</td>
<td>Orange</td>
<td>Bones</td>
<td>Fame, Wealth, Longevity</td>
</tr>
<tr>
<td>2</td>
<td>Mercury</td>
<td>3 Crore miles</td>
<td>88 Days</td>
<td>Green</td>
<td>Skin</td>
<td>Fame, Wealth, Longevity</td>
</tr>
<tr>
<td>3</td>
<td>Venus</td>
<td>6 Crore miles</td>
<td>225 Days</td>
<td>White</td>
<td>Sexual vital fluid</td>
<td>Fame, Wealth, Longevity</td>
</tr>
<tr>
<td>4</td>
<td>Moon</td>
<td>2.3 lakh miles (from earth)</td>
<td>29 Days</td>
<td>White</td>
<td>Blood</td>
<td>Fame, Wealth, Longevity, Physical health</td>
</tr>
<tr>
<td>5</td>
<td>Mars</td>
<td>14 Crore miles</td>
<td>18 months</td>
<td>Red</td>
<td>Marrow</td>
<td>Bravery, Realization, Knowledge of Science</td>
</tr>
<tr>
<td>6</td>
<td>Jupiter</td>
<td>48 Crore miles</td>
<td>12 Years</td>
<td>Gold</td>
<td>Brain</td>
<td>Wealth, Realization</td>
</tr>
<tr>
<td>7</td>
<td>Saturn</td>
<td>88 Crore miles</td>
<td>30 Years</td>
<td>Grey</td>
<td>Nerves</td>
<td>Longevity, Wealth, Physical Health</td>
</tr>
<tr>
<td>8</td>
<td>Black Holes</td>
<td>-</td>
<td>-</td>
<td>Black</td>
<td>Ojus Breath</td>
<td>Realization, Wealth, Physical Health</td>
</tr>
</tbody>
</table>

Each planet emits rays according to the nature of its chemical composition and these rays produce changes in the objects they strike upon. Human, 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 the periods of their proximity to the earth varies regularly. This results in periodical changes in the volume of the rays received from the sun and the 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 the planets, which may be beneficial or harmful to it.

4.13.2.1. SIX TYPES OF CHEMICAL CHANGES

The human body undergoes chemical changes due to six reasons. Heredity, food, thought, action, movement of the planets and environment clashes induce changes in the magnetic, electrical and physical fields in the body. Heredity and the transition of planets are interlinked with each other. These links influence upon the life of human beings and accordingly alter the conditions of body and mind.

4.13.2.1.1. HEREDITY

A Child is produced on the association of Sexual Vital Fluid of both male and female. The child’s health and quality are dependent upon the parent’s age, physical health, greatness of consciousness, material comforts, and the qualities of sexual vital fluid. They also dependent on the waves emanated from the planets like earth and sun, according to the chemical changes emanated as waves, as per the position of attraction, repulsion, gravity, etc.
4.13.2.1.2. TRANSIT OF THE PLANETS

The distance between the earth, the sun and the angle of their positions has to be calculated when a child is born. There are trillions of planets and stars in the sky, lying beyond the Solar System. They have been divided into 27 groups by our ancestors and each group is made up of millions of stars. Each group is known by a particular name and the group is commonly referred as stars. The 'stars' travel through the Universe, which is called the Zodiac. The entire Zodiac is divided into 12 known as the Houses of the Zodiac. The 12 houses are called as Mesham, Rishabham, Mithunam, Kadakam, Simham, Kanni, Thulam, Vrischikam, Dhanusu, Makaram, Kumbham, and Meenam. The position of these planets in the Zodiac is charted at the time of birth of a child and predictions regarding its health, intellect and other qualities made, based on the position of the planets. The planetary position at the time of the birth of the child forms the basic capital in its life.

The proximity of the planets to the earth decides the quality of their rays and the influence they exert on that of the individual. When two planets come in a line during the course of their transit, it is called the conjunction of the planets. Their rays mingle before striking the earth with suitable changes in their effects.

