

Societal stress of war for humanity

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Abstract

The commonsense of humane gets useless when he destroys the species of his own. Now-a-days men and women are simply passing their lifetime without any satisfaction, even though there are a lot of golden opportunities in this world. According to the culture of India and other Countries, there would not be any sin and other blunders, if people followed the believes and moral ethics proposed by our great forefathers. Nothing is permanent in the world, anyhow human have no such control over their desires and earthly pleasures, that is why some kind of bad activities like murder, gluttony, robbery are taken place. So for making some control over all these, the one and only possible way is through Yoga, especially the methods and principles of Swami Vethathiri Maharishi, where everyone can get proper manners and good dignity. If we follow this then we will understand and differentiate the real meaning of what is life.

Kew Words: Humane, Sin, Blunder, Pleasure, Gluttony & Dignity

Introduction:

While talking about the bombing of Hiroshima, Mahatma Gandhi said, “Non-violence is the only path open to man; it is either non-violence or total destruction”. Jawaharlal Nehru said, “An atomic bomb cannot be challenged by another atomic bomb, it can be effectively challenged only by humanism and wisdom”.

Yoga:

Yoga is a generic term for the physical, mental and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. Generally put, Yoga is a disciplined method utilized for attaining a goal. The ultimate goal of yoga is maksha through the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated. Yoga is used to unite Kundalini with Shiva . As the name suggests, the ultimate aim of practicing Yoga is to create a balance between

the body and the mind and to attain self-enlightenment. There by creating a union between a person’s own consciousness and the universal consciousness. Some of the most often practiced types of yoga are Karma Yoga, Gnana Yoga, Bhakti Yoga, Hatha Yoga, Tantric Yoga, Kundalini Yoga and Raja Yoga

Life:

Human life functions in the union of Self(the individual), the Society and the Nature. Yoga is a discipline of life. In that discipline, there are four harmonies. Yoga is the harmony between life-force and mind, between body and life-force, between self and society and between self and nature. Man is a refined product of nature. In nature we find many things are always in group. Man is no exception. What is the use of success in man when he does not have any body to share with? It is not that the lack of it is the cause for all our problems in the family, organization, country and in the world.

Vethathiriyam: Vethathiri Thoughts- Globally, **humanity** is experiencing a sense of helplessness and uncertainty due to personal, societal and environmental challenges that do not seem to have any long lasting solutions in sight. The modern life styles are a reflection of the imbalance that stems from the domination of science and technology. There is an urgency to balance our materialistic lives with spiritual practices that are practical and effective.

Vethathiriyam includes **14 principles** of life for the welfare of society that are suitable for people of all cultures throughout the world. Illustrative few examples from these principles are:

(a) food and water are two natural treasures that must be made available to everyone just like sunlight and air, (b) economic justice must be assured for all citizens of the world, (c) respecting womanhood and giving full equal rights to women is essential for the service and knowledge that they provide, and (d) the educational curricula need to include the teaching of the "cause and effect" as a law of nature, (e) **a world without war must be ensured to fully utilize all the available resources for the benefit of humanity and to eliminate untold suffering that wars cause.**

Vethathiriyam is a comprehensive system of practice and theory that offers an integrated way of life to get in touch with in and around the world. The in-built ease and safety of practices enables one to make it a lifestyle. Vethathiriyam weaves through self, society and nature to offer a healthy, harmonious and productive way of living.

The commonsense of **humanity** gets useless when he destroys the species of his own. Now-a-days men and women are simply passing their lifetime without any satisfaction, even though there are lots of golden opportunities in this world.

**Societal stress of war for humanity:
Are wars necessary?**

War:Hostilities between men resulting in suffering and death.

Wars are unnecessary.

The survivors are all killers.

Soldiers are mercenaries.

There are no real enemies.

III Effects of War

Wars are expensive.

Loss to humanity is high.

Fears of recurrence and retribution persist.

