Appraisal of Bio-Consciousness

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Abstract: The consciousness is basically the repulsive functioning of the magnetic energy present in the living mass and the same is studied variedly and distinctively in different patterns of discipline philosophy, psychology, medicine and yoga. The study focuses on understanding bio-consciousness as separate entity to distinguish the finite bodies which are called the living beings. This study includes the perspectives as understanding the bio-consciousness and its nature in terms of modern medicine and psychology, distinguishing the appreciation of bio-consciousness by the classical Indian yoga philosophers and Samkhya philosophers and understanding the same bio-consciousness in terms of Vethathiri maharishi and his Simplified Kundalini Yoga (SKY). The study aims at distinguishing the bio-consciousness with the cosmic consciousness and total consciousness of SKY Yoga.

Keywords: Vethathiri Maharishi, Simplified Kundalini Yoga, Bio-consciousness, Mind, Brahmam

1. INTRODUCTION

Consciousness is a word very much used in Psychology, Medicine and even in Yoga. Consciousness is generally referred through a Sanskrit word Caitanya derived from the root cit, cetane that is in movement. Caitanya is also taken to mean the cit, which is the dynamic form of energy. That means consciousness gives a meaning to state that any variation of energy in motion can be called by the common word in Sanskrit caitanya which also means in English “Consciousness”.

Lexicographically consciousness is being awakened and responsive and to be aware of. Any awareness or response is the activity of the sense organs and awakening is an attentive state. The consciousness is basically the repulsive functioning of the magnetic energy present in the living mass, the force which is functioning as action, the current of energy that is transmitted through the mass made up of the five elements that is the sky, air, fire, water and earth and also the sensation which the mindset of an individual feels. In psychology, Consciousness refers to “experience, self-consciousness, a state of wakefulness and knowledge” [1].

Generally the bio-consciousness and consciousness are taken very much alike in the colloquial terms. But the academic appreciation varies in understanding bio-consciousness as separate entity to distinguish the finite bodies which are called the living beings. Bio-consciousness is basically a segment of total consciousness, even though it is integrally functioning in the finite living mass co-coordinating the eight organismic limbs like physical body, life force, bio-magnetism, genetic center, brain, mind, soul and senses.

This study includes the following perspectives:

a) Understanding the bio-consciousness and its nature in terms of modern medicine
b) Understanding the bio-consciousness and its nature in terms of Psychology,
c) Appreciation of bio-consciousness by the Samkhya philosophers
d) Appreciation of bio-consciousness by the Indian Yoga philosophers
e) Appraising bio-consciousness in terms of Vethathiri maharishi and his SKY Yoga and also tries to distinguish the bio-consciousness with the cosmic consciousness and total consciousness of SKY Yoga.
PHILOSOPHICAL PERSPECTIVE ON CONSCIOUSNESS AND MIND

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Abstract: The study of consciousness and mind is the subject of exploration in the branch of philosophy, psychology, neuroscience and yoga with the quest of nature, function and their results. This study focuses on the nature of consciousness and mind in Samkhya, Yoga of Indian Philosophical systems and modern SKY-Yoga Philosophical Perspective of Vethathiri Maharishi. The focus is also on functional intricacies of bio-consciousness, the network functions of mind, the functional boundaries of mind, and also on whether the consciousness exists independent of physical world with reference to Simplified Kundalini Yoga (SKY). The revelation of Vethathiri Maharishi on the link between the Brahmam, Cosmic consciousness and bio-consciousness supports his hypothesis as ‘each energy-particle that goes to make up this Universe is both physical and psychic quality’.

Keywords: Simplified Kundalini Yoga (SKY), Vethathiri Maharishi, Brahmam, Bio-Consciousness, Mind.