Besides this, changes in the position of the 9 planets during the course of their transit through the Zodiac induce changes in the quality of their rays. They affect the individual all through his life, which may be favourable or unfavourable to him. Such changes will not affect the people with spiritual inclination as much as it does to others on account of the subtle nature of the mind waves given off by them.

When the 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 the planets.
Receptivity can be improved and the ill effects warded off by establishing harmony with the individual planets. The rays (may) turn out to be beneficial too during meditation. The individual is automatically protected against any bad effects from the rays.

**4.13.2.2. BENEFITS OF NAVAGRAHA MEDITATION**

1. The ill effects of the rays from the planets are averted and the practitioner is protected.

2. The life energy merges with the energy from the planets with good results.

3. The mind becomes capable of expanding to its limits.

4. Mind is purified.

5. Quality of the mind is improved and spiritual elevation takes place.

6. Life becomes beautiful and fruitful.

7. Imprints in the body and the soul are eradicated and an inner light begins to glow.

8. Feelings of love and compassion become natural.

9. This meditation enhances fame, longevity in life, success, wealth, knowledge, happiness, beauty, physical and mental health and friendship. It provides a good life partner, helps make discoveries, protection from enemies, realization of Truth and an opportunity to see the world.

**4.13.3. PANCHENDRIYA MEDITATION: EXPLANATION**

Panchendriya meditation is the meditation on the five sense organs. The biomagnetism in the body is transformed into pressure, sound, light, taste, and smell through the sensory organs. That is transformed into five kinds of magnetic waves. The five sensory organs are called as Panchendriyas or the five Gnanendriyas.
The five sensory organs are:


The Panchabhoothas are five and the sensory organs are also five. The Panchabhoothas are akash, air, fire, water, and earth and the sensory organs are the skin, tongue, nose, eyes, and the ears. The sensory perceptions are touch, taste, smell, light and sound. Beyond the sensory perceptions lies the perception of Truth. During Panchendriya meditation, the mind focuses on the five sense organs, whereby the organs begin to function well. The biomagnetism undergoes transformation in the sense organs.

It is important to know about the origin of the sensory organs, their relationship with the external world and how they generate sensations of pleasure and pain.

**4.13.3.1. ORIGIN OF THE SENSORY ORGANS**

The Universe is made up of five elements or states of matter. The first element, Akash, comprises of an attractive force and a repulsive force which are felt in the form of a pressure. Living beings cognize this pressure through the sense of touch on the skin of their body. Touch is cognized by the skin that covers the entire body of a living being.

The energy particles, with their repulsive force, undergo reduction in their speed of rotation and associate to form air. Two atoms combined together to form air. The ears serve to hear the sounds carried through the air. With further reduction in the speed of their rotation, the energy particles come closer together, to form fire. The quality of light in the fire is cognized by the eyes. Next comes water, followed by earth, where transformations into taste and smell takes place, respectively. These are cognized by the tongue and the nose in the living creatures.
The transformations in the five elements are perceived by the five sensory organs. All transformations of magnetism in the Universe are cognized by the senses in the living beings. Cognition takes place through transformation of biomagnetism, which in the five sensory organs is called the Pancha Thanmathras.

### 4.13.3.2. Universal Magnetism and Biomagnetism – Link of Origin

Both the physical and astral bodies are made up of the energy particles. They form the life force in all the living beings. The body is formed through an association of the Panchabhoothas of which the life energy is the one. Biomagnetism is given off by the spinning life energy particles in the living beings. Universal magnetism is received by the living things from external sources.

The circulation of biomagnetism produces polarity between the cells of the body. Besides this, it is transformed into pressure, sound, light, taste, and smell for the normal functioning of the body. Fluctuations in the level of biomagnetism takes place in the body. Friction caused by an obstruction in the flow of the biomagnetism in the body becomes perception. In other words, 'obstruction is perception'.

