

WAY TO REALIZE ONENESS – SPIRITUAL DEVELOPMENT

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ABSTRACT:

Spiritual development is essential for every human being in his life to understand the structure, functions and effects of nature. Understanding and realizing the self is the main purpose of life. Many normally focus on acquirement of wealth, fame or power, but the real focus should be on the enlightenment and freedom from birth cycle. When the principles of life is understood, the practices of meditation, introspection, awareness and manoeuvring of six bad temperaments into good characters elevate the person to come closer to almighty and merge with the supreme power. The question of “Who am I?” is answered to the aspirant through intuition. The absolute space, which is static state called God has transformed itself to become universe, living beings and finally man. Once the man has realized himself and God as oneness, he becomes a God realized person, Gnani and achieves the perfection of consciousness. This spiritual development to fullness helps one to show love and compassion to all living beings. Then his life is completely devoted towards “service to the humanity”.

Introduction:

Man's life is interlinked with self, society and nature. Self or individual is a harmonious blending of body, life-force and mind. Society refers to association of human beings. Nature consists of inanimate things and living beings. Man has to live harmoniously with self, society and nature.

There are four kinds of harmony: 1. harmony between body and life-force, 2. harmony between life-force and mind, 3. harmony between self and society and 4. harmony between self and nature. These four harmonies refer to physical health, mental health, social health and spiritual health.

Vethathiri Maharishi (1911-2006) designed practical methods for the above four harmonious life. He prescribed simplified physical exercises for maintaining physical health and Kayakalpa yoga for longevity of life as anti-ageing process. Practicing meditation and introspection is essential for mental health. Virtuous way of living is a must for social health. Understanding about nature and attaining the wisdom is for spiritual development.

The human being has come in to this world with a purpose. The purpose of life is to develop his consciousness with fullest extent and achieve perfection and everlasting peace. The goal of man is the merging of self with Almighty or Mukthi.

Objectives:

- To understand the philosophy of life, to achieve the purpose of life.
- To understand the practical method of introspection for manoeuvring the characters.

- To understand the practice of meditation.
- To understand the realization of God.

Methodology:

- Literature review
- Ethical Analysis
- Logical Analysis
- Scientific Analysis

1. Philosophy of life:

The man should understand the philosophy of life to reach the purpose of life. The philosophy of life consists of four aspects. They are 1) Basic needs for the physical body, 2) Protection for the life-force, 3) Virtuous way of living for society and 4) Development of consciousness about nature. Basic needs and protections are common for all living beings including human being. Virtuous way of living and development of consciousness are only for human being because man has sixth sense. These are not applicable for animal kingdom.¹

1.1. Three needs:

The three needs are 1. Food and water for satisfying hunger, 2. Clothing and shelter for adjustment to climatic variations and 3. Facilities to relieve the pressure of excretory forces. From the time of birth until death, these are essential for man's survival. Delay or neglect in the balancing of these needs and protections will result in pain or disease to the physical system of man.²

1.2. Three protections:

The three protections are 1. Protection from natural disasters, 2. protection from the enmity of other living beings and 3. Protection from accidents. All living beings other than man will not ask for any other things except needs and protections.³

1.3. Three virtues:

The three virtues are 1. Morality, 2. Duty, and 3. Charity. Man is a member of society. He depends on others for production of commodities of his entire needs. He has to live harmoniously with entire society, covering three virtues.⁴

1.4. Three states of development of consciousness:

The three states of development of consciousness are 1. Faith, 2. Understanding and 3. Realization. These are to be followed by all people according to their individual capacities. For under developed intelligent person should live his life by faith. This is also called Bhakthi yoga. Those who are intellectually developed should live their life by understanding. This is called Gnana yoga. Realization of truth fully blossoms in the higher state of consciousness. The peak of Gnana yoga is the realization of consciousness. The Divine realized person is called Divine master who is capable of teaching, guiding and leading the other people of faith and understanding of consciousness.⁵

¹ Thathuvagnani Vethathiri Maharishi, Manavalakalai part - 2, Vethathiri Publications, 1990, P.23.

