

DKDH2 - SUBLIMATION AND SOCIAL WELFARE

UNIT – I: INTROSPECTION

1.1 Philosophy of Life

1.2 Introspection – elimination of ego

1.3 Analysis of Thought: Mind and thought - Greatness of thought – Causes for thought – positive thoughts.

1.4 Practice for analysis of thoughts – Worksheet.

UNIT – II: DESIRE AND ANGER

2.1 Moralisation of desire : Desire - 3 types of desires – greed – six bad temperaments – reasons for desire – valuable desires – detached attachments – contentment

2.2 Practice for moralisation of desires – Worksheet.

2.3 Neutralisation of anger: Anger - Root causes for anger - evil effects of anger - anger a chain of reactions - Tolerance - greatness of forgiveness.

2.4 Practice for neutralisation of anger – worksheet.

UNIT – III: HARMONIOUS FRIENDSHIP

3.1 Eradication of worries: Root causes of worries - Four types of Worries - Evil effects of worry - solutions to the problems.

3.2 Practice for eradication of worries – Worksheet.

3.3 Benefits of Blessing: Wave function - greatness of blessing – method of blessing - Divine protection - Auto suggestion.

3.4 Family peace - family – causes for conflict in family – need, quantity, quality and time – solutions: tolerance, adjustment and sacrifice – economic imbalance – sexual relationship – friendship between husband and wife.

UNIT – IV: SOCIAL WELFARE

4.1 Five kinds of duties - Importance of duty – Duties to Self, family, relatives, society and world.

4.2 Fivefold culture: Earning through self-effort - not inflicting pain to others – non killing - respecting others' freedom – Charity - Two fold cultures.

4.3 Greatness of Women - Feminine, motherhood, divinity – sacrifice – detachment - Wife appreciation day.

4.4 World peace: World peace through Individual Peace – War –Economic loss and human loss caused by war – World brotherhood – World without war - One world federal government.

UNIT – V: DIVINE SCIENCE

5.1 Divine state – four qualities of Divine state – three potentials of Divinity.

5.2 Transformation of universe – Universal magnetism

5.3 Transformation of living beings – Bio-magnetism

5.4 Purification of genetic centre – love and compassion

TEXT BOOK

1. Sublimation and Social Welfare – VISION, Vethathiri Publication.

REFERENCE BOOKS

1. Yoga for Modern Age - Vethathiri Publications

2. The World Order of Holistic Unity - Vethathiri Publications

3. Vethathirium - Vethathiri Publications

4. Unified Force - Vethathiri Publications

SUBLIMATION AND SOCIAL WELFARE

UNIT – I: INTROSPECTION

PHILOSOPHY OF LIFE

In order to have a successful life man should develop the economy to full fill the needs. He needs protection to safeguard his life force. He must understand the society, respect others, not harming them and relieving them from harm. She should lead a riches life of never having self and others and maintaining harmony. She should reach perfection leaving in the way of this term and realising the nature. Realising the philosophy of life is very important to understand all these things. Realising the philosophy of life is living in the light where there is darkness and light. When the climb the steps at which darkness we are unable to Step Up. We may fall knocking down. When there is light we make client seeing the steps. Philosophy of life is walking in the light. Philosophy of life is the light of life there are 12 basic philosophies necessary for life; they are'

1. Three Needs
2. Three Protections
3. Three Virtues
4. Three stages of wisdom

The three needs and protection are common for men and leaving things. The three would choose and the stages of wisdom belong only to man. This is because man has the 6th sense. He only can attain the perfection the purpose of birth. She can follow the virtues attain the perfection.

NEEDS

The natural needs of life are three they are need of Hunger and thirst which cause pain, need based on climatic and weather changes, need from the force of excretory organs of the body.

Need caused by hunger and thirst

We live on this earth. Our body is made up of millions of fundamental energy particles. The Earth rotates itself and revolves around the sun. The rotation causes repulsive force. This repulsive force causes the fundamental energy particles exist in the body. The life of force is spend on the functions of body and mind. The stock of the life force is reduced by these functions this is health as hunger. Food is needed in order to set its hungar. Water is needed to quench the thirst.

Need to lessen the pains caused by climatic changes

The temperature of the human body is in a particular level. There should be a normal temperature of 98.6 UF in order to regulate the functions of the body. Then the climatic changes or decreases the chemical changes that occurs in the body affects the body and other capacity of it function.

Needs from the biological force felt in the excretory organs

As the body functions the wastes like urine, stools and semen are excreted then and there. The force of their excretion is felt as pain. We need some facilities to remove this pain. When the physical body is natural, the sexual vital fluid also be removed. A family life is regulated by Society for this force to be excreted. The relationship of husband and wife belong to the family life.

PROTECTIONS

Man needs some protections in order to leave without pain and hazards. Otherwise he feels pain. He may not conclude his life. The protections are 3.

They are;

1. Protection from natural disaster
2. Protections from animality of other living
3. Protections from accidents

Protection from Natural Disaster

The natural happenings like earthquake, volcano, typhoons, flood, drought, Tsunami etc. cause suffering in men. She can have a peaceful life when he gets protection from all these happenings. Wooden house in the higher places are necessary than building houses where floods occur full stops where there are droughts waterways should be developed. Everyone should plan to protect one from the natural disaster. It is the responsibility of the society and the individual to protect themselves from natural disaster and the pain cost by them.

Protection from the Enmity of the Other Living Beings

Most of the living things on earth help with one another according to the environment and the law of nature. Still some living things torment and kill other living things for food. The state of suffering caused by animals is called The Enmity of other living things.

Protection from Accidents

When we walk on the road to go to the office a person or a vehicle – against. Among the plant activity of one the plant activity of others and the happenings that happen accidentally may affect the life so man needs protection from these accidents.

VIRTUES

Man has developed the habit of living in the society. He cannot change this and go back to the life of animals that live individually. Man needs the things produced with the cooperation of other men to have luxurious life.