An increase in the level of perception results in consumption of extra biomagnetism. For an example, when heat is applied to any part of the body, consumption of biomagnetism in that part increases. Harmony is set when the production of biomagnetism and its conversion due to external factors is balanced. For example, if the consumption of biomagnetism is 3 units against a production of 2 units, the level of biomagnetism goes down steadily, resulting in pain sensation. Fluctuations in the level of biomagnetism take place throughout the life of an individual.
4.13.3.3. SIGHT THROUGH THE EYES

External objects or incidents activate our senses and conversion of biomagnetism takes place in the sensory organs. Anything is seen only when the light rays that comes out of the eyes are increased to the level that is given off by the objects around. If the light rays given off by anything are more than what is in the eyes, the eyes are automatically activated and more light flows out from them. The increase in the quantity of the rays enables to "see" the things around.

For example, 2 units of bio magnetism are being transformed into light in the eyes. One watches a program on the television, where the quantity of light rays coming from the set is 10 units. The conversion in our eyes also goes up to 10 units and the picture on the TV is visualized. On the other hand, the light rays that strike the eyes are lower than the level in the eyes, the object would not be visible to us as no activation takes place. This is the reason why objects in a room with a poor light are not visible immediately on entering it from a well-lit place.

4.13.3.4. TASTE THROUGH THE TONGUE

Taste is cognized, when the level of conversion of bio magnetism in the tongue goes up to the same level, as the object placed on it. Suppose the rate of conversion is 2 units and something is eaten with 10 units of sweet in it, the conversion immediately rises up and the taste of the sweet felt in the mouth.

Suppose, eating the sweet had raised the conversion to 6 units. Another sweet is eaten and the rate of conversion now goes up to 10 units. This level being the same as in the sweet, the taste of the second piece is also felt. But if third piece is eaten at this point,
its sweet taste may not be realized on account of the fact that level on the tongue has already reached the optimum and no further conversion is possible.

If a cup of coffee were to be taken now, the sweet taste of the coffee would not be felt on account of the fact the level of sweet in the coffee may be around 4 units, whereas a conversion at the rate of 10 units is taking place on our tongue. This lower level is not perceived by the body. But if the coffee is taken after some time, when the conversion on the tongue has come down gradually to levels below 4, the sweet taste in the coffee will be perceived by the body.

All the sensory organs function on the same principle. Sensory perceptions take place when the life energy is subjected to aggravation or acceleration according to environmental changes. Hence:

1. Sensory organs form the means for consumption of biomagnetism.
2. Life energy is expended during sensory perception.
3. Pleasure and pain sensations are the result of consumption of life energy.

**4.13.3.5. SENSUAL AND MATERIAL ATTRACTION**

Life energy is used during the course of sensory perceptions. Pleasure is the result. This gives a wrong opinion that they are the result of sensory perceptions. This is called the state of sensual forgetfulness of the mind. Attachment, attraction, and glamour for materials are the illusory state which is formed by the same materials at the space of time. When the mind is trapped into this state is called Habit. In this state of mind sense organs are used more and more to seek pleasure. But the life force is actually destroyed and one fully fall into misery. Constant use of sense organs in the state or illusion produces imprints of habit.
Life energy is used up at an accelerated rate during the pursuit of sensory pleasures. So one thinks that these pleasures are born from the use of materials. This is called material attraction. Material Consciousness is where the mind gets entangled with the enjoyment of object and senses. The use of any object makes one aware of its existence. Being aware of the ‘user’, the ‘used’ and the process of use is ‘spiritual awareness’. Without this Spiritual Awareness, one enjoys the material and sensual pleasures. This is felt pain when losing the life force. The enjoyment of material pleasure becomes a habit. This leads us to expend the energy and to destroy it.

When the level of life force is in surplus, the need to use it up rises. By habit, one seeks ways to expend it pleasurably from its earlier experiences. Instead, one should increase the immunity power in the body while enjoying the pleasures of objects and senses and conserve the energy with awareness. Panchendriya meditation helps producing this awareness.

4.13.3.6. MEDITATION ON THE SENSE ORGANS

Biomagnetism is used up during the functioning of the mind. Sensory perceptions, as well as thoughts also use up biomagnetism.