² Thathuvagnani Vethathiri Maharishi, manavalakalai part-1, Vethathiri Publications, 1990, P. 24

³ Thathuvagnani Vethathiri Maharishi, Journey of Consciousness, Vethathiri Publications, 1992, PP. 86,87.

⁴ Thathuvagnani Vethathiri Maharishi, Journey of Consciousness, Vethathiri Publications, 1992, PP. 88.

⁵ Thathuvagnani Vethathiri Maharishi, Journey of Consciousness, Vethathiri Publications, 1992, PP. 89,90.

These twelve principles of life are the essence of the Indian philosophy, Vethathiriyam. They are core and goal of all religions in the world. All people have to understand these twelve principles and follow them in their lives.

2.0 Manoeuvring to six good characters:

The origin of man is the divinity. Vethathiri Maharishi identifies that the Absolute space is Almighty or God. This Absolute space is transformed itself into inanimate things and living beings of one sense to five senses animals and finally human beings. When the man forgets that he came from the Almighty, he thinks that he is supreme and ego arises in him. Ego manifests itself in two psychic moods: aggression and possessiveness. Greed for power is aggression and greed for wealth is possessiveness.

From the ego, two thoughts namely 'I' and 'Mine' are produced. 'I' means aggressiveness and 'Mine' means possessiveness. By aggressiveness man wants others to obey his words only, that is, desire for power. By possessiveness he desires and accumulates many objects and comforts for his living.

2.1 Six Bad characters:

From the two thoughts of 'I' and 'mine' six bad characters are formed in human being. They are 1. greed, 2. anger, 3. miserliness, 4. immoral sexual passion, 5. superiority and inferiority complex and 6. vengeance. This can be imagined as a couple of 'I' and 'Mine' having six children.⁶

The desire for fulfillment of basic needs of food, clothes and shelter is natural for living. When the man wants more enjoyments and more objects over the essential needs, the basic desire becomes 'greed'. Greed is the first bad character.

When a man experiences a need, he looks for some commodities to balance that need. If there is any obstruction to his effort, he tries to remove it with force. If the obstruction stands firm to ordinary force more force is used. If the obstructing person or thing is not yielding, the man becomes intolerant and gets 'anger' on the obstructing person or thing. The anger is the worst enemy of mankind.

After getting anger, the man tries to accumulate many objects and is not willing to spend to others, the character of 'miserliness' sets in.

Similar to the desire for more objects, human being also desires for more persons of opposite sex. This becomes 'immoral sexual passion'.

Based on the quantity of wealth and power accumulated, one compares the other person and gets 'superiority and inferiority complex'. Mind is such a marvellous instrument and he doesn't understand the real nature and value of own self. So, he falls prey to superiority and inferiority complexes.

The obstruction makes one to get anger. If the obstruction is not removed and anger exists for a long time, the stored anger becomes 'vengeance'.

These six bad characters are found in every one in different proportions. This determines the personality of an individual. Due to the six bad characters man makes mistakes and five sins namely, lying, gambling, stealing, killing and destroying the modesty of woman are done.

⁶ Thathuvagnani Vethathiri Maharishi, Gnanakalanjiyam part-1, padal-590. Vethathiri Publications, 1991, P.215.

2.2. Six good characters:

These six bad characters are to be converted into good characters. The conversion should be greed to contentment, anger to patience, miserliness to charity, immoral sexual passion to chastity, superiority and inferiority complexes to equality and vengeance to forgiveness.⁷

3. Practices to manoeuvring six characters:

To manoeuvre the six bad temperaments to six good characters, self- analysis is essential for everyone. Maharishi suggested five practices of self-analysis or introspection. They are 1. analysis of thought, 2. moralization of desires, 3. neutralization of anger, 4. eradication of worries and 5. who am i? This is the Total Quality Management (TQM) of an individual.