1. INTRODUCTION

The study of consciousness and mind is the subject of exploration in the branch of philosophy, psychology, neuroscience and yoga with the quest of nature, function and their results. Yoga is an ancient technique practiced to promote physical, mental, social and spiritual well-being. Patanjali is known for compiling and systematizing the yoga. In this modern age, Yogi Raj Vethathiri Maharishi (1911-2006), a philosopher from the Tamil Nadu in India, formulated the Simplified Kundalini Yoga (SKY) system and established World Community Service Center (WCSC) in 1958 and through which he taught the SKY to the people in various walks of life [1]. Like some other yogic practice, SKY also provides theory on self-transformation of consciousness, and its modifications. Vethathiri Maharishi observes that ‘Realization of consciousness is one of the aims of SKY Yoga and which involves journey of consciousness’ [2]. The experiment of Dhamodharan [3] appears to attest the view of Vethathiri Maharishi as ‘mind is a wave function of Consciousness.

This study focuses on the nature of consciousness and mind with the aim of providing insight into the subject. The area of study here is limited to Samkhya, Yoga Perspectives of Indian Philosophical systems and modern SKY-Yoga Philosophical Perspective of Vethathiri Maharishi. Along with broader understanding of subject in Samkhya and yoga philosophy, the focus is also on functional intricacies of bio-consciousness, the network functions of mind and the functional boundaries of mind with reference to Simplified Kundalini Yoga (SKY). This knowledge will be the key to open the doors of the inner self of the man.

2. SAMKHYA PHILOSOPHICAL PERSPECTIVE

Purusha or Self is defined as pure spirit and non-attributive Consciousness, regarded as Knower, pure awareness. It is Absolute, Independent, Free, imperceptible, unknowable, all-pervading, eternal reality. It is in all organic beings, is not the mind, life or body. Consciousness is not the elements. Purusha’s nature as unfailing light (sadaprakasasvarupa) does not change. Purusha is silent and peaceful spectator but not bliss and devoid of gunas. Since it belongs to every being that has life in it, Samkhya proposes the plurality of selves and are identical in nature. It freed from all accidents of life and lifted above time and change but it illuminates the whole sphere of thought and feeling. It does not participate in any
INTROSPECTION IS MEDIUM FOR SELF-CONSCIOUSNESS – YOGA PERSPECTIVE

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ABSTRACT
The introspection and transforming into various state of Consciousness is very much a part of Yoga. Material Consciousness is the state in which one lives by lure of senses and have attachment with men and materials. The Self-Consciousness is the state in which one realizes one’s own ‘Self’. Through introspection, emotional states can be converted into contentment, tolerance, charity, chastity, equanimity and magnanimity. The pacification of the unwanted emotions is prerequisite to elevate the man to the state of Self-Consciousness. This study focuses on understanding the possibility of transforming the Material Consciousness into Self-Consciousness through Simplified Kundalini Yoga (SKY). SKY Introspection is the practice which includes pacification, purification and transformation. This study also includes in understanding the same in terms of Bhagavatgita and yoga sutra perspectives.

KEYWORDS: Simplified Kundalini Yoga, Introspection, Vethathiri Maharishi, Self-Consciousness, Prathyahara, Pacification.

INTRODUCTION:
When man starts inner activity of consciousness through the method of yoga, he first diverts him from the involvement with the visiblein to the inner self. This is termed as Withdrawal and which also encourages Introspection. Introspection means that the act of looking within one self, observation or examination of one’s own mental and emotional state, mental processes, impressions, especially for long periods. The self-examination makes one to aware of the emergence of various emotions, their causes and effects. Emotion is defined as a mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes. The desire, anger, joy and sorrow are coming under the category of emotions. One can moralize his desires, neutralize the anger, eradicate worries and tries to know “who am I” through yoga. This sum total of activity can be called introspection.

Material Consciousness is the state in which one lives by lure of senses and have attachment with men and materials. The Self-Consciousness is the state in which one realizes one’s own ‘Self’ and have ‘detached-attachment’ with men and materials. This study focuses on understanding the possibility of transforming the

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SAMADHI: IS IT A PSYCHOLOGICAL TRUTH OR PHILOSOPHICAL TRUTH?