Short circuit in biomagnetism is felt as a pain sensation by the body. Persistent pain results in diseases. A deficit in the level of biomagnetism occurs in any part of the body suffering from pain and the mind is automatically drawn to that spot, to make good the shortfall. Through a repetition of the process, the affected part is well supplied with biomagnetism and the pain is cured naturally.
4.13.3.7. BENEFITS OF PANCHENDRIYA MEDITATION

1. Awareness dawns, whereby the lure of sensory pleasures is overcome.

2. Attraction for material things disappears. Measure and method in enjoyment is practiced.

3. Thoughts, words and deeds are controlled. Good results follow all actions. Quality of experiences and analysis is improves.

4. Material consciousness is removed and spiritual consciousness rules the mind.

5. Eradication of Sensual attraction and awareness to body and soul get benefited.

6. It provides peace and clarity of thought. The practitioner is no longer a slave to his senses.

7. Excess transformation of bio magnetism into pressure, sound, light, taste and smell is avoided.

4.13.4. NITHYANANDA MEDITATION – EXPLINATION

'Nithyam' means constant, every day, every minute, second, etc. 'Anandam' means ecstasy. Nithyam and Anandam together make Nithyananadam. 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. Self-realisation produces ecstasy and Nithyanandam paves the way for this. When the mind remains focused on the body with the realisation that the Divine State is the Self, universal magnetism mingles with the biomagnetism. It also makes way to ecstasy to fill the mind, at will.
Life energy circulates within the body. Life energy particles are tinier than air particles. Life energy has the ability to contract and expand, on account of which we can contract and expand at will and bring it under our control.

The ancestors who discovered the ability to control the life energy particles at will, postulated that the life force functioned through the Central Nervous System and the Autonomous Nervous System in the body. The Central Nervous system works as per the instructions of the mind. The brain and the spinal cord come under the Central Nervous System. The Autonomous Nervous System does not come under the control of the mind, but functions on its own. The heart, lungs, digestive system, the urinary system, etc., work under the Autonomous Nervous System. All movements of the body, like the movements of the arms, the legs or the other parts that are voluntary are performed on the basis of the instructions of the mind. Mind is an energy wave that emanates from the life energy particles. The mind has the ability to expand farther as well as travel faster than the life energy particles. Each movement of the body is performed under the prompting of the mind.

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

4.13.4.1 BENEFITS OF NITHYANANDA MEDITATION

1. This meditation helps to spread the energy all over the body, rejuvenating the cells and activating them.
2. Constant happiness prevails. Ecstasy rules the mind.

3. Immunity is increased.

4. Mental strength and perspicacity increases.

4.13.5. NINE CENTER MEDITATION – EXPLANATION

This meditation has to be learnt and practiced under the guidance of a master.

The mind is focused on 9 points during this meditation. They are:

1. Mooladhara.
2. Swadhishtana
3. Manipooraka
4. Anahatha
5. Visudhi
6. Agna
7. Thuriyam
8. Universal field
9. Absolute Space

Meditation is done on the 9 centers. 7 of them are located within the body and, the universal field and Static State are located outside the body. Meditation commences at the Mooladhara Chakra, followed by the meditation on each of the other Chakras and concludes when the mind merges with the Divine State.

The endocrine glands convert the bio magnetism into the various chemicals necessary for the functioning of the body. The secretions of the endocrine glands are called as hormones or enzymes. They are also known as bio chemicals on account of the fact they are derived from the bio magnetism. It has already been seen how bio magnetism transforms into pressure, sound, light, taste and smell in the body. In the same way, the endocrine glands convert bio magnetism into the biochemicals. A few milligrams of which are sufficient for the normal functioning of the body.

The bio chemicals also take care of the metabolic and catabolic functions.

The endocrine glands also produce the hormones necessary for the psychosomatic functions of the body. The points where the endocrine glands are located are called as the Chakras in philosophy.

