

## **Meditation technique in SKY Yoga**

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### **Abstract**

Human life is a highly responsible one. Everyone had acquired a right to live on this planet as he was born on it. It is essential for a man to have a perfect Knowledge about his right and duties. Duty is the clarity of through needed for the man to understand and put his birthright to complete use. Even though the man was born with all physical and mental facilities in good orders, he has to understand and use the perfectly to lead a life, but this knowledge is developed in stages over a period of time. For sometime after his birth a person remains of the fact that he is a human being, even after knowing as human a child does not know its own gender whether male or female initially, It takes some time to child to understand the gender. Same way it takes a lot more time to understand the excellence of the man and the women. Even then still more time is required to understand the right and the duties of a man or women in the society. Education is the only to understand these things.

Understanding and educating the others on the ways of virtuous life by instructions and achievements gained from his own experience in life are the unavoidable duties of an individual. These duties of individual are performed further by relatives, friends, teachers and administrators in the society. Hence duty consciousness is essential for all. Such high principles form the basis of education. Millions of years have passed by after the Evolution of mankind. With every passing year new ideas get generated and corresponding skills to satisfy those needs of mankind should teach to others who have not understood, with love and compassion. This process is education. Education has in today's world, brought much distinction in various aspects of life. The system of education has also to undergo changes according to the needs of the times. The duty to bring the request changes and guide the marking to lead a righteous life rests in the experienced wise people. Today institutions are rendering good service with the duty consciousness. Knowledge about things which are perceptible to senses and special functions of sensory organs and limbs is a much to everyone. It is the duty of the wise men to make people live happily and help the others achieve the same. Everyone should be taught about life at the young age itself. A nation which educates the truth in life science with all minute's details at proper age will flourish in all fields.

**Key Words:** Planet, Virtuous, Righteous, Perceptible and Flourish

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### **Introduction:**

Today we are living in an age of explosions, Explorations and paradoxes. We have conquered the unconquerable and achieved

things beyond the dreams of our ancestors. Science has changed our world into a place of abundance and plenty. There is an intellectual and spiritual Vacuum in every

heart. Man has become slave of the machine.

Great virtues like love, compassion, sympathy, fellow feeling have become out of vogue. Science has conquered old diseases but civilization has brought new diseases like cancer, aids, hypertension, diabetics, heart trouble, insomnia and sick stomach of which our forefathers knew very little. Today's millions of people suffer from emotional instability, anxiety, tension, fear, frustration and loneliness. There have been occasions when each of us has got up from the bed feeling fussy, tired and depressed. However, there is remedy for all is meditation. Meditation is that method which can bring zest and sparkle into our lives and make our lives cheerful and purposeful. Meditation is a great medicine. Meditation alone can give us soothing feeling, rest, relaxation and inner place.

Concentration is of paramount importance. In meditation is a faculty of body and mind. Physical concentration means gathering together every ounce of bodily strength and directing it towards one point or one object and mental concentration which is slightly difficult, requires a dynamic attitude. Often when the mind is disturbed by the memory of painful experiences, disappointments, we strive to empty the mind to cease thinking with the hope that we will concentrate on single object. Every man should make a legitimate effort to keep his mind in good, clean concentrated condition; otherwise it grows unsightly like a vessel which becomes tarnished if it is not polished every day. Concentration is holding the mind on one thought. Visualization plays a great and important part in spiritual life. Today most of our problems are caused by volatile emotions. They agitate our minds and make it slushy. We have to learn to exercise control over emotions through meditation. Today, people have turned to meditation as a

way to overcome emotional and mental strain. Meditation helps us to withdraw our attention from the outer world and focus it at a point between and behind our eyebrows thereby stimulating what is called "Third eye". By focusing our attention on it, we can reach higher level of consciousness.

Swami Ramakrishna Paramahansa has said, "be sincere, act according to your thoughts, be sincere, you shall surely succeed, pray with a sincere and simple heart, and your prayers will be heard. Physical activity or exercise is a cornerstone of a healthy life style. The human body is designed for physical activity and movement. Not only does physical activity makes the individual look and feel better, but it is also critical for improving health and extending the life. Throughout his life, man has to be physically active in order to procure his daily food and to succeed in the battle for survival. The marked deterioration in health and physical automation has mechanized our day-to-day life. Now-a-days people become almost sedentary and Health, according to World Health Organization (WHO), is the state of complete physical, mental and social well-being. The stated aim of the WHO is the attainment of the highest possible level of health by all people. Physical fitness, on the other hand is defined as "the ability to carry out daily tasks with vigor and alertness, without under fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies" (Gian and Tch. 1988). There is an optimal level of fitness for everybody. For some, striving for fitness will mean reducing their risk for disease while achieving physical health benefits. For others, fitness is for a high order of athletic functioning.

