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GREATNESS OF SILENCE (MOUNAM) - THROUGH VETHATHIRIAM

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Abstract

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.

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.

Vethathiri Maharishi has formulated a complete science of living for the betterment of man kind:a five-fold path for the individual and a 14-fold virtuous path(Vethathirium) for entire mankind. For this, he has systematized a science of living through:1 .Physical exercises, 2.Kaya kalpa Yoga, 3.Simplified Kundalini Yoga meditation, 4.Introspection with Self-realization.

Meditation: A powerful and yet simple practice of focusing of mind on one's life energy and perceiving the subtle forces in the body.

Introspection techniques: Highly effective techniques of Analysis of thought, Streamlining of Desires, Neutralization of Anger, eradication of worries.

"Mounam" does not mean mere observance of silence, but complete restfulness and awareness in thought, word and deed. One should be absolutely quiet in all these three aspects. It is a proper psychic practice for streamlining the mind. It is a journey of consciousness towards the Unified Force.

Silence is the true *upadesa*. It is the perfect *upadesa* – Ramanar.

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KEYWORDS: Kaya kalpa, Introspection, Sublimation, Neutralization, Moralization, Eradication.

INTRODUCTION:

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.

From the ancient age to the present age disease is an unavoidable one. But the way which we get remedy from the diseases is various. In ancient days, people cure their diseases by using the herbs which they got easily. But gradually men diverts his way of healing diseases by taking so many tablets. Though he cures his diseases in such a way he gets only the present remedy and also affected by side effects but remedy for ever. Because he does not know the importance of doing simple exercises and it is the best remedy for not getting into so many diseases. One can get complete remedy when his mind and soul is in peaceful condition. Kundalini yoga, develops the energy and after that, it enables you to think in a keen and intellectual manner, in a scientific manner. Thereby you are able to tolerate the pains and disturbances and then you are getting more and more will power by the concentration.

Maharishi, in his early 30's, already on the ascendance in his spiritual growth, was aghast at the modern man of Science, on a killing spree, murdering and wounding humans in millions, for no rhyme or reason. Maharishi turned his spiritual searchlight on to see why, man, gifted by Nature so abundantly, should bring about such tragedies to self, society and nature. This seeking resulted in the birth of "The World Community Service Centre", a voluntary organization dedicated to uplift the human beings to their highest potential and thus bring about prosperity, health, happiness and peace to one and all starting from the individual, spreading to family, society and gradually to the whole world. Maharishi found that the fundamental causes for human misery are:

1. Lack of understanding of self
2. Lack of understanding of our relationships with one another
3. Lack of understanding of our relationship with Nature

Maharishi has formulated a complete science of living for the betterment of man kind :a five-fold path for the individual and a 14-fold virtuous path(Vethathirium) for entire mankind. For this, he has systematized a science of living through:1 .Physical exercises, 2.Kaya Kalpa Yoga, 3.Simplified Kundalini Yoga meditation, 4.Introspection and Self-realization

Through his revelatory and revolutionary concepts of Magnetism - Universal and Bio, and their connection with the Unified Force on the one hand and living beings and the inanimate on the other, Maharishi has brought out an astonishingly powerful and yet a simple, practical system of unleashing the hidden potentials of human beings in their physical body, mind, brain, life energy, Genetic Centre and Consciousness. The system consists of:

SIMPLIFIED PHYSICAL EXERCISES BASED ON BIO-MAGNETISM:

These are simple physical Exercises based on the flow of bio-magnetism. They provide a very high immunity against diseases and prevent, control and cure many diseases very effectively. They are so simple to practice that

1. Anyone from age of 8 to 80, irrespective of health status, can learn and get great benefits.

2. Kayakalpa Yoga: This anti-aging practice is the gift of the ancient Siddhas to rejuvenate the entire human system by recycling the vital fluid and toning up the entire nervous system. Maharishi has brought this culture back from the brinks of extinction by his research for over forty years.
3. Meditation: A powerful and yet simple practice of focusing of mind on one's life energy and perceiving the subtle forces in the body. This brings about a dramatic change in the quality of mind, enhancing the power of mind control, concentration, decision making and will power, essential ingredients for success in any endeavour. A number of meditation practices are given to tap the energies in oneself and in the universe.
4. Introspection techniques: Highly effective techniques of Analysis of thought, Streamlining of Desires, Neutralization of Anger, eradication of worries etc. are taught which are essential for a happy and progressive life.
5. Understanding the secrets of nature: In higher level courses, deeper understanding of self, society and Nature are given so that one is able to lead a life of wisdom. Subjects such as Who Am I?, Study of evolution of universe and living beings, State of life before birth and after death, the purpose and philosophy of life, blessing and its benefits, Plans for world peace are discussed in great detail to provide a thorough and broad based understanding of self, society and nature which equip one to lead a life of prosperity, love and compassion.

SIMPLIFIED KUNDALINI YOGA MEDITATION:

Whatis Meditation?

Meditation is not only concentration of mind, or increasing the power of mind.

Meditation is a trial to achieve the source power of that has created and directing the galaxy, soul and all the other things.

That source... of power is existing every where like air and ether. That energy is the source of even "PANCHA BOOTHA" (5 elements: earth, water, fire, air, sky).

It is in the surroundings and inside of us also. If we want to feel it If we want to achieve it we must go up in the mind.