The hormones enter the bloodstream to reach every cell in the body. They perform a variety of functions, like regulating the level of glucose and sodium, as well as taking care of 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 the other glands through the blood vessels. Similarly, when the secretion of the pancreas is in excess, the other endocrine glands work together to balance it. Each gland takes care of the others and also protects itself at all times.
Generally, the life energy is situated in the Mooladhara Chakra, except in the case of those involved in deep research, where it moves up and locates itself in one of the other Chakras. When the mind attains very subtle frequencies, the life energy automatically begins to move up from the Mooladhara Chakra. It travels through the other Chakras, to reach the Agna Chakra, from where it moves up to Thuriyam.

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

The endocrine glands have to be well supplied with biomagnetism for improving their function. Nine center meditation has been designed with this purpose in mind, where meditation on the 7 Chakras is followed by meditation on the universal field and the Divine State. During the meditation on the Divine State one merges with it.

Initiation to Agna meditation is the first step in Simplified Kundalini Yoga, where the center for the life energies is shifted from the Mooladhara Chakra to the Agna Chakra, with the help of an experienced master. The other 4 Chakras, viz. Swadhishtana, Manipooraka, Anahatha, and Visudhi are bypassed during this process, for the simple reason that passing through each of the Chakras to reach the Divine State can consume a lot of time and effort. This meditation has been designed in such a way that meditation on the individual Chakras becomes easy once the aspirant begins to meditate on Agna, Thuriya and Thuriyatheetha. Physical and mental health improves. The following section throws light on the individual Chakras.
4.13.5.1. MOOLADHARA CHAKRA - THE SEX GLAND

a) Psychological Functions

It is where the life energy begins its function. It is located at the base of the spinal cord, around one inch above the anal opening. It represents the earth among the Panchabhoothas. The sex glands are located close to the Mooladhara Chakra.

1. Meditation on the Mooladhara Chakra helps the work connected to geology, archeology, etc.

2. Excess spiritual energy is converted to physical energy.

3. Immunity increases. Problems like body pain, headache, fever, indigestion, blood pressure and constipation are alleviated.

4. Circulation of life energy in the body improves. Shanti Yoga is done on the Mooladhara Chakra.

5. Physical energy is converted to spiritual energy and vice versa as per the requirements of the body. Many benefits accrue from this.

b) Physiological Functions

It takes care of the hormones secreted by the ovaries, testes, prostrate gland and the seminal vesicles. It also looks after the health, sex urge, peace of mind or agitation that may occur during old age, insomnia etc.
4.13.5.2. SWADHISHTANA CHAKRA (ADRENALS)

a) Psychological Functions

1. This is the second Chakra located in the front, around 4 inches below the navel. It represents water among the Panchabhothas.

2. Develops extra sensory perception.

3. Chances of attunement with souls.

4. Controls sexual urge and the development of mystic powers. Meditation on the Swadhishtana Chakra should be restricted to a minimum period. (1 or 2 minutes at the most).

b) Physiological Functions

Adrenals, located on the top of the 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 in blood pressure and acidity in the blood. Failure of the gland leads to certain death and administration of adrenalin, artificially, becomes essential.

4.13.5.3. MANIPOORAKA CHAKRA (PANCREAS)

a) Psychological Functions

This is the third Chakra, located near the navel. It represents fire among the Panchabhothas. This point is suitable for purpose of astral travel.
1. Develops extra sensory perceptions.

2. Develops clairvoyance and telepathy. This faculty can create problems and is better be avoided.

3. Chances of getting attunement with the soul of saints.

4. Helps to regulate body temperature and control blood pressure.

5. Helps to win the affection and the respect of the others. Mystic powers are developed.

b) 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 the pancreas, controls the level of glucose (sugar) in the blood and also stimulates the cells to use glucose.

When the pancreas fail to function properly, insulin enters the blood stream and the level of sugar in the blood drops drastically. This produces craving for sweets and the pancreas are made to work harder to keep up with the additional intake of sugar. This leads to diabetes and the pancreas are further affected on account of this. People suffering from diabetes have to be administered regular doses of insulin for controlling the level of sugar in their body. But this treatment does nothing to correct the function of the pancreas and the entire digestive system is affected over a period of time. The blood becomes thicker and its circulation is affected.
4.13.5.4. ANAHATHA CHAKRA (THYMUS GLAND)

a) Psychological Functions

This is the fourth Chakra, located underneath the breast bone around four fingers above the diaphragm. It represents air among the Panchabhoothas.

