

DKDH3: MENTAL PROSPERITY AND HUMAN EXCELLENCE

UNIT - I: SPECIAL MEDITATIONS

- 1.1 Panchendria meditation – practice on skin, tongue, nose, eyes and ears - benefits
- 1.2 Pancha bhootha navagraha meditation – practice on Earth, water, fire, air and energy particles – practice on Sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Rahu and Kethu – benefits.
- 1.3 Nine centre meditation – practice on mooladhara, swadhistana, manipuraga, anagatham, vishuthi, agna, thuriya, universe and absolute space – benefits.
- 1.4 Nithyananda meditation – benefits - Divine meditation.

UNIT - II: BIO-MAGNETISM

- 2.1 Magnetic body – Bio-magnetism – Psychic extension of life-force – mind.
- 2.2 Five physical transformation of magnetism – pressure, sound, light, taste, smell – Production, Consumption and stock of Bio-magnetism in human body.
- 2.3 Enhancement of bio-magnetism – lamp gazing practice – rules – benefits.
- 2.4 Mirror gazing practice – rules – benefits – passes for curing diseases.

UNIT - III: CULTURAL EDUCATION

- 3.1 Protection of the natural resources – Pollution free environment – Adverse impact of pollution to the environment (Land, water, air, forest, sound, thought) – solutions – tree plantation – protection of the environment
- 3.2 Value education – Not being boastful, No ego, No vanity, No selfishness, Self-control, Consistent effort, Peace, Honesty, Truth, Respecting others, No feeling of jealousy, Determination, Avoiding unnecessary expectation from others, Seeing goodness in everything, Sincerity, clarity, courage, house-keeping, time management
- 3.3 Good government – Greatness of Democracy – Public responsibility in selecting the government heads – Educational system for public administration – spiritual education.
- 3.4 Value of selfless service - Service mentality – Fundamental for Spiritual development – Service through body and mind. (Eg.) Mahatma Gandhi – Mother Teresa – Chart for Past completed deeds and future plans.

UNIT - IV: SCIENCE AND SPIRITUALITY

- 4.1 Development of Science – from Stone Age to computer age
- 4.2 Merits and Demerits of Scientific development
- 4.3 Development of Spiritualism – from Stone Age to computer age
- 4.4 Merits and Demerits of Spiritual development of mankind.

UNIT - V: SOCIAL OUTLOOK

- 5.1 Economic justice – sharing of work.

5.2 Globalizations of food and water – Linking of rivers.

5.3 Living by following the guideless of Wisemen – suruthi (Literature) – yukthi (Perception through thinking), Experience – Life styles of wise people – Vethathirium concepts.

5.4 Following Divine Justice (Cause and Effect system) - Respect for nature

TEXT BOOK:

1. Mental Prosperity and Human Excellence – VISION, Vethathiri Publications

REFERENCE BOOKS:

- 1) Mind - Vethathiri Publications
- 2) Vethathirium - Vethathiri Publications
- 3) World Peace Plan - Vethathiri Publications
- 4) World Community Life - Vethathiri Publications

UNIT - I: SPECIAL MEDITATIONS

PANCHENDRIYA MEDITATION (PRACTICE ON SKIN, TONGUE, NOSE, EYES AND EARS – BENEFITS)

Panchendriya meditation is required for the upkeep of the body and they have to be put to use through the sense organs. Biomagnetism in the body is transformed into pressure, sound, light, taste and smell in the sensory organs. The five sensory organs are called as Panchendriyas or the five Gnanendriyas.

The five sensory organs are;

1. Skin (Touch sense).
2. Tongue (Taste).
3. Nose (Smell).
4. Eyes (Light).
5. Ears (Sound).

The Panchabhootas are five and the sensory organs are also five. The Panchabhootas are Akash, air, fire, water and earth, and the sensory organs are the skin, tongue, nose, eyes and ears. The sensory perceptions are touch, taste, smell, sight and sound. Beyond the sensory perceptions lies the perception of Truth. During Panchendriya meditation, the mind remains focused on the five sense organs, whereby the organs begin to function well.

"Name and fame are his, who diligently uses-

His sense of touch, taste, sound, sight and smell"

Kural 27

It is important to know about the sense organs, the transformations, their relationship with the external world and how they result in sensations of pleasure or pain.

BENEFITS OF PANCHENDRIYA MEDITATION

1. Awareness dawns, whereby the lure of sensory pleasures is overcome.
2. Attraction for material things disappears. Measure and method in enjoyment is practiced.
3. Thoughts, words and deeds are controlled. Good results follow all actions. Quality of analysis improves.
4. Material consciousness is removed and spiritual consciousness rules the mind
5. It provides peace and clarity of thought. The practitioner is no longer a slave to his senses.
6. Excess transformation of biomagnetism into pressure, sound, light, taste and smell is avoided.

PANCHENDRIYA MEDITATION AND THE EVOLUTIONARY PROCESS

Panchendriya meditation follows the principle of evolution closely in its practice. The sense of touch, which made the organisms aware of the sensations of heat and cold, preceded

all the other sensory perceptions, when life first appeared on this planet. They were the creatures endowed with a single sense. Plants belong to this category. This was followed by creatures like the worms with two senses, the sense of touch and taste. They were provided with a mouth for ingesting food. The insects, endowed with three senses, viz. touch, taste and smell came next, followed by the reptiles, like the snakes and lizards, with the faculty of sight, along with the other three. The animals with a fifth sense, the sense of hearing, which enabled them to perceive sound, appeared after all the other forms of life. The same order is followed during Panchendriya meditation, where meditation commences on the skin, followed by the tongue, nose, eyes and the ears.

PANCHABHOOTHA NAVAGRAHA MEDITATION

PANCHABHOOTHA MEDITATION:

Everything in the Universe is the result of an association of the Panchabhoothas. Bhoothas means matter, one of the states of matter that make up the Universe. The five states of matter are the earth, water, fire, air and Akash. Panchabhoothas meditation is meditation on the individual state of the matter, whereby the energy waves that emanate from them are converted into the physical and mental energy waves in our body. The meditation commences with meditation on the earth, when the ill effects of the waves emanating from the earth are negated and its positive ones accepted. The secrets of the earth are laid bare before us and this knowledge is utilised for attaining prosperity and success in life. This is followed by meditation on water, fire, air and Akash where the same procedure is repeated. fire, air and Akash where the same procedure is repeated.

ENERGY WAVES FROM THE PANCHABHOOTHAS

The biomagnetism in the body undergoes changes according to the nature of the energy waves it comes into contact with. We are constantly exposed to the energy waves that are given off by the stars and planets, as well as the objects and the people around us. They may be beneficial or harmful to us. The waves that cannot be borne by us produce ill effects that can be overcome by adjusting ourselves suitably to them. The steadfastness and resistance power to withstand effects of the waves that are unfavourable to us is essential. This can be achieved by linking our life energy, biomagnetism and mind to the Panchabhoothas through meditation. For example, while meditating on the earth, autosuggestion to the effect that 'the energy waves given off by the earth should be favourable to us, at all times and in all places', is made. Knowing about the Panchabhoothas is knowing the Universe. Man has only a superficial knowledge about the Panchabhoothas and their effects on him. To be fully aware of the Panchabhoothas, he must be constantly linked to them, which can be achieved by merging his mind with the Panchabhoothas. Regular practice of Panchabhoothas meditation protects us from the elements and helps establish harmony with them. Our life energy mingles with the Panchabhoothas and the mind becomes strong and capable of accepting happiness, disgust or failure with equanimity. All our needs are fulfilled through the bounties of Nature. Everything in Nature is an association of the Panchabhoothas. To establish harmony with the energy waves emanating from the objects around us, meditation on the Panchabhoothas is essential. Rejuvenation of Life force and Streamlining of Mind.

MAN AND THE PANCHABHOOTHAS

The Consciousness inherent in the Divine State became the Pattern, Precision and Regularity in the Panchabhoothas. The physical structure of any object is the result of an association of the energy particles and the ratio of the association is decided by the Consciousness. The Consciousness of the Divine State functions as the Force and Consciousness in all things. It also works as the Order of Function in everything. Pattern, Precision and Regularity is the first level in the manifestation of the Consciousness. Living things are also the result of an association of the Panchabhoothas. The Consciousness which functions as the Pattern, Precision and Regularity in the non-living things also functions as the perceptive qualities of Cognition, Experience, and Discrimination in the living beings. On account of this, the living things are endowed with the additional faculty of perception, which enables them to perceive everything in the Universe. In man, this goes one step further, in the ability to realise his Self. This is the sixth sense. Besides cognising the transformations of pressure, sound, light, taste and smell, man is capable of realising the force that exists behind these transformations. Cognition takes place through conversion of biomagnetism. When the Consciousness comes into contact with the Panchabhoothas, cognition, experience and discrimination take place. When this phenomenon is understood well the connection between the Panchabhoothas and man becomes evident. It becomes clear that man is the result of an association of the Panchabhoothas.

BENEFITS OF PANCHABHOOTHA MEDITATION

1. We are benefited through the harmony established by us with everything around us.
2. The secrets behind everything are revealed to us and we are protected.
3. The body and mind are strengthened and rejuvenated.
4. Immunity power increases.
5. We are benefited by knowing the value of everything, establishing a link
6. with it, understanding the secrets of its origin, and are protected by the earth,
7. water fire, air and Akash at all times.

NAVAGRAHA MEDITATION

Oh! Compassionate and Almighty One,
How do I describe the ecstasy in me?
As in my mind's eye, the planets and stars.
Moving together in a cosmic dance, I see!"

- Vethathiri Maharishi

Navagraha meditation involves meditation on the Sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Rahu and Kethu. Each planet emits rays according to the nature of its chemical composition and these rays produce changes in the objects they strike upon. We, on the earth, receive rays from all the nine planets. The earth and the other planets revolve around the sun, in elliptical orbits, at different distances and speeds. On account of this, the

distance between the earth and the other planets, as well as the periods of their proximity to the earth varies regularly. This results in periodical changes in the volume of the rays received from the sun and the other planets, according to which changes are induced in human lives. The intensity of the rays received from any planet depends on its distance from the earth at any point of time, and its effects vary on account of this. Every living thing undergoes chemical changes due to the transit of the planets, which may be beneficial or harmful to it.

SIX TYPES OF CHEMICAL CHANGES

The human body undergoes six types of chemical changes. Heredity, food, thoughts, actions, movement of the planets and changes in the environment bring about changes in the magnetic, electrical and physical fields in the body.

1. HEREDITY:

The distance between the earth and the sun and the angle has to be calculated when a child is born. There are trillions of planets and stars in the sky, lying beyond the Solar System. They have been divided into 27 groups by our ancestors and each group is made up of millions of stars. Each group is known by a particular name and the group is commonly referred to as a star. The stars travel through the Universe, which is referred to as the Zodiac. The entire Zodiac is divided into 12, known as the Houses of the Zodiac. The 12 houses are called as Mesham, Vrishabam, Mithunam, Karkadakam, Simham, Kanni, Thulam, Vrishchikam, Dhanu, Makaram, Kumbham and Meenam. The position of the planets in the Zodiac is charted at the time of birth of a child and predictions regarding its health, intellect and other qualities are made, based on the position of the planets. The planetary position at the time of the birth of the child forms the basic capital in its life.

TRANSIT OF THE PLANETS

The proximity of the planets to the earth decides the quality of their rays and the influence they exert on the life of the individual. When two planets come in a line during the course of their transit, it is called the conjunction of the planets. Their rays mingle before striking the earth with suitable changes in their effects. Besides this, changes in the position of the 9 planets during the course of their transit through the Zodiac induce changes in the quality of their rays. They affect the individual all through his life, which may be favourable or unfavourable to him. Such changes will not affect the people with spiritual inclination as much as it does the others, on account of the subtle nature of the mind waves given off by them. When the frequencies of the mind waves are altered through meditation, changes can be brought about even in the ill effects of the energy waves given off by the planets. Receptivity can be improved and the ill effects warded off by establishing harmony with the individual planets. An autosuggestion that the rays may turn out to be beneficial to us is also made during meditation. The individual is automatically protected against any bad effects from the rays. All planets are the result of an association of the Panchabhoothas and are very powerful. Doing Panchabhoothas Navagraha meditation once a week, or even once a month is good. It is ideal when done on full moon or new moon days, when the earth, sun and the moon are in a line with each other.

BENEFITS OF NAVAGRAHA MEDITATION:

The ill effects of the rays from the planets are

- ❖ averted and the practitioner is protected.
- ❖ The life energy Helge way
- ❖ The mind becomes capable of expanding to its limits.
- ❖ Mind is purified.
- ❖ Quality of the mind is improved and spiritual elevation takes place.
- ❖ Life becomes beautiful and fruitful.
- ❖ Imprints in the body and the soul are eradicated and an inner light begins to glow.
- ❖ Feelings of love and compassion become natural.
- ❖ This meditation enhances fame, longevity in life, success, wealth, knowledge,
- ❖ happiness, beauty, as well as physical and mental health.
- ❖ It helps find a good life partner, make discoveries, protects one from his enemies, realise
- ❖ the Truth and an opportunity to see the world.

PRACTICE ON EARTH, WATER, FIRE, AIR AND ENERGY PARTICLES

The philosopher of the east has classified matter into 5 as below

1. Aakash (Energy particles)
2. Air
3. Fire
4. Water
5. Earth

Aakash

Aakash aur energy particles are formed through an association of the formative dust.

Air

When two energy particles come together an atom of Hydrogen is formed. Hydrogen Helium nitrogen extra formed through an association of two or more energy particles are the components of air.

Fire

The element of oxygen is the result of an association of 24 energy particles that is 8 electrons 8 protons and 8 neutrons. It helps combustion and is called heavy air or fire

Water

When the atom of Hydrogen and oxygen come together in a particular proportion the space between the particles of one is taken up by the another and water is formed to atoms of hydrogen and one of oxygen makes water. Elements does combine to give rise to a variety of liquids.

Earth

When the atoms of the liquid come together into dense formation, they give rise to the solids. The energy particles which constitute Akash Associates into denture and denser formations to produce the other four States of matter. In your object solid liquid organs when divided further and for the ends up as the imperceptible energy particles. All things in this watch including the stars planets earth and the living beings are the result of an association of the Panchabhootas

PRACTICE ON SUN, MERCURY, VENUS, MOON, MARS, JUPITER, SATURN, RAHU AND KETHU – BENEFITS

The universe is made of millions and millions of stars and planets each of which are formed through an association of energy particles. When an energy particle which rotates at very high speed begins to travel around another with a flower speed a hydrogen atom is formed. When a number of atoms are those formed the self-compressive force of the divine State Drives them together into CEL masses of very low density. The effect of the recementing from the sun and the other planets as explain by the ancestors are the follows; sun-bones, mercury-skin, Venus-sexual vital fluid, moon-blood circulation, mars-bone marrow, Jupiter- brain cells, -nervous system, Rahu and kedu-ojas. The practice of Navagraha meditation helps part of the evil effects of the planetary rays bleeding to happy and prosperous life. Rotation generates a repulsive force; the formative dust particles also generate a repulsive force on account of their rotation. The attractive force of the energy particles transforms into a repulsive force; in other words, the compressive force of the divine state transform into a repulsive force within the energy particles. Water from a tap flow into a vessel till it is full; once it is filled, the force of the water entering the vessel begins to push the water out of it.

Repulsive force is given off by the formative dust all over the universe; the self-compressive voice of the divine state becomes the repulsive force when expect from the dust particles. Where is the self-compressive force is constant that repulsive force varies being high and low according to the speed of the dust particles. These two forces that 24 of attraction and repulsion together constitute mathematician present in the universe. Energy particles do not cash only the magnetic waves do as the rotation of the formative dust increases in keeping with the surrounding pressure force friction is generated between the formative dust and the eternal space around it. This friction draws the force from the divine state and transfers it to the formative dust. When the force within the particles Rises to very high level it is automatically expelled from it. This is the repulsive force. Every object occupies a certain amount of space in the universe the depending on the quantity and quality of the energy particles that makes up the object. This characteristic is referred to as the

Length breadth or depth of a particular object which gives a specific shape to the object. Every shape is the result of an association of millions of energy particles.

Where are the energy particles lie beyond the level of sensory perceptions the objects that have been formed through an association of the particles can be perceived through the senses? Acid planted in the ground sprouts and grows into a tree with branches leaves fruits and seeds all of which will be similar in appearance to the one from which the seed was obtained this is pattern.

Precision

The natural functions of any object on account of its inherent qualities undergo changes when subjected to the influence of the energy waves given off by another object. Changes are brought about where by an individual action becomes Transformer through a chain action. The shape and quality of a piece of stone are the result of actions of the particles contained in it. But then due to the force of the Wind or water the stone crumbles into sand it is a change action. Similarly, when the grains of sand come together to the to be hard and into a piece of rock it is a change action. All this occurs Under the order of function in nature. The same order of function controls every living thing on this earth taking dumb through the various stages of birth existence and death.

All things in the universe from the Paramanu to the planets and the stars are inanimate objects that are they are non-living things, whereas living things are those with sense organs from 1 to 5 capable of perceiving the events around them. Man, with the 6th sense is a final product in the transformations underground by the divine state. The divine consciousness is omnipresent in all the things from the paramanu to man functioning as the pattern perception and regularity in everything. It is the quality of the divine state reflected by the object as its character. The quality of the leaf's fruits and seeds of the tree mentioned in the above example will be the same as the parent tree. This is precession. Quality depends on the quality and quantity as well as the functions of the energy particles that make the object. A knife is an inanimate object made up of millions of energy particles. The consciousness within the knife functions through the act of cutting the other objects. Similarly, the consciousness within copper sulphate another inanimate subject functions as a poison when ingested by a living thing. Precision reflexes the individual nature of an object or a living thing.

NINE CENTRE MEDITATION

This meditation has to be learnt and practiced under the guidance of a master. The mind remains focused on the 9 points during the meditation. They are:

1. Mooladhara.
2. Agna
3. Swadhisthana
4. Thuriyam
5. Manipooraka

6. Universal field
7. Anahatha
8. Absolute Space
9. Vishuddhi

Meditation is done on the 9 centers, 7 of which are located within the body and 2, viz. the universal field and Static State are located outside. Meditation commences at the Mooladhara Chakra, followed by meditation on each of the other Chakras and concludes when the mind merges with the Divine State, the life energy particles originate in the sexual vital fluid located in the sex glands. It operates from the endocrine glands located in the 7 Chakras of the body. They are: 1. Mooladhara (Sex Gland) 2. Swadhisthana (Adrenal). 3. Manipooraka (Pancreas). 4. Anahatha (Thymus). 5. Vishuddhi (Thyroid). 6. Agna (Pituitary gland) 7. Thuriya (Pineal gland). The endocrine glands convert the biomagnetism necessary for the functioning of the body. The secretions of the endocrine glands are called as hormones or enzymes. They are also known as bio chemicals on account of the fact they are derived from the biomagnetism. We have already seen how biomagnetism transforms into pressure, sound, light, taste and smell in the body. In the same way, the endocrine glands convert biomagnetism into the bio chemicals, a few milligrams of which are sufficient for the normal functioning of the body. The bio chemicals also take care of the metabolic and catabolic functions. The endocrine glands also produce the hormones necessary for the psychosomatic functions of the body. The points where the endocrine glands are located are called as the Chakras in philosophy. The hormones enter the bloodstream to reach every cell in the body. They perform a variety of functions, like regulating the level of glucose and sodium, as well as taking care of the body in keeping with the circumstances. The endocrine glands function in harmony with each other. For example, the secretions of the sex glands are taken to the other glands through the blood vessels. Similarly, when the secretion of the pancreas is in excess, the other endocrine glands work together to balance it. Each gland takes care of the others and also protects itself, at all times. Generally, the life energy is situated in the Mooladhara Chakra, except in the case those involved in deep research, where it moves up and locates itself in one of the other Chakras. When the mind attains very subtle frequencies, the life energy automatically begins to move up from the Mooladhara Chakra. It travels up, through the other Chakras, to reach the Agna Chakra, from where it moves up to Thuriyam. The sages of the olden days accomplished this process through the practice of meditation. When the life energy reaches the crown of the head, the mind attains equanimity. The energy spreads to the body and brain cells strengthening and enhancing their quality. The endocrine glands have to be well supplied with biomagnetism for improving their function. Nine center meditation has been designed with this purpose in mind, where meditation on the 7 Chakras is followed by meditation on the universal field and the Divine State. During meditation on the Divine State, we merge with it.

Special Meditations

Initiation to Agna meditation is the first step in Simplified Kundalini Yoga, where the center for the life energies is shifted from the Mooladhara Chakra to the Agna Chakra, with

the help of an experienced master. The other 4 Chakras, viz. Swadhisthana, Manipooraka, Anahatha and Vishuddhi are bypassed during this process, for the simple reason that passing through each of the Chakras to reach the Divine State can take much time and efforts. But meditation on the individual Chakras becomes easy once the aspirant has already become adept at meditation on Agna, Thuriya and Thuriyatheetam. Physical and mental health improves. Let us now take a look at the individual Chakras.

PRACTICE ON MOOLADHARA, SWADHISTANA, MANIPURAGA, ANAGATHAM, VISHUTHI,

MOOLADHARA

The muladhara chakra is placed between the anal outflow and the genital organ at the perineum. This is the body's most fundamental chakra. Unfortunately, many people currently believe it is the lowest chakra and hence not worth focusing on. Mula-adhaar is a Hindi word that means "foundation." The muladhara chakra is the foundation of both the physical and energetic bodies. It is critical to have a solid foundation. Anyone who believes the foundation is something we don't have to worry about is a fool.

The human body - the foetus – is a small ball of meat when viewed shortly after conception. That teeny-tiny hunk of meat has evolved into what it is now. There is a type of software called as pranayama kosha or energy body that allows it to organise itself in this manner. The energy body takes shape first, and then the physical body takes shape on top of it. If the energy body has any distortions, they will emerge in the physical body as well. A red, four-petaled lotus with a yellow square in the centre represents it. The four vrittis are represented by one of the Sanskrit phrases engraved in gold on each petal: highest joy, natural pleasure, enjoyment in regulating passion, and blissfulness in concentration. They could also signify dharma (psycho-spiritual yearning), artha (psychic yearning), kama (physical yearning), and moksha (freedom) (longing for spiritual liberation). Eight spears protrude from the square's sides and corners.

As a result, it's critical to strengthen the foundation. Health, wellbeing, and a sense of stability and completeness will not be experienced unless the muladhara is established. These attributes are required for a person to strive towards great heights. You can't force someone with wobbly legs to climb a ladder, and he won't want to. To navigate through life in an efficient and effective manner, one must have a certain amount of confidence in one's body and mind.