#### **Need for health – related youth fitness:**

This research relating exercise and fitness to health has been based primarily on adults. However, three important trends strongly

support the need for health-related youth fitness programs. A reason supporting the need for sound health-related youth fitness program is that adulthood characteristic and behavior are influenced by childhood.

Cardiovascular risk factors tend to be stable and predictive of cardiovascular disease from an early age. For example, the students who had high blood pressure and smoke habits were over twice likely to experience a cardiovascular disease event in later life as compared to those students who did not have this risk. Yogic exercise are so designed that they help to keep the spine flexible. Kapalabhati is very effective for keeping the lungs healthy and prevent lungs infection. With deep breathing air circulates to every part of lungs, whereas with most other physical exercises there is mainly an increase in respiratory rate. Physical exercises will make the joints supple. Yogic exercises aim to both prevention and treatment of various diseases. Yogic postures are generally mild and one is less likely to get into compilation, but physical exercise especially the type known as jogging, which is most popular in the western world today, should never be undertaken unless the individual is fully evaluated by his/her physician. The physician should look for signs and symptoms and taken an electro-cardiogram at rest and after exercise to detect an overt or sub clinical heart disease.

Earlier studies on yoga have positively confirmed its effect on physical, physiological and mental health of human beings. Their movement is not so fast rather so slow, and seems to be stretched from both in the functional aspects of physical and physiological. Hence such a valuable means and methods of yogic exercises, when combined with calisthenics based aerobic and resistance training, its value on

improving the physical and physiological aspects would be the evolution of yoga.

From time immemorial, yoga has been flourishing. In this modern era yoga has become inevitable to every individual. In this modern world, which is more than a jungle, it still becomes imperative for everyone who is mentally and physically haunted to practice yoga to lead a stress free life. The old concept restricted the reach of yoga only to a few men.(Definitely no women was allowed to practice yoga). But now its gender free, and no restrictions. Yoga has two divisions one to cater to the needs of the body and the other to the soul. But the reference of Yoga is immediately understood as physical fitness exercise. Pranayama and asanas are at the top of every one's brain. Astanga yoga which was designed earlier was not suitable for women and there was a bar on them because of a particular system in their life. Menstruation reduces the power of bringing up the kundalini power upwards until it reaches the centre of the during menstruation. So they may not able to practice kundalini yoga. Because of this break achieving the results get delayed. Later, people started believing that women could not practice this yoga.

Sri Vethathiri Maharishi was born in 1911 in the village of Guduvancheri, 30 km south of Chennai, India into an indigent weaver's family. From his youth he was driven by the desire for knowledge and in particular 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 endeavor, including becoming a qualified practitioner of two systems of Indian indigenous medicine, Ayurveda and Siddha, and certified practitioner Homeopathy as well.

After spending several years in various minor employments, he established a textile concern that grew to employ over 2000 workers on profit sharing basis that would be thought progressive even today. Although constantly busy with family and business matters, he always found time to pursue his deep desire to achieve self-realization and realization of Truth. Several years of intense meditation and introspection brought him full enlighten at the age of thirty five. At the age of fifty he closed his commercial ventures and devoted himself solely to spiritual service so as to guide sincere spiritual aspirants by transmitting and sharing with them his experiences and revelations of Truth. Even though his life has long been dedicated spiritual and social service he has remained a “house holder”. i.e. he has not broken his family ties and taken vows of renunciation, but rather lived in the indigenous Siddha tradition, maintaining family ties and fulfilling his duties.

#### **Simplified Physical Exercise:**

To maintain health and prevent disease.  
Kayakalpa Yoga: An ancient Siddha practice for enhancement of life energy.  
Simplified Kundalini Yoga: A system of meditation clarity and strength of mind;  
Introspection: A practical Methodology for sublimating the negative emotions of greed, anger, vengeance, worries, etc.

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Understanding of the Laws of Nature as well as one's relationship with Nature and with society is rationally and practically elucidated, providing a holistic education which is essential for every human being. Maharishi has been striving for World Peace for over four decades. In his book entitled World Peace published 1957; he has reviewed the condition of humanity, identified the problems affecting mankind and delineated a comprehensive plan for bringing about total transformation in society so as to achieve peace, prosperity and harmony. His is a global perspective covering the fields of politics, economics, education, science, medicine, psychology and philosophy.

#### **Conclusion:**

Whether there is actual requirement or not, men always think “I want this”, I want that”. Thus, man sticks on to certain people and objects and hinders his own spiritual progress. First of all, man should have the wisdom to realize that all the things that are necessary for his life are provided to him by Totality, In this realization, If we gets rids of unwanted attachments with persons and objects, the door of spiritual path will be open for him. Man's own imagination about wants will close the door of spirituality. So stop the imaginations and open your mind for a better prospective spiritual vision.