1. Increases will power, enthusiasm, courage, confidence and talents.
2. Develops intuition, telepathy and the ability to make discoveries.
3. Fear, cowardice, and complexes are eradicated.
4. Develops keenness of mind to analyse thoughts and arrive at the right conclusions.
5. The confidence and the ability to implement them is also developed.
6. Develops the ability to isolate one from the worldly affairs.

b) Physiological Functions

The Thymus gland attains full growth only within a few days of the birth of a child. It is located in the middle of the chest, i.e. below the breastbone. It controls the functions of the heart and the 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 the Thymus gland mingles with the blood and enhances the resistance power of the body. However, the secretion of Thymocin goes down by the age of 50 and gradually comes to a stop.
4.13.5.5. VISUDHI CHAKRA (THYROID AND PARATHYROID GLANDS)

a) Psychological Functions

This is the fifth Chakra, located near the Adam's apple in the throat. It represents Akash among the Pancha bhoothas. Meditation on the Visudhi Chakra activates the Thyroid and Parathyroid glands.

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 and transforms into life energy. Physical and mental health improve.
4. Secrets of the Universe are revealed. Contact with the Universal Consciousness is established.
5. Frequencies of the mind come down to subtle levels and consumption of life energy is reduced.
6. Helps to achieve expansion of the mind, magnanimity, philanthropy, broad mindedness, and tolerance.

b) Physiological Functions

Thyroid glands are pink in colour and are located on either side of the Adam's apple in the throat. It is the 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 the metabolic functions of the body. It has connections with the respiratory system. Thyroid gland secretes 2 hormones which together provide
2/3 of the iodine required by the body. The Hypothalamus and Pituitary gland together regulate the secretion of the hormones by this gland.

The secretions increase during the 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 the Thyroid gland supplies calcium to the bones and the teeth. Parathyroid gland that functions in conjunction with the Thyroid gland supplies calcium from the bones to the blood. The amount of calcium in the bones is regulated by Calcitonin. Abnormal functioning of this gland produces obesity, cramps, bone problems, toothache, etc.

4.13.5.6. AGNA CHAKRA (PITUITARY GLAND)

a) Psychological Functions

It is the sixth Chakra located between the eyebrows.

1. This meditation is a turning point in spiritual awareness. An inner light blossoms and the life energy moves up.

2. Attachment to material things disappears. Self-realization dawns. Achieves the ability to tread the right path is activated. Desires are moralized 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 calmness are prevailed.

5. Total concentration, bereft of unwanted thoughts becomes possible.
6. Mind filled with compassion.

7. The mind contracts to a single sense, the sense of touch alone. It becomes tranquil.

8. Frees the Self from Akamya Karma.

9. Mind attains calmness by reaching the Alpha State.

10. Needs, habits or circumstances do not sway the Consciousness.

b) Physiological Functions

Pituitary gland is pink in colour and located below the brain. It performs many complicated functions, next to the brain. It can make or mar the health. It is so referred to as the 'Master gland' or 'The Conductor of Ductless Glands'. It receives commands directly from the Hypothalamus in the brain. It controls and regulates the other ductless glands in the body.

When any of the other glands malfunction, the Pituitary 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 the bones, maintaining youth, controlling the height etc. are some of the functions of the Pituitary gland. The functions of the kidneys are also controlled by the Pituitary gland. Any deficiency in the gland, at the time of birth, makes the child hyperactive, prone to lying and bad behaviour.

4.13.5.7. THURIYAM (PINEAL GLAND)

a) Psychological Functions

This is the seventh Chakra, located at the crown of the head. It is called as "Brahmarandhram", the gateway to the Divine.
1. Mind realises its origin as the life energy.