When we do yoga, we concentrate more on the mooladhara than anything else because once this is stabilised, the rest is simple to achieve. It will be a daily circus if the base of the structure is loose and we struggle to hold it up. That is what has happened to human existence — maintaining some level of balance and wellbeing on a daily basis has become a circus for most people. Anxiety is inevitable when the foundation is shaky. But, life or death, if your muladhara is steady, you will be stable since your basis is sound, and we can fix the rest later. Muladhara is related with the god Indra. He is yellow, four-armed, and wields a vajra and a blue lotus in his palms in these portrayals. He is riding on Airavata, a white elephant with seven trunks that represent the seven elements required for life to exist.

Ganesha is occasionally connected with Muladhara. He had orange complexion, a yellow dhoti, and a green silk scarf hanging around his shoulders in these renditions. He has a laddu, a lotus flower, and a hatchet in three hands, and the fourth is lifted in the dispersing fear mudra.

SWADHISTANA

Swadhisthana is located two finger-widths above the Muladhara chakra or root chakra which is located in the coccyx (tailbone). Its corresponding kshetram, or, "place," in front of the body is barely below the belly button. Svadhisthana Chakra is connected to the root of the genital organs between the first, second and third sacral vertebra with nerves extending to the second, third and fourth lumbar. It connects to and regulates sexuality, reproduction, purification, disposal of body fluids and absorption of energy. We can awaken Swadhisthana chakra Breathe normally. Take your attention to the location of the chakra (Lower tip of the spine or the root of the genitals). Take a slow and deep breath and imagine that you are breathing in through the Swadhisthana chakra and then breathing out slowly through it. Continue this process for 5 to 10 minutes. The Svadhisthana chakra relates to the water element, and like water, the sacral energy controls fluidity, versatility, and freedom, whether sexual, emotional, or creative.

When in balance, someone feels an abundance of creativity and pleasure. I can concentrate on my swadhisthasana by sitting in Sukhasana with eyes closed and spine straight, as described in the previous meditation exercise. Focus your attention on Svadhisthana Chakra and make sure you sit as still as possible throughout the posture. You can activate Swadisthana Chakra through Sukhasana using appropriate music, such as this. It regulates and purifies bodily fluids through the kidneys, bladder and lymphatic system. It's also associated with joint mobility and muscle flexibility. This chakra's mental focus is on close personal relationships and sexual activity; and activities or material gains which enable comfort in life by concentrating on the swadhisthasana.

When Svadhisthana Chakra is well balanced sense of friendship, good relationship with the family, society and healthy competition along with good self-esteem occur. People with this Chakra balanced experience clairvoyance, vitality and a desire to live along with strong but balanced sexuality. The rhythmic cycles of nature are felt and measured by the Svadhisthana Chakra. For example, the phases of the moon and its relationship to the tides, as well as everything that is changing, fleeting, and cyclical, such as the female cycle, birth, death, and climate change. The Svadhisthana Chakra is located between the first, second, and third sacral vertebrae, with nerves extending to the second, third, and fourth lumbar vertebrae. It connects to and regulates sexuality, reproduction, purification, body fluid disposal, and energy absorption.

MANIPURAGA

Manipuraga is the third primary chakra according to Vedic tradition. It influences self-esteem, warrior energy, and the power of transformation and is located around the navel in the area of the solar plexus and up to the breastbone. The Manipuraga chakra is also in charge of digestion and metabolism. A downward-pointing red triangle, symbolising the

tattva of fire, is depicted within a bright yellow circle, with ten dark-blue or black petals that resemble heavily laden rain clouds. Vahni, the deity of fire, is shown as a fiery red figure with four limbs, a rosary, and a spear. Vahni is granting boons, or favours, and eliminating dread with his motions. Later on, Agni is mentioned, as well as how Hinduism has changed over time.

The body becomes more successful at absorbing nutrients into the body when the Manipuraga Chakra is activated. This back-bending asana provides a significant amount of intra-abdominal massage to the digestive system's numerous organs, particularly the liver and pancreas. For balancing the Manipuraga Chakra Don't drink ice cold water and never overeat if you want to keep your Manipuraga chakra in balance. Sitting in the vajrasana (on your heels) after meals helps balance the solar plexus and your digestion. The stone for this third chakra is the citrine. Sheziam suggest keeping it on the navel and meditating. In yoga practice, goddess Lakshmi is connected to the Manipuraga chakra. This chakra is connected to a sense of clarity, self-assurance, wisdom, and prudent decision-making. Because the third eye chakra is linked to your intuition and imagination it is especially important if you are starting your journey as a new business owner or changing careers to follow your passion. The solar plexus houses the Navel Chakra.

This chakra, which is associated with self-assurance, might get blocked if you are ashamed. There may be issues with willpower and self-esteem. It is your Navel Chakra that is obstructed if you are shy and unable to express yourself in a group setting. The syllable 'ram' is the seed mantra. The deity Rudra resides within the bindu, or dot, above this mantra. He is red or white in colour, has three eyes, a silver beard, and is coated with white ashes. Rudra sits atop a tiger skin or a bull and makes signs of granting boons and eliminating fear. The goddess Lakshmi is Rudra's Shakti. She is four-armed and has a black or dark-blue vermilion tint. She has three faces, each with three eyes. Lakshmi wields a thunderbolt, an arrow from Kama's bow, and fire. She makes granting boons and eliminating fear gestures. Lakshmi sits on a crimson lotus flower.

Heat or Agni in the solar plexus is how the fire element is represented in the body. The Manipuraga Chakra, located at the centre of the physical and astral bodies, attracts and controls prana to keep the body and mind in harmony. Excessive fire and energy in the Solar Plexus Chakra can cause impulsive behaviours like rage and violence, which is a sign of a blocked chakra. An emotional imbalance might also result from an imbalance. Starting with apprehension and suspicion of the individuals in your life, you'll be filled with concerns about what others may think of you. Some people may struggle with poor self-esteem and seek constant validation and praise from others. Unhealthy ties to persons in your life may result from this imbalance. Activating the Manipuraga Chakra fosters a readiness to learn about power, uniqueness, and identity. A misaligned Solar Plexus Chakra might make skilful self-expression difficult for some people. It might take the form of too rigid or controlling conduct in some people. Others develop a victim attitude, a neediness, and a lack of direction or self-esteem, making it difficult to stand up and take good action.

ANAGATHAM

According to Hindu Yogic, Shakta, and Buddhist Tantric traditions, the fourth fundamental chakra is the Anagatam, or heart chakra. Anagatam means "unhurt, unstruck, and unbeaten" in Sanskrit. The Vedic concept of unstruck sound is referred to as Anagatam Nad. Anahata is a Sanskrit word that means "balance," "calm," and "serenity." Anahata, which means "unhurt" in Sanskrit, is in charge of the body's love energy. The heart chakra relates to the heart, lungs, immune system, and upper body muscles on a physical level. The heart chakra, when opened, fills you with love, forgiveness, and compassion on a spiritual level. To open your heart chakra, Come into Auspicious mudra. Close your eyes, and take three deep breaths. Inhale into your heart centre and feel your chest press into your palms. Imagine a gorgeous diamond in your chest. When you are done, bring your awareness to the hands on your heart. The element associated with Anahata chakra is Air. It's all about space, feeling the infinite, like the sky. It's the door to our inner temple, our soul, the infinite part of ourselves. Anahata Naad manifests itself in different ways ranging from the sound that is similar to the beating of the waves of the sea to the deafening peals of huge bells and the holy sound of the conch. To practice ahata nada yoga, select some soft, calming music to listen to while sitting in a comfortable meditation pose. Focus all of your attention on the sounds of the music, and when thoughts arise, bring your focus back to the music, or ahata nada. The heart chakra is concerned with our interpersonal relationships and connections. The heart is affected when there has been a loss or hurt in a relationship. Things and situations, such as moving or losing a job, could be linked to the loss or hurt.

Nada yoga is a profound internal listening exercise aimed at hearing Anagatam nada, one's own inner, unstruck sound that is unreachable to others. The "sound of clouds" is a magical sound that includes thunderous drums, gentle flutes, buzzing bees, and shimmering gongs. The noises of anahata are created and heard within sushumna, the centre energy channel, and they are particularly loud in the heart chakra, or "ear of the heart." The Hatha Yoga Pradipika's nada yoga approach is a more advanced form of renunciation. A practitioner must devote years of study and practise to perfecting hatha yoga practises in order to hear the sound of anahata nada. Pratyahara, or turning off the sense organs and tuning into the inner aliveness of being, is the first stage of nada yoga. Dharana, or one-pointed focus, and dhyana, or maintaining dharana for several minutes, are the other two preliminary yoga practises. Most significantly, the sushumna nadi, which produces anahata, must be cleansed through a consistent pranayama exercise.

VISHUTHI

According to the Hindu tantric tradition, Vishuddha, or Vishuddhi, or neck chakra, is the fifth fundamental chakra. Thyroid gland is an endocrine gland. This chakra's dwelling god is Panchavakra Shiva, who has five heads and four arms, while Shakini is the Shakti. The Vishuddhi Chakra brings forth an endless sense of contentment and freedom, allowing our abilities and capabilities to grow. A clear voice, singing and speaking talent, as well as balanced and peaceful thoughts, are all part of this stage of development. The most frequent Sanskrit word for the throat chakra is Vishuddhi, which means 'pure' or 'purification.' Ether is the natural element connected with the Vishuddhi chakra. It's all about space, the vacuum in

which our inner selves reside. Throat Chakra Blocked Symptoms Communication breaks down when the Vishuddha Chakra's energy is out of harmony. We refuse to pay attention to both our inner Self and others. Others don't understand us, and we're surrounded by emotions of loneliness. Communication, creativity, and self-expression are all aided by the throat chakra.

When this chakra is out of balance, you may find it more difficult to communicate successfully. "Those with a fifth chakra imbalance may be extremely judgmental of themselves and others on an emotional level," she noted. Physical symptoms include a scratchy throat, persistent sore throat, mouth ulcers, gum problems, laryngitis, thyroid issues, and temporomandibular joint (TMJ) disorders, according to her. The throat chakra, which is located in the centre of the neck at the height of the thyroid gland and regulates energy processing in the body through temperature, growth, and metabolism, is located in the centre of the neck at the height of the thyroid gland. The lips, jaws, tongue, pharynx, palate, shoulders, and neck are all affected.

The throat chakra is associated with personal expression through truth, purpose, creativity, and uniqueness. This chakra is linked to the sacral chakra, which is another emotional and creative centre. The throat chakra is concerned with clearly communicating thoughts in a graceful and honest manner, as well as projecting one's real creativity into the world. When Vishuddha is balanced, you can communicate properly and ask for what you need to manifest the world you want to live in. You are aware of your own worth and honour it. You have the ability to accept things as they are and retain a sense of balance within yourself and in the world around you.

AGNA

The first step in the practice of kundalini yoga is meditation on the Agna Chakra, get it between the eyebrows. The Mind reminds for custom the life energy to the Agna Chakra, during meditation. The life energy normally situated in the mooladhara Chakra is a raised to the Agna through the spinal cord with the help of the Guru. Process of initiation called Sparsa Deeksha, can be compared to the way in which a hen hatches the eggs by brooding over them. Initiation becomes a turning from point in the spiritual life of an individual. The Guru makes use of his energy is to raise the life force of the aspirant from the Mooladhara Chakra to the Agna chakra and place it there. The aspirant can feel the moment of the life force at the Agna Chakra immediately after initiation. The consciousness is awake and by the actions of the Guru and propelled towards perception.

When the life energy start functioning from the Agna Chakra the mind which till then was evolved with the sense organs and the world outside turns in word and begins to observe itself and the life energy. The sensory organs fee their functions and all sensory perceptions except touch come to a halt. the mind finds peace and the frequencies of the mind waves come down to the alpha level of 8-13 cycles per second. the pituitary gland is activated; awareness increases, the temperaments are controlled and the five cardial sins disappear.

The four steps in meditation designed by the four fathers are;

1. Pratyahara- the mind is freed from the environment with the census and the external object.

2. Dharana-the mind is focused on a specific object or area in total awareness
3. Dhyana-the mind is brought to a focus on the life energy from which it has originated
4. Samadhi-the mind perceives the divine state as explained by the Guru and becomes one with it.

The aspirant is able to feel the movements of the life force immediately after initiation. The three aspects of yoga practice like Pratyahara dharana and dhyana form a part of Agna meditation. The consciousness is able to exercise mastery over the senses freeing it from the sensory pleasures. Concentration improves when the mind merges with the life energy; Peace and mental acuity increases and biomagnetism is conserved.

BENEFITS OF AGNA MEDITATION

1. Attachment to material things is eradicated.
2. Self- realisation becomes possible.
3. The ability to tread the path of righteousness grows.
4. Desires are controlled and greed avoided.
5. Constant awareness is developed.
6. Conscious mind is strengthened.
7. Senses are controlled.
8. Adamant nature, unreasonable anger etc are eradicated and the senses are at peace always.
9. The mind learns to restrict itself to a single sense.
10. The sub-conscious and conscious minds work in harmony and concentration is improved.
11. Frees the individual from Akarma karma.
12. The ability to do anything into consideration the past experiences, the present circumstances and the possible future outcome increases.

Simplified Kundalini yoga can be practiced by the people of either sex who have attained puberty.

THURIYA

Thuriya Meditation is performed at the Crown of the head it is also called as Brahmara meditation, where the point at thuriyam is considered the Gateway on the path of Brahman. The imprints of the animal acquired through heredity and past on through millions of generations are to be found in every man. To be rid of these imprints the function of the brain has to be regulated and brought under our control failing which the entrance reflects as thoughts again and again prodding the body into action. Polarity between the cells of the brain should be improved through meditation at Thuriyam regularly regularly.

Saint poet Tirumoolar in one of his poem's planes how meditation thuriyam cleans one of the imprints of the past and the present lifetimes.

The flow of the life energy through the individual cells of the brain can be felt as a pleasant sensation during Thuriya Meditation. The constant circulation of the life energy to the Brain cells helps to improve the polarity between the cells besides franking the mind. The body and the Limbs follow the instructions and the mind completely. It is for this reason that Thuriya Meditation is also called Raja Yoga.

The entrance acquired through heredity as well as during the lifetime of the individual can be eradicated through the practice of Thuriya Meditation. Removing a veil reveals objects behind it., in the same manner when the veil of sin imprints is removed the divine state stands are revealed. This is the reason why Thuriya is also called as the Brahmarandra and Haridwar - the gateway to Hari. Popular believe that the gates to Heaven are left open on vaikunda Ekadashi day Falling in The Tamil month of margazhi, reveals among the people; early to mean is that the particular month is ideal for opening the brahmarandara through meditation.

Good intentions are often overloaded and evil deeds performed on account of a lack of harmony between thoughts and beads. habits and wisdom remain at variance with each other. This should be avoided and habits should follow the path of wisdom. Thuriya Meditation provide some mental strength to achieve this the master who initiated the aspirant into acne Meditation by touching the Agna Chakra with his fingers finger now initiate him into Thuriya Meditation by gazing into his eyes. this process is called Nayana Diksha aur Chakshu Diksha. It can be compared to a fish that inspires the hatching of its by transferring energy from its Eyes.

During Agna meditation the mind withdraws itself from 4 of the censuses and perceives the life energy through the Census of touch. During Thuriya Meditation even this sensory perception is done away with and the mind no longer in its expanded state blends into the life energy. The life energy reminds in its original form and ready's itself for merging with the divine state.

The human brain is made up of 1000 of tiny Chambers many of which going to actions simultaneously when a thought arises. Thousands of these Chambers are activated during Thuriya Meditation. This point is called Sahasrara Chakra

BENEFITS

1. It is ideal for eradication of the imprints in the soul.
2. As this meditation is performed from the level of the sub- conscious mind, the consciousness begins to rule it. The ability of the mind to expand increases.
3. Noble thoughts that emanate from us reflect themselves in the minds of the other people.
4. Auto suggestion and blessing work better.
5. Become stronger and subtler. Emotions cannot overcome the mind easily.

6. Practices like introspection, analysis of thoughts and eradication of worries improve through the practice of Thuriya meditation.
7. Imprints of Prarabdha karma are eradicated.
8. Blemishes in the body and the soul are removed.

UNIVERSE AND ABSOLUTE SPACE AND BENEFITS

The Absolute has taken on the form of the universe. This includes not just the physical universe, but also the mental and spiritual realms, as well as the heavens and earths, and everything else that exists. The name of a change is mind, and another change is body, and so on, and all of these changes make up our universe. By passing through time, space, and causation, this Absolute has become the universe. Advaita's basic concept is this. Time, space, and causation are like the panes of glass through which the Absolute can be seen; when seen from the bottom, it appears as the cosmos. We may deduce right away that there is no time, space, or causation in the Absolute. There can be no concept of time because there is no mind or cognition. Because there is no external change, the concept of space cannot exist.

Where there is simply One, motion and causality are not possible. We must comprehend and imprint in our brains that what we term causation begins after, if we may say so, the degeneration of the Absolute into the phenomenal, and not before; that our will, desire, and all of these things always follow. Schopenhauer's philosophy, in my opinion, makes a mistake in its interpretation of Vedanta since it tries to make the will everything. The will, according to Schopenhauer, takes the place of the Absolute. But the absolute cannot be presented as will, because will is something changeable and phenomenal, and there is no change, no motion, over the line drawn above time, space, and causation; it is only below the line that external motion and internal motion, called thought begin. There can be no will on the other side, and will therefore, cannot be the cause of this universe. Coming nearer, we see in our own bodies that will is not the cause of every movement. I move this chair; my will is the cause of this movement, and this will become manifested as muscular motion at the other end. But the same power that moves the chair is moving the heart, the lungs, and so on, but not through will. Given that the power is the same, it only becomes will when it rises to the plane of consciousness, and to call it will before it has risen to this plane is a misnomer.

In Hinduism, the Absolute is the universe's omnipresent, eternal, and spiritual source. That which grows and causes other things to grow is the Absolute. It is the source of everything that exists and is present in everything that exists. The Absolute, in the context of yoga, is an awareness that the yogi aspires to achieve via spiritual yoga practise. In Sanskrit, the notion of the Absolute is known as Brahman. The Absolute is not a deity, but instead considered an impersonal, ultimate truth and power that life and all reality cannot exist outside of. It is also believed to be the cause of the universe; it is the universal soul that gives life to all. The Upanishads, Sanskrit texts from the Vedic era, define the Absolute as satyam jnanam anantam brahma. Satyam means "that which never changes," jnanam means "knowledge," and anantam means "infinity," and brahma refers to the Hindu creator god. Yoga, as a spiritual discipline, helps the practitioner to understand and experience the

Absolute. Yoga helps one master the senses and, ultimately, the mind, thereby bringing the self-closer to the Absolute.

NITHYANANDA MEDITATION – BENEFITS

Nithyam' means constant, every day, every minute, second etc. 'Anandam' means ecstasy. Nithyam and Anandam together make Nithyananda. The Divine State, that forms the basis of everything in the Universe, has through its inherent qualities undergone transformation into the countless forms, living and non-living, including man who stands at the crest of the evolutionary process. The same Divine State also functions as the Omnipresent Consciousness that regulates everything. Self-realisation produces ecstasy and Nithyananda paves the way for this. When the mind remains focused on the body with the realisation that the Divine State is the Self, universal magnetism mingles with the biomagnetism. It also makes way for ecstasy to fill the mind, at will. Life energy circulates within the body.

Life energy particles are tinier than air particles. Life energy has the ability to contract and expand, on account of which we can contract and expand at will and bring it under our control. Our ancestors, who discovered the ability to control the life energy particles at will, postulated that the life force functioned through the Central Nervous System and the Autonomous Nervous System in the body. The Central Nervous system works as per the instructions of the mind. The brain and the spinal cord come under the Central Nervous System. The Autonomous Nervous System does not come under the control of the mind, but functions on its own. The heart, lungs, digestive system, the urinary system etc. work under the Autonomous Nervous System. All movements of the body, like the movements of the arms, the legs or the other parts that are voluntary are performed on the basis of the instructions of the mind. Mind is an energy wave that emanates from the life energy particles. The mind has the ability to expand farther, as well as travel faster, than the life energy particles. Each movement of the body is performed as per the prompting of the mind. During Nithyananda meditation, we practice expanding the astral body to the extent of the physical body and then bringing it to a focus at Thuriyam. When the mind is expanded to include the entire body, from Thuriyam to the toes, with full awareness, concentration of biomagnetism takes place. During this process the cells of the body get energised and this can be felt as a physical sensation. This meditation has to be practiced under the guidance of a master.

1. This meditation helps spread the energy all over the body, rejuvenating the cells and activating them.
2. Constant happiness prevails. Ecstasy rules the mind.
3. Immunity levels are increased.
4. Mental strength and perspicacity increases.

DIVINE MEDITATION

During this meditation, the mind is expanded to the level of the Eternal Space and merged into it. Constant practice at this level makes the mind capable of merging into the Divine State at will. This meditation makes the individual aware of the history of the transformation of the Divine, where the Divine State had, through a process of transformation

into the Formative Dust, the energy particle, Panchabhootas and the living things, finally evolved as man, at the pinnacle of all creation. The Divine State nonpareil; it is beyond explanations or comparisons. No comparison can do justice to it. Let us for example, take the case of a person trying to get a portrait of his father painted. He approaches some artists to whom he describes the height, build, and the other features of his father, in detail. Every artist prepares a portrait, each of which will be different from others; but none of them will be a replica of the person's father. This is because the artists have not seen the father in person. Had they done so, the pictures would all have been alike. In the same way, the Divine State, once realised remains imprinted forever in the mind, which then remains in an expanded state constantly.

During Divine State meditation we become aware of the Consciousness and the fact that the Consciousness is God, initially. The fact that the entire Universe is a manifestation of the Divine State sets in, and every object, every individual, becomes a tiny cell in the vast body of the Divine. We begin to merge into the Universal Truth. The Divine State is omnipresent; it fills the tiny energy particle as well as the huge heavenly bodies and man.

It is not an empty space. It is the Almighty, also called as the Absolute Space, Static State and the Primordial State. Its self-compressive pressure force resulted in the Formative Dust, which then associated Special Meditations to form the energy particle. We, the human beings, are also the result of an association of energy particles. The energy particle is formed from the Formative Dust, which have originated from the Divine State. The Divine State fills our entire being and we become aware of this during Divine State meditation. Regular practice of this meditation produces a stage of constant awareness that the entire Universe, as well as the Self, are manifestations of the Divine State. We become aware of the fact that the Universe and everything in it are magnetic waves, which also function as the mind in the living beings. The mind connects every living thing with the others around it. Even though the genetic centre in every living being is a separate entity, it is linked to the genetic centres of the other living creatures in the world. The fact that every thought or feeling reflects all over the Universe in the form of tiny wavelets, as in the ocean, becomes evident. The mind becomes free of petty considerations based on religion, politics and material possessions and becomes filled with love and compassion for the other living creatures. This is Perfection. This also is the history of the Divine.