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ABSTRACT
Samadhi is a state of deep meditative contemplation which leads to higher consciousness. The study here focuses on understanding the concept ‘Samadhi’ and its nature. The study also aims at finding whether ‘Samadhi’ is just a philosophical truth or it is psychological truth. This is based on the speculations that whether Samadhi is the one which is assumed and understood only by logic and reason as metaphysical entity or it is a state of Consciousness which may be attained by man. This study also includes probing by taking the interpretations deliberated in Samkhya-Yoga, Integral yoga, and Simplified Kundalini Yoga (SKY). Samadhi means ‘becoming equal to primordial or Brahmam’, according to Vethathiri Maharishi. He reveals that it is not a coma state, but mind will be in complete awareness and the same is appreciated as yoga siddhi. Thus, the state of Samadhi seems to be understood as Psychological truth and Brahmam as Philosophical truth. In SKY, the means to attain Samadhi is Thuriatheetha meditation. Samadhi is not the end of life, but it is beginning of peaceful, happy and satisfied life.

KEYWORDS: SKY, Vethathiri Maharishi, Samadhi, Kaivalya, Yoga siddhi, Thuriatheetha meditation.

INTRODUCTION:
Philosophy explores the various possibilities of establishing the truth about the origin of the universe and the nature of the soul. It also probes into Supreme Being and man’s relationship with Supreme Being. Whereas, modern psychology deals with the study of the human mind and human behavior, social behavior, personality and human development. Yoga practice is the one which intrinsically aims at transformation of Consciousness.

The study here focuses on understanding the concept ‘Samadhi’ and its nature put forth in Simplified Kundalini Yoga (SKY) of Vethathiri Maharishi (1911-2006), who was the founder of The World Community Service Centre (WCSC) in 1958. In SKY, a master who is well-versed in this yoga can arouse an aspirant’s Kundalini power in minutes. The aspirant can feel the vibration of the Kundalini energy at once. For a few people, however, it takes two or three days to feel the vibration clearly. From the date of initiation, the aspirant is enabled to practice Meditation by merging his mind within his kundalini energy. This process of Yoga is called the Simplified
PHILOSOPHICAL CONCEPT OF GENETIC CENTRE:
IS IT CONTROL CENTRE OF LIVING BEING?

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ABSTRACT

Genetic Centre is the Centre of any activity in the Universe. This Centre is the place for the memory and thereby the Control Centre of any living entity including human being. It is also postulated that Genetic Centre is the continuum and exists even, even though the brain decays at death. The study focuses on understanding the Philosophical Concept of Genetic Centre in living and nonliving beings and the relationship with each other, including its formation, structure and network of functioning in the universe and also its unceasing transformations. The study suggests that the control Centre of living being is not the brain, but Genetic Centre.

KEYWORDS- Simplified Kundalini Yoga, Vethathiri Maharishi, Genetic Centre, Gene, Bio- magnetism, Mind.

INTRODUCTION:

Human comprises of a soul and a body. When the body is in time and space, the soul is appreciated in time only. The vital feature of mind is memory. Even though there is no reason that the memory affiliated with a given person exists that person’s death. Indeed there is every reason to think the contrary, for memory is clearly associated with a certain type of brain structure, and because this structure disintegrates at death, there is ground to believe that memory also must suspend. The study focuses on understanding the Philosophical Concept of Genetic Centre in living and nonliving beings and the relationship with each other, which was proposed by Vethathiri Maharishi (1911-2006) of South India. Vethathiri Maharishi is the founder of The World Community Service Centre (WCSC) and proponent of Simplified Kundalini Yoga (SKY). Genetic Centre is the Centre of any activity of inorganic or organic nature in the universe. This Centre is the place for the memory and thereby the Control Centre of any living entity including human being. It is also postulated that Genetic Centre is the continuum and exists ever, even though the brain decays at death. The formation, structure and function of Genetic Centre in non-living and living beings, their network of functioning in the universe and also unceasing transformations are identified here in this paper.

INORGANIC GENETIC CENTRE:

Vethathiri Maharishi elucidate that Absolute Space is Primordial or God and it is emerging as energy particle due to its self-compressive surrounding pressure force. The universal magnetism is the mystic, divine...