Basic Reasons for War:

01. The desire to overrun and pillage the other countries.

02. Economic disparities

03. Poverty.

04. Inequality.

05. Problems of unemployment

06. Boundary disputes

07. Exploitation

08. Religious fanaticism

09. Manufacture of weapons

10. Differences caste, creed, religion, nationality etc.

11. War economy (60% of the budget outlay is for the armed forces)

12. Selfish motives of the leaders of the State.

13. Continuation of earlier wars. (revenge, terrorism)

What is their fault?

Wars lead to loss of limbs.

Thousands lose their lives.

What faults have they committed?

What fault has the family of the deceased committed?

Who gains?

The manufacturers of the weapons stand to gain.

Two resolutions at UNO

Veto power given to five countries should be avoided.

Protection of the boundaries of all the countries will be undertaken by UNO.

Individual countries need do it.

Rules of One World Federal Government

Wars are illegal, antisocial, against nature and outside the purview of established laws.

Wars are crimes.

Wars should not be allowed to arise anywhere.

Future proposal – Centre for One World Federal Government

One World Federal Government essential for world peace.

United Nations Organization will be the center for the One World Federal Government.

Position of the World Today

Man yearns to live in peace, but illiteracy, poverty, debts, errors etc. result in mental strife and misery. This condition prevails all over the world. Terrorism that Rocks the World.

Evil Effects of War:

The losses suffered by **humanity** in the wars can never be compensated.

World without war:

Even though in human acts of war are unnecessary in the world today, they continue due to the force of habit. An analysis of the past experiences and the manner of living of human kind will reveal that man is constantly torn between the twin forces of wisdom and habits. In spite of this, the number of scholars with generous hearts is constantly on the increase. Do we still need Wars? - After **introspection**, will clear the path for organizing a way for man to live properly all over the world.

Education about War:

Wise men, who feel the responsibility, should come forward to explain the philosophy of human life to all the people, help disband the army everywhere, rehabilitate the soldiers for doing social work and establish a one world supreme

government. When single government for all the people of the world is established and the concept of a single God takes roots in the minds of the people, all unnecessary rituals, differences of opinion, feelings of enmity and wars will disappear. The learned ones should make all efforts to impart this knowledge among the people through the medium of education and cultural movements.

Unity among the people, world peace and the welfare of the world can be achieved through these measures. Everyone hast to come together to establish a One World Federal Government and a World Religion. The world will definitely prosper through this.

Once wars are abolished, peace will reign all over the world and the people will live in affluence and harmony. Doors and locks may prove superfluous in the absence of thieves. There will be no need for any form of security, everyone will be educated and wise and anger will be a thing of the past.

All human efforts will be directed towards scientific development. Deserts will be converted into fertile lands and everyone will find employment without fear or loss of sleep over an uncertain future. People will live in total freedom, Cannons, which no longer have any use, will be utilized for laying pipelines for the supply of water. Soldiers will take up social activities for the welfare of the people. There will be no restriction for travel between the countries and everyone will live happily.

To achieve all this, each one of us has to contribute our mite for it. The United Nations Organization cannot be revamped by a single individual, but the collective blessings made by many individuals can produce changes in the world. The world leaders will come together to arrive at wise

decisions, whereby the world will unite and prosper.

Vethathirian Simplified Kundalini Yoga will give Yogic moral practices. Such as Introspection.

Simplified Kundalini Yoga: A system of meditation clarity and strength of mind;

Process: Meditation, Introspection, Sublimation, Perfection.

Development: Expansion of Mind, Understanding law of nature, Awareness of thought, word and deed.

Benefit: Perspicacity, Receptivity, Adaptability, Magnanimity, Creativity.

Result: Harmony, Satisfaction, Happiness, Wisdom, Peace.

Introspection:

A practical methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

The **process of introspection** involves observation of one's own mental processes, thinking and emotional states. Some argue that introspection is a reliable guide to self-knowledge. This is problematic, however, because introspection is itself a thinking of

process - can one engage in introspection for the process of introspection itself? This will result in an endless spiral of infinite introspection, not to mention an infinite number of simultaneous mental events, meaning that at some process introspection must stop and unreflective thinking start.