BENEFITS OF DIVINE STATE MEDITATION

1. The mind merges with the Divine State. Perfection is attained.
2. Love and compassion for the other living creatures develops. Meditation is essential for mental and spiritual progress. Let us live a prosperous life by bringing down the frequency of the mind waves through the practice of meditation in the mornings and evenings. Let us achieve the purpose of life and become one with the Divine State.

UNIT – II: BIO-MAGNETISM

MAGNETIC BODY

We use the term magnetic body for objects consisting of material that is either permanently magnetized or material that is magnetized when subjected to an external magnetic field. The human body produces complex electrical activity in several different types of cells. This includes neurons, endocrine, and muscle cells – all called “excitable cells”. As all electricity does, this activity also creates a magnetic field. What does it mean if your body is magnetic? Human magnetism is a popular name for an alleged ability of some people to attract objects to their skin. People alleged to have such an ability are often called human magnets.

BIO-MAGNETISM

The bio-magnetism is that which maintains the polar attraction between the cells and prevents disintegration of the body. Bio-magnetism: It is the phenomenon of magnetic fields produced by living organisms. The biomagnetism is utilised for treating the affected part and relieving the pain. This is the natural reaction induced to protect the body and its functions. But when this fails and the access biomagnetism is converted into electricity it leads to a short circuit which phase the way for diseases. In other words when the pain last and the also spreads to the other parts of the body it becomes a disease. This is referring to a loss of polarity between the cells and paint which last for days together. The sea wage of biomagnetism affects the normal circulation in the body the organs become non-functional and the body becomes weaker. Soon comes where the life energy particles are no longer capable of supporting the body. Where upon the container of the particle’s bursts open the department the body this is death.

Biomagnetism place and important part in the body of living beings. Millions of energy particles a circulate within the body each of which is made up of countless formative dust particles. The life energy particles rotate on their own during the course of which formative dust are expelled from them in the form of magnetic waves. These magnetic waves constitute biomagnetism which take care of the physical and mental functions of the living being. Biomagnetism fills the body and forms the magnetic body or the causal body of the person. It is also called as Pranava sareeram. Biomagnetism and universal magnetism function in harmony with each other. Universal magnetism feels the entire Universe and it is possible for a person to attract Universal magnetism and store it as biomagnetism. Man receive Universal magnetism from food and the water in a pure form, from the air, as energy waves from the stars and the planets, from the nuclear fission going on at the earth Core, biomagnetism can be intensified through the practice of lamp casing and mirror gazing lamp gazing and mirror gazing are done by looking at a lamp or a mirror in a prescribed a manner. When gazing at a lamp or other mirror biomagnetism in the eyes is transformed into light. The eyes are then close covered with the palms and the mind is focused on the body when intensification of biomagnetism takes place get the ability to intensify the biomagnetism whenever the need arises also increases the strength of the light race emanating from the eyes.

PSYCHIC EXTENSION OF LIFE-FORCE

MIND

The mind is the set of faculties responsible for mental phenomena. Often the term is also identified with the phenomena themselves. These faculties include thought, imagination, memory, will and sensation. Minds have traditionally been thought of as substances, but they are now more commonly thought of as traits or capacities that humans and higher animals possess. There have been several different definitions of the actual nature of the mind or mentality presented. The subject's privileged epistemic access to these states is the topic of epistemic definitions. Consciousness-based approaches prioritise the conscious mind, allowing unconscious mental events to be considered part of the mind only if they are in proper relation to the conscious mind. The ability to refer to objects and describe the world, according to intentionality-based methods, is the mark of the mental.

The mind, or mentality, is frequently compared with the body, or physicality. The mind-body conundrum refers to the nature of this contrast, specifically the relationship between mind and brain. Dualism and idealism are two traditional perspectives that regard the mind to be non-physical. Physicalism and functionalism, which claim that the mind is roughly equal to the brain or reducible to physical facts such as neural activity, are popular today, though dualism and idealism remain popular. Another question involves the types of beings that can have thoughts. Sensation, perception, thinking, reasoning, memory, belief, desire, emotion, and motivation are all examples of mental phenomena that manifest themselves in the mind. The mind, or mentality, is frequently compared with the body, or physicality. The idea that minds have various characteristics not found in and possibly incompatible with the material cosmos as described by the sciences lies at the heart of this contrast.

FIVE PHYSICAL TRANSFORMATION OF MAGNETISM – PRESSURE, SOUND, LIGHT, TASTE, SMELL

This wave is referred to as "bio-magnetism" as a whole. This is the primary source of energy for the physical body's metabolic processes. After being turned into pressure, sound, light, smell, and taste, a little fraction of this wave is released through the sense organs – skin, ears, eyes, nose, and tongue. Outside, using the five senses. During this concentrated research, I discovered the amazing secret of bio-physical magnetism's metamorphosis into pressure, sound, light, taste, smell, and thought. The divine trinity was revealed as Consciousness: Static State – Eternal Space, which is claimed to be God; Eternal Pressure, the source of all forces; and Consciousness, the order of function in everything. Sight, smell, hearing, taste, and touch are the five senses. We use our eyes to see, our nostrils to smell, our ears to listen, our tongue to taste, and our skin to touch. Each of these organs sends information to our brain, which it interprets to give us a feeling of what's going on around us.

Touch, sight, hearing, smell, and taste are the five primary human senses. Each sense's perceiving organs give information to the brain, which helps us understand and perceive the world around us. There are, however, more human senses that you couldn't live without in addition to the basic five.

Eyes obviously allow us to see. But if you break it down, they do more than just that. Using our eyes, we can judge depth, interpret new information, and identify colour (the wavelengths of light that reflect off surfaces).

Noses are used to smell scents. They get a sense for what particles are traveling through the air, which can help us identify if dangerous chemicals are nearby. Smell also has the strongest connection to memory; a familiar smell can remind us of things long forgotten.

Ears allow us to hear sound - to detect vibrations in the air particles around us. But the inner ear also helps us maintain balance and regulate sinus pressure. This is especially useful when you change altitude (like, for example, when you are flying in an airplane).

If you include the inside of the ears, they sense sound, allow balance and regulate pressure. Tongues are used to taste foods, allowing us to figure out if something is going to be useful to our bodies or poisonous. They also allow us to sense hot and cold in food and liquids.

Last of all is the skin, which is responsible for what may be the most important senses in the human body. The skin performs a huge number of functions. These include: Perspiration (sweating) to cool the body, Protection from the elements, Sensing what's in contact with our bodies, Communication with other human beings through touch, Storage of water and lipids, Formation of vitamin D from the Sun, Water resistance, Heat regulation.

PRODUCTION, CONSUMPTION AND STOCK OF BIO-MAGNETISM IN HUMAN BODY

Human health is unaffected by the Earth's magnetic field. On this world, humans have evolved to live. During magnetic storms, high-altitude pilots and astronauts may be exposed to increased levels of radiation, but the danger is attributable to the radiation, not the magnetic field itself. For example, when you take a fish out of the water, it can no longer survive in that new environment, no matter how much oxygen or light is available. All fish need water to survive, but some need salt water, while others need fresh water. Bio magnetic fields are caused either by electric currents in conducting body tissues such as the heart, the brain and muscles, or by magnetized material in lung contamination. The heart and the brain are well known as organs that generate ion currents. The current from the heart muscle, when measured with electrodes on the skin, produces the electro cardio-gram (ECG); the same current produces a magnetic field around the torso which, when measured, is called a magnetocar- diagram (MCG). Migration of calcium ions is accelerated to help heal bones and nerve tissues. Circulation is enhanced since bio magnets are attracted to the iron in blood and this increase in blood flow helps healing. Bio magnets have a positive effect on the pH balance of cells. Magnets are used in a multitude of medical devices such as hearing aids, implantable cardioverter defibrillators, neurostimulators, blood separators, dentist drills, orthodontia, medical ventilators, and biological separators. Any device with a high-speed motor will have magnets in it. First of all, magnets, in medicine, can be used to nuclear magnetic resonance (MRI) to diagnose abnormal human tissues and distinguish diseases. This is our familiar magnetic resonance imaging technique. The principle is that the nucleus has positive electricity, and the spin motion is carried out

ENHANCEMENT OF BIO-MAGNETISM

Biomagnetism is the practice of stimulating the body's natural immune system. This stabilizes the human body's response to inflammation, increase circulation, and so much more. Many believe that pH imbalances contribute to many health conditions. The body's own internal magnetic fields are generated by the extraordinary amount of internal electrical activity that keeps our bodies alive. These bio magnetic fields interact with all of the other magnetic fields on the planet and control our basic chemistry. Mentally create an aura of upward-moving light around your body. Extend your arms before you, your palms touching. Then move them out and around your body in a broad circle until the palms or fingers touch once again behind your back. The Earth's magnetic field does not directly affect human health. Humans evolved to live on this planet. High altitude pilots and astronauts can experience higher levels of radiation during magnetic storms, but the hazard is due to the radiation, not the magnetic field itself. Biomagnetism is the measurement of the magnetic signals that are associated with specific physiological activity and that are typically linked to an accompanying electric field from a specific tissue or organ.

LAMP GAZING PRACTICE, RULES AND BENEFITS

Lamp gazing involves gazing at the lamp for some time, closing the eyes with the palms and visualizing the energy spreading all over the body. During this process impure biomagnetism is expelled from the body and pure universal magnetism is taken in. Gazing at the lamp increases the rate of conversion of biomagnetism in the body in accordance with the quality of the light waves emanating from the lamp. When the eyes are closed and covered with the palms, universal magnetism flows into the body at the same rate, intensifying the biomagnetism within. The process is repeated every time the eyes are closed, as a result of which a person, who practises lamp gazing regularly, is able to intensify the biomagnetism at will. He remains active and energetic all the time.

RULES REGARDING LAMP GAZING:

Lamp and mirror gazing should be done between 3.00 and 9.00AM in the morning. The hours between 3.00 and 6.00AM is called the Brahma Muhurtham. Whereas it is ideal to do lamp and mirror gazing between 4.30 and 7.00AM, the time before sunrise is the best. The earth revolves at a speed of around 15, 50, 000 miles per day around the sun. It rotates at a speed of around 1000 miles per hour on its own axis. The rotation of the earth, in the direction of the sun during the early hours of dawn, causes universal magnetism to flood the earth and strike the bodies of the living creatures. It can be compared to the wind that strikes our faces when travelling in a vehicle. This time of the day is ideal for practising lamp and mirror gazing. It should be practiced at least twice a week.

BENEFITS OF LAMP GAZING

1. Divine quality of the eyes is increased.
2. Face begins to glow and becomes attractive.
3. Body and brain cells are energized.
4. Establishes a link with the universal magnetism.

5. Can cure diseases, and initiation becomes more effective.

MIRROR GAZING PRACTICE, RULES, BENEFITS AND PASSES FOR CURING DISEASES

Mirror gazing is done by sitting in front of a mirror and gazing at the reflection in the mirror for some time. The eyes are then closed, covered with the palms, and the flow of energy all over the body visualized. Five types of functions take place in our body. Biomagnetism transforms into pressure, sound, light, taste and smell within the body. It also transforms into the mind that perceives all the other transformations. Magnetism is the result of the combined action of the repulsive force emanating from the Formative Dust expelled by the life energy particles, and the self-compressive force of the Absolute Space. The Formative Dust expelled by the energy particles transform into magnetic waves. They in turn transform into the five phenomena of pressure, sound, light, taste and smell depending on the medium that surrounds them. They also transform into the mind that cognises the other five transformations.

Magnetism, beyond what is required for the normal functions of the body, is expelled from it through transformation into pressure, sound, light, taste and smell in the sensory organs. Other waste materials are also expelled from the body. Over and above all these, biomagnetism is consumed by the thoughts that run through our minds all the time. Biomagnetism is thus constantly used up by the body and the mind. We see an object. Let us say, one unit of light energy is given off by the object. When we look at it, conversion of biomagnetism in our eyes also goes up to one unit. When this happens, biomagnetism within the body also undergoes transformation into light energy and exudes from the eyes. The light energy that flows out is blocked by the object and returns to the eyes, whereby we 'see' the object and the process is called 'seeing', with the eyes. When we see an object, the mind takes the shape of the object. We look at a tree and the mind assume the shape and the quality of the tree, which is different from us. Every object we see produces an image in the mind, different from our own physical shape. But when we look at a mirror, we see our own image, which is the same as our physical body. The image in the mirror is our own reflection. When we thus see ourselves in the mirror, concentration improves and the density of the biomagnetism is increased.

ASTRAL PROJECTION

Whenever we look at anything, biomagnetism is projected from the body, which in the case of a normal person is around 5% only. Along the biomagnetism, life energy particles are also projected from the body. For example, rainwater rushing along the ground carries pieces of rock and soil also, along with it. But the weight of the rocks and soil prevents them from travelling at the same speed as the rainwater. In the same way, when biomagnetism flows out of the body, a certain amount of life energy particles is also carried along with it. This is astral projection. When astral projection is practiced regularly through mirror gazing, the period taken for the projection may come down to 10 minutes or even 5 minutes in course of time. It may even be possible to achieve this in 2 minutes through constant practice. As the pressure of biomagnetism increases through diligent practice, projection can even take place immediately on looking at a mirror.

To make good the reduction in the quantity of biomagnetism, on account of astral projection, universal magnetism automatically flows into the body and increases it. Through regular practice, it is possible to reduce the consumption of biomagnetism and increase the intake, whereby its quantity in the body goes up. A stage comes when gazing at the mirror for even a very short while is enough to achieve this. The rate of astral projection in the initial stages may be around 5% only, but with regular practice it can be increased to 10%, 20%, or even to a maximum of 51%. At this stage anyone looking at the practitioner forgets himself and becomes overwhelmed by the qualities and character of the practitioner. He gets transformed into the qualities of the practitioner. Even a person thinking of the practitioner from afar, gets blessed automatically and is benefited by the thoughts emanating from the practitioner. As astral projection continues, realisation about the importance of the life energies and the role of the physical body as a mere vessel for the life energies becomes clear. The practitioner goes into a trance like state and begins to look on the soul as the "", instead of the physical body.

FACIAL CHARM AND CHARISMA:

Regular practice of mirror gazing increases the level of biomagnetism in the body. People are drawn to us and are tempted to remain and interact with us. They go out of their way to assist us, and goodwill grows. Let us say, we need something that is beyond our reach and is elsewhere. Someone we know, or at times even total strangers, may feel our need and bring it over, without any effort on our part. This is the charisma that develops through mirror gazing. Facial charm and charisma increase through the practice of mirror gazing. Maintaining a state of constant awareness and eschewing greed, anger and worries during the period of mirror gazing strengthens the soul. When helping the Rejuvenation of others, by serving as a master to guide and initiate the aspirants into the system, the energy levels continue to increase. Thoughts about charity and the willingness to assist the others should dominate our mind at all times.

BENEFITS OF MIRROR GAZING

1. Immunity increases.
2. Respect for the practitioner increases due to the charm exuding from him.
3. Attains everything he wants on account of his charisma
4. Blessings act faster.
5. Can cure the others.
6. Imprints of Karma are eradicated gradually. Shortcomings in life are removed.
7. Helps meditation by alleviating fear, nervousness and confusion.
8. Helps when initiating the others into meditation.

HEALING

Biomagnetism, that has been intensified through the practice of mirror gazing, can be utilised to heal people. A bowl of water is taken and energized by staring at it. After some time, the surface of the water turns hazy, as if steam were rising from it. This is on account of the biomagnetism coming out of our eyes, the waves given off by the life energy particles. A certain quantity of the life energy particles is also exuded from the body when biomagnetism flows out from it. The magnetic quality of the life energy particles causes them to reflect even the light waves, on account of which we can see them, spread in the water. This quality is visible only in light and not in the dark. The water, energised through the gazing, can be given to a patient, who takes four mouthfuls of it. This should not, however, be done during the initial stages of mirror gazing. At least a week of daily practice should have preceded the treatment, for it to become effective. The energised water, during the initial stages, is poured on the plants; at the end of a week, it becomes effective and can be used to treat a patient. Mirror gazing was practised regularly, by Saint Ramalinga Swami, during the early hours of dawn, very often with the help of a small oil lamp. After he had attained Samadhi, his disciples, unaware of the practice or the benefits of lamp gazing, followed his practice by praying in front of a mirror with a lighted lamp placed before it

UNIT - III: CULTURAL EDUCATION

PROTECTION OF THE NATURAL RESOURCES

Central Hudson's environmental concerns date back to the early 1900s, when the choice was taken to create an underwater cable rather than an unattractive overhead line to traverse the gorgeous Hudson River. Today, Central Hudson continues this heritage by, for example, repairing ageing transmission lines using minimally invasive construction methods. Helicopters have been used to deliver new poles and materials in recent projects, avoiding the utilisation of heavy trucks and equipment in environmentally sensitive areas. Moreover, endangered species such as the Timber Rattlesnake were identified and their habitats were safeguarded throughout construction. Substations, too, have a protective barrier in place to keep any contaminants within from leaking out.

Natural gas projects, too, prioritise environmental protection. Central Hudson, for example, elected to cross the Hudson with a massive transmission line by digging under the riverbed (at the time, the country's longest and most extensive bore), rather than installing the line in a trench along the river's floor, which would have disrupted aquatic life. Environmental considerations are also important when building and constructing smaller gas pipes.

Recycling materials is another way Central Hudson protects the environment. Hundreds of tons of paper, cable, wire and other building materials are recycled under the Resource Recovery Program operation at our facility in Ulster County. As part of this program, employees of the Ulster-Green Arc, sort, bale and ship this salvageable material. The recycling program not only saves valuable landfill space and energy by reusing these materials, it also provides employment for individuals who, although functionally impaired, have the training and ability to make a significant contribution to the protection of the environment.

Central Hudson is now cleaning the sites of seven old Manufactured Gas Plants in the region that were developed and operated by Central Hudson's predecessor companies. These are some of the more than 300 plants in New York that produced gas from coal and oil for heating, lighting, and cooking before natural gas was introduced in the late 1800s and early 1900s. Although these plants have long been decommissioned, some of the industrial process's by-products remain. Central Hudson is dedicated to completing a complete and comprehensive cleaning of these sites, and is collaborating with the New York State Department of Environmental Conservation to do so. The environmental health of the area necessitates the cleaning of these places.

Cleaning these sites is critical for the region's environmental health since it ensures that they can continue to be used safely and effectively. At Central Hudson, environmental protection is a top priority, and we take our responsibilities seriously. We are all proud of our past and present environmental achievements at Central Hudson, and we are committed to continuing to be a participant in the preservation and enhancement of the region's environmental heritage.

POLLUTION FREE ENVIRONMENT

Pollution prevention protects the environment by conserving and protecting natural resources while strengthening economic growth through more efficient production in industry and less need for households, businesses and communities to handle waste. Environment is the surroundings in which we live. But the contamination of our environment by pollutants is environmental pollution. The current stage of the earth that we are seeing is the cause of centuries of exploitation of earth and its resources. Air pollution affects all things. It is harmful to our health, and it impacts the environment - reducing visibility and blocking sunlight, causing acid rain, and harming forests, wildlife, and agriculture. Greenhouse gas pollution, the cause of climate change, affects the entire planet. The environment gives us countless benefits that we can't repay our entire life.

As they are connected with the forest, trees, animals, water, and air. The forest and trees filter the air and absorb harmful gases. Plants purify water, reduce the chances of flood maintain natural balance and many others. The environment is very important for all living things, including humans. It harms all human activities and health. The new technologies every day has made human life comfortable. However, these interventions cause different kinds of pollution, making the environment unsafe and unfit for living beings to stay health. The earth cannot restore its balance because of environmental pollution. The human force has created and destroyed life on earth. Human plays a vital role in the degradation of the environment. The lives of people and other creatures are affected by environmental pollution, both directly and indirectly. For centuries, these living beings coexisted with humans on the planet.

Effect on Air

Smog is formed when carbon and dust particles bind together in the air, causing respiratory problems, haze, and smoke. These are created by the combustion of fossil fuels in industrial and manufacturing facilities, as well as vehicle combustion of carbon fumes. Furthermore, these factors have an impact on the immune systems of birds, making them carriers of viruses and diseases. It also has an impact on the body's system and organs.

Effects on Land, Soil, and Food

The degradation of human organic and chemical waste harms the land and soil. Also, it introduces some chemical in the soil and water. Pesticides, fertilisers, soil erosion, and crop residues are the main causes of land and soil pollution.

Effect on Water

Water is easily contaminated by any pollution, whether it be human waste or factory chemical discharge. We also use this water for crop irrigation and drinking. They, too, get polluted as a result of infection. Furthermore, an animal dies as a result of drinking the same tainted water. Furthermore, approximately 80% of land-based pollutants such as chemical, industrial, and agricultural waste wind up in water bodies. Furthermore, because these bodies of water eventually link to the sea, they contaminate the sea's biodiversity indirectly.

Effect on Food

Because of contaminated soil and water, the crop or agricultural produce also get toxic. Furthermore, this contaminated food effect our health and organs. From the beginning of their life, these crops are laced with chemical components that reach a mass level until the time of harvest.

Effect on Climate

Climate change is also a source of pollution in the environment. It also has an impact on the ecosystem's physical and biological components. Furthermore, ozone depletion, greenhouse gas emissions, and global warming are all examples of environmental pollution. Furthermore, their consequences may be fatal for future generations. The earth's natural system is impacted by the unpredictably cold and hot climate.

ADVERSE IMPACT OF POLLUTION TO THE ENVIRONMENT (LAND, WATER, AIR, FOREST, SOUND, THOUGHT)

Environment

Human life is reliant on the environment. All activities of man either in the economic or social or cultural fronts get a shape because of the environment. Hence, it is better to analyse what is environment. Webster's New Dictionary defines environment as "all of the conditions, circumstances, etc., that surround and influence life on earth, including atmospheric conditions, food chains, and the water cycle. Man, by keeping environment created by nature in the backdrop, utilizing all the natural resources, builds up the community and constructs its economic development. Hence, Earth, the surface of the earth, air, water, sunlight, rivers mountains, natural land segments, beach, forests trees, plants, creepers, birds, the space with life forms, sky etc. comprise environment.

In short, we can describe environment as that which encompasses all animate and inanimate segments found around a life form. June 6 is celebrated as World Environment an appeal is made on this day and apparition should be minimized. Used papers and clothes should recycle; organic wastes should be made into manures" etc. There are varied reasons for the degradation of the environment lies in the modern agricultural farms, industries, Vehicles etc. People have no winder stood that environmental pollution causes changes in nature and painful consequences of these changes like increase in sea level, increaser sunshine during rainy days and heavy rains during summer, global warming Because of lack of awareness among people, the degrading environmental acts are constantly on the increase.