Animals enjoy the natural resources as they are. Man enjoys the same making them aesthetic through the skill of his hands and changes them by his power of wisdom. So she standard of living and wisdom gets developed. At this point man need something with the animals don't need and it should not create confusion and the emergence and increase of suffering. This is called virtues.

Humanity will be rooted out if the virtues are destroyed totally would choose are the crunch to lead an excellent life. The virtues are of three types they are morality duty and charity.

Morality is the first factor of virtue every action has its results. Any act of man affects self or others morality differ from country to country. When one follows the road rules there is no harm for self and others otherwise we or others may meet with accidents. So we should plan the activities which does not harm self or others. This suffering is not needed for body and wisdom. It should not happen all of a sudden. It should never happen in future too. Such a fact of life is called morality.

Duty - the physical health and wisdom which man process are given by the society. The things he enjoys are the contributions of society and not of the individual. By the time the handful of rice reaches as it needs the work of so many people. It would have taken the experience and researchers of so many. The return of the Duke God from the society is called duty. Everyone works physically and mentally in accordance with his needs and choices social wealth will be decreasing when one does not return the depth got from it. The enjoyment of the individual also gets reduced based on this.

Charity- one of the excellent to qualities of human being is showing kindness when one is suffering and trying to render possible help removing the suffering. The act of Charity emergence like this when one understand the three things like the philosophy of nature the excellence of man and the form of society the good character of Charity brightness up. Then he understand his birth place source function and the end and regulates the

functions of the mind he respects other living beings become charitable and leaves harmoniously

WISDOM

We should cross three stages in order to understand the aim of birth understanding of sources and be peaceful full stop these stepping stones are called the stages of wisdom they are faith understanding and perfection

Faith - mistakes committed by every person effect not only him but also the society. Each one should keep their consciousness at that elevated level so that this state should not appear or developed children follows the life of their elders. In the same way the people whose consciousness is under develop should follow the path of those who have developed in their wisdom. This way of living is called faith this is called Bhakti mark. The inexperience the people should follow the path showed by the experienced elders.

Understanding - thought force develops step by step as the physical body grows. When one reaches the stage of thinking one has to think and beware of the causes and effect theory. This way of life is called understanding. Setting a Lifestyle by self-thinking understanding from the Expectations of divine people respecting base of nature forms of society mental faculty and establishing the life not harming self or others is called the way of understanding to stop this life has recent effects Charity about loss continuous awareness etc. This is called Gnana Marg.

Perfection - we should have visualisation about the understanding of philosophy of life philosophy of nature, characteristics of wisdom, the source of the universe its function and the end. We have to formality our life in that light and are an example for others to follow this is called perfection the end of Gnana marg.

We should understand the 12 Philosophies in order to experience ecstasy in life. Can still solve problems in the field of politics health economic and Science. Basic 12 Philosophies of life should be understood experienced clarified and one should not spoil another. Such form of life is called spiritualism. The spirituality protects a world peace and develop the help of everyone.

INTROSPECTION – ELIMINATION OF EGO

Man is a functioning form of ego. Due to the thought of being alone and due to the mind restricting its identity to the physical body from an emotional stand point. Man, though has been created by divinity forgets that divinity completely, in a state of wisdom, living in the worldly plain, confessed by the illusions of sensual attractions. He creates physical boundaries around his physical body. As man always acts under the overpowering influences of ignorance, indifference and emotions, he

imagines as if all his merits are his own self making. Omnipotent divinity is magnificently huge. There is nothing bigger than that. Only that divinity possesses the five feelings of pressure, sound, light taste and smell when it manifests in human form. In the wholesomeness of nature, any living species is only an insignificant part.

It is but natural to imagine oneself as superior or inferior to others by comparing with others his own stage in life, his physical health, his functional ability, his education, his social influence, his wealth, other circumstantial factors. Ego is this explained tendency to projects one's own, self completely forgetful of divinity.

In order to extricate oneself from ego, he should practice contemplating on the following lines and realizing the consequential truths: that only god has transformed himself into everything; he also manifests in the human form; body is a gross form; life exists as a delicate body imbedded as a subtle body into this gross body; intelligence is present in every minute cells of life drops; the same intelligence is perceived as mind in the expanded state, there is no chance for ego to raise its head. This requires clarity of intelligence. The true wisdom is the comprehension of divinity being the self.

ANALYSIS OF THOUGHT

The exercise in thought analysis involves the regulation of thoughts by deeply studying the mode by which thoughts evolve, the fundamental courses for thought to originate, the way thought's function etc.... through these exercises, the bad thoughts can be slowly got rid off and, in their place, good thoughts can be seeded.

MIND AND THOUGHT

Mind is capable of expanding itself to the magnificence of the universe and is also capable of diminishing itself to the minutes level, when it is thinking of either the astral particles or the still smaller divine particle.

A mans intellectual acumen depends upon his inherent nature and the quality of his mind. Mind acquires its character by an evaluation of its past experiences. Mind itself is the only instrument helpful in understanding mind and its functions. It cannot be measured with the help of any other instrument. In order to evaluate the mind, one should focus the mind to look inwardly so as to understand the thoughts arising in the mind, the way the thoughts' function and their origins and their roots. The minds inward journey is meditation. Through this excursion the expanded intelligence of the life force can be perceived.

In order to understand the functioning of the mind one should comprehend the origin of the thought arising on the mental plane. Mind

starts watching its own identity on the basis of the shape, nature and variety of thoughts arising in the mind. Only mind can know what includes each and every thought; only mind can recognise what may be the outcome on the implementation of a thought.

Nothing will happen when an ordinary glass is exposed to sunlight. However, a lens – an intensified glass, on exposing to direct sunlight may produce a rise in temperature and the launch of fire. Similarly when spiritual persons are in Unison with the divine state their mental wave frequencies get considerably reduced like the Intensified glass mind gets 45 in addition it gets purified in such a mind only good thoughts would normally arise that intend can result in fruitful good action through the inverted excursion of the mind position itself as the spectator and stands viewing it's on functions as if they are scenes of a drama and astonishing experience in comparable the stage for this drama is mine The Thinker is the actor the singer is also the audience the screenplay are the acts of the mind simultaneously as the observation observer and the observed object.