3.1. Thought management:

Since the desire comes from thought, one has to analyse his thought whether it produces good or bad result. In one hour hundreds of thoughts are coming from the mind. Each thought is to be analyzed and good thought alone should be retained for execution. Bad thoughts should be rejected. One has to fill-up the mind with positive thoughts only. Negative thoughts should not be allowed to enter inside the mind. Thought is the peak of nature. One who maintains the purity and research of his thoughts he will become a divine realized person called Gnani.⁸

3.2. Desire management:

Moralized desires produce good result as pleasure. Desires which produce pain are to be rejected. By the practice of moralization of desires, one has to segregate good and bad desires and retain only good desires for further actions. Immoral desires are to be rejected. When one practices the moralization of desires, the four bad characters of greed, miserliness, immoral sexual passion and superiority - inferiority complex are removed.⁹

3.3. Anger management:

By the practice of neutralization of anger, one can eliminate anger by 1. following- patience, 2. blessing others and 3. auto-suggestion of positive words. By this anger management one can eliminate rest of two bad characters of anger and vengeance.¹⁰

3.4. Worry management:

When one is not able to show the anger to others, the inability of action becomes self-pity and thereby worry. Worry is a kind of mental disease which arises due to wrong calculations. The basic reason for worries: 1. Difference between, what one imagines should happen and what actually happens, or difference between desire and its achievements, 2. difference between stock and need of essentials, 3. difference between physical ability and mental ability and 4. difference between opinions of self and others.¹¹

3.4.1. Analysis of worries:

Worries can be classified into four kinds, 1. Problems to be endured, 2. problems to be postponed, 3. problems to be ignored and 4. problems to be attended immediately.

⁷ Thathuvagnani Vethathiri Maharishi, Manavalakalai, part-2, Vethathiri Publications, 1990, PP. 33-36.

⁸ Thathuvagnani Vethathiri Maharishi, Five steps for Realization of Truth, Vethathiri Publications, 2001, P.55.

⁹ Thathuvagnani Vethathiri Maharishi, KarmaYoga, Vethathiri Publications, 1986, PP. 102 - 103.

¹⁰ Thathuvagnani Vethathiri Maharishi, KarmaYoga, Vethathiri Publications, 1986, PP. 103 - 105.

¹¹ Thathuvagnani Vethathiri Maharishi, KarmaYoga, Vethathiri Publications, 1986, PP. 105 - 108.

When a problem can't be solved by self, society and nature or time this problem should be endured. Example: physically handicapped child.

When a problem can be solved by society and nature, and can't be solved by self, it should be postponed. Example: daughter's or son's marriage.

When a problem can be solved only by time and can't be solved by self, and society, it should be ignored. Example: elder person's outmoded ideas.

When a problem can be solved by self only, and can't be solved by others and time, it should be attended immediately. Example: disease and bad debts. By this method of eradication of worries one can prioritize the urgent problems.

One should understand the law of nature, and increase the self-confidence to solve the problems.

3.5. Who am I?

In order to erase the 'Ego' self-realization is necessary. One has to ask the question "Who am I?" and find the answer through a God realized person or spiritual master. Meditation helps to understand the realization of self or God. One achieves the harmony between self and Almighty. One understands that God has transformed itself into human being.¹⁷

Almighty is absolute space. The life force particle is spinning and in its centre there is no motion at all. It means existence of space in it. There is space between electron and proton in an atom. Similarly in our body space exists between atoms and also in the genetic centre. So, inside the physical body, God exists as space. The astral body is made up of life force particles. The magnetic body is made up of divine dust particles. The divine dust particle is made up of absolute space and is a fraction of space. So, the physical body is God. The answer to the question "who am I?" is "I am divine" and "everyone is divine." This knowledge is essential for all human beings.¹²

4. Self-realization:

Sixth sense gives man the capacity to realize and understand the functions and results of all the manifestations in the universe. The manifestation starts from the Almighty which is absolute space. The first transformation of absolute space is divine dust particle. Association of divine dust particles becomes energy particle (Akash). Combination of energy particles produces five elements called panchaboothas. which becomes universe. Circulation of free energy particles in a circuit in a physical body, manifests as living beings and finally, human beings.