Heat Pollution of Water

High temperature water used as a coolant in industries and in the production of steam is released into water bodies. This heat causes hardly consequences in the water bodies. We identify Heat pollution of water as the increase in the temperature of water and its impact on the water based lite species, and the physical and chemical modifications occurring in water. Themo electric generating units, atomic power plants, Industrial effluents, refrigerants and domestic sewages cause the enhancement in temperature and causes increase in heat pollution of water.

Heat Pollution of Land

Since man is exploiting nature, there are consequences such as ozone layer depletion, Global Warming, reduced rainfall, melting of the glaciers, etc. Industrial smoke, transport exhausts, and poisonous excretions during use of petrol, diesel and coal are all on the continuous increase. They all are the cause of the increase in the temperature on the land. Due to global warming, failure of monsoons, excessive rains at improper fusions occur, diminished rain even in catchment areas are happening unusual, and lakes will all get dried Up. Drought causes the disease in plants or animals. Excessive heat dries up the land and causes breaking of the surface of earth. water bodies get dried Up. Cattle are found dead on road pavements. In many places, situations force the agriculturists to sell their lands and migrate out. Nature was afraid that such a situation may repeat in many other villages when the heat on the surface of earth enhances, the life of life forms living on the earth shall get diminished. To safeguard from the increase in heat on the earth, many living species try to adapt by changing their life patterns and activities. It is the responsibility of mankind to see that the heat is not increased on the surface of the earth. All countries irrespective of their classification as developed or developing should join together in contributing to the mitigation of global warming. To arrest the destruction of human race and for the world to march on a new path, solutions to prevent Global Warming should be found out. Tree Planting, Rain Water Harvesting, Reduction of electric power consumption, painting the roofs of houses with white paints, are some procedures which may help in reducing global warming. Throughout the world, on both sides of the roads, small and big trees which branch out well and are shady should be planted in plenty. For saving rain water, and for enhancing the availability of water for drinking and agricultural needs, more and more of tanks and lakes should be created. The change in global temperature has started from the beginning of the 19th century. Due to global warming, the Himalayan Glaciers which are the source of perennial rivers are melting away and are causing great floods. If this situation continues, the glaciers may be completely exhausted and the lines of Bharathiar: "Let us swim on the white snow laden Himalayas" may lose its significance.

Noise pollution/ Sound pollution

We perceive sound with our ears Sound which is incompatible to man which is undesirable, which is disgusting. Cause of health and depression is referred to as Noise Pollution or sound Pollution. Industries, machinery, airplanes etc release very high decibel sounds and when these last for a longer period, it affects the hearing ability of the ear. Ever the minimum sounds caused by Transport vehicles, Television boxes, Crowds can cause mental depression. The strength of sound is measured in decibels. 10 to 120 decibels sound. Can be heard by human ear. Our ordinary conversations would be in the range of 80 decibels. Sound above 120 decibels can cause pain in the ear and depression in the mind. In a peaceful room, the sound would be in the 25 decibels range. During night the sound is in the 35-decibel range. When the radio blares the range may be 70 decibels. It may be difficult to speak on telephone in that background sound. Printing machineries cause 90 decibel range sound. The train Engine produces a sound of 100 decibels. 30 decibel sound would be peaceful. In a 50 decibel sound background itself, it may become difficult to clearly hear on

telephone. If the ear is exposed to 90 decibel sound for continuous 8 hours it will be severely affected. When the jet plane takes off into the sky, the sound produced will be 120decibels. In that background, nobody can hear what the other person is telling. The pain caused by high sound will be felt more in the night than day. We should keep in mind, the negative effects of high sound on the environment. It has been observed that in the cities of Chennai, Mumbai, Delhi and Kolkata, the noise level has increased. The sounds emanating from vehicles, westing her and produce a huge noise. This: radio, Crackers, etc merge with one another and produce a huge noise. This high noise induces the emotional wells of men. Mental stress, fatigue, loss of memory etc are caused by noise pollution. Soon ears would become deaf.

Methods of Reducing Noise Pollution

- 1 We should restrict the noise level never to exceed 120 decibels.
2. silencers should be fixed to reduce the sound at its source.
3. Glass windows can be used to reduce the external noise creeping into the house.
4. Workers in factories to be provided noise protection equipment to be worn on their ears.
5. Trees to be grown in houses, industries, roads and all outdoor places to reduce noise.
6. When hearing radio, television, and in vehicles, noise level can be kept to the minimum.
7. Plants suck extra noise. Hence growing trees should be encouraged. Small trees in the neighbourhood producing less sound and tall trees in places producing high sounds should be planted. This will take the sound upwards in the sky and will be dissipated. Industrial regions and highways should be away from residential areas. Noiseless environment shall give man a life tilled with peace, pleasure and pod health. Only in a noiseless place meditation can be carried out.

Land pollution

The effects of land pollution are;

1. Because of the pollution of land, the wastes mix up with earth as poison. It also transforms agricultural produces and the food materials of livestock into poison.
2. The agricultural productivity is decreased; because of the polluted land, the underground water also gets polluted.
3. The polluted land harms the environment of the plants and life species.

FOREST

Forests are important Natural Resources; they are the important of wild animals. Many handicrafts and village industries like bee keeping basket weaving etc. are undertaken by the hill tribes. For a healthy India under forests should be at least 33%. But according to the statistics at the Department of Forests and Environment, the forest area is found than 14%; dense forests are only 2%; 9% of the forests are of average 10% of forest area is already

under the danger of deforestation. Deforestation includes the complete removal of trees, bushes plants from the forest area. By deforestation, we are destroying fuels, food feed, herbs and timber.

REASONS FOR THE DESTRUCTION OF FORESTS:

1. For enhancing the land under agricultural cultivation, forests are destroyed.
2. Construction of dams, laying roads and railway lines, digging canals etc also destroy forests.
- 3 Use of more and more timber for furniture.
4. Cutting trees for fuel.
5. Commercial production of livestock and allowing them to graze.
6. Forest fire due to human negligence.
7. Mining activity in the hilly region.
8. Undertaking hydroelectric schemes in the forests.
9. Disposing garbage of plastics, glasses etc in the forests.
10. Unplanned construction activities.
11. Identifying Tourist spots in the forests; Constructing research laboratories and industries inside the forests.

These are some of the reasons for the fast depletion of forest area. In Tamil, forest and land attached to forest are known as "Mullai Nilam" When the forests have been reformed, they become "Martha Nilam" (Agricultural lands of the forests.) The Forest Department is supposed to be monitoring under its control, nearly seven and a half core hectares of land - 23% of country's land area; however nearly half of these lands have no trees. In Tamil Nadu, the forest area is 22876.62 square kilometres. This is 17.56% of the land area of Tamil Nadu. But we should keep in mind that out of this area, nearly half of the land has undergone decadence. The Policy Statement of Tamil Nadu Government (2004 - 2005) with regard to the aims of the Forest Department speaks as follows:

1. The forest area and density the forests should be enhanced.
2. Environmental degradation should be arrested and eco balance should be maintained.
3. Flood Control should be attempted.
4. Drought should be prevented.
5. Silting of water bodies should be prevented.
6. Erosion of earth from rivers and lakes should be stopped.
7. Outside the reserve forests, improved technological knowledge should be imparted to agriculturists to produce alternatives to forest produces.
8. Arrangements should be made to supply the forest goods that have been use, for generations by the Forest tribes and they should have the right to move use of them.

The Policy statement lists many such suggestions for implementation but it has been the habit to cultivate uni-culture foreign trees like Eucalyptus in large areas on the mountains. These foreign trees are capable of sucking large quantities of ground water. They do not have the ability to sustain water. In developing a forest, it is not growing a single species of trees. Different species of trees should be grown. A forest is a biological collection of different species of natural plants. Forests are the basic foundation for rains. They are also the source for the water resources of rivers. For doing agricultural operations a portion of forest is burnt out and, in the land, reclaimed grains are cultivated. Statistics reveals that this way every year, 5 lakh hectares of forest land is burnt and reclaimed. The trees of a forest are also cut down with an intention to accommodate the construction of dams. This drives the animals of the forest to migrate out for their living. Similarly, the native aborigines living in the forest area are also forced out. In hilly areas for constructing roads and railway lines a large number of trees are cut. While blowing up rocks, landslides also damage the forest. Throughout the country, in establishing channels also forests are destroyed. The forest trees are continuously removed for use as fuel and also for making pulp in paper industries. In the whole world, India is a country having a large amount of cattle population. A good quantity of forest land also gets consumed due to grazing by this cattle population. It is not because of the grazing by the limited cattle possessed by the native forest inhabitants. It happens only by the cattle reared up commercially for dairy and meat needs. By allowing these large commercial cattle to graze bushes and smaller plants are totally annihilated. Sometimes there are unexpected forest fires. These also consume forest land. When mining activities are carried out in forest regions and hilly areas, forest gets destroyed. The dust particles emanating during mining operations, settle on the leaves of the trees and affects their growth. Similarly, during large hydroelectric schemes also forests are attacked.

THE EVIL IMPACT OF DESTRUCTION OF FORESTS

1. The chances for getting the natural resourceful rain water get reduced.
2. In natural forests, the roots of the trees are bound with the earth. 90% of the rain water is stopped by the root bunds or in the tissues of the plants. Thus the trees exist as the structures to suck the water. This way, the forests perform a pivotal role in water circulation. Destruction of forests destroys water resources.
3. Drought happens.
4. Scarcity of fuels grows.
5. Climatic changes happen.
6. Soil erosion happens because of the absence of the roots binding the earth.
7. Flash floods and landslides frequent.
8. The life of the natural inhabitants of the forest and the natural living species of the forest is severely affected.

9. Animals migrate to the nearby residential plateau in search of food and water which have depleted in the forest land due to deforestation.

METHODS OF PROTECTING FOREST AREA

1. Trees should be grown in forest area which has been destroyed. The density of the trees should be increased by growing more trees.
2. Trees should be grown in barren lands. The grown adjacent to fertile agricultural lands, river canals, and railway.
3. Cutting of trees should be properly planned. Only trees which have become very old and are decaying, trees which have less economic importance and diseased trees should be cut.
4. Immediate remedial actions to increase the forest land area and to increase the quality of the forest.

WATER

Water is the most important need for all living species on earth. Undesirable, harmful materials mix up with water. This alters the physical and chemical and biological characteristics of water. This is known as Water Contamination or Water Pollution.

REASONS FOR WATER CONTAMINATION

1. Heavy metals like Mercury, cadmium and Arsenic from industrial effluents.
2. The synthetic fertilizers and insecticides used in agriculture.
3. The city garbage, washing wastes from soaps, Industrial effluents, Domestic waste water, Radioactive leakages, oil spills in the sea, dye exhausts from dying industries, Plastic materials thrown into water etc.
4. Discharge of city garbage into running rivers. These are some of the causes that contaminate the waters of rivers and blanks. Because of the contamination of water, many damages are caused to most of the life species including man, trees, plants and animals. Drinking water shortage, increase in the production of mosquitoes is two major consequences. Contaminate water also causes body pain, body fatigue, difficulty in consuming food, continuous vomiting, bloody vomiting, decrease in red corpuscles in the blood, contagious diseases, are other problems through contaminated water.

POLLUTION OF SEA WATER

Industrial effluents containing poisonous components, Drainage, petroleum crude are some of the contaminations that mix up with sea water frequently and affect its physical, chemical and biological characteristics; in turn, the sea life gets affected and the cause the death of organisms living in the sea. Sea constitutes 72% of the earth's surface. Solid wastes and radioactive wastes mix up with sea water. When the contaminated rivers mix with the sea, sea also gets poisoned. Consequently, the sea plants and sea animals face extinction.

INCREASES IN SEA LEVEL

Researchers have been predicting that due to the melting of the glaciers, the sea level may increase by 0.2 meter to 1.5 meter. As a consequence, the salt water of the sea would enter into the land, contaminate the ground water and spoil the taste of the ground water. The soil fertility and the soil microorganisms would undergo a reduction. A condition of the decay of age long trees would occur. Earth quakes would frequent. Desert area would enhance. Mankind would face a severe decadence due to natural calamities like climatic changes, flash floods, cyclones, heavy rainfall, severe drought, etc consequent to the increase in sea level. Due to the increase in sea level, the areas near the seashore would be inundated. It is predicted that in about 50 years, Maldives Island would be engulfed by water. The people of Maldives are already planning to migrate to other lands.

In north Indian villages like Raegan Siddhi, Hiware Bazar, people were planning to migrate out deserting agriculture, due to scarcity of water. However, some of them planted trees on the slopes of the neighbouring hillocks. They dug long channels; they attempted many water savings mechanisms like check dams, yeping tanks, subsequently underground water level increased. They prew/mone sale and slowly the situation transformed in such a way that instead of migrating they settled back in their own villages and are leading a successful life. Such activities should be extended throughout the country in India 82% of the population are engaged in Agriculture. In North India the perennial rivers like Ganges, Brahmaputra, Narmada and Yamuna provide the required water for agriculture. In Tamil Nadu out of the water required for agriculture, 15% is derived from rivers. Throughout India, apart from Rivers, 39202 lakes and 2295 canals are in use for agriculture irrigation. But a large number of these waler bodies are under encroachment. Hence a stage has been reached where it becomes difficult to save the monsoonal rains. The underground water is also fast depleting due to indiscriminate drawing out. Nowadays motors and bore wells are installed to pump water from as deep as 1000 feet. In the meantime, fertile lands, farms and coconut groves are being converted into house plots. In all these places the underground water is indiscriminately depleted for building purposes and for domestic use. Drought is the consequence of this indiscriminate sucking of the underground water. If we are not able to reduce our water consumption, it is imperative to safeguard the currently available storage of underground water.

HEAT POLLUTION OF WATER

Hot water is released by hydroelectric, thermal and atomic power plants. When this hot water reaches water bodies, it reduces the dissolved oxygen content in these waters and fishes are unable to survive in the water depleted of dissolved oxygen. As the warm water modifies the characteristics of cold water, it not only affects the living environment of the water organisms, but also produces food shortage for those organisms. The longevity of the organisms is diminished

AIR

Air is a very important component in the environment. For a healthy life the important need is pure air. Air gets polluted because of various human activities. If any alteration in the

physical, chemical and biological characteristics of air affects the life of the human beings or other living beings, then we identify it as AIR POLLUTION. It denotes the presence of smoke, harmful gases, and subtle matter which can harm men, animals, plants and buildings.

FACTORS THAT RUIN THE AIR

The following some factors which pollute air:

1. Carbon monoxide, oxides of nitrogen, oxides of sulphur, hydrocarbons, methane, chlorofluorocarbons, etc. and other wastes which are emitted by vehicles, factories and chemical industries.
2. Gases spewed out by volcanoes.
3. The gases emitted by the consumption of tobacco products by man out of ignorance and gases emitted by crackers.
4. Radiation emissions from atomic reactors.
5. Use of chemical insecticides
6. Burning plastics and other synthetic materials, nylon, tyres, rubber etc.

Consequences of Air Pollution

1. People get breathing problems, and lung related diseases.
2. Diseases like, heart ache, head ache, vomiting etc are produced
3. Eye irritation, throat pain and wounds, attesting of the nervous system, cancer suffocation, etc. Occur.
4. The fertility of the land, and the growth of plants are affected
5. The increase in the carbon di oxide level in air causes global warming an increase in the sea level.

Air pollution is something which needs to be controlled by doing the following

1. Industries strictly adhering to the pollution control rules
2. Growing more trees.
3. Not applying chemical insecticides
4. Totally avoiding Radiation experiments.

INDIVIDUAL'S ROLE IN POLLUTION CONTROL

It becomes imperative for everyone to be aware of the methods of controlling the environmental impacts in addition to improving the industrial production, so that the ever-increasing pollution is prevented.

1. Even from childhood everyone should know the methods of waste disposal. Wastes should not be littered freely.
- 2 The use of non-recyclable plastics should be avoided.
3. Smoking habit should be discontinued

4. Natural manures and biological insect control methods should be adopted
5. The excess use of coal, oil, gaseous fuel etc. should be controlled.
6. Wasteful use of paper should be restricted.
- 7 Solar energies should be put to more use.
- 8 Maintenance of vehicles should be regularly undertaken.
9. The electric lights used for decorative purposes should be limited.
10. Equipment's should be installed for purifying smoke and effluents released by industries and only purified wastes should be release into the external system.
11. Due to ignorance of the increasing population, the minds of others are also getting polluted.
12. Man should receive sublimation
13. In the house we live and in all our working places, our environment should be kept clean.

Land, water, air and heat are four mutually interrelated entities. If land is polluted, it in turn pollutes water air and heat. Air pollution affects heat pollution and heat pollution in its turn affects air. Hence it is the responsibility and duty of everyone to take all lout efforts to safeguard land, water, air and heat from getting polluted.

THOUGHT

Emotion - the life force, when comes into contact with other dynamics, gets roused and senses deeply, the differences between its own activities and the objects with which that activity relates, as pressure, sound, light, taste and smell. It evaluates by comparison, these emotions as four aspects such as time, distance, mass and speed. This evaluation is known as Thinking. The same is also expressed as Thought. Thinking is an action. It is a verb. Thought is a subject state. Hence it is a noun. One can identify what all have been inherited and what all are present in him

WILL EMERGE AGAIN AND AGAIN

When once a thought has emerged in the mind, it sets registered in the waste particle, reflected within the life particle, gets reflected, the reflection becomes; record again, and a reflection again, and thereby the thought emerges again and again. This is the nature of thought.

THE WAY THOUGHT IS REFRESHED

There are records which were

- a) registered earlier and
- b) registered later.

An appropriate occasion, the earlier record would spring up as thought and action. If once a thought is executed, it becomes a refreshed record. Even a thought which had been

subdued with the impression: This is an evil thought; it is not needed' it is refreshed even once; it gets a new lease and is promoted. From now onwards this subdued thought also show repetitive emergence. That is how even evil thoughts which have been subdued for long when they rear their head once, they get refreshed and given a circumstance would emerge out. At the time of occurrence of thought itself, without giving it a chance for execution it should be neutralized there itself.

THE PATH OF BIOMAGNETISM

If an idea is once thought and is performed as an action, that thought and action get registered. For them to get repeatedly performed, the bio magnetic energy lays a pathway through all the cells of the body. When the bio magnetic energy functions through this pathway, the idea already thought gets reflected; transforms into action.

THE JOURNEY OF THOUGHT

Thought is capable of travelling anywhere. Thought can reach Benares in a second; can go to America; why not? It can travel all over the universe. Will not a message broadcast from America traverses throughout the world? If we tune our radio the appropriate wavelength, we can hear the message. Even if we do not turn-on our radio receiver the message wave is spread throughout the space. In the same way, Thought also spreads everywhere. Like rainwater flowing towards low lying pits and filling the pit, the thought waves also spread everywhere and would reach all those who are capable of receiving them and produces clarity in their mind.

People when they comment about the state of thought, say, "I am just here; but my thought only runs away". The speed of thought is immeasurable. It can think of India; can think of England; can think good; can also think evil; whatever be the in thought, it can traverse the entire field of the universe and can reach divine state. Today in the minds of people, many evil thoughts like "I should harm this man; I shall harm that man;" may occur. However, each one is resisting these evil thoughts by counter thoughts and is preventing them from translating them into action. What will happen to these bundles of suppressed evil thoughts? They may not be dying out unless executed. It is only the manifestation of these unexecuted evil thoughts that we witness as Natural calamities all around. It is taking shape as cyclone, floods, and drought and gives miseries to everybody. This is because only thoughts have manifested as nature; thought is also a component of nature.

GOOD THOUGHTS

When awareness slips, evil thoughts would show their ugly head. We should be conscious enough to carefully ward off such bad thoughts. There is only one way for that. We should be voluntarily seeking and allow good thoughts to be flowing in our mind continuously. Thoughts should be always allowed to consciously function in the area of lofty research. When thought realizes its own status and becomes futile it blossoms as the six good qualities. The quality and height of the mind is decided by the quality of the thought Man's standard and reach is decided by the height to which mind has risen. Hence thoughts should be cultivated. Thoughts should be raised to lofty levels. Only divine space is present everywhere. That only holds everything. There alone is the energy that penetrates everything.

Only its pressure and is whence makes things from atom to the expansive universe to function. If that divinity can come out from within as thought outside, how nice, strong, acceptable and use that would be! It is possible, in a single minute, to arrive at action plans to be completed several years. In that case, why we should be always planning for the future? They can think and act at appropriate time and appropriate circumstance

THOUGHT ANALYSIS IS THE SOLUTION

Though it is but natural for thoughts to continually evolve, we should promote only the essential and pure thoughts. All other thoughts should be discarded. It should be carefully analysed as follows: "What is the cause for this thought to originate? If this is put to action, what should be its consequence? Therefore, is this thought necessary? Is it needed?" If the thought is not needed, by using the thought itself, a pledge should be taken: "Hereafter I shall be very careful and be aware as not to allow this thought to arise." If this pledge becomes more and more intense, whenever that unwanted evil thought tries to creep up, this pledge which is tied up to that thought also would spring along with. Only pure and good thoughts would elevate man quickly rather than any number of philosophical interpretations. When these good thoughts which can transform a man occur, and we start practicing doing good deeds, our mental waves shall start interacting with the mind waves of those people who have been already benefitted by good thoughts. This would further reinforce good results.

SOLUTIONS

Pollution is the polluting of the environment by the introduction of contaminants that can injure or discomfort humans or other living animals. It is the introduction of a new form of any chemical or form of energy into the environment at a faster rate than the environment can absorb it through dispersion, breakdown, recycling, or storage in a harmless form. When most people think of pollution, they think of fossil fuels and carbon emissions, but there are other variables at play. Illnesses are caused by chemical pollution in bodies of water. Electromagnetic pollution has negative impacts on human health, but it is rarely discussed in modern times, despite the fact that we are exposed to it on a regular basis. Examining the origins and impacts of environmental pollution will send any mind into a tailspin. Solutions are being developed, and there is still hope, at least for the time being, if we work together around the world.

- ❖ For nearly a century, pollution from automobiles, trucks, and other vehicles has been our most serious environmental problem. The issue is that we didn't understand it until the situation had grown to epic dimensions.
- ❖ Fossil fuel emissions from power plants which burn coal as fuel contributed heavily, along with vehicles burning fossil fuels, to the production of smog. Smog is the result of fossil fuel combustion combined with sunlight and heat. The result is a toxic gas which now surrounds our once pristine planet. This is known as "ozone smog" and means we have more problems down here than we do in the sky.
- ❖ Carbon dioxide is another product from all of the vehicles on the planet as well as unreformed power plants and other industrial facilities. A continually growing

population of humans and clear cutting of forests has exacerbated this problem so natural defences are no longer present and carbon dioxide levels are on the rise.