GREATNESS OF THOUGHT

We should not give room to bad thoughts in our mind under the assumption that the thoughts were only in the mind and have not been transformed into action after thinking something even if we discard it the power of thought is that it would enter the minds of someone of similar nature to delete to action such as the power of thought Maharshi brings this out in this following poem when one she is the need nature of mutual linking of thought word and deed thought is the route cost of everything pains pleasures likes dislikes high and low are Dramas of thought is the box of all Secrets of the universe Sands thought fans everything beyond thought there is nothing. This says moreover The Evil thoughts would get record repeatedly within our mind including the body cells towards desire for action and finally leads to action world war speaks of this as” the very thought of annexing other people's property by fraudulent means is grocery sinful man elevate himself by staying away from unnecessary thoughts” I thought should not Ham either the body or mind of self or others now or later only such thoughts are being thought. Those which course harm are Evil thoughts.

CAUSES FOR THOUGHT

There are mainly 6 causes of thought full stop those who sick success should classify thoughts and analyse thought process. If the cause of emergence of thought is understood the way to modify them can also be not.

The cause from which thought emojis as separated into 6 they are;

1. Need
2. Habits
3. Environment
4. Imposition by others
5. Heredity and
6. Divinity

Force of needs- appetite appears. Immediately thought goes after food. This is a thought based on need. This is a legitimate need. This thought can be permitted to actuate. By habit we may have to stall at certain places for a longer time if Sunshine or cold are in Greater intensity they affect us. To safeguard ourself from cold we put on an additional garment it becomes a habit now we can leave without clothing this is because in the circulating body there are different chemicals which should be present without any deficiency. This is possible if the body temperature is kept at 98.6 degree. In order to maintain the temperature at 98.6-degree clothes and garments become essential; as also space for habitat. Similarly, all legitimate thoughts which arise in order to protect the body and salt in good condition should be full filled.

Force of habits - If mind is habituated to an action, it may see the action even when there is no need. This is a thought based on habit reading newspaper is a habit. On a day, when newspaper is delight debate for it, ignoring all other activities. This is a thought rising out of habit. Due to have it, intend to think of viewing a regular television serial even during examination time. Eating at that time on seeking the cloth even if they do not have appetite. This is again out of habit.

Force of environmental condition thoughts may arise depending upon the circumstances. It has become natural for many to succumb such thoughts. For example; within a short time after taking food a person approaches a test a restaurant. His thought goes to food; he has no appetite; there is no need; he has no habit of eating at that time of the day; the thought arouses due to the impact of the environment he acted. Since he eats without appetite it harm is health and money when such situational thoughts arise it is good to act with consciousness. We cannot consider as Evil all thoughts arising out of circumstances. One person a company a friend to a place; there meditation is going on semicolon on seeing it feel that he also should learn meditation. The same and elevate himself. It is thought benefiting him. It is essential for life one should accept or discard thoughts and icing from environment after analysing the consequences.

Force of imposing by others either event we are in ignorance or when the mind is mystery if others impose their thoughts with force, we succumb to it. Does he act giving room for others thought. Such thought is thought which is caused by the force of others imposition. For example, we are passing through the Bazaar. Someone is selling mangoes in a hand card. His worse draw or attention. First with a view to just to know the price we make enquiry. Price seems to be cheaper compared to yesterday. We purchased 6 mangoes for him. On the way back home, mind starts ruminating. Nobody is in the house. They all have gone away. They are already 12 mangoes in the fridge. One is sufficient for me. I also do not have much liking for mangoes then how did I purchase. In this situation there is no need; neither the habits; if it has to be attributed to environment there are mango cards throughout the street and easily mangoes being sold every day. Why I purchased today.

Thought caused by hereditary reasons and full field thoughts of one ancestor during their lifetime comma continuous through generations via the semen and egg gets repeat and get fulfilled through the descendants. This is thought caused by heredity this is also known as Sanchit Karma or heritage somebody gets an idea to build a school in his native village. He completes the project. Why should he get that thought either his father or grandfather might have thought for many years of building a school and when the thought was not full filled, that thought had come as a seed change and get fruit and through their descendants' full stop this is thought caused by heredity

Thought caused by divinity thoughts which offer in the mines many people in the society may get fulfilled through a person who has the K publicity opportunity and where with all to complete it. Such thoughts are thoughts caused by divinity or by natural causes thought caused by divinity are generally at a higher level. Let us take a guy the example of the school mentioned about if suppose his and sisters had not the thought of construction a school then how did that occur in his village the deficiency of a school should have occurred in the minds of many. Many might have thought; we should have a school in our village full stop in the minds of some there might have been an upsurge and speed in the thought of building a school. But they might have lacked the courage opportunity and where with all to implement. That thought might have merge together and make one person as instrument to complete the action. This is thought caused by divinity.

POSITIVE THOUGHTS

Positive thinking, often known as an optimistic mindset, is the act of concentrating on the positive aspects of a situation. It has the potential to

have a significant impact on your physical and mental health. That isn't to say you should ignore reality or make light of issues. Positive thinking is critical since it has a positive impact on both physical and mental health. Positive thinking, or having an optimistic attitude, is the practise of focusing on the positive aspects of any circumstance. People who have a more positive outlook on life cope better with stress, have greater immunity, and have a decreased chance of premature mortality. It has the potential to have a significant impact on your physical and mental health. That isn't to say you should ignore reality or make light of issues. Positive thinking does not imply ignoring or avoiding negative parts of life. Instead, it entails making the best of potentially bad situations, attempting to see the best in others, and viewing yourself and your abilities with optimism.

UNIT – II - DESIRE AND ANGER

MORALISATION OF DESIRE

Moralisation of desire involve and analysis of the desire arising in an individual avoiding those desire which may cause harm executing those desire which may beneficial for life and regularising those that desert that are harmful.