Hence, the absolute space has transformed in to man. This is the history of the evolution of the man from Almighty. The answer to the question, "Who am I?" is Almighty has become myself. Now the man knows, the origin of man as Almighty, absolute space.

The purpose of water flowing in the river is to reach the sea which is the origin of water. Similarly, the man wants to go back to the origin and merge with Almighty. This is the purpose of life. That is self-realization or God realization. The sea water becomes cloud by vaporization as pure water and drops as rain. The pure water of rain becomes dirty, after falling on earth. The dirty water flows as river and finally reaches sea.

¹² Thathuvagnani Vethathiri Maharishi, KarmaYoga, Vethathiri Publications, 1986, PP. 108 - 109.

Similarly, during the evolution processes of man, he acquires three impurities, viz. Ego, sin imprints and illusions. When a man wants to reach the Almighty, he has to get rid of ego, sin impurities and illusions. Meditation is the only way to realize Almighty.¹³

4.1. Absolute Space meditation:

Absolute Space is a static state where there is no motion at all. Universe is in dynamic state where objects are in motion. In living-beings the species are in perceptive state. Meditation is a process of reducing the mental frequency of a man. Brain is an instrument capable of operating frequencies of mind waves from 1 to 40 cycles per second. Normally, man is in emotional state with the mental frequency of 14 to 40 cps (Hertz). This is beta wave.

When a man does meditation, his mental frequency is reduced to 13 to 8 cps which is alpha wave and the man is in peaceful state. When the frequency is reduced further to 7 to 4 cps (theta wave), his mind is expanded to universal field. When the man goes further deep in meditation his frequency lowers down 3 to 1 cps, (delta wave) and he is in Absolute space that is blissful state. Man's mind merges with Almighty and oneness is felt by him as ecstasy. This is the way to realize self or God. One has to practice this meditation for a long time to achieve perfection of consciousness or Mukthi.¹⁴

This meditation has been designed by Vethathiri Maharishi as Thuriyatheetham. By thought-force of the Master (Gnana Diksha), the aspirant is initiated to the Thuriyatheetham state. Here, the soul merges into the Absolute Space, the Almighty. This psychic practice is called 'Samadhi' meaning Communion with God. This state is the realization of Consciousness.

In the normal course of his activities man is acquiring all kinds of characterization by his thoughts and deeds. Negative characters are created only when his mind is working in the Beta range, i.e, between 14 and 40 cps. Only in this high frequency state he become egoistic and commits sinful activities that cause suffering.

If one wants to eradicate these unwanted characters, he has to practice meditation to maintain his mind's frequency at subtler levels, namely Alpha, Theta and Delta. The practice of introspection along with meditation helps one to purify oneself from all the sinful characters accumulated all along the lineage of evolutionary stages.

Conclusion:

Spiritual development has three stages namely, faith, understanding and perfection of consciousness or wisdom. Faith is the initial stage or bhakthi yoga. Understanding is gnana yoga and the peak of gnana yoga is wisdom or realization of God. The practical methods are meditation, introspection, sublimation and self-realization.

Meditation will help man to perform all of his duties in harmony with the laws of Nature and the sentiments and conventions of society. To lead a successful life, and achieve satisfaction and peace one has to sharpen the intellect and cultivate constant awareness. Meditation strengthens the will and streamline the mind. Introspection changes the characters and behaviours based on moral values. Practicing meditation and introspection are combined together helps one to the observance of silence. This leads to sublimation and finally man achieves self-realization. He gains clarity of thoughts and understands the secrets of Nature.

¹³ Thathuvagnani Vethathiri Maharishi, Journey of Consciousness, Vethathiri Publications, 1992, PP. 152 - 153.

¹⁴ Thathuvagnani Vethathiri Maharishi, Manavalakalai part-2, Vethathiri Publications, 1990, PP. 82,83.

After realization of almighty, one's aim is to elevate the others to become a realized person. This is called "service to the humanity". This enables mankind to live showing love and compassion to all living beings. Blossom of love is perfection of consciousness.

Reference:

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