- ❖ Carbon dioxide is another product from all of the vehicles on the planet as well as unreformed power plants and other industrial facilities. A continually growing population of humans and clear cutting of forests has exacerbated this problem so natural defences are no longer present and carbon dioxide levels are on the rise.
- ❖ Carbon dioxide is another product from all of the vehicles on the planet as well as unreformed power plants and other industrial facilities. A continually growing population of humans and clear cutting of forests has exacerbated this problem so natural defenses are no longer present and carbon dioxide levels are on the rise.
- ❖ Carbon dioxide is another product from all of the vehicles on the planet as well as unreformed power plants and other industrial facilities. A continually growing population of humans and clear cutting of forests has exacerbated this problem so natural defenses are no longer present and carbon dioxide levels are on the rise.

PLANTATION

A tree plantation, also known as a forest plantation, a plantation forest, or a timber plantation, is a forest established for high volume wood production, usually as a monoculture forest. Tree planting is significant because it is tied to our fundamental need for healthy food and clean air. Apart from these requirements, they also protect biodiversity, conserve water, preserve soil, and regulate climate. Tree plantation means planting trees in large numbers throughout the country. Trees help us by providing us with food, oxygen, and fuel. Tree-planting is the process of transplanting tree seedlings, generally for forestry, land reclamation, or landscaping purpose. It differs from the transplantation of larger trees in arboriculture, and from the lower cost but slower and less reliable distribution of tree seeds.

Gardening provides a number of health benefits in addition to supplying nutritious vegetables and fruits for your dinner table and beautiful flowers to beautify it.

- ❖ Exposure to vitamin D.
- ❖ Decreased dementia risk.
- ❖ Mood-boosting benefits.
- ❖ Enjoyable aerobic exercise
- ❖ Helps combat loneliness.

To manufacture food (in the form of glucose and other sugars), a tree needs energy from sunlight, carbon dioxide from the air, and water. Water enters through the tree's roots and carries nutrients such as nitrogen, phosphorus and potassium into the tree. Trees are vital. As the biggest plants on the planet, they give us oxygen, store carbon, stabilise the soil and give life to the world's wildlife. They also provide us with the materials for tools and shelter. These are some qualities of trees

- 1) Trees are the basis of sustaining life on earth.

- 2) Trees absorb carbon dioxide and release oxygen by Photosynthesis.
- 3) They also help in reducing soil erosion by binding the soil to their roots.
- 4) Trees absorb carbon from the atmosphere and store it in their wood and bark, thus slowing the rate of global warming. Trees provide food.
- 5) Trees protect the land.
- 6) Trees help us breathe.
- 7) Trees provide shelter and shade.
- 8) Trees are a natural playground.
- 9) Trees encourage biodiversity.
- 10) Trees provide sustainable wood and it conserve water.

Planting trees can help ecosystems become more resilient, reduce the consequences of climate change, and give people and governments more time to adjust to changing conditions. Planting native seedlings in ecologically appropriate regions can help to mitigate soil and biodiversity loss while also improving human health.

PROTECTION OF THE ENVIRONMENT

Environmental protection is the practice of protecting the natural environment by individuals, organizations and governments. Its objectives are to conserve natural resources and the existing natural environment and, where possible, to repair damage and reverse trends. Some Simple Things You Can Do to Help Protect the Earth

1. Reduce, reuse, and recycle- Cut down on what you throw away.
2. Volunteer- Volunteer for clean-ups in your community.
3. Educate.
4. Conserve water.
5. Choose sustainable.
6. Shop wisely.
7. Use long-lasting light bulbs.
8. Plant a tree.

Protecting the environment saves lives. We must not believe that, as the only living beings on a sick planet, we, as the only living beings on a sick planet, remain healthy. World hunger, global warming, increasing natural disasters, polluted air, water, and soil, pesticide use in the fields, species extinction, crop failures - we must not believe that we, as the only living beings on a sick planet, remain healthy. Environmental Protection includes programs that are aimed at reducing risks to the environment from contaminants such as hazardous materials and wastes, fuels, and oils. Environment plays an important role in healthy living and the existence of life on planet earth. Earth is a home for different living species and we all are dependent on the environment for food, air, water, and other needs. Therefore, it is

important for every individual to save and protect our environment. The contribution of environmental resources to wellbeing is broad-ranging. And it has both instrumental and constitutive features. In both ways, we are enriched by its existence. The environment sustains life, supports our physical and mental health and provides psychic enjoyment

3.2 VALUE EDUCATION

Value-based education attempts to prepare students to interact with the outside world with the appropriate attitude and values. It is the process of a student's entire personality development. Character development, personality development, citizenship development, and spiritual development are all part of this process. One definition refers to it as the process that gives young people an initiation into values, giving knowledge of the rules needed to function in this mode of relating to other people and to seek the development in the student a grasp of certain underlying principles, together with the ability to apply these rules intelligently, and to have the settled disposition to do so. value Education is a human activity that can occur in any organisation.

People are assisted by others, who may be older, in a condition experienced to make explicit our ethics in order to assess the effectiveness of these values and associated behaviour for their own and others' long-term well-being, and to reflect on and acquire other values and behaviours that they recognise as being more effective for their own and others' long-term well-being. There's a distinction to be made between literacy and education. There are some value educations based on environmental education they are Human Values: Preparation of text-books and resource materials about environmental education can play an important role in building positive attitudes about environment, Social Values, Cultural and Religious Values, Ethical Values, Global Values, and Spiritual Values are some of them.

NOT BEING BOASTFUL

Many expect others to accept and respect their status and qualities. Boasting is to exhibit qualities which do not exist in one. Boastful persons would show off themselves vainly, as if they are rich, educated or as if they are in high positions etc. They will always be putting up shows. They will always have a sense of guilt and confusion in their minds. They will not see success in life. It is only normal to assess oneself correctly and properly, avoiding false vanity, and showing his/her correct stature. We should be careful to avoid the rise of vanity in us.

NO EGO

Definition of nonego is the external world or object of knowledge as contrasted with the subject or ego —used especially in the idealistic doctrines of Fichte and Schelling. According to psychologists, if we don't have an ego, we would become mentally ill. We need it to mediate between the unconscious and the conscious. Your relationship with your ego can turn into either an enemy or an ally. The ego causes most of your suffering, but it can also save you from further pain. What you are describing is a deficient ego - a lack of a healthy self-identity. Deferential, acquiescent, compliant, submissive are forms of action(s) which can be detrimental to someone's reflective self-value. An ego is typically the by-product of past successes—often successes that required overcoming great odds. Ego can supply the fuel

that drives self-confidence, self-respect, and the ability to take risks and seize opportunities. By not having ego we can have a peaceful atmosphere in ourself and our surrounding life and we can draw a happy life.

NO VANITY

No vanity means to not have a massive ego. Being humble instead of self-absorbed. It is the state or quality of being vain; excessive pride or conceit. The ostentations occasioned by ambition or pride. It's an instance of being vain or something about which one is vain. The state or quality of being valueless, futile, or unreal or something that is worthless or useless.

What does it mean if someone has vanity?

1: inflated pride in oneself or one's appearance: conceit.

2: something that is vain, empty, or valueless.

3 (a): dressing table.

(b): a bathroom cabinet containing a sink and usually having a countertop.

4: the quality or fact of being vain.

Vanity leads to lack of real value; hollowness; worthlessness: the vanity of a selfish life. something worthless, trivial, or pointless. vanity case. vanity refers to a sense of excessive pride and arrogance or overweening conceit. This kind of inflation of mind and fruitless desire for personal attainments can often garner negative criticism. The noun vanity can also refer to a bench or cabinet above or below a bathroom sink used to store toiletries.

NO SELFISHNESS

No selfishness is concerned excessively or exclusively with oneself, seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others, arising from concern with one's own welfare or advantage in disregard of others a selfish act. By being not selfish means that you'll get more respect from others and the positive energy you put out into the world will come back to you; likewise, you'll also experience an abundance of opportunities and learn more in life. Sometimes, people adopt selfish ways of life due to past traumas or hurts. By being so selfish or having selfishness one cannot achieve a peaceful life. So its better for one to be not so selfish in his life and for avoid selfishness you can go through many type of yogic asanas and meditation practices to avoid the selfishness and realisation of self through these practices.

SELF CONTROL

Self-control is keeping our thoughts within our command. When thoughts are under control, the instruments of five senses which provide us knowledge, namely. sin, tongue, nose, eyes and ears also will be under our command When every thought is with awareness brought under our control and we act, good qualities and good actions will become natural. Hence to act by consciously leaping our thoughts under control is fundamental to success and advancement. Thiruvalluvar says: Effective self-control places one among the Gods; Want of it will plunge one into utter darkness. - Thirukural 121

PEACE

Man, who has inherited the animal genes, has the quality of harming other lives for his own living is continuing as a genetic chain. Due to this peace is an eluding unattainable feature in his life. Man, who is a component of the society has the necessity of attaining peace at his personal level. Peace at the physical level: then peace at the mental level; then, pure peace in wisdom; these are to be attained in graded steps. One should practice the following: for physical peace, physical exercises; for mental peace meditation; for peace at the intellectual level, divine feelings, all these can be attained through the Art of Mental Health.

HONESTY

Whatever may be the circumstance, living principle which does not covet the property or freedom of life of others is Honesty. Everyone desires to live honestly. But social circumstances may not permit them to live so. There should not be any contradiction among thought, speech and action. Thinking something, speaking something else and doing still something else, creates contradictions and causes conflicts between body and mind. A man with contradictions among thought, word and deed cannot create friendship with anybody. He will get a sense of guilt and hatred and loss of peace. There will be a rift between those who act as per their thoughts and those who do not act as they think. A man who is trapped in material, fame, power and sensual pleasures cannot live honestly. He may not be able to allow others to live honestly. Only those with mental courage can live honestly in any circumstance. Meditation and introspection will give the confidence required to live honestly.

TRUTH

In Tamil Truth has another word: Vaaymai (apart from Unmai) Truth is no. speaking lies. Truth Triumphs' is a fact, which all saints and sages tried to communicate. Vethathiri Maharishi says:

“All words which cause

Benign effects are Truth.

They safeguard the prosperity

Of life and endow greatness.”

(G.K.807)

Thiruvalluvar asserts this as If one's speech does not wrong any living creature,

While being factually correct, that is truthfulness-

Thirukural- 291

Vethathiri Maharishi also says:

“Hiding something inside

And speaking differently externally,

The Inner Light will turn into fire

And will spoil the body.”

(G.K.1538)

If one speaks contrary to Truth, there will be an incompatibility between body and mind and leading to diseases. There is a wrong notion prevailing that it is impossible to speak Truth and that Truth will take you nowhere. This is only because of not properly understanding the principle of Truth and its greatness. If speaking Truth may harm others, only on such occasions it is better not to speak the Truth. In circumstances where speaking Truth will yield benefits, speaking Truth appropriate to that occasion is essential. Culture Sometimes avoiding Truth and speaking untruth may give some immediate benefits. But it is not true benefit. It is only a temporary mirage of pleasantness. The consequences of untruth will cause great losses and great harm. Hence it is ignorance to consider it as profitable. Words emanating from us should be Truth. They should cause benefits to us and others. Even the benefit causing Truth should be spoken in a soft way. Speaking sweet without hurting others heart, speaking proportionately are qualities if practiced, shall yield continuous happiness and success.

RESPECTING OTHERS

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something you learn. 'Respect' entails treating others and things with care. The golden rule states that you should treat others as you would want to be treated. You can demonstrate respect for your classmates, parents, and teachers in a variety of ways, including how you speak to them, how you act around them, and how you handle your personal things and those of others. You must also be able to respect yourself.

Respecting people demonstrates that you care about them. This can be accomplished by treating everyone with respect. Your parents, professors, and friends will respect you if you respect others. This contributes to making your school a more enjoyable place to be. No two people are alike. Everyone is unique and deserves to be treated with dignity. Consider the differences between your family and your peers. Being unique makes school more interesting. Learn more about: your own and other people's feelings, how to be a good friend, how to be respectful at home, and where to go for support when things go wrong.

NO FEELING OF JEALOUSY

Jealousy means intolerance. Intolerance leads to jealousy. Jealousy is a state of confused state of mind existing when one is not able to tolerate someone else being equal or greater in riches, fame, power or sensual pleasures than oneself. The mental disturbance arising out of intolerance of another man's greatness or success is Jealousy. Arulthanthai Vethathiri Maharishi says that jealousy spoils fine welfare and happiness of a person like a paper eroded by a termite. By comparing oneself with others, the feeling of unhappiness and disturbance arising in one's mind due to the thought that the other person has something which he/she does not have is jealousy. This is a bad quality to be avoided. There is no basic reason to be jealous. Jealousy is unjust; meaningless. One should try to remove jealousy. We can live happily without getting affected by the greatness of others, if we cultivate opposite thoughts to jealousy like " I am happy about the growth and heights reached by others and

their happiness" By a practice of neutralization of anger, Jealousy will disappear; tolerance will improve.

DETERMINATION

Determination is a positive emotional feeling that entails overcoming barriers to achieve a challenging aim. Prior to achieving a goal, determination is used to inspire behaviour that will aid in achieving that goal. A solid intent or a conclusion that has been reached is characterised as determination. The strength to keep looking for employment despite being rejected by dozens of potential employers is an example of determination.

Determination is the ability to continue trying to do something, even if it is difficult: [to infinitive] She has a lot of determination to succeed. (Definition of determination from the Cambridge Academic Content Dictionary, Cambridge University Press) Determination is essential because it allows us to persevere in the face of adversity. It inspires us to march courageously forward in trust until we reach our destination. Because life is never easy, many of us stumble when we encounter difficulties. However, with determination, we can overcome any challenge. Positive psychology incorporates the study of determination as a positive emotion that pushes individuals toward action and results in important outcomes such as perseverance and determination take success.

AVOIDING UNNECESSARY EXPECTATION FROM OTHERS

EXPECTATIONS AND HOW TO OVERCOME

First, put on your oxygen mask: The first step toward letting go of expectations is to be kind to yourself. Make a mental adjustment. You have no influence over what people think of you, but you do have authority over how you speak to yourself. Speak up for yourself. You must first free yourself before you can free others. Stop judging and expecting things to happen. Don't expect people to agree every time you speak. Don't expect others to acknowledge you when you berate yourself. Don't expect others to respect you when you don't respect yourself. Don't expect others to tell you what to do when you have no idea what you want More. It's time to do away with expectations. This will allow us to experience less anxiety, less stress, frustration, anger, depression, and other negative emotions. We can expect things like respect from others, but if we base how we feel on whether we get what we expect, we set ourselves up for disappointment

SEEING GOODNESS IN EVERYTHING

Optimists are people that stereotypically always look on the bright side. Optimists look for the positive in every situation and generally are seen as upbeat and positive. Pessimists habitually see or anticipate the worst or are disposed to be gloomy. One who can see goodness in others will experience peace and happiness in life. We view the world through the lens of our mind. When that lens is covered with the dirt of doubt, hatred and ego, we will only see everyone's shortcomings. See the best in others is by abandoning the false ideal of perfection. Perhaps, recognizing goodness requires us to accept human nature, flaws and all. Every person has something to teach us, if we listen. Even negative people offer us a mirror with which to view our own imperfections and strengths. We can think positive thoughts by;

1. Focus on the good things
2. Challenging situations and obstacles are a part of life.
3. Practice gratitude.
4. Keep a gratitude journal.
5. Open yourself up to humour.
6. Spend time with positive people.
7. Practice positive self-talk.
8. Start every day on a positive note.

SINCERITY

Sincerity is the honesty of one's mind. The quality or state of being sincere honesty of mind freedom from hypocrisy. sincere person is having or showing honesty straightforward a sincere person. It is being what it seems to be genuine sincere good wishes. Other Words from sincere. sincerely adverb.

CLARITY

Through the connection of the body, breath, and mind, we develop a distinct sense of lightness that flows throughout the body; providing mental clarity, physical wellbeing, and a calm tranquillity that helps you through the bad times. Clarity is a consequence of handling your confusion consciously. A state of mind in which you are more concentrated and your perspective is clear is known as mental clarity. You can recognise, understand, and organise your thoughts when you have mental clarity. Let's look at why mental clarity is so crucial for your health and well-being, and how you can be fully present in every moment. Mental Clarity Is Critical, Clarity aids in finding focus and direction, and Clarity makes it easier to complete tasks. Clarity helps you prioritise, pushes you through doubts, and makes you feel satisfied. The quality or state of being clear or easy to understand is defined as clarity. On a clear day, the air at the top of a mountain provides an example of clarity. Directions that are simple to follow are an example of clarity.

COURAGE

Courage does not imply a lack of fear. It entails acting despite our fears. Fear is necessary because it shields us from danger. However, when confronted with a shift or new experience, it might feel as if our body and minds are at odds: we know we want to act, but the cold perspiration and wobbly legs have other ideas. We require bravery in everyday, urgent situations such as giving a presentation, but we also require it when confronting ourselves. We need to feel powerful enough to tackle the existential concerns of our lives, and fear can keep us from returning to school or leaving a spouse. Fear might make us want to flee, but it can also lead us to become so preoccupied that we ignore the bigger issues in our life. When we're working from a place of fear, it's difficult to think clearly. No matter how much fear would have us choose otherwise, courage helps us make the decision to connect with our swadharma. Our lives become easier, more direct, and powerful when our bodies and thoughts are clear. We know what needs to be done, and we go ahead and do it.

Perhaps one of the reasons yoga is so helpful for stress relief is because it requires the body to move through enormous, strong, high-powered poses, similar to those used by warriors. Whether you need to make that presentation or sit down and blog about significant life decisions, a sequence focused on these shapes may help you get a rapid boost. Here's a list of steps that might be useful:

1. Simple Breathing From standing, inhale your arms wide and up toward the sky and look up. As you exhale, simply let them come down by your sides. Repeat five times.
2. Warrior 2 Take a big step back with your right foot, turning the toes in at about 90 degrees. Bend your left knee over your ankle. Open the arms wide and puff up your chest.
3. Exalted Warrior From this position, flip your left palm up and reach it toward the sky, letting your right-hand rest on your back leg as you lean back, letting the throat gently open.
4. Goddess Squat Come back to centre, turn both feet out at about 45 degrees facing the long edge of your mat, then bend your knees again over your ankles. Take your arms out into a cactus shape and spread the fingers.
5. Warrior II and Exalted, Right Side Then, straighten the legs so you can turn your right foot out to the right and angle the left foot in slightly. Bend the right knee over the ankle for warrior II on the other side. Then flip the palm and take exalted warrior.

TIME MANAGEMENT

Time is golden. Without wasting time, it should be made useful. The good habit of doing every action at its appointed time should be cultivated. It is appreciable not to make others wait for us. If any action is carried out at its appropriate time, life would become pleasant. One should estimate the time required for every act, should allot suitable time for the act and perform the action efficiently and as well planned. Every morning, an activity list should be prepared for all the activities to be executed during the day. If each one of them are completed in time, we can complete all the activities in the list. Life will be pleasant and successful. Generally, every one complains about lack of required time. But the truth is all the available time is not utilized properly. Whether a person is the president of the country or an ordinary citizen, a day has only 24 hours; nothing more; nothing less. Time is an asset which it spent is irretrievable. Time once spent can never began again during the rest of the entire lite. Therefore, our success or future in Mile is up sided by the way we spend our available time. 'We should calculate now much of tine we should spend on each of these actives: sleep, dining, ablutions, meditation, exercise and intellectual development etc. and allot the remaining time for other activities. In addition, the list should have prioritized order of the activities. The tale wing guidelines can be followed in calculating the allotment of time:

1. Planning
- 2 Prioritizing important jobs
3. Identifying activities requiring one's direct involvement, and which activities

that can be carried out by others.

4. Simplifying the method of executing the job.

5. Time Analysis

6. Maximizing the usage of time.

Whatever may be the position one occupies, if he does not plan his time, he cannot complete any of his job to satisfaction. Lack of time would lead to only confusion. This in turn will increase the revolutions of mental waves and would lead to mental tension. Therefore, by thoughtful planning of what should be done earlier or later, the activities should be carried out according to the prefixed order. Only one job can be done at a time. If somebody tries to do many jobs simultaneously it will only lead to incomplete completion of any work. If unwanted telephonic conversations are avoided during office hours, time can be saved; concentration in work can be improved. Newer techniques should be devised for saving time. One mode of communication is to write the letters and Sublimation and Social Welfare address by hand and to put into the post box. Nowadays, adopting the E-mail mode of communication saves time. For self-development, one should spend at least 40 minutes for physical exercise, meditation and introspection. If this time is diverted for TV viewing or going out to unnecessary places will hamper self-development. One should make use of charts like Daily Planner, Weekly Planner, Monthly Planner etc. and should pre plan all his activities.

"One should do only good;

That too should be done today itself."

The person (The King) who aspires to conquer the whole world

Will wait calmly for the right hour to strike.

(Kural 485)

GOOD GOVERNMENT

In the world, different forms of governments do exist at different levels like monarchy, dictatorship, communism, military government, democracy etc. Scholars have found democracy the people's government, to be the best form of government. Democracy is by the people, of the people and for the people. Both the persons occupying the chairs of the government, and the people who elect them should have sufficient knowledge of politics, economics, health, science and sociology. In human life, food to eat, clothes to wear, shelter to stay, language to communicate and life partner at the appropriate age are the most important needs. For integrating the knowledge, the potential, the physical strength of individual human being and for acquiring, saving, distributing and administering the life comforts through this integration, a superior and strong democratic government is vital. A form of government which is able to draft, after deep contemplation and thought, welfare oriented futuristic plans is what is needed at the present times. Even with a few deficiencies, still democracy is still relevant today. By rectifying the defects of democracy, we can

establish a good government. There are five aspects that are to be essentially considered by a good government. They are: economics, health, education, politics and science. We have discussed in detail about all these five in the first chapter itself.

GREATNESS OF DEMOCRACY

PUBLIC RESPONSIBILITY IN SELECTING THE GOVERNMENT HEADS

For humanity to live in peace and happiness, it is the important duty of the government to offer opportunity and comfort to everybody without any deficiency. To discharge these duties with due comprehension, leaders who are honest and unselfish have to take the realms of government. It is the responsibility of the people to elect such leaders. Only if people have the competence to elect, it may become feasible. Therefore, the cultural status of people must rise. For this to occur, all need a quality deduction. They must be taught good values. More and more people who can serve with an understanding of social needs should come forward to lead. Then only it will be possible to elect leaders with skills and nuances needed for good governance. Through this, people will get an honest government and all people would get great benefits equitably.