DESIRE: Everyone born on this earth has one or more Desire. There is no man without decides. The thought of procuring the essential fundamental needs of life is termed as Desire decides is called by different terms in Tamil as viruppam, avaa, patru, etc. When man lies there occurred a natural pains like hunger thirst thermal variations of the body spot in body waste materials etc. For the cause of leading life need and Desire emanate. Living life is a root cause of Desires.

3 TYPES OF DESIRES

Generally, desires are categorised into desire for (a) land (b) women and (c) gold. There has been a long-standing opinion that these three kinds of desires had always been the cause of human misery and therefore they should be eliminated. Man takes birth; life; dice. During his entire lifetime he travels around the earth confused food that grows on earth and finally gets buried inside the earth during alive time everybody. Forgetting this reality, man claims some tiny portion of the earth as his own semicolon if man can realise that this is just confusion or myth then the desire for processing land will vanish.

One man living on earth have been conceived in the womb of a woman have drunk the milk of a mother a woman, are rarely by women and continue to leave in the company and assistance of women. Every woman done the role of a daughter for a man, sister for many men, and a mother for some more man. The ethical discipline of life as a wife of a man.

When attaining puberty, when the life force liquids in the body matures and when excreted based accumulate in the body, everyone has suffer a kind of pain. The earth to excrete the stagnant seminal fluid stands as an impediment to the regular functioning of life comma and shows signs of pain to meet ticket this pain a man made the partnership of women and the women needs the partnership of man. The desire for women in men and the desire for men in women is known as last. If every man can comprehend the services rendered by women towards men lust shall automatically vanish.

GREED

All desires other than those which are needed to compensate the depletion in life force, to ameliorate the natural pain and to satiate real higher plane desire are classified under greed.

It is essential for everyone to plan for elevation in life however without cultivating the required qualification and skills, if one just decides to get something to get this happen because of a mental delusion; cause only harm. Mind which has to be linked with the divine state if it is not connected like that, intellect, if it has not reached the place where it has to reach intelligence then it functions on the wrong path it manifests as greed full stop that is orientation of the intellect, the conflict of the intellect-is greed. It rains and water flows as floods. If the flood is left to itself, it becomes rivulet, and then a river and merges with the ocean full stop in a similar fashion the intellect of man is travelling towards divinity.

To prevent any damage by the floods if dams are built here and there are canals are Done, the water can be used for irrigation of crops; can be used for drinking purposes. Extra unused water Shel reaches the sea. Similarly, if the intellect of a man can be harnessed, that will not be here please of any great. The intellectual match with the divine state. Even if desires have arisen with proper reasons, if in the process of executing these desires, if they may cause harm to self or others, such desires also should be prohibited. Hence greed should be controlled; should also guard against the arousal of any such greed.

One should analyse the course of a Desire arising. Even if there are proper reasons one should evaluate if the circumstances opportunity and resources exist for full feeling of such desire without causing harm to self or others. And weather the consequences would give happiness to self or others full stop if all these are compatible one should try to execute the Desire but by nature men multiply their needs. Artificially evolved needs also. Through these decides one Encounter in numerable problems in life.

An unethical desire can be termed as greediness. Greediness is always to want more and more. It's said to be having or showing a selfish desire for more than is needed or having a strong appetite for food or drink, very hungry, very eager to have something She/ he is greedy for power.

SIX BAD TEMPERAMENTS

If man should not succumb to emotions, she should have a peaceful mental teacher. Towards this should look inward and practiced self-analysis or introspection. In a state of realizing the truth that would be no place for the in actions performed they shall be under control and limits. There are

mainly six bad temperaments they are pride, anger, Miserliness, Immoral sexual passions, Inferiority and superiority complexes, and vengeance.

Greed

Emotion is the first stage in a man when his intellect functions as mind on outside objects. The three aspects of Hunger climatic impacts and the impulse for excreting waste does are common feelings experienced by all living beings. When any of these feelings exceed early meet it cause pains. In the time, Julie making use of proper and necessary materials full stop commodities are needed to balance these Pains; proper facilities and amenities are also required; sexual needs have to be full field; seeking these is the necessity. Needs necessity efforts and actions. An individual extinguishes the natural Instinct and pain of Hunger etc with the help of objects or bisexual relationships. When the same paying repeat itself in order to crunch the same she graces for the same material or the same circumstances or the same relationships. The craving is known as Desire or ambition. Desire should be fulfilled in time. Whatever divinity maybe present it is of an expensive nature. Till mind reaches its ultimate destination of divinity, it stagnates on desire for small objects and it manifest as improper Desire. If this in proper Desire is not restructured it grows into unchecked the Desire. This we call as greed.

Anger

In the attempt to fulfil once Desire if any individual or any object obstructs these attempts there arise the surging urge to remove or annihilated easily the emotional upsurge that manifest is to eliminate the obstructions either by focusing the physical strength against it or to disturb that life or cos pain to that is named as anger. Does anger is the consequent face that arises to remove the obstacles when the full film and of a Desire is obstructed.

Miserliness

Every man has the right to save and enjoy materials that one has earned through his own efforts. However, when one processor wealth or materials in excess of his wants the tendency to attain them to self, claiming absolute ownership on them, preventing their use by others knowing fully well that there are very essential for the survival of others is a mental state identified as stinginess, Miserliness or avarice.

Moral sexual passions

To decide of money and objects one May develop Desire and liking for the opposite sex. This is governed by the oceans of chastity and fidelity. Irrespective of whether the partner of the opposite sex reciprocates such a Desire or not then one atom to extinguish sexual impulses all such efforts

and actions crossing the limits of decency considered as immoral sexual passions. This is also another face of desires.

Inferiority and superiority complexes

Each individual is endowed with a certain quantum of physical strength, valour, wealth, fame, influences, responsibilities, and duties. This may vary among individuals. When one compares himself with others on all these aspects, he may find that he is either better placed or less placed than others. Instead of accepting the reality as Natural when one contemplates too much on these disparities he may consider himself as superior or inferior to others. This is identified as inferiority superiority complex. This Complex may give birth to the blemishes of jealousy and vengeance. Tolerance of the better placement of another is jealousy. Jealousy is another face of anger.