First we must bring the mind to a minute position, then mindless position.

As a pure glass shows us the other side very clearly.

Mindless soul feel, that source power. It may be called GOD or in any other name.

Mind vibration is the disturbance of the soul to feels or achieving the source energy of the Almighty.

The input device of our body is skin, tongue, nose, eye and ear (for touch, taste, smell, light and sound). If we reduce one device's functions, another device's power will be increase.

For example a blindman memory power is more than that of normal people.

When we make meditation, we reduce the vibration of all devices of body and mind.

When we go to mindless position by very long practice, our soul will get the awareness of the Almighty. Meditation is the amazing gift of God to humanity.

When the mind is engaged in sensual activities, only the grosser cells of the brain are functioning. During medication, the subtler cells start functioning. Thus, the mind learns how to function at various levels and we get the ability of adjusting our self and adapting our self to any situation. A man does things in emotional mood due to habit, When his mind is working through senses, his mental frequency is in Beta state. By reducing the mental frequency step by step to Alpha, Theeta and Delta waves, he is able to reach the subtler frequencies one after the other. At this point, the mind attains calmness and clarity. A reduction in the frequencies of the mind waves makes it tranquil. The ability to concentrate improves and the mind becomes keen. Integrity of the individual. Sensory perceptions and the working of the mind are halted during meditation as a result of which bio-magnetism is conserved. The qualities of perspicacity, Magnanimity, Receptivity, Adaptability and creativity are improved

INTROSPECTION:

Introspection means knowing about one's feelings. It is a valuable practice to metamorphose the personality of the aspirant to lead a divine life. Man is the only creature that struggles between habit and wisdom. It is here that restlessness and disappointments are felt. Man, with the aid of his sixth sense, should understand the Law of Nature and his origin and live accordingly This and this alone, is the purpose of his life. Research and examination of ourself is introspection. By regular and sincere meditation, one can conserve energy, develop awareness, improve the will power, sharpen the intellect and make the steady and strong. To make the medication more beneficial the aspirant should start and do introspection regularly and periodically

There are five different subjects for introspection. They are Analysis of Thought, Moralisation of Desires, Neutralisation of Anger Eradication of worries and Finding 'Who am I?

SUBLIMATION:

Sublimation should follow concurrently and all along with the process of introspection. Through meditation and introspection, the aspirant understands the secrets of life, by research and examinations There will be a gap between habit and wisdom.

By a systematic method, gradually all the unwanted habits can be changed by a sincere practitioner as and how required. Sublimation is the important process for women becoming a real women. The processes of meditation and introspection are the preliminary preparation for the process of sublimation.

PERFECTION:

The perfection is a process of testing and getting satisfaction within self. When one gets sublimation, she has to test herself whether she has reached the goal of self realization of living beings and also the goal of the evolution of universe itself. If there is anything missing/ she has to try to fulfil the missing in a proper way by reviewing his practices of meditation and introspection. Until one gets a doubtless state of knowledge in understanding and follow up, he has to go again with the processes of meditation, introspection and sublimation perseveringly to attain the goal.

EXPERT'S VIEW:

The Vaishnavas, devotees of Lord Vishnu, who is the personal form of the Supreme Lord, do not recommend this path of **mounam** or complete silence. For starters, taking to mystic yoga, meditation, or secluded chanting of *om* is especially difficult in this age. In the Bhagavad-gita, Lord Krishna details some of the requirements necessary for successfully practicing mystic yoga. The yogi has to find a secluded place, sit in a proper posture for a long time, and remain completely celibate. Nowhere does Krishna say that one should follow this yoga system for an hour a day and then do whatever they want the rest of the time. Rather, yoga is always a way of life, a way to link the individual soul with the Super soul, or God's expansion residing within the heart next to the individual soul.

The sankirtana path recommended by Lord Chaitanya falls into the category of bhakti-yoga, or devotional service. In this engagement, the soul remains fully active, never once settling for complete **silence** as a way of life.

Ramanar said: Silence is the true upadesa. It is the perfect upadesa. It is suited only for the most advanced seeker. The others are unable to draw full inspiration from it. Therefore, they require words to explain the Truth. But Truth is beyond words; it does not warrant explanation. All that is possible is to indicate It. How is that to be done?

GREATNESS OF SILENCE (MOUNAM)

"Mounam" does not mean mere observance of silence, but complete restfulness and awareness in thought, word and deed. One should be absolutely quiet in all these three aspects. It is a proper psychic practice for streamlining the mind. It is a journey of consciousness towards the Unified Force.

BENEFITS:

- Streamlining and disciplining the mind
- Helps to harness and utilise our mind powers to the best advantage
- Effective management of our time and resource
- Helps to tackles problems with clear thinking, free of emotions

- Understanding the secrets of universe
- Blossoming of true love and affection
- Brings purity, peace, awareness and harmony in life.

Note: The aspirant should have completed Introspection-II course.

CONCLUSION

Whenever we are in Mounam **Meditation and Introspection** is compulsory one. These practices, simple physical exercises also are prescribed in SKY to keep the blood, heat and air in the body regular in their flow. 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. Eradication of Sin Imprints through Karma yoga with the Vethathrian Introspecion and Kaya kalpa, we understand and differentiate the real meaning of what is life.

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