It is the most important responsibility of the government to provide facilities and opportunities uninterruptedly to mankind for leading a happy and peaceful life in order to execute this duty with clear understanding, unselfish volunteers should take up the responsibility of the government. It is the obligation of the people to elect such leaders. It is feasible only if the people are qualified to elect such good leaders. Hence the cultural level of people should rise. To achieve this all should be provided quality education. They should be taught good values and habits. More and more people should come forward to serve with an understanding of the society. Then only it is Reforms possible to elect leaders with the dexterity and skill for running a good government. Then the people would get an honest and properly oriented government and to attain equitable results.

EDUCATIONAL SYSTEM FOR PUBLIC ADMINISTRATION

SPIRITUAL EDUCATION

Nowadays, man has achieved great progress in literacy, technical knowledge and scientific development. But the benefits of these do not reach all men. In order to live with good values, and to advance in the sixth sense to realize Godhead, and to reach perfection, the curriculum should include knowledge of Natural Philosophy. The only moral and ethical living will occur naturally. Because of the lack of such a life education, mankind is expanding the conflicts and sinks into sufferings every day.

EDUCATION- The stage of education is the nice period in life when one gets a good training for proper living throughout life. During this stage one should concentrate fully in one's education; should also take sufficient care in it. Everyone knows that the quality of a building will depend solely on the depth and the strength of its foundation. Similarly, the value of a man's future life will depend upon the thoughts, actions, skills, and determination that one develops during his educational days. Education has four components: 1) Literary Education 2) Technical Education 3) Knowledge of Natural Philosophy 4) habits and discipline. Literary education makes it possible for a man to interact with many members of

the community and to know their opinions. Only if there is peace and happiness in the hearts of individuals, it will blossom with fragrance into family peace, social peace and finally into world peace. The culture of humanity should become one with no threat from anywhere. That requires value based cultural education and spiritual education which can aid in realising Godhead. Only if one feels nature, he can feel himself. Then only the culture of not hurting or harming other life forms evolves. For hearts to expand and to live with love and compassion, spiritual education alone can be of help. When man living in forests and caves started settling down in groups and social structured himself into a society, epics and literary masterpieces evolved for the education of every man on social Values. But the social values enunciated in literature just stagnated at the level of the paper. Education is an instrument to bring to the attention of every generation the importance of Social Values.

The Art of Mental Enrichment is a complete Spiritual Education which is able to focus on human excellence and enhances mind power. Recently, because of a wrong perception that education is the means for equipping one with the skills for eking out livelihood, we have converted education into a process of efforts towards training in Professional skills. We have known about computers and effectively handling them. But we have not cared to provide students through computers, good thoughts and values which can produce good hearts. Consequence are Computers which can work fast and with extreme efficiency have multiplied. But in the mechanized world of Science and Technology, the hearts of men have descended and social conflicts have mushroomed. At this point, we should recollect what the former Secretary General of the United Nations that commented about the transformation of our educational institutions into industries producing uncultured men. "Our education makes a man a doctor, an engineer or a teacher but does not make really a man." Mahatma Gandhi said, "The first job of Education is to generate culture. That is basic education. Any structure built on such an education would stand permanently." Education which does not add values, and human life which does not respect values, become useless in course of time, will also be party to many evil effects. We are already witnessing this decadence.

VALUE OF SELFLESS SERVICE

Helping others and focusing on them can be a type of therapy since we are putting ourselves out of our own heads and away from our own problems - even if just for a while. It assists us in putting the world into a more positive light. Volunteering or obligation are both synonyms for service. As a result, selfless service must actually imply the foregoing of one's own interests in favour of the betterment of others. selfless mean to you is having little or no concern for oneself, especially with regard to fame, position, money, etc.; unselfish. People trust and believe in a leader who exhibits selflessness because they believe they will be supported and protected. This amount of concern motivates others to follow suit, resulting in a reciprocity of loyalty and gratitude. A selfless person puts others' needs ahead of his own; they are humble, have a broader perspective, truly listen to others, put themselves in others' shoes, say "we" instead of "I," they celebrate success together and face failure alone, and they take pleasure in assisting others to achieve happiness. "Selflessness requires a lot of strength, and it's not for the faint of heart." Weakness, on the other hand, pursues the path of least

resistance, which in our case means being self-centred – wanting all the praise and none of the guilt.

SERVICE MENTALITY

Service mentality is caring, empathetic tone, more than words, allows the customer to hear your concern. Customers don't care what you know until they know that you care. 2. Enthusiasm brings an observable high level of energy or interest to a situation. It can be shown towards your customers and your work. A service mindset is a way of thinking that emphasises customer value, loyalty, and trust. A company with this mindset aspires to do more than just sell a product or service. It wants to leave a pleasant and lasting impression on the customer's or prospect's mind. The customer service mindset isn't just solving problems for customers. It's about creating a delightful experience that develops long-term rapport and loyalty. Doing so fosters customer success as well as high retention rates. The Service Mentality should include;

1. Empathy is the ability to understand, be aware of, and be sensitive to your customers' feelings, opinions, and experiences. They want to feel that their concerns have been heard and understood, regardless of how big or tiny they are. They want to know that you understand the issue from their perspective. More than words, a caring, compassionate tone allows the customer to hear your concern. Customers aren't interested in what you know unless you show them that you care.
2. Enthusiasm instils in a situation a visible high level of energy or attention. It might be manifested in your attitude toward your customers and your work. It's not outrageous, but it's energising, upbeat, and frankly stated. Because the appropriate excitement dictates how the world regards you as able or eager to help, your enthusiasm has an impact on your performance in a service position. People that are enthusiastic like assisting others and demonstrate this with a pleasant attitude and great energy. They enjoy taking initiative and going above and beyond. 3. Ownership is about having the commitment to solve a problem. It's the opposite of the mentality that says, "That's not my department," and then shifts the resolution off to someone else. Ownership makes a clear connection with the customer that says, "I am your partner and own this situation with you," which more effectively represents you and the company. It shouldn't take two people to give good customer service. Step up and take ownership of the challenges that come your way.
3. Responsibility involves living up to commitments. This trait relates just as easily to your co-workers as to your customers. In every case, it's critical that we live up to our commitments. Colleagues need to know they can count on each other to be on time for a scheduled shift or meeting. A co-worker who can't be counted on disrupts everyone's schedule. Ill will and stress is a chain reaction that can radiate outward until service mentality slips among team members. As they saying goes, "There is no I in the word team." Follow-through and dependability demonstrate a service mentality of responsibility.

4. Adaptability is having an easy flexibility to deal effectively with different types of customers and situations. As your customer base becomes more diverse, adaptability is crucial. Aging populations, language and cultural differences and related factors are challenges to providing excellent service, but people who are adaptors are accepting and tolerant. Their mind-set is evidenced by their ability to adapt and to respond and react positively. With the service mentality trait of adaptability, you'll assist all of your customers respectfully and effectively.
5. Balance requires the capacity to be successful at satisfying the customer, while taking into account the resources and needs of your organization. Going too far either way puts you out of balance. Customers must feel they have been heard and treated fairly. The company needs employees to operate within guidelines and practices. A secret to having balance is knowing that you can acknowledge the feelings of the customer, even if you disagree with the facts presented by them. Acknowledgement does not mean agreement, so acknowledge the feelings, move on to the facts, and address the issues.
6. Resiliency means having the ability to bounce back quickly from adversity. Resiliency allows a representative to remain calm in adverse situations or recover quickly from crisis and not show discouragement. We've all had setbacks, both personally and in our daily work. We need to be able to bounce back emotionally and professionally and handle those setbacks, while never taking out frustrations on customers or co-workers.

SERVICE THROUGH BODY AND MIND. (EG.) MAHATMA GANDHI, MOTHER TERESA

Mohandas Karam Chand was born in Porbandar in Gujarat State on the 2nd October 1869. Mohandas's father was serving as the home minister under the chief minister of the Porbandar samsthan. His father was well versed in religious literature and in administrative skills. Mother Putli Bai was devout, religious and was following the discipline of penance. The marriage of Mohan Das was solemnized with Kasturi bai when he was thirteen. He completed his schooling in 1887. He went to London to study Law. He also started practicing as an advocate in London. He went to South Africa in May 1893 on an official visit. In South Africa he had to travel from Durban to Pretoria. He boarded the train with a first-class ticket. In Pietermaritzburg railway station he was disembarked in the middle of night when it was very cold outside, on the ground that he was a black-Indian. Only in this incident, the seed for turning Mohan Das into a Mahatma was sown. Not only that the principle of Ahimsa - Nonviolence also sprouted. Sublimation and Social Welfare Only Mohan Das became Mahatma Gandhi. He has given to the world, the most acclaimed code of life for the benefit of everybody. It is the lofty principle of SARVODAYA that he gave in 1904. Gandhi considers: "The means should be as lofty as the End (the procedures for attaining a goal should be as pure as the goal). Gandhi did not accept that by whatever procedure you can reach a goal. He thought that the path to reach the goal should also be based on Truth and Non-Violence. Mahatma Gandhi did not follow a bloody revolutionary path which nurtures

hatred and violence. He adapted boundless love and compassion, forgiving attitude, considering the entire world as a single family, treating every one as a child of God.

CONSTRUCTIVE PROGRAM

Gandhi wanted to change the foundation of the society through novel methods. The foremost among his plans was the constructive Program. That program blossomed as people's movement for the people conducted by the people. It transformed into a charka revolution. Gandhiji realized even before independence that "A new life pattern cannot be ushered in by political freedom alone". He aimed to gain economic freedom also. Towards this goal, he designed the constructive program in 1930. Agriculture and village industries were like the two eyes of the Indian villages in olden days. Due to the British Governance of India, the self-sufficiency of villages disappeared and they became deserts. The commercial industrial policy of the British crushed the village industries. Due to the decadence of agriculture the shameful stage of villages being dependent on the cities emerged. Gandhi realized that the real spirit of India existed in the villages. He also felt that without the Re-emergence of the village livelihood, India cannot raise its head. For the resurrection of the village life he designed his constructive program, with 18 components. Based on his rich individual experiential knowledge, adding now and then, one by one, Gandhiji constructed the components of the Constructive program. The constructive program was designed in such a way as to nurture the community attitude in people, to engage them in constructive activities and to be adjustable to situations. The eighteen components of the constructive program are listed below:

1. Communal Unity
2. Removal of Untouchability
3. Prohibition
4. Khadi
5. Other Village Industries
6. Village Sanitation
7. New or Basic Education
8. Adult Education
9. Women's Progress
10. Education in Health and Hygiene
11. Provincial Languages
12. National Language
13. Economic Equality
14. Kisans (Farmers) Welfare
15. Labour Welfare
16. Adivasis (Tribals) Welfare

17. Leprosy Relief

18. Students

SELF SUFFICIENCY THROUGH EDUCATION

The main aim of Wardha Scheme of Education is to attain self-sufficiency.

The occupation that a student is trained in should be capable of providing him, his livelihood. "This will be an insurance against unemployment problem in a student's future." The student should be able to pay towards the remuneration of his teacher from this "Earn while you learn, learn while you earn" scheme. All other expenses should be borne by the Government. The Government should also procure the goods made by the students. Gandhiji desired a wholesome scheme of education that would offer a non-violent life style, capacity to grasp social problems, social consciousness, and maturity to be helpful to others. Basic Education was introduced in all the primary schools of Tamil Nadu. For all adults, in whatever status they are in, life-oriented education should be given. Pregnant women should be given all the knowledge needed by them from the time of conception to the time they nurse their new born babies to useful citizens. Gandhi implemented his concepts of education from a psychological point of view realizing the need for providing education to children below seven years.

SOCIAL CHANGE

The purpose of man having been born on this earth is to realize Godhead; to realize God, one should realize himself; to realize himself, he should do service; in order to serve the society, he should have a knowledge of the society. The Basic Education gives the training to students to work together as a community. There they are self-dependent. Gandhiji believed that by transforming students to have faith in truth and nonviolence, it would be possible to establish a non-exploitative society. His guidance has become a practical course of action to eradicate the social shortcomings. In Trusteeship Principle so that everyone shall live in unity and it decatriene process of Satyagraha that he enunciated for eradicating injustice has eroded the foundations of love. His political movement was an instrument to bring in a social change His course of action for social change consisted of a new basic education policy, an economic policy based on Khadi and Village Industries and an integrated social policy, The scheme enunciated by Gandhi, is the Best to bring in peace in the warring world. He has drafted his philosophy, by compiling the best from old principles for the emancipation of mankind, the same way as a diver collects the pearl from the depth of the ocean to make and present a beautiful garland. When The Sarvodaya Principle of Gandhiji becomes a people's movement, Great accomplishments can be realized quickly. India has contributed to the world the scheme of Sarvodaya which is the best method for the whole world to attain an everlasting state. If it is implemented, the whole world would attain peace.

SATHYAGRAHAM

The methodology that Gandhi has identified for mankind to be freed from slavery is Sathyagraham. The principle of Sathyagraha which was earlier followed in individual lives and in spiritual practices was transformed by Gandhi into a practice in public life. Sathyam means Truth; Agraham means determination or sternness. The word "Sathyagraham" means

"observing Truth with steadfastness or the Power of Truth" Gandhi named the nonviolent agitation conducted under his leadership in South Africa as 'Sathyagraham'. Gandhi offers several explanations for Sathyagraham. In one of them he says, "Sathyagraham is like a Banyan Tree; it has several branches and prop roots; nonviolent opposition is only one of the prop roots of the tree," This involved bearing the burden of pain oneself without passing it on to the enemy and safeguarding truth. Sathyagraham is a peaceful way of life. This is linked to Ahimsa (Non Violence). If words may not bring enemies to compromise, purity, humility and honesty may perhaps bring them to the settling table. We should free the opponent from his faults by patience and compassion; should not crush them; should change their mind. Sathyagraham has also the flexibility to change itself to suit the changing circumstances. Those who enter into the task of bringing out a transformation in society through Sathyagraham, should structure their life on the base of Sathya (Truth). Gandhi believed that without slipping from ethical principles, and standing on the ever alive and permanent principles of Sathyam and Ahimsai, (Truth and Non-violence) a true revolution can be chalked out to arrest the crushing of the weak by the strong, and to remove dictatorial attitudes. He also believed that when a Satyagraha agitation is pointed against social evils, the perpetrators of these evils should not be hated. On the contrary one should show his love to them. The most basic need of Sathyagraham is "the soft heart that showers grace on the foe" Sathyagraham tries to change the heart of the foe. Initially, logically and with reason, the cause and effects of the actions should be explained to the opponent, in trying to take them on to one's side. If the talks fail, in order to change the heart of the opponent, actions like fasting can be attempted. Always the Sathyagrahi should bear the pains. In this act, compassion and love should overflow. Gandhi treated everybody with love and compassion. Gandhi practiced this procedure of opposing everybody through ahimsa and of making them respond through love. When the Britishers imposed the salt tax, he observed the Salt Satyagraha from Dandi, demanding the removal of the tax and insisting on the freedom of the country.

ELEVEN GREAT VOWS OF MAHATMA GANDHI

Peace will not suddenly happen of its own. Gandhi had offered himself in the service of the nation, fully understanding the fact that if individuals can observe certain discipline in their personal life, peace will descend on the society. Good people, who want to usher in a new society, should come forward to reform individuals and the community. To achieve this, initially they should reform themselves at the physical, mental, and disciplinary levels and then should attempt to reform and elevate the individuals and the society. Mahatma Gandhi provided practical guidelines for observing certain disciplines by following which the individual can lead a peaceful life and can also let others to live peacefully. They are known as Eleven Great Vows or eleven 'Maha Vrathas'. These he implemented in his own Ashram.

ELEVEN GREAT VOWS:

1. Satya-Truth
2. Ahimsa-Nonviolence
3. Brahmacharya-Celibacy
4. Asteya-Non-stealing

5. Aparigraha or Asangraha-Non-possession
 - a. sharira-Shrama; Physical labour or Bread Labour
7. Asvada-Control of Tongue/Palate
8. Abhaya-Fearlessness
9. Sarva-Dharma-Samanatva- Equal respect for all Religions
10. Swadeshi-Duty towards Neighbour and
11. Asprishyatanivarana - Removal of Untouchability.

All these eleven vows are interrelated. Of these eleven, the first five are found in most of the religions of the world and are called 'Pancha Mahavratas'-the five great Vows. They are very important for Spiritual Development. The remaining six are somewhat new ideas that have been given the importance of vows for the attainment of social unity. These vows can bestow good conduct, mind control and spiritual progress to the practitioner and can transform every individual into a Mahatma.

SATYA-TRUTH

Gandhi who believed in God has always been saying that God is Truth. After observing Truthfulness in his life, he realized that Truth is God'. Having fully grasped the functions and fruits of truth, he observed during his entire life, a life of penance seeking truth. He practiced truth throughout his life. When he went to London for pursuing his law course, his mother took a pledge from him that he will not cultivate the habits of liquor and women. When he slipped from this pledge, he realized his mistake and immediately atoned for that and corrected himself.

AHIMSA - NON-VIOLENCE

Ahimsa is a Sanskrit word. It has been variously translated into English as non-killing, non-injuring, non-hating, non-harming, non-retaliation, non-aggression, softness, non-deceit, good intentions, love etc. Indian philosophical thought has given clear elucidations of Ahimsa. The scriptures of the Jains and the Buddhists, the Vedas, Dharma Sastras and Puranas, mention the Ahimsa principles. Gandhiji presents an integrated concept of Ahimsa suitable to the modern times. Buddhism defines ahimsa as 'not hurting others' what has Thathuvagnani Vethathiri Maharishi to say on Ahimsa? "The Principle of Love that removes the pain of others." Ahimsa which was earlier considered as an ethical principle pertaining to an individual, became a powerful instrument along with Satyagraha to arouse the people power to fight against evils. According to Mahatma Gandhi, there are three variations of Ahimsa. The first one is beyond the profit loss consideration; this is a state which does not give up even during very difficult times during the struggle. This is the Ahimsa of the Soldier. The second one is at the policy level; In this, people will utilize this to make the most of a situation; then they may turn to violence. The third variation is wrongly worded as Ahimsa; it is the soft opposition of the cowardly, since violence identifies the cowardly. Ahimsa is an antonym of Himsa. Ahimsa is a manifestation of love. Sathyam (Truth) and Ahimsa (Non-Violence) are two sides of the same coin. Ahimsa is not only not hurting others, but also

bearing and pardoning the harm inflicted by others. Gandhiji considered " "those who bears the pain inflicted by others progress better than those who annihilate those hurting them." Ahimsa which does not harm others is a live, soft principle. Unless one practices Ahimsa, seeking are reaching truth may become impossible. Practicing Ahimsa increases the soul strength; makes man into a superman. Ahimsa was the principle enunciated by Mahatma Gandhi; To succeed in that was his goal. He conducted his struggle in the Ahimsa way for Indian Independence and succeeded.

BRAHMACHARYA- CELIBACY OR CHASTITY

Gandhiji considers Brahmacharya next only to sathyam and Ahimsai. He practiced celibacy in the middle a married life from his 46' year, with consent and cooperation from his wife Kasturi Bai. As a person bound by Truth, he kept away completely from directing his minds towards, sensual pleasures. Charyam means conduct or walking. Brahmacharyam is walking towards Brahma (The Ultimate Truth) or he path leading to Brahman. It also includes the control of all sense. Gandhi opined that it is not simply keeping away from man-woman relationship. Mahatma Gandhi Mahatma Gandhi says, "Brahmacharyam is cultivating the habit of caring everybody with love. That would enhance mental power. Brahmacharyam is not only for the body; one should try to succeed in the subjugation of all senses fully For Spiritual Progress, sense control is needed. By reducing desires, one should patch the Ultimate Truth. Brahmacharyam is a pathway in this direction

ASTEYA - NON-STEALING:

Generally, we think that 'taking another's possession without his knowledge alone is theft. More or less, every one of us, with or without knowledge is committing the fault of theft'. Thinking in the mind of coveting another man's possession, possessing something which does not belong to oneself, hoarding more than what is needed under the pretext of saving for the future, possessing something which is not needed, saving money in the house without mutual knowledge of each other, eating without earning - all these amount to Theft only. Only because of the crumble of the principle of non-stealing, the cruel poverty raises its head. One who follows the principle of non-stealing will not at all plan to procure and to save any material for future use. It is this evil anxiety about the future only leads to many thefts. One who has the habit of stealing may not be a person who practice truth or nonviolence or has good conduct. Poverty is the result of the crime of theft. Gandhi thinks that those who practice non stealing should also be practicing the qualities such as humility, good thinking, awareness, simplicity etc. Giving up right to property is a component of non-stealing.

APARIGRAHA - NON-POSSESSION

Gandhi demonstrated in his own life, a simple life style. If everyone possess only what is essential for them, no body shall suffer from poverty. It will be feasible for everyone to lead a contended life. It is essential for giving up the attachment to property. Those who seek truth and love, shall not set aside anything for themselves for tomorrow. God does not keep aside anything for tomorrow. Only because one keeps more materials than needed, it induces those who do not have to steal. Human life is meant for serving others. Due to accumulation of wealth, present in from inequality and exploitation. The attachment to

materials shall be an obstacle to spiritual progress. The effort of body and intellect alone shall be fruitful; if one has faith in God, the maturity of not Worrying about the true shall automatically come in; one can remain without accumulating materials; non-Possession shall bestow mental concentration and spiritual eminence." This quality naturally sets in into those who enter the field of social work.

SHARIRASHTRAMA - PHYSICAL LABOR OR BREAD LABOUR.

Gandhi considers physical labour - earning livelihood by labour - as a fundamental life principle. Earning livelihood by labor should be adapted as a physical exercise. It is essential for those who observe Sathyam, Ahimsai and Brahmacharyam should adopt earning their food by physical labor. Everyone should take up physical labor suitable to their setting. Mahatma Gandhi says, "Without commanding others, it is better to carry out one's work by oneself. That will lead to human equality." Earning one's food by his own labor is the duty of a man.

ASVADA - CONTROL OF TONGUE/PALATE

Calmness is a principle to be observed by everyone. Quietness of the tongue prevents hurting other's heart. One should realize that it is essential to control the tongue during speaking as well as eating. Only those who control their tongue attain eminent positions. Both the vow of silence and the vow of fasting is an excellent mode of training.