Vengeance

Anger arouses when obstructions to decide our fate. When those obstructions could not be removed and annihilated immediately, I thought arises I shall wait for the opportune time to gain the strength and the opportunity to act. Does the mental reaction to the obstructions which could not be immediately acted upon survive for a long time in the mind? This is spoken as vengeance. Vengeance is storing the anger in the mind and waiting for a long time and opportunity to act upon. This also is another face of Desire only.

REASONS FOR DESIRE

A desire for an object is caused by an idea of the possible pleasure that would result from the attainment of the object. The desire is fulfilled when this pleasure is achieved. On this view, the pleasure is the sole motivating factor of the desire. The desire is that happiness is a matter of getting what you want. When man lives there occurred natural pains like hunger thirst thermal variations of the body spot in body waste materials etc. For the cause of leading life need and Desire emanate. Living life is a root cause of desires.

VALUABLE DESIRES

We can satiate those desires which are based on intellectual development, which can advance progress in life and which contributes to socially good. Otherwise, expanding desires for various objects should not be happen. We should identify this size which need to be respected and should fulfil those essential and proper desires. Natural Pains should be neutralized. We should accomplish those desires which enhance the intellect day by day. These are the desires which are need based. A Desire which arouses due to a need should discontinue then the need is realised. The Desire which springs to extinguish natural pains and hunger and thirst

should stop when these are accomplished. The decide that allows to compensate the life energy should stop when it is compensated. But generally, they do not stop like that.

DETACHED ATTACHMENTS

Trapping the Mind on desires and enjoyment is defined as attachment. One should wriggle out of this attachment full stop that does not imply that you should detach yourself from all objects. One should only come out of the stressed imagination that happiness exists in those objects those some desires yield beneficial result to others if mind get trapped in those objects it will yield only Evil result. As long as one does not put down the attachment there is no escape for life. "Final release comes only to those who have severed or bonds all else liner in this impermanent world "says The Thirukural- 349. All stages have emphasized on wriggling out of attachment and eradicating desires depending upon the Census of need, attachment on or desire for objects and affection for near and near shall continue to demonstrate. When ones and attachment has been established effort put for and the actions performed shall be registered in the soul and those records shall continue to act. If there is a need for the body there would be the desire acquire appropriate object. Mind will get attached to the objects; it would be difficult to detach. However, regulating the great one should evolve a discipline to enjoy with a limit the objects which are essential that responsibilities and physical needs.

CONTENTMENT

Compared to other living creatures' human physical features and intellectual capacities are superior. Man has the clear and subtitle understanding of the production, dynamics and the end state of all objects in the universe and of establishing the right connection with all these objects. If only man, who is endowed with these specialties to properly enhance his skills not only to procure all his essential life needs but also to be of help to thousands of others. So much of energy is stagnant in man. When a man enhances his skills, he not only is helpful to others but also becomes compassionate and loving. This helps him to easily reach good head. If one follows the policy of being helpful to all others utilising his on physical strength intellect and influence, such people will not be deficient in anything and I will never be poor. The mentality to cringe on others anticipating something from them will also go away.

Anticipating something from others is begging. On the other hand, giving others is Charity. When man fixes his Desire on objects which are limited by the dimensions of time distance also gets contracted by limitations. When he establishes a connection with the bond less definitely,

his mind also broadens. In such an expanded mental condition, mind feels contentment. This is how contentment can result.

NEUTRALISATION OF ANGER

ANGER

Everybody knows about anger. From birth till now everyone gets angry on some pretext or the other full stop there is no one who does not get angry. If you snatch the rice from and carrying it and bounce with anger. Anger is the cost of the perturbation. Everyone would have experienced in there on way how anger is harmful and what type of if it affects our resulting from anger.

ROOT CAUSES FOR ANGER

When the full film of a Desire which has not been moralized, is obstructive the upsurge in the mind towards of that obstruction is anger. It is a feeling of animated in an emotional plane. When an object comes in the way of fulfilment of Desire action to remove that obstruction follows in the life spirit. Life source Rises towards of that impediment full stop this is called anger. And them arises only in a tough circumstance into a habit and anger frequently occurs. Anger is called by different terms in Tamil as kobam, vehuli, kurotham, seetram, sinam etc.

EVIL EFFECTS OF ANGER

During anger the revolutions of the mind waves reaches up to 25 to 30 or 35 to 39. This course excessive expenditure of biomagnetism. Therefore, the bio magnetic stock in the body is reduced. Immediately the life particles in the body that rabbit revolutions and releases divine particles to balance the loss of bio magnetism. Then, due to increase revolution of the life particles, the distance among life particle is increased and they leave the body.

When life particles expand blood circulation starts gushing forth; this will cause the blood pressure to increase first. To the extent to which anger manifest, proportional to that, blood pressure would increase immediately.

When the Revolutionary speed of the life particle increases the centripetal force from gravitational energy would also increase for the life particles. Therefore, life particles rise up and collide upwards. This upward collision happens against the brain cells and the man who is angry, losses his balance to decide what he should do and how it should be done that is she losers is consciousness to decide what he has to do. In such a situation, he loses his wit and peace. Due to these laws, she does not recognise as wrong the wrong actions that she may be doing. Anger does include 1 to do wrong actions.

Anger increases the capacity of the gland secreting hydrochloric acid and consequently more hydrochloric acid is secreted. This in turn will also increase the secretion of bile flutes and peptic ulcers are caused.

Because of the increase in blood pressure, hurt is affected pulse beat increases sometimes quivering of the body also happen.

As the revolutions of the life force increases blood gushes to the head and eyes are reddened; tongue wavers; mind becomes unsteady; one will not identify what he does and what he speaks. If we can capture this picture of an angled man and show him after sometime she will feel a shamed.

Due to anger the body gets many continuous diseases. Anger is the course of many diseases like I travel, for tongue stomach ulcer, piles, constipation etc. This is because when anger appears is bio magnetic energy is excessively lost from the body. When the concentration of bio magnetic energy is decreased, it causes many deficiencies in the functioning of the body and the mind. However, has anger, the anger will almost totally destroy him.