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

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 the secrets of the Universe begin to unfold in the mind. Clarity and courage increase. This state of mind is commonly seen among philosophers and those involved in scientific research.

5. Constant practice of meditation at Thuriyam eradicates Prarabdha Karma. Mind is purified. All parts of the brain become fully active. Evil thoughts are superimposed with good ones, born out of awareness. Life becomes reorganised with purity of thoughts.

6. Noble thoughts that come from a person reflects in the minds of the others. Autosuggestion and blessings become more effective.

7. Introspection, analysis of thoughts and eradication of worries work better after Thuriya meditation. The sub-conscious mind dominates the conscious mind and peace prevails.

8. Mind remains in the Alpha state of 8 - 13 cycles/sec. constantly.

b) Physiological Functions

The Pineal gland is cone shaped. It plays an important role in the transformation of thoughts into action. It can be said to be the abode of the life energies. Scientists refer to it as a clock within the body. Even though the gland is located in the deepest recesses of the
brain in total darkness, it is capable of cognizng the external world in the form of light and shadows through the eyes. A study of the cross section of the Pineal gland reveals that it capable of receiving universal magnetism directly.

In the evening, as darkness sets in, the Pineal gland begins to secrete a hormone called Melatonin. This secretion is stopped as dawn approaches. In winter, when the nights are longer, secretion of Melatonin is more and in summer, when the days are shorter it is less. This creates a doubt whether a change in the mental condition does take place, according to the change in the seasons.

4.13.5.8. UNIVERSAL FIELD (PAERIYAKKA MANDALAM)

Paeriyakka Mandalam or the dynamic universe, forms the eighth point of the Nine Center meditation. This is the universal field. The mind expands to become one with the Universe, made up of millions of stars and planets. The frequencies of the mind waves come down to the Theta level of 4 - 7 cycles/see, at this stage of the meditation. The first seven centers are located within the body and the last two outside, to be reached through expansion of the mind.

The planet earth, is a part of the 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 a human being is but a tiny dot. The mind expands to include the entire Universe and becomes one with it, when the secrets of the Universe are revealed.

4.13.5.9. ABSOLUTE SPACE (STATIC STATE)

The Static State is the ninth point in the meditation. This is the Divine State. The Divine State is also called as the Absolute Space, Static State, Shunyam, Siva Kalam,
Adhi, Anadhi, Brahmam, Poornam, Truth, Absolute, Sivam, Parama Pitha, Consciousness, Salvation, etc. for example perfection, and homecoming of the soul refer to attainment of this state.

The mind expands beyond the functional Universe to attain the formless Divine State, that lies beyond and becomes one with it. Plenum, Force, Consciousness, and Time are the characteristics of the Divine State.

It is the Mighty Divine Fluid, Totally Dark, Omnipresent, 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 of 1 - 3 cycles/sec, the Delta state of the mind.

Every object in the Universe has a shape and quality and gives off vibrations. The mind assumes the shape and the quality of the object it thinks about, When the mind thinks about the formless Divine State (also called as Brahmam, Shunyam 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 Thuriyatetheetha meditation. Constant practice of the meditation brings the mind to a state of total stillness. Boundaries make the mind travel beyond them. When there are no boundaries the mind becomes one with the Absolute. That is why Vethathiri Maharishi has called Thuriyatetheetha as the State of Totally.

The Consciousness achieves Totality, by becoming one with the Divine State. The Consciousness and the Divine State become one. Life energies merge with the Divine and Thrikala Gnanam dawns. Ego, illusion and imprints disappear totally. The mind rules
the senses. Intuition grows and problems disappear. Thuriyatetheetha is where the Jeevatma unites with the Paramatma. It is the state of Samadhi and the homecoming of the soul.

The state of Samadhi is where the secrets of the Universe are revealed to the mind, just as everything is visible to the eye when seen from the top of the mountain. Thuriyatetheetha meditation probes the very depths of the mind. The deeper one goes into this meditation, the greater the peace he attains. Imprints of Sanchitha Karma, Prarabdha Karma and Akamya Karma are eradicated. Even chronic diseases are cured. The Consciousness attains peace and respite. Purification of the mind and purification from imprints are achieved. Attaining this is the purpose of all human birth.