ABHAYA - FEARLESSNESS

Mahatma Gandhi says, "Fear is a mental disorder. Fearlessness is freeing oneself from bonds of fear from outside - i.e., from Diseases, disability, death, loss of property, loss of near and dear, loss of name and fame, fear of hurting others, etc. Only a person, who has fully understood divinity, can reach a state of absolute fearlessness, since, at that lofty state, he can come out of the worldly illusion. However, any one can march forward towards that goal of absolute fearlessness if only he can enhance his self-confidence by constant and continuous effort. Fear, a consequence of believing in self imagined false visualizations, can affect both mental and physical well-being. Only a person who has completely realized the Ultimate Truth can act fearlessly. In that state he can understand the true nature of everything in the world. If one can put forth his effort with determination and self-Mahatma Gandhi confidence, he will have no fear. He is freed from unnecessary fear. Only spiritual strength can remove the fear from the heart; it will enhance the individual and others

SARVA-DHARMA-SAMANATVA- EQUAL RESPECT FOR ALL RELIGIONS

The pledge taken in India for Social Harmony is Secularism (equal respect for all religions). Here there are many religions. All people living in a particular area do not necessarily belong to a single religion. In order that they can all live together in harmony, the attitude of looking all the religions as equal becomes essential. Gandhi believed "Hindu Muslim Unity will bring in freedom to India; For Hindu Muslim Unity, it is important to adapt Ahimsa" It is not correct to say that in inter religious interactions, tolerance is required; we should show to other religions, the same respect and affection that we show to our religion. At the same time, one should be magnanimous enough to admit the deficiencies of his own religion. A practitioner of truth following the rule of ahimsa shall be able to accept

all religions. The attitude of equal respect for all religions shall not discard the differences between justice and injustice or between good and evil. Gandhi evolved plans for people of all religions to live together without any inequality. "All religions are truths that have manifested due to the grace of God; but all have deficiencies; there is scope for mistakes. We have to show our respect for other religions; but that should not blind us to their deficiencies we should also be aware of the deficiencies of our own religion. Still, we should not quit our religion. We should only take efforts to get rid of these deficiencies. We should look at all religions with equal respect. If we have this equal respect for all religions, we will not hesitate to imbibe the good features of other religions into our religion. Not only shall not have hesitation, but shall take it as our duty." - This statement pictures the mindset of Gandhi on religious equality. Gandhi was a traditionalist who did not swerve from his religion. But he tried to reform his religion. He was a theist who respected all religions with a wholesome belief that all religions were divine. He had deep faith in his own religion; but he had also analysed its deficiencies. He was inside his religion; and also sojourned outside it.

NEIGHBORHOOD

Out of the duties to be observed in modern times, the principal one is the principle of Swadeshi. This is a self-sufficient economic model involving production of one's requirement by oneself; be of help to the neighbours; and involving in the production of materials. Completely avoiding the opportunities and help available from afar, the impulse to restrict oneself to the inputs from the immediate neighbourhood is known as Swadeshi. Swadeshi will facilitate the economic elevation of the poor and downtrodden. Gandhi felt that the economic resources will be freed from the slavery state.

ASPRISHYATA - NAVARAN- REMOVAL OF UNTOUCHABILITY

One of the main reasons that allowed the Dutch and the English to set foot on India and to enslave it was Untouchability that prevailed in India. 'Untouchability is not a part of Hindu religion; it is a blemish on the Hindu Religion; it is like an epidemic Removal of Untouchability means love encompassing, embracing and serving the whole world. Gandhiji felt that it is impossible to bring in peace without removing Untouchability. Some of his utterances on Untouchability are: "If Untouchability can continue, I would like that Hindu religion to get annihilated." "We cannot achieve anything without bringing in Hindu Muslim Unity and without removing Untouchability. Untouchability is a brutal poison sucking eh life of the Hindu Society. Anybody, who believes in God, cannot consider any one else as inferior to him. He should consider everybody as only brothers. This is the basic principle of every religion." For ushering in removal of Untouchability, not only Gandhiji admitted the members of the Dalit community into his Ashram, but also took food prepared and served by them. Mahatma Gandhi has shined as the social welfare volunteer of the 19th Century. Not only the welfare of the Indian people, but he kept the welfare of all the people of the world in mind, while guiding them.

MOTHER TERESA

Mother Teresa's real name was Agnes Mother Teresa was born on August 27 1910, in Skopje, in Yugoslavia to Albanian parents. Her mother's name was Jana Bojaxhiu and her

father's name was Nicolle. Hers was a poor family. Even as young Girl she had the service attitude. Her heart throbbed to be of snice to the poor. There was a young nun in France by name Teresa Martin, who wanted herself to Service with a divine spirit. Due to hard unselfish work, Teresa Martin became sick and passed away in her 24m year. Agnes who was inspired by the sacrifice of Teresa Martin rechristened herself as Teresa. Agnes who arrived at Calcutta on 6* January 1929 was sent for spiritual raining in the Christian Church to Darjeeling. Agnes who has changed her named Agnes, joined a Calcutta school as a Christian nun. She wanted to do service in the slums there. With the permission of the bishop, she went to the slums and engaged herself in works related to the hygiene of the sum dwellers; Contemplating on the despair and the sorrows of the poor slum dwellers, she instituted a small school in the slum which made successful strides with the coming together of more Christian sisters.

SUPPORT TO THOSE ON THE DEATH BED

She decided to have her goal as offering free service to Leprosy affected persons, destitute and those in their deathbed. Mother says, "This Home for the Dying is the most beautiful service, since I am able to see God in the man on the deathbed. Having chosen the path of Jesus to be my life, it appears improper for a man to die in the street. That seems to be a curse for me. I established the Home for the Dyeing so that any life would end its life, in a loving environment." Parents give birth to the child, nurse them to grow into adults, see them married and await to see them happily settled in their life. It is not proper to leave such parents orphaned in their old age. It is great service to safeguard these people who have been deserted by everyone. No one should die as an orphan. There should be a place for them for to leave their life comfortably, with someone consoling them in their deathbed. Teresa started establishing such a place. She created a house called "NIRMAL HRIDHAY". When physicians refused treatment for a person in his deathbed, Teresa insisted on the treatment and remained with him throughout the treatment and saved him from death.

ASSISTANCE TO LEPROSY PATIENTS

Leprosy is a serious debilitating disease. A bacterium named Lepro causes it. There are two types; Contagious and non-contagious. The disease caused by unhygienic conditions, bestows a repelling appearance. Society ostracizes such patients with leprosy out of fear of its contagious nature. Teresa identified such leprosy patients, showed them compassion, cleaned they're The Graceful Service of Mother Theresa wounds, bandaged them, and gave them treatment and consolation She started a home for such leprosy patients. She opened a hospital in Howrah for such patients in 1959. She established a small township: SANTHINAGAR for housing such leprosy patients.

PROTECTION TO ORPHANS

Children get orphaned for various reasons. This shameful state exists everywhere. The following categories of children are found to be orphaned and left in the street: Children given up by parents, children who run out of their homes out of disgust, children affected by the cruelty of relatives, illegitimately born children, children who become destitute because of the death of the parents, children driven out by patents, children who cannot exist in the

poverty of the house, children who have left their studies to eke out a livelihood, children sold out due to poverty etc. Mother Teresa involved herself in nurturing such orphaned children. She established a home: "NIRMAL BHAWAN", solely for protecting such orphaned children, and children who have diseases and were born prematurely.

EDUCATIONAL SERVICE

She continued her educational service for the slum children. In 1958, about 200 students were studying in her school. Calcutta Corporation built a school for her. Mother Teresa founded 15 schools. Out of these the one in taba nagar is the significant one. In these schools, the children of tuberculosis patients, and the children of leprosy patients got educated. In addition to education, these children were also given medical treatments.

MISSIONARIES OF CHARITY

In the lower Circular Street of Calcutta, a Convent came up in 1952 as Annamma Home for Mother Tarasa Hera training in renunciation was given. The nuns of The Christian Church followed some observances like simple life, service as the breath of their life, not dining in any body's house while on missionary work etc. Missionary of charity homes were opened in different places like Atala in Punjab, Balpur in Bihar, Itamravati in Maharashtra, Darjeeling, Goa, Thiruvananthapuram etc. The social service activity started in 1929, continued for 31 years. She expanded her activities in foreign lands. For brother celibates, she started a church for the brothers.

SERVICE ON FOREIGN LANDS

Mother continued her service in Tanzania in 1968. The work was started in Venezuela in 1965; a Mother's Home was also started in Rome on 22 August 1968.

THE AWARDS THAT CAME HER WAY

Mother Teresa breathed her last on September 5, 1997. Acclaiming her services, many organizations and Universities have bestowed several awards. Some of them are:

'Padma Sri' of the Indian Government in 1962

'Ramon Magsaysay', the highest award of the Philippines in 1962

'World Peace Prize' of Pope in 1971

'Good Samaritan' Award of USA in 1971

'Jawaharlal Nehru International Peace Prize' in 1972

Doctorate awarded by Santi Niketan in 1976

Best British Citizen Award in 1978

"Bharata Ratna" by Indian Government in 1980

Tolstoy Award in Russia in 1993

"International Hope for Peace" award in 1996

All these awards were declarations of her yeomen service.

UNIT – IV: SCIENCE AND SPIRITUALITY

DEVELOPMENT OF SCIENCE-FROM STONE AGE TO COMPUTER AGE

Because prehistorians and anthropologists' estimates of the development of human species vary so greatly, identifying the history of technology with the history of humanlike species does not help in determining an exact point for its inception. Natural tools such as twigs and stones are used by animals on occasion, and the organisms who evolved into humans did the same for hundreds of millennia before taking the first great step of creating their own tools. Even back then, it took an eternity before they began constructing such tools on a regular basis, and even more aeons elapsed as they progressed through the steps of standardising and manufacturing their crude stone choppers and pounders—that is, establishing sites and assigning specialists to the task. By the time of the Neanderthals (70,000 BCE), advanced tools requiring the assembly of head and haft had been developed; Cro-Magnons (perhaps as early as 35,000 BCE) produced more advanced tools, requiring the assembly of head and haft; and pottery-making Neolithic (New Stone Age; 6000 BCE) and Metal Age peoples had applied mechanical principles (about 3000 BCE). The Stone Age was the prehistoric cultural stage, or level of human development, that was characterized by the creation and use of stone tools. It began some 3.3 million years ago. Beyond weapons and basic necessities, Stone Age people invented new technology for farming, particularly in the Neolithic Age when they became a more settled people. One of the most important inventions was irrigation canals, which helped them water and grow crops in masses.

The Neolithic Revolution

Toward the conclusion of the last ice age, some 15,000 to 20,000 years ago, a few of the societies best suited by geography and climate began to make the transition from Paleolithic, or Old Stone Age, savagery to a more established way of life based on animal husbandry and agriculture. The Neolithic Period, also known as the New Stone Age, saw a significant increase in population, a surge in the number of groups, and the beginnings of town life. Because of the rapid pace of technological invention and the resulting growth in complexity of human social and political organisation, it is sometimes referred to as the Neolithic Revolution. To comprehend the origins of technology, one must examine events from the Old Stone Age to the New Stone Age, all the way down to the formation of the first urban civilizations around 3000 BCE.

With advancements in food production, tools have become even more refined. Gathering, hunting, and fishing were the primary methods of food production in Paleolithic times. If these measures failed to keep a society alive, it either relocated to better hunting grounds or died. New food-producing abilities were developed during the Neolithic Revolution to meet the needs of agriculture and animal husbandry. In the millennia before 3000 BCE, digging sticks and the first crude ploughs, stone sickles, querns that ground grain by friction between two stones, and, most complicated of all, irrigation techniques for keeping the ground watered and fertile became well established in Egypt and Mesopotamia's great subtropical river valleys.

The Computer Age

The Information Age (also known as the Computer Age, Digital Age, or New Media Age) began in the mid-twentieth century and was marked by a rapid epochal shift from traditional industries established by the Industrial Revolution to an economy based mostly on information technology. The computer age began when ENIAC (Electronic Numerical Integrator and Calculator) was completed in 1945. The first multipurpose computer, ENIAC set speed records with an amazing 5,000 additions per second. The Information Age began around the 1970s and is still going on today. It is also known as the Computer Age, Digital Age, or New Media Age. Technology are divided in to 4 main ages. There are Para mechanical, mechanical, electromechanical and electronic. Only the latest age (electronic) is affects us today, but it is important to learn about how technology is developed from the past until today.

Generations of Computers

In the history of computers, we often refer to the advancements of modern computers as the generation of computers. We are currently on the fifth generation of computers. So, let us look at the important features of these five generations of computers.

1st Generation: This was from the period of 1940 to 1955. This was when machine language was developed for the use of computers. They used vacuum tubes for the circuitry. For the purpose of memory, they used magnetic drums. These machines were complicated, large, and expensive. They were mostly reliant on batch operating systems and punch cards. As output and input devices, magnetic tape and paper tape were implemented. For example, ENIAC, UNIVAC-1, EDVAC, and so on.

2nd Generation: The years 1957-1963 were referred to as the “second generation of computers” at the time. In second-generation computers, COBOL and FORTRAN are employed as assembly languages and programming languages. Here they advanced from vacuum tubes to transistors. This made the computers smaller, faster and more energy-efficient. And they advanced from binary to assembly languages. For instance, IBM 1620, IBM 7094, CDC 1604, CDC 3600, and so forth.

3rd Generation: The hallmark of this period (1964-1971) was the development of the integrated circuit. A single integrated circuit (IC) is made up of many transistors, which increases the power of a computer while simultaneously lowering its cost. These computers were quicker, smaller, more reliable, and less expensive than their predecessors. High-level programming languages such as FORTRON-II to IV, COBOL, and PASCAL PL/1 were utilized. For example, the IBM-360 series, the Honeywell-6000 series, and the IBM-370/168.

4th Generation: The invention of the microprocessors brought along the fourth generation of computers. The years 1971-1980 were dominated by fourth generation computers. C, C++ and Java were the programming languages utilized in this generation of computers. For instance, the STAR 1000, PDP 11, CRAY-1, CRAY-X-MP, and Apple II. This was when we started producing computers for home use.

5th Generation: These computers have been utilized since 1980 and continue to be used now. This is the present and the future of the computer world. The defining aspect of

this generation is artificial intelligence. The use of parallel processing and superconductors are making this a reality and provide a lot of scope for the future. Fifth-generation computers use ULSI (Ultra Large-Scale Integration) technology. These are the most recent and sophisticated computers. C, C++, Java, .Net, and more programming languages are used. For instance, IBM, Pentium, Desktop, Laptop, Notebook, Ultrabook, and so on.

MERITS AND DEMERITS OF SCIENTIFIC DEVELOPMENT

There are advantages and disadvantages in every field. Even in scientific development. The advantages include Individually and collectively, scientific knowledge enables us to create new technologies, address practical problems, and make informed judgments. The scientific method is interwoven with those applications since its products are so useful: New scientific understanding could result in new applications. The disadvantages of science and technology are like it can be easily handled by irresponsible people, we will be too dependent on that, sometimes it affects our health and our lifestyles (we will be complacent and lazy), It destroys our simple and healthy life (the traditional lifestyle I miss). It enhances the usefulness of goods and services and helps in creating value. It helps make any work easier and helps us in multiple ways. Technology has both positive and negative effects. Many people use it for their growth, and some use it to harm society and the ecosystem. The essence of how science and technology contribute to society is the creation of new knowledge, and then utilization of that knowledge to boost the prosperity of human lives, and to solve the various issues facing society.

Advantages of Technology on Our Lives

- Ease of Access to Information.
- Saves Time.
- Ease of Mobility.
- Better Communication Means.
- Cost Efficiency.
- Innovation in Many Fields.
- Improved Banking.
- Better Learning Techniques.

The advancement of scientific technology can cause detrimental results to the general public. A few examples are dropping of the atomic bomb; prescription medications dispensed to patients before adequate testing studies have been completed; and scientific fraud. Relevant research has proven that technology could change education negatively through four paths: deteriorating students' competences of reading and writing, dehumanizing educational environments, distorting social interactions between teachers and students and isolating individuals when using technology.

Digital Technology Disadvantages

- Data Security.

- Crime and Terrorism.
- Complexity.
- Privacy Concerns.
- Social Disconnect.
- Work Overload.
- Digital Media Manipulation.
- Job Insecurity.

Modern environmental technology has enabled us to capture this naturally occurring energy and convert it into electricity or useful heat through devices such as solar panels, wind and water turbines, which reflects a highly positive impact of technology on the environment.

DEVELOPMENT OF SPIRITUALISM - FROM STONE AGE TO COMPUTER AGE

Spiritual development can mean many things to many people in the secular and pluralistic environment we inhabit in our terrestrial world. Spiritual development, in essence, is to believe in something beyond the material universe and to develop an awareness of realities beyond the confines of time and space.

Stages of Spiritual Development

- Stage 1: Innocence. You are born into a material world, where your life is dominated by your lower three chakras.
- Stage 2: Fear, Ego.
- Stage 3: Power.
- First Choice.
- Stage 4: Giving.
- Second Choice.
- Stage 5: The Seeker.
- Stage 6: The Sage.
- Stage 7: Spirit.

Stage 1: Innocence

You are born into a material world, where your life is dominated by your lower three chakras. You enter the world in a state of innocence and as long as you are healthy and have a loving family, you live in a world of joy and bliss. You still have a strong connection to the Divine and the field of the Absolute from which your consciousness just emerged. The spiritual being is still very much awake. However, for most this memory begins to fade as you are taught how to “fit in” and you become distracted by the world around you. A rare few manage to maintain their Divine connection and enjoy spiritual greatness.

Stage 2: Fear, Ego

As you grow, the ego emerges and soon you realize that you are completely at the mercy of all around you. The pure love you have experienced up until now begins to be overshadowed by fear and its corresponding emotions. You find that to get what you want, you have to please those in charge. You develop your personality and begin creating all the stories that will shape and define your life.

Stage 3: Power

In your desire to overcome fear, you create success in your life. You become educated, start your careers and family. You want to have control to eliminate fear. You accumulate things to give you a sense of security.

Stage 4: Giving

In this stage, you begin to realize that there is more to life than personal power and material gain. You ask yourself how you can help others, how can you serve the world around you. You become comfortable with giving as well as receiving. However, giving can also create a sense of power. At this stage, giving can often still be ego driven. You give because you expect some form of recognition or because it makes you feel good about yourself.

Stage 5: The Seeker

Now you begin your regular spiritual practices. The longing for Enlightenment grows within you. Your decisions now come mostly from the fourth chakra, the heart centre. You begin to look for the deeper meaning of things. You try to understand why you are here and how you can make your life more meaningful. You may study with teachers and gurus. You read books and practice techniques. You have glimpses of the goal that encourages you to remain on the path. The throat chakra opens as you express the qualities of the heart in your life.

Stage 6: The Sage

Cosmic Consciousness dawns. Your mind fully awakens. You become the witness of your actions and realize that you are the role player in the multitude of roles you play. The fear of death dissolves as you realize that life is just another role. Simple yogic powers become available to us. However, there is still a separation between the giver and the recipient.

Stage 7: Spirit

Your heart now fully awakens. You experience Divine and Unity Consciousness. There is no longer any separation. No giver, given, or giving. No sense of “I” or “me,” just an awareness of Oneness. You still live “in the world,” but are no longer “of the world.” Your spiritual practice is Pure Joy. All the chakras are open, spiritual energy flows freely.

The Paleolithic people also had early forms of animalism or the worship of animals. Beyond just animalism, they also seem to have believed in animism, meaning giving spirits to natural and inanimate objects, and used rock paintings and petroglyphs, or rock carvings, for

religious or magic rituals. Man during the old stone age was primarily hunter and gatherer, whereas, present-day man is engaged in a number of economic activities. 2. Stone age man lived near the sources of their needs whereas, modern man lives anywhere (due to the advancement of technology). The earliest evidence of religious thought is based on the ritual treatment of the dead. Most animals display only a casual interest in the dead of their own species. Ritual burial thus represents a significant change in human behaviour. Results indicate that the oldest trait of religion, present in the most recent common ancestor of present-day hunter-gatherers, was animism, in agreement with long-standing beliefs about the fundamental role of this trait. Hinduism is the world's oldest religion, according to many scholars, with roots and customs dating back more than 4,000 years. The early men did not judge anything with logic and reasons but were governed by faith mostly due to fear. They worshipped the elements mightier than them in order to be safe and secured. They worshiped fire, water, stone and even sometimes wild animals just out of fear. Their religious beliefs were based on nature. Spirituality is about seeking a meaningful connection with something bigger than yourself, which can result in positive emotions, such as peace, awe, contentment, gratitude, and acceptance. Spirituality and religion can be hard to tell apart but there are some pretty defined differences between the two. Religion is a specific set of organised beliefs and practices, usually shared by a community or group. Spirituality is more of an individual practice and has to do with having a sense of peace and purpose. How do you practice spiritualism? Make contemplative practice a part of your everyday life

- Take yoga class or practice chair yoga at work.
- Dedicate 15 minutes each day to writing in a journal.
- Listen to a guided audio meditation.
- Join a spiritual community, such as a church, prayer group, or meditation centre to share a contemplative experience with others.

MERITS AND DEMERITS OF SPIRITUAL DEVELOPMENT OF MANKIND.

Spirituality can help people cope with physical or mental pain as well as other life challenges by promoting tight family and friendship relationships. It can also provide people with a strong sense of belonging, especially if they are a part of a spiritual group or community. Negative spirituality was associated with much worse physiological pain, physical health, and mental health, as well as significantly less positive spirituality, less religious rituals, and a lower level of forgiveness, according to the findings. Healthy spirituality gives a sense of peace, wholeness and balance among the physical, emotional, social and spiritual aspects of our lives. However, for most people the path to such spirituality passes through struggles and suffering, and often includes experiences that are frightening and painful. Why spirituality is important is based on these points;

- Experiencing more compassion
- Improving social connection
- Better coping with stress

- Bring meaning to your life, which does lead to greater happiness
- Feeling more inclined towards gratitude
- Developing and growing in more positive relationships

Here are some of the merits of spirituality; they are,

Reduction in stress

Chronic stress is harmful to both physical and mental health. We do lose sleep, have tense muscles, headaches, feel on edge, become exhausted and way to often not very pleasant to be around. Unrelenting stress is dangerous for us. Adopting spiritual growth habits has been shown to considerably reduce stress in individuals.

Reduce blood pressure

Increasing spirituality can help lower blood pressure. Increased blood pressure does become a common occurrence as we age. High blood pressure does damage our arteries, brain, heart, kidneys, and eyes. It can go on to result in bone damage and cause trouble sleeping. With all of those complications, is it not great that spiritual practices at the least correlate with the blood pressure reductions.

Improve the functioning of immune system

Growth in the spiritual practices helps keep up physically by strengthening the immune system! The benefit may be one of the results of our number one benefit: Stress Reduction. Reduced mental stress can reduce stress on the immune system. Less immune stress can lead to lesser physical illness. Prayer, meditation, and attendance at religious services have all been shown to boost overall immunity.

Reduction in depression

Being in the constant tension of not living our values is very exhausting and may leave us with a negative view of ourselves and more so our lives. It is important to note, that the reference here is not to the depression resulting from a chemical imbalance or other medical conditions, medication interactions, etc., that may lead to depression. The depression we are talking about here results from a constant disconnect between our core values and how we live. When what we see in the world is contrary to our belief system, our sense of well-being is severely affected. Spending time towards spiritual pursuits, moving to identify such tensions, can proceed to help us tremendously in working through them in order to help resolve the disconnect or then lead us towards action. Oftentimes, simply acknowledging this very disconnect can help lift off the negative thoughts. We can feel so knowledgeable and highly empowered.