- **The effect of anger in the society:** When animals get angry, they shall use their nails and teeth; but when gets angry, they act not only by their external physical Limbs hands and legs but also through there intellect. They will make use of even many men made weapons like atom bomb. Plenty of watch have sprung up in this world due to anger.
- **The effect of anger in friendship:** The angry man destroys himself and segregates himself from his near relatives and friends. We must have got into the Trap of anger so many times if we find in any person the anger that he shows on others and the anger that he inflicts on himself and the anxiety that is the consequence of anger we can be sure that he can never step into a spiritual side. Friendship or pure relationships which is valuable like gold hence anger will destroy those with whom it is in touch with in addition it will initiate the gold like relationship that they had with their near once man has many bad qualities anger is the most dreadful of them.

ANGER A CHAIN OF REACTIONS

Anger is like a chain. Even it is contagious. The anger of one would induce anger in the other. The family piece would be spoiled full stop if the head of the family frequently become angry it affects the mental piece of his wife and children. They will have melancholic faces. Their mental strength will decrease. They will acquire defeatist tendencies. They gain tendencies to stealthily do wrong things. They also get the weakness of getting angry easily.

For example, let us consider the child of an executive irritates her mother by her obstinate behaviour. The mother on her part will exhibit her anger on her husband. Officer goes to the office in a disturbed state and shows a roughness at towards to his subordinate. The Mentally wounded subordinate shows His anger on his wife without any reason. The wife is hurt but his act of husband and don't transmit her on to her child when she insists had to give something to do it. Does it can be understood that anger spread as a chain and causes pain to so many. Mostly angry is shown on only people of a lesser stature than oneself. One cannot express his anger to a person in a position higher than him. If, in spite of an opportunity a person does not show his anger on a lower person that is known as for parents. Valuable refers to this in his couplet on a person who controls his temper where it can hurt

TOLERANCE

Tolerance is the capacity to bear when somebody executes something not liked by one. When someone does the same object as the one that we desire if we give it to them with full heart it produces a lot of benefits among family members full stop some of them act according to their whims. Latest assume that some of these actions are not palatable to us. If many of their actions are acceptable to us and only a few are not as per our liking then we have to tolerate these few. Here this explains the meaning of tolerance.

GREATNESS OF FORGIVENESS

Let us now raise a question " One endangered in a cruel act; should he not raise anger even against him? There is not any past record of anger having brought about any benefit result. Pardoning or forgiving bad and cruel people is the best alternative. On the other hand, if we decide tit for tat that is Revenge there is no end to it. Thiruvalluvar says " even if a wrong is done to one and though badly hurt, it is good not to retaliate with an evil (Thirukural 157). Therefore, we have to conclude that we have to completely drive away anger and forgive people. We have to take this pledge to do away with anger and repeatedly think about it and register it strongly in your mind.

UNIT – III - HARMONIOUS FRIENDSHIP

ERADICATION OF WORRIES

Worry

We can be sure that there cannot be any man without worries. Whenever the mind or the body faces a problem, the state of mind which cannot face that dilemma is known as worry. After something is misconstrued and the misconception leads to a Desire if there is an impediment for the full feeling of this desire the Incompetence that arises in the mind to overcome that impediment is known as worry. Worry is a psychological problem either realizing or thinking or imagining the incompetence of the self, one loss the and suffering is worry

ROOT CAUSES OF WORRIES

The mismatch between what is expected and what is happening is the fundamental cause of worry. All that happens are the reasonable consequences of certain causes. When the intellect is not able to comprehend this natural order and makes a wrong evaluation of the situation leads to our wrong Expectations which there by results in worries. Incompetence and fear are two factors which can enhance worries. Incompetence is a consequence of a combination of a mind which has slipped from the awakened state, the ignorance of the natural order and lack of exercise for solving problems through a sharp and mind. Here rises either due to the observance of the effects of wrong actions and due to an imagination that the wrong action may impede the future life. Worries oil the physical and Mental health. Even the whole life in failure and mystery. Hands worries should be eradicated. In order to word of worries we should comprehend the natural order. The analytic thinking should be cultivated to enhance. Self-confidence is essential efforts are needed; courage should spring up.

Vethathiri maharishi is of the opinion that the following are the three fundamental causes of worries

1. The divergence in the physical and mental
2. The dichotomy between Expectations and fulfilment.
3. The mismatch between demand and supply.

THE DIVERGENT IN THE PHYSICAL AND MENTAL CAPABILITIES

When action synchronizes thought or thought matches with actions there is no place of worry but whenever there is a difference between action and thought whenever mental energy refers from physical energy whenever mind oscillates without understanding the relationship between nature and human quality, whenever it acts without the knowledge of the link between

self and the society in all such situations the nature's harmony gets messed up. Then mind loses its capabilities; intellect loses its sharpness; mental worry haunts.

Worry is not a cost by an object or an event when we are unable to feel or understand the nature of the object or we are not able to accept the consequences of an event or when we are not able to solve a dilemma that deficiency of the mind transforms into worry. When mind has greater strength and intellects are sharp enough to comprehend and solve a dilemma then worries do not show their head. It is only the gap between the capacity to understand a situation and the mind-body energy differences that turn into worries.

THE DIVERGENCE BETWEEN EXPECTATION AND FULFILLMENT

Always worry is miscalculation in the mind. We anticipate something; it does not happen; but something else happens as per natural order. We stay worrying that what we wanted has not happened. What happens by natural order is something which happens by a natural consequential Chain. But without a grasp of the natural order or social order, or the nature of the self when one expects something to happen in imagination it becomes difficult to accept whatever happens in reality. When there is a divergence between what has been imagined and what has happened in reality, mind does not accept the same. The imaginary expectation is wrong. That should be corrected. In other words, Expectations should be given up. "I expected by my imagination; I have committed that mistake; I shall accept whatever has happened here; beyond this whatever has to be achieved I shall put forth my effort in that direction", with this pledge if one enters into action there will not be anybody otherwise mind will find it difficult to accept whatever has happened. In a conditioned state of mind if one acts with a determination; what I think should happen this by; and that is correct the difference between what happens and what is expected does not give mental satisfaction. It does not fit into any justifiable feeling.