4.13.6. 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 the 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 had, through a process of transformation into the Formative Dust, the energy particle, the Panchaboothas and the living things finally evolved as man, the pinnacle of all creation.

The Divine State exists beyond explanations or comparisons. No comparison can do justice to it. For example, the case of a person trying to get a portrait of his father painted. He approaches some artists to whom he describes the height, complexion and the other features of his father, in detail. Every artist prepares a portrait, each of which will be different from others; but none of them will be an exact picture of the person’s father. This is because the artists have not seen the father in person. Had they done so, the pictures
would all have been alike. In the same way, the Divine State, once realised remains imprinted forever in the mind, which then remains in an expanded state constantly.

During Divine State meditation one becomes aware of the Consciousness initially and the fact that the 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. One begins to merge into the Universal Truth.

The Divine State is omnipresent; it fills the tiny energy particle as well as the huge heavenly bodies and man. It is not an empty space. It is the Almighty, and also called as the Absolute Space, Static State, and the Primordial State. Its self compressive pressure force resulted in the Formative Dust that associated to form the energy particles. The human beings, are also the result of an association of energy particles. The energy particles is formed from the Formative Dust, have originated from the Divine State. The Divine State fills our entire being and one becomes aware of this in Divine State meditation.

### 4.13.6.1. BENEFITS OF DIVINE STATE MEDITATION

1. The mind merges with the Divine State. Perfection is attained.

2. Love and compassion for the other living creatures develops.

Meditation is essential for mental and spiritual progress, In order to live a prosperous life, one should bring down the frequency of the mind waves through regular meditation in the mornings and evenings. Then the purpose of life is achieved and becomes one with the Divine State.
4.14. ELECTRO ENCEPHALOGRAM

The mind is the collection of biomagnetic wave which has the self transforming capability and which has a whirling speed. The speed or the mental frequency can be measured as cycles per second. Encephalogram is an apparatus that records in the form of drawing the electrical activity of the brain, which is called encephalogram (EEG).

EEG Electroencephalograph) is an apparatus that records in the form of drawing the electrical activity of the brain.

Electroencephalogram is the drawing.

The bio magnetic waves whirl around all over. Even the brain cells are controlled by these waves which are otherwise called the mind. The brains EEG and the mind’s EEG mean the same (Dhamodharan, 2002).

The scientists using EEG have discovered that mental frequency level is from 1 to 40 cycles per second (CPS); one is the minimum and 40 is the maximum. The psychologists describe the frequency at four levels (Vethathiri, 2005).

4.15. MENTAL FREQUENCIES

When the mind functions as five senses, the mental frequency is between 14 and 40 cps. At this point the bio magnetic force is spent in large amount. Mind self transforms into shapes and sizes and characters of the perceived things. Emotions rule over. This is Beta stage.

But in sleep, mind comes to Alpha stage with a frequency of 8 to 13 cycles per second. Because, mind is not awaken, no perception takes place.
When a person is in meditation, the mental frequency level is at the alpha stage i.e. 8-13 cycles per second. But mind is awake. But remain peaceful. No emotional disturbances are felt. As a result, bio magnetic force is less spent. But wisdom-consciousness gets sharpened. All six blemishes become slowly better and at one stage all bad qualities of a man disappear.

If one goes deep into meditation, there is the possibility of the frequency getting still lesser and can reach Theta stage (4 to 7 Cycle per second) Mind expands and reaches the entire universe.

Siddha yogis reached beyond the universe, the Absolute space with their intensified meditation at the mental frequency 1-3cps. This is called delta stage. Man sees himself in unison with God and becomes the divine himself at delta stage.

But a normal man remains in Beta stage. In sleep and in deep thinking he reaches Alpha stage. Only a few with meditations and introspection try to reach the other two stages. But everyone can reach the Delta stage with regular meditation and leading a spiritual life.
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