Introspection means examining one's own self. Man's life is along three angles: 1. Nature, 2. Self and 3. Society. For successful life, one has to understand the nature of three aspects. Introspection is a necessary practice for this enlightenment. Introspection is classified into five:

1. Analysis of Thought
2. Moralization of Desire
3. Neutralization of Anger
4. Eradication of Worries and
5. **Self Realization or "Who am I"**

Who am I – self realization:

Self -Realization is the perfection of the sixth sense and it is the peak of wisdom. Self -Realization, actualization of the Universe, realization of Truth are all the same. The entire Universe can be analyzed into four principles; they are (1) Truth; (2) Energy; (3) Mass; and (4) Consciousness.



(1) TRUTH: Truth is the static State around the created universe, Truth is called by many names including the primordial State,

Universal Being, Absolute Space, Vacuum, Omnipotence and Omniscience. This is the basic phenomenon from which all the movements start.

(2) Energy: Energy is the moving state of the static State. It is a minute particle with self rotate action; actually it is just a wave of the static Being. Because of its self rotate action it spans a volume or area and hence it is called a particle.

When this understanding comes, whatever you see, everything is a part and parcel of Nature. Oneness in multiplicity and unity among diversity are very clearly realized. This enlightenment will blossom as

When a man realizes himself, he realizes the value of everyone on the Earth. And to respect the needs, aspirations and ambitions of others and to restrict and moralize one's

(3) Mass: Mass is only the association of such energy particles.

(4) Consciousness: Consciousness is the function of the Universal Being, understanding, feeling, calculating and enjoying its own beauties and values through the living beings and man.

brotherhood among mankind. Man will understand the needs and feelings of other living beings and lead a life with the three virtues, Morality, Duty and Charity.

own activities in life become part of his Being. That is why we have to stress that the above said three virtues are imperative.



Nature is the Totality and man is a fraction, Nature has taken the shape of man to develop the Consciousness from fraction to Totality. All are having the same aims, the same inner urge and the same potentiality within. So everyone has to understand the aims of birth and help one another and at the same time avoid creating pains and miseries. In this kind of realization, realization of Truth, actualization of the Universe and realization of self are completed.

As a social democrat, Thathuvagnani Vethathiri Maharishi, a great saint who wished the society to move by peaceful co-existence of human being in any part of the

world. Swami stresses that for the mankind to live in peace, the society has to adopt reforms in four major fields which are Social Reforms, Political Reforms, Economic Reforms, and Respect to Women hood.

Development in any one of the field alone cannot guarantee for peace and harmony for any society. Hence reformation in social, economical, political and Spiritual field together can only help the society to live in peace and harmony. For which swami has written and expressed his views by his deep thinking and analysis and through various articles written by him such as Prosperity Of India, Logical Solutions for the Problems of

Humanity, Vethathirian Principles of Living, and Karma Yoga.

Truth, peace, harmony:

Maharishi makes us understand that we are at an evolutionary stage of the Supreme Being—the Space—and through practical teaching methods makes us understand the oneness running through the entire universe and beyond. The realization of this oneness is liberation. Only a liberated person can understand the scriptures, which say:

- *My father and I are one*—The Bible
 - *Form is emptiness; emptiness is form*—Buddhism
 - *Aham Brahmasmi (I am Brahman)*—Vedas
- Only such a person would be able to imbibe in himself the mindfulness of the Buddhist, the *ahimsa* of the Jain, the service to humanity of the Muslim and the love and tolerance of the Hindu. When this comprehensive knowledge spreads among people, harmony and peace in society will

be enhanced through every individual's understanding of the realities and functions of the microcosm and the macrocosm.

Conclusion:

According to the culture of India and other Countries, there would not be any Sin and other Blunders, if people followed the believe and moral ethics proposed by our great forefathers. Nothing is permanent in the world, anyhow human have no such control over their desires and earthly pleasures, that is why some kind of bad activities like murder, gluttony, robbery are taken place. So for making some control over all these, the one and only possible way is through Yoga, especially the methods and principles of Swami Vethathiri Maharishi, where everyone can get proper manners and good dignity. If we follow this then we will understand and differentiate the real meaning of what is life. One World Federal Government essential for world peace.

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