DIFFERENCE IN OPINION

Difference of opinion arises between self and two; anxiety develops because of this difference. One should perform his action accepting the opinion of the other person and alter his own opinion on the assumption that he has also intellect and need; and he thinks according to his brain; he has the right to think so. If for any reason one is not able to accept the opinion of the other then he should accept this like me he has also the right. Whatever the things to the extent to which I may be helpful to his opinion I shall try to be of help. Otherwise, whatever should happen let it happen" with such attitude they would not be any cause of worry.

FOUR TYPES OF WORRIES

Worries should be classified into four types

1. Those that have to be experienced
2. Those that have to be postponed
3. Those that have to be ignore
4. Those that have to be solved immediately

Those that have to be experienced

Worries that have to be experience should be undergone. Nobody can help semicolon it has to be experienced; they can neither be ignore North postponed and Solutions may not be in right. For example, assume that a child in a family is affected by polio myelitis even after enough medical attention one hand and a leg have become immovable. How can this problem be solved what can be achieved by worry one has to accept an experience the pains and obstacles resulting out of it with exam and courageous Mind? By this mode of action one can minimise the magnific effect of the event except this else can be thought of by anybody. Relatives dying young unexpectedly natural calamities like Storm flood et cetera should be endured with patience

Those that have to be postponed

Some worries have to be solved. But still the situation warrants they cannot be solved immediately. They should be postponed and to appropriate moment, they can be solved easily. Alternatively, if we try to solve them immediately some of the beneficial fruits may be affected. In addition, it may lead to other problems. For example, assure that there is a girl in the family for marriageable age her marriage able period maybe passing. Parents would be worried about their responsibility. True, it is the duty to take effort to what her marriage; but there is no use worrying over the same full stop patiently taking sincere efforts they can solve their worries. Mother may be pointing out you are idling your time without maing preparation for the marriage of your daughter. Is marriage and act which can being finalize only with the effort of the father.

Similarly, there is no use wearing about the sun who has completed his studies, not squealing a suitable job this is also a worry that can be postponed. The government and the community also should join hand in solving problems of marriage and Employment. Our responsibility is to take proper effort. However, the government also should think of solving such social issues. We should stop worrying and start doing our duty. We have to wait till we get a suitable match for the girl boy. Likewise, we should wait till

the sun get suitable placement. If we do not have this patience, only problems will multiply and mental worries would increase.

Those that have to be ignored

We should never worry about certain types of problems. They should be ignored. We should imagine that we are not in a complex situation. Example in many families aged seniors in the 60's and 70's maybe living. They may be finding fault with anything and everything. They may insist on performing certain acts as per their directions. They may be identifying deficiencies of everybody. We should not be taking them seriously. They may question as if we do not do according to their directions. They should only be ignored. In the middle of their continuous murmur, we should continue with our activities. We cannot fulfil all the directions of everybody in the house we may not be able to correct all the deficiency is pointed out by themselves they may not understand the difficulty in executing the action. We may not be able to stop them criticize some. If we try to stop the criticism it may complicate the situation. In the middle of their continuous murmur, we have to carry on.

Some people may have another type of problem; there may be a neighbour ever quarrels. We may not succeed if we retort. How to solve the situation? Without reciprocating him if we patiently tolerate his abuses, she may get exhausted of scolding after sometime. Such people who continuously be scolding maybe present within the family also. Apart from the old people even why for husband maybe scolding always for anything and everything. By retorting for every one of their abuses, can we afford to lose the family tranquility? We should endeavour to correct them full stop the best way is to be patient and to ignore them. At some come moment if we can offer them advises they may take it. We should not ignore them; and we should only ignore their comments.

Those that have to be solved immediately

Due to everything in digestion results this should be attended to immediately. Otherwise, this may lead to great the problems. Same rules apply to all bodily diseases. There are life problems like one person has to settle rupees 10000 towards interest. When his income and expenditure are making it difficult to make ends meet, he is unable to pay the interest. How to solve it?

If he has Property worth millions of rupees, he should not hesitate to sell a small portion of his property to settle his views and get relieved from the several of debts. On the other hand, if he is contemplating on a fault Prestige of not disposing of a hereditary property, it may lead to Greater problems. The problem would continue to maintain. The loss on account of

this shall continuous; there is no use blaming anybody after this. All problems should be impartially and judiciously analysed and on the basis of the nature and quality of the problem, we should categorise them carefully into any of the four types mentioned above if we categorised the problem wrongly it may lead to New York problems. We should not postponed problems which may need immediate attention. We should not ignore problems that need to be postponed. Problems that should be ignored should not also be categorised wrongly.

EVIL EFFECTS OF WORRY

- Worry reduces the intensity of bio magnetic energy.
- Worry produces diseases like blood pressure, indigestion, ulcer in the liver, headache, breathlessness etc
- Worry blocks the clarity of solving problems.
- Worry makes it difficult to evaluate the nature of life problems
- Life problems appear bigger.
- Worry decrease's ability to unravel problems and to understand their intricacies.

In cognitive and fear are two mental states that enhance the worries Incompetence is a confused state without awareness and ignorance of the natural order and lack of sharp intellect to solve problems.

Here is after witnessing the evil effects of wrong actions lacking courage and repenting. Imagining that someone would catch harm to one's life, losing confidence and worrying.

SOLUTIONS TO THE PROBLEMS

The complex situation so should be analysed and categorised into four heads they are;

1. A problem that cannot be solved either by cells or by community or true time. It has to be accepted and endured.
2. Problem that can be postponed is generally solved by time or the community. One need not worry about it.
3. Problems that need to be ignored shall disappear in time.
4. Problems that need to immediate attention led to problems if postponed.