Increased social interactions

By participating in places of religious services, the opportunities to interact with others increase greatly. These interactions gain a deepened sense of community. Caring and meaningful relationships are shown time and again towards boosting mental and emotional well-being. The benefit of the community is not restricted towards religious or spiritual groups, but such communities may often best reflect our very core values.

Lower rates of anxiety

Those who experience anxiety can see a reduction in anxiety as the spiritual practices increase. No doubt that anxiety and panic attacks are very real and debilitating. It is sometimes possible to help reduce the level of anxiety and shorten the duration of a panic attack by increasing spirituality.

Overall improvement in mental well-being

Spirituality can help improve overall mental health. The benefits of religious rituals can be experienced through spiritual growth by being internally connected, completely aware, practicing mindfulness, and having a greater sense of community.

Increase longevity

Reduction of stress, blood pressure, depression, and anxiety, combined with an increase in social interaction and gaining immune system strength, consider all these aspects. Each aspect taken up individually can help to improve longevity. On combining the wide-ranging benefits, the results can be far more positive.

Results indicated that the negative spirituality group endorsed significantly worse bodily pain, physical health, and mental health, as well as significantly less positive spirituality, less frequent religious practices, and a lower level of forgiveness. From a relative point of view, we will always perceive the duality of existence as it appears to our ego-driven natures.

From this position we are accustomed to success and failure, day and night, good and bad, advantages and disadvantages, but to the saint who is ever awake in the great cosmic dream these attributes melt into the sea of Satchidananda - Bliss Divine.

Likewise, from a transcendent viewpoint one could say there are NO disadvantages to spirituality, because it is all happening in the NOW. Now, we are born, now we live, and now we are united the veritable essence of God itself. From perfection we came. Perfection can only manifest perfection and therefore we must already be perfect...in essence. All things work exactly according to law to spiritualise mass. There is a reason for every apparent incident, whether good or bad. Even disadvantages when viewed correctly become challenges to the soul from which it might learn to manifest its divine potential. One is loneliness! I'm afraid this is something one has to put up with for a time. Many great sages have testified to the fact that in their search for God they have detached themselves from so-called civilization in order to experience the divine truths within. This can make one quite lonely for a time, but this is a passing phase in spiritual living. Even those who have worked hard at their spiritual practices and yet chose to remain 'in the world' there is still an element of loneliness for many reasons which you will discover.

Another is lack of popularity! Strangely enough, the greatest men and women throughout history and even in these modern times who have done a great to spiritualise the world and help others to find the light within have virtually made themselves unpopular in the world. Even those who propound a spiritual solution to world problems are regarded, by on large, strange and eccentric! The world, finds it hard to accommodate new ideas! Actually,

the ideas are old but it's the practice which needs fresh expression! A spiritual aspirant learns to detach from the bias of personal or public opinion, if it means doing the right thing.

1. Spirituality is not always accepted socially or by peers.

Believe it or not, in today's modern times, where the atheist community is growing, religion and spirituality are not always accepted. You might find that your friends, colleagues, and even family members balk at the idea of you suddenly seeking out spirituality. There's a general fear of indoctrination when someone turns to a spiritual way of life, so be prepared for your choice to be misunderstood and judged by your peers.

2. It's a lengthy and involved process.

Learning how to be spiritual and live a spiritual lifestyle is not something that happens overnight. You will need to learn a lot. There are things to be studied, and you might even need to meet with groups of others who wish to be on the same spiritual path. You might soon find that your spirituality is taking up a large portion of your time or seemingly ruling your life.

3. Spirituality requires intense self-discipline.

You can't just want to live a spiritual lifestyle and expect it to fall into place. It's going to present challenges as you will need to change your mindset, your thought process, and your daily lifestyle. It's a big change that requires dedication, especially when you are tempted to slip back into old ways.

4. You could be mocked for your belief system.

Many people are mocked for their spiritual beliefs on a daily basis. Because other people don't understand or respect the higher power or spiritual concepts that you do, it can be hard for them to accept them. This can lead to a form of bullying whereby you are mocked and teased.

5. It could be dangerous placing all hope in a higher power that may not exist.

While spirituality is known to bring peace and hope into many people's lives, there's no actual guarantee that any of it is real or true. When you place your time, attention, and faith in something that you cannot see or be sure of, you could be putting yourself at risk. You could lose what you have, you could get hurt, and you could even be a victim of a scam. You also stand the risk of being disappointed when you expect things to change or improve due to your new-found spirituality, and then nothing happens.

6. Spirituality could impose limitations on your lifestyle.

Some spiritual belief systems require you to give up things and behaviours that might be normal to you. For instance, you might have to give up eating certain foods or be expected to meet up a certain amount of times each week. Some spiritual belief systems might require you to wear certain clothing when in public. If you aren't one for rules and limitations, this might be the hard part for you.

7. The first stages can feel stifling and draining.

When reaching a state of spiritual awakening or enlightenment, it can be mentally, physically and emotionally draining. Understanding what spirituality is about and what your role is in this new lifestyle can be quite tiring at first. There is good news, though – it doesn't always feel that way.

8. Loneliness, at least for a time.

Spirituality is something that wakes up a part of you that has been lying dormant. You think about and see things quite differently when living a spiritual lifestyle. For many, there is a transitional period of loneliness. You start to question everything in your life and may even disconnect from your regular peers and social groups while you try to get to a place of deeper understanding and balance. This can lead to loneliness. Unless you find others on the same spiritual path as you, your friendships and connections may never be quite the same again.

9. You may start to feel oversensitive.

As you become more spiritual, you will develop the ability to see and feel things more deeply. As your spirituality grows, you can expect to become more sensitive to the people, places and things that you encounter. You may start to see things as wrong or uncomfortable, whereas, before, you were totally oblivious to it. Obviously, this new way of thinking and feeling can lead to feeling oversensitive and also bring about feelings of discomfort in your life.

10. Spirituality demands time and effort.

Being spiritual is not something that happens in the background of your life. It requires real and daily time and effort from you. You will need to make sure that you make time for your spirituality.

UNIT – V: SOCIAL OUTLOOK

ECONOMIC JUSTICE

Economics is the sum total of the production, preservation, distribution and consumption of the essentials for human life like food, clothing, shelters and the facilities for withstanding natural onslaughts. A Government which nurtures an admirable economic policy for the wellbeing of an estimable human life is essential. Materials are needed for the timely alleviation of one's suffering from the natural problems of hunger, climatic disturbances, impulse for excretion of wastes etc. If these pains are eradicated, what remains is only happiness. For leading such a happy life, man has the duty to put efforts to earn his livelihood. To discharge this duty effectively, man needs an occupation. Every man has to involve himself in Analysis some job to fulfil his life needs. If the Government is able to provide an opportunity for every individual to pursue a vocation, matching his age and education, the economy would improve and become sound. This in turn may cause professional differences among men due to their state of intellect, age and social needs, but, food clothing and shelter would be equitably distributed to everybody. It is imperative for a prosperous economic system to ensure that there is enough security for men to indulge in a life safeguarding their own property without appropriating that of others. There is a mystified attitude of imagining high and low among men in a community on the basis of religion, caste, wealth, fame, power etc. Efforts must be made to change this attitude and make all men to lead a happy life of cooperation and goodwill.

Justice of Economic equitability for all world citizens: These young men after completing their education would start earning their livelihood by their own labour. Without embezzling others' resources, earning through one's own labour is the best. Everyone will get a suitable employment without any distinctions of rich and poor. Only work will get its due recognition. To remove unemployment, available work will be distributed among all able-bodied persons. Instead of 8 hours he working time will be reduced to 7 hours and the remaining work will be distributed to other unemployed. When all able bodied put their labour and earn wages, there will be the justice of economic equitability. Small children and elderly people who may not be able toil for their earning will be adopted by the unitary global government and provide them security and maintenance

SHARING OF WORK

It is an arrangement whereby one full-time job may be carried out by two people working part time. Job sharing, also known as work sharing, is an employment arrangement in which two or more persons are kept on a part-time or reduced-time basis to perform a job that would ordinarily be performed by one full-time employee. This results in a net decrease in per-employee pay. The shared use of a resource or location is referred to as sharing. It's also the act of dividing and dispersing something. It refers to the joint or alternate use of intrinsically finite goods, such as a common pasture or a shared house, in its narrow sense. Benefits of sharing our work are, we can;

- Retain the level of responsibility/strategic weight of a full-time position.

- Enjoy the flexibility of part time hours.
- Exchange of skills and knowledge between job sharers.
- Keep a level of seniority with their organisation while changing the structure of their hours.

Sharing also contributes to the development of trust, which is necessary for security and happiness. When we share our feelings, knowledge, and assets with others, we establish a trusting relationship that, in most situations, reciprocates and makes us feel safe and secure. In our working lives, sharing knowledge and inspiration is crucial. It can help others develop their vision and strengthen professional ties. When you share your knowledge with others, it helps to enlarge and solidify your own understanding. Work sharing is an employment arrangement in which two or more persons are kept on a part-time or reduced-time basis to execute a job that would typically be performed by one full-time employee. As a result, per-employee earnings are reduced. People who share a job work together as a team to fulfil the job assignment and share responsibility for the workload.

GLOBALIZATIONS OF FOOD AND WATER - LINKING OF RIVERS

Globalization processes also contribute to higher rates of urban and industrial development, which leads to rivalry for limited water resources between agricultural and non-agricultural users. Globalization, like climate change, has widely disparate consequences on individuals, communities, and social organisations. Food production is the greatest source of societal water consumption, and agriculture's 'thirst' is predicted to expand in the coming years as the world population grows, living standards rise, and climate change takes hold. This urgent water demand is having far-reaching environmental consequences, particularly on surface water ecosystems, which supply roughly 60% of the total water used for irrigation globally. The global agri-food system has experienced a progressive geographical decoupling between food production and consumption over the last few decades, as evidenced by the fact that around a quarter of all food produced for human consumption is now exchanged globally. This has resulted in the so-called "water globalisation." Specifically, (i) water resources used to produce food circulate in the global economic system virtually embedded in internationally traded products, (ii) several countries' food demand is heavily reliant on foreign water resources, and (iii) exported goods contribute to water exploitation and environmental degradation far from the consumers. The concept of virtual water has been crucial in shedding light on the links between food consumption geography and the (over)exploitation of water resources. However, one criticism levelled at virtual water trade assessments is that they often aggregate and compare water amounts without considering the location from where water was pulled, i.e. without distinguishing between water-abundant and water-scarce locations. The book *Globalization of Water* is a ground-breaking examination of the crucial relationship between globalisation and long-term water management. It investigates the impact of international trade on local water scarcity and pollution, and it identifies countries that are "water reliant."

The phenomenon of globalization is having a major impact on food systems around the world. Food systems are changing, resulting in greater availability and diversity of food,

although access to this food is by no means universal. The globalisation processes are at the base of the nutrition transition, which has been linked to the rapid development of obesity and diet-related chronic disorders around the world. Globalization changes the character of the food supply chain, affecting the quantity, type, pricing, and desirability of foods on the market. Food availability and diversity have increased as a result of globalisation, but this does not necessarily mean that everyone has access to food. To a considerable extent, their concept of eating has been shaped by a transition from consuming only their traditional cuisine to developing a taste for a range of foods. Food cultures are on the move as a result of globalisation; they are being displaced from their roots and, when they interact with other food traditions, they frequently generate new hybrid cultures. Globalisation has allowed for more consumer choice and more efficient production practises, aiding the fight to ensure food security and global human health. While the work is far from done, globalisation has allowed for more consumer choice and more efficient production practises, aiding the fight to ensure food security and global human health. Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places.

River linking is a project that involves connecting two or more rivers by building a network of manually constructed reservoirs and canals, giving river water to land areas that would otherwise be without it, and limiting the flow of water to the sea. The goal of river interlinking is to connect Indian rivers via reservoirs and canals. This will eliminate flood problems and offer water throughout the year. Farmers will also gain because they would no longer be reliant on the monsoon for water and other necessities. By connecting the rivers, enormous swaths of land that would otherwise be unable to be irrigated and useless for agriculture become fruitful. During wet seasons, certain locations may face severe flooding, while others may experience drought-like conditions. This problem can be considerably mitigated by using a network of rivers to move excess water to locations that are not flooded or dry. The viability of additional dams to generate hydroelectric power becomes a possibility as new canals are developed. The newly constructed canal network opens up new routes and modes of water navigation, which is generally more efficient and less expensive than road transportation.

LIFE STYLES OF WISE PEOPLE

Wise individuals put the most important things first and the least important ones last. They prioritise family time over hobbies and spare time. They pay off their debt before purchasing something new. Wise people have their lives in order and know where they should focus their efforts. A knowledgeable person is curious about everything in their environment. They're trying to figure out what they don't know. Whatever the subject, they want to know the Whys and How's that make up the world. This stems from a natural fascination with and reverence for the world around them. Here are some ways you can think like a wise person:

- Think before you speak.
- Realize there is never a 'right time.

- Balance self-interest with the collective good.
- Put things in perspective before you jump to conclusions.
- Don't blindly accept the status quo.
- Keep your power – don't let another people's negativity upset you.

Wise individuals are continuously seeking to figure out who they are. They examine themselves to see why they feel, think, and act the way they do. As a result, people are aware of their strengths and weaknesses. You are on your path to being smart if you spend more time introspecting than criticising others. Wisdom is defined as "knowledge of what is true or right combined with just judgement as to behaviour," according to the dictionary. We can have all the knowledge in the world stored in our heads, but we won't have wisdom unless we know how to apply it and put it to use.

VEDATHIRIAM CONCEPTS

Humanity as a whole is facing a sense of helplessness and uncertainty as a result of personal, societal, and environmental difficulties for which no long-term solutions appear to be in sight. The imbalance that results from science and technology's dominance is reflected in current life styles. There is a pressing need to reconcile our materialistic life with practical and effective spiritual practises. Vethathiriyam is a complete practise and theory approach that provides an integrated way of life for connecting with yourself and the world around you. Because of the easiness and safety of the activities, they can be made into a way of life. Vethathiriyam weaves a healthy, peaceful, and productive way of life via self, society, and nature. Vethathiri Maharishi devised a comprehensive set of self-practices: (a) Simplified physical activities that are aimed to balance blood, heat, air, and life energy circulation while keeping the body fit and stress-free. They are suitable for people of all ages to practise and profit from. (b) Simplified Kundilini Yoga (SKY) meditation, which is a one-of-a-kind method for calming your mind by connecting it to your life force. It is straightforward, systematic, and safe, allowing a person to delve within and spiritually improve. Blessings are given as autosuggestions at the end of the meditation to aid an individual in harmonising relationships and interactions with others. (c) Introspection techniques, such as examining thoughts, simplifying wants, neutralising anger, removing anxieties, and discovering Self, are taught for personality development and dealing with day-to-day living problems. (d) Kaya Kalpa roughly translates to "immortal body."

It provides a simple but effective method for maintaining health and youth, as well as surviving the ageing process. Vethathiriyam is a collection of fourteen life principles for the benefit of society that are applicable to individuals of all cultures around the world.

For example, food and water are two natural treasures that must be made available to everyone, just as sunlight and air are, (b) economic justice must be ensured for all citizens of the world, (c) respecting womanhood and providing full equal rights to women is essential for the service and knowledge that they provide, and (d) educational curricula must include the teaching of "cause and effect" as a natural law. (e) In order to effectively utilise all

available resources for the benefit of humanity and to alleviate the enormous suffering that wars entail, a world without war must be secured.

Deep knowledge of nature is necessary for living in line with nature's laws while balancing material well-being and spiritual growth. Vethathiri's deep findings prompted him to argue that the universe's primordial state, which he dubbed Absolute Space, has two underlying fundamental attributes: (a) Gravity or Force: Inexhaustible self-compressive force that acts everywhere and is the source of all forces. b) Consciousness: Everything's omniscient order of function. A fundamental energy particle is an infinitesimal volume of space that spins in a whirling motion as a result of the self-compressive character of absolute space. A repulsive force is propelled outward by the spinning movement.

Universal Magnetism is described as the co-joining of the two forces, attracting and repulsive. As a wave, it fills the universe. It is the initial stage of absolute space's self-transformation from being to becoming. Consequently, Fundamental energy particles group to form atoms of various elements as a result of self-compressive force, resulting in various masses in the cosmos with all of their amazing qualities. The underlying energy particles that make up Life Force are found in living beings. Bio-magnetism is the term for the related wave. It supports all bodily and psychic functions by constantly transforming into pressure, sound, light, taste, smell, and mind. In conclusion, universal and bio-magnetism exist and are the consistent elements that pervade the cosmos and connect all of its manifestations. Magnetism lays the groundwork for uniting oneself, society, and nature, for bridging the gap between current science and India's timeless philosophy, and for humans to find spiritual equilibrium in their material life.

FOLLOWING DIVINE JUSTICE (CAUSE AND EFFECT SYSTEM)

Education and writing were uncommon while human civilization was young. Enlightened people made attempts to spread their revelations for the welfare and harmony of mankind during these times. They framed the route of religious devotion as a result of their efforts (Bhakti). They praised the heavenly power in innovative ways under this system. They glorified this heavenly force and instilled in people the concept that those who worship Him will be rewarded with all of life's pleasures. They also built and depicted a fictitious realm called "Heaven," believing that God will grant individuals who do good things and live a virtuous life a spot there. They did this to encourage good deeds among the innocent. To increase the incentive to do good activities, they developed another fictitious place where anyone who commits terrible or evil acts will be forced to go and experience unbearable miseries.

Thus, they persuaded people to do good things by extolling the joys of Heaven, and they frightened them by instilling fear of Hell, so that they would refrain from engaging in undesirable activities. People in those days believed in phantom locations like Heaven and Hell, followed the preaching of knowledgeable people, and avoided engaging in undesirable acts to a large extent. According to the preachers' expectations, the devotional path was successful in this way. People in today's scientific world can no longer trust such fantastic tales about the divine. It is now imperative that the educated understanding of the universal rule of cause and effect be widely disseminated.

The Divine omniscient consciousness distributes outcomes to actions based on their nature. Mankind should be conscious of this reality and execute good deeds with awareness, resulting in personal and societal gain. Our own actions bring forth life's success. Because the Almighty's all-pervading compressive force is present everywhere and in everything, any motion or action will produce the desired consequence, according to divine justice. Humanity must recognise the justice of the law of cause and consequence now and in the future. If the action is good, the outcome will be excellent as well. If one ignores this concept and merely asks God to give his requests, no big outcomes are likely. In light of scientific progress, humanity has realised this truth. As a result, in our day and age, Intellectuals have a responsibility to teach the law of cause and effect through education and cultural reforms so that people might live lives of clarity and wisdom. It is important to avoid the misunderstanding that by praying to God, we can do anything without being punished and get whatever we desire. Because the Almighty's compassion is completely present everywhere, one can achieve the desired consequences in any interaction with an object or living being if one acts with awareness. Everyone should be aware of this truth, and all religious leaders should try to assist humanity in reaching this understanding objective.

The age of delusory belief in God's willingness to grant one's wishes in exchange for food brought to Him is over. Most individuals nowadays have at least a rudimentary understanding of God's nature. God doesn't have a bodily form; hence he doesn't have any physical emotions or needs. People have also realised that the Universe is a manifestation of God as a result of educational advancements. Human civilization must evolve in response to new information as it becomes available. If people's lifestyles are out of sync with culture and natural law, mankind will be doomed to misery and disappointment. Great minds are becoming more common these days in all walks of life. Such individuals find it simple to instil the law of cause and effect in the educational system. Life will be in darkness if they fail to fulfil their obligation to introduce something in a timely manner. And human life will be harmed as a result of the obstructions and distortions. In our age of enlightened minds, I believe the foregoing explanation conveys my idea clearly enough. This is the epoch in which the law of cause and effect can be acknowledged, comprehended, and successfully applied in everyday life. Contemporary thinkers should be aware of their obligations in this regard and begin working toward this objective as soon as possible. Without their capable leadership, humanity as a whole will not be able to understand the truth of the law of cause and effect. I humbly implore all famous intellectuals around the world to present this reality using instances such as the following: We find that when food, relaxation, labour, sexual activities, and the application of thought-force are over-indulged or misused, the corresponding organs are harmed. People can learn the law of cause and effect by using a simple example like this.

RESPECT FOR NATURE

Respect for nature advocates think that we have a responsibility to conserve not only individual creatures, but also the species to which they belong – and, in particular, the species' integrity. Respect for Nature gives a comprehensive understanding of the intricate interaction between humans and the rest of nature, as well as a detailed account of the biological requirements for existence – human or otherwise. Because the environment is

essential, people must respect nature and living creatures. When we don't protect the environment, we end up harming animals and polluting the environment. We wouldn't be able to live without plants and trees. The environment is also beneficial to your health and allows you to breathe easier. Nature will never forgive us if we do not respect it and everything it does for us. Nature will retaliate against us the more we exploit and destroy it. Nature has already been hurt to the point of destruction, and man's ever-increasing greed has enraged it to the point that we can now witness the results. We have moral responsibility to entire ecosystems, "the Land," or "Biotic Community," or even the biotic community including inanimate landscape characteristics (ecocentrism). Environmental stewardship also guarantees that communities have enough resources to meet their basic requirements and many of their desires. Tropical forests, for example, produce ingredients for crucial medications, and their sustainable use assures that they will remain for future generations. Natural law asserts that universal moral standards exist in people throughout history, and that these values should serve as the foundation for a just society. Natural law is not explicitly taught to humans; rather, we "find" it by continuously choosing good over evil. As the human population grows, it interacts with local and global habitats, depleting biodiversity and resources that humans rely on, calling into question social norms oriented on growth and depending on technology to manage environmental stress. Although the need to address the environmental crisis, which is central to conservation science, has resulted in greener versions of the growth paradigm, fundamental shifts in values are required to ensure the transition from a growth-centred society to one that recognises biophysical limits and places a premium on human well-being and biodiversity conservation. We talk about how conservation science can help with this shift, which comes with its own set of ethical issues and roadblocks. We look at how conservation and economics may work together more effectively, the role of technology in solving problems, and the challenges that the "new conservation science" has created. a bigger version. Conservation science with a higher ambition should balance day-to-day activity in the existing setting with unwavering, clear advocacy for drastic shifts in core attitudes and processes that control our interactions with the biosphere. To better grasp the interdependence between human well-being and acknowledgement of the constraints of an ecologically viable and diversified planet, ecological and social sciences must be better integrated. While ecology can point out growth limitations and the consequences of ignoring them, social sciences are required to diagnose societal mechanisms in action, how to fix them, and potential drivers of social change.