If problems are properly categorised, solutions can be found for all problems. Then there will be no room for worries one can perform his actions and leave worriedly if he performs all his actions with clarity about

Nature, faith in nature's ways, with Awareness of the constituencies of during whatever is possible

BENEFITS OF BLESSING

The act of praising others has been in the culture of the world from time immemorial. There are many types of blessings like facing the God, pressing nature, blessing newly married couples, blessing the children etc. The sound that emanates from us with an intention that others should leave well in the world is blessing. Blessing belongs to Wave dynamics. The thought that others should leave well in the highest in human culture system. Expressing that intention or that thought in words is blessing you when we bless others to live well, a peaceful moment of was in the mind. Vethathiri Maharshi has coined two phrases; **live propitiously** {vaazhga valamudan} a blessing for people and **let the world be blessed** {vaazhga vaiyagam} a blessing from the world. When we utter the phrase live propitiously to others, it is blessing with a very lost the message that they should obtain all the prosperity of life and should lead and exceptional life.

Bless others we do not know what will be the state of the mental wave Revolution when we are blessing but when we bless others to live well according to the intention of the blessing and according to the habit of blessing repeatedly those revolutions of the mental wave shall gradually decrease. As the revolutions of the mental wave decreases some of the secret which are beyond the reach of the intellect shall show up. When the revolutions of the mental Bay decrease the strength of the mind increases. Whatever we contemplate shall happen properly. Word spoken shall become fruitful. By repeatedly blessing we can word of all our problems in life. We may also ward of the problems of others.

WAVE FUNCTION

When we lead our life through our senses, are mental Revolution frequency would be in the range of 14 to 40. This is known as beta waves. By meditation the frequency reduces and passes through peace waves (alpha wave 8 to 13), subtle waves (theta wave 4 to 7), divine wave (Delta wave 1 to 3).

When we pass through subtle wave, we are approaching the divine state and get unified with the divine state. If we reach that peaceful state and offer blessings even if we utter blessings once, it gives the effect of blessing thousand times. The blessings do become very powerful. Blessing is a pulsation cost in a bio magnetic wave. Bio magnetic waves have five types of dynamic functions they are,

1. Clash
2. Reflection

3. Refraction
4. Penetration
5. Interaction

When the blessing is completed in the subtle state of the mind, that blessing spreads through the space magnetic energy and clashes with whoever has been blessed. Then the wave will reflect. Then it will be running between both the parties. This creates lively interaction between them system the slidely interaction will continue throughout the lifetime of both of them. Since the blessings get reflected, the person who gave the blessing also the same if the receiver gets benefited by the blessing once the person who sends the blessing benefits twice semicolon if on the other hand a curse issued in the place of blessing The Curse also will be reflected twice to the person issuing the Curse. Hence no account we should cause others. Let the present blessing alone to even those who harm us.

GREATNESS OF BLESSING

Wherever the blessing wave goes around, it will shower benefits. The habit of blessings all developing to a culture and enhance the quality of life. In addition, it will diminish the ego and would help to establish good relations with all the objects and peoples of the world. It also helps us to leave cooperatively by adjusting and helping each other through love and culture. Blessing wave spreads throughout the universe and reaches wherever it has to reach and offers appropriate benefit. It elevates both the person who gave the Benediction and the one who received it.

By blessing we can word of her anger; can avoid animated. In addition, when one utters "live propitiously", then his life energy and view penetrate into the heart of the other person and generates harmony between both of them. It enhances the friendship.

The blessing wave one's created will be running continuously between the two weather it is taught now or not. Because of those both of them thinking of the Welfare of each other mutually will become an ordinary habit. From the life source of the person who of first the blessings beneficial base alone would be always flowing.

By repeated blessing, anybody can be transformed into friends; the wrong actions of others can be corrected, their thoughts can be properly channelised, they can be converted into good people. If the blessing is meant for a group of people and good acts are directed towards a group the interaction of all the members of the group of a reach the person who offers the blessing when the blessing becomes a routine, whenever one think of the other it will evolve only as blessing. Unless the mind of the person who offers the benediction is in the subtle wave moment state, one cannot bless

others. When the wave reaches the subtle state mind become stronger and clear app. As the mind is then in in the Peaceful state mind widens, the rats with many people, and the stage of interaction also enhances.

METHOD OF BLESSING

The phrase "Live propitiously" as large potential. Completion of meditation when the phrase is expressed, the phrase gets additional power. For the example then and arrow has to be released from a bow one way is to pull back the Bow string slightly and to release, whereas another way is to pull back the bow string to an extreme extent backwards and then to release. To the extent to which the bow string is pulled back, the power of the arrow will enhance to that extent. Similarly, when meditation is done, mind moves on to the subtle wave state i.e., to the peaceful state.

What about is taught and blessing uttered in the state commercial become more powerful. That thought or blessing shall come to fruition fast. Therefore, good thoughts good ideas and let just should be exercise at the end of meditation. According to the actions performed in life and the goodness and the badness of such actions the quality and power of the mind increases. If the mind is completely filled with the good phrases of blessings or thoughts, words and deeds emanating from that good phrase good only beneficial. When a person offers blessing, he gets a profile by hips thoughts. The state of his life energy also enhances accordingly and the blessing originating from him is very beneficial; superior and well match for humanity.

AUTO SUGGESTION

Auto suggestion is otherwise called as sangalpam. Those with a weak mind are more likely to accept negative advice and reject favourable advice. Disappointing circumstances have little effect on those who have a strong head. The goal of autosuggestion, also known as jiko anji, is to develop a positive, robust, and powerful mind. The issue is that most of us utilise auto-suggestion to focus on the bad rather than the positive. For example, we may say things like "I am exhausted" or "I am useless," and then wonder why we feel that way. "The power of life and death is in the tongue," according to ancient writings.

Autosuggestion is a psychological strategy linked to the placebo effect that was created in the early twentieth century by pharmacist Émile Coué. It's a type of self-induced suggestion in which people control their own ideas, feelings, and actions. Self-hypnosis frequently employs the technique. By the benevolence of the almighty I will receive, physical health, long life, enough wealth, fame, and realization.

4 Ways to Use the Power of Suggestion

1. Tune in to the moment. This is good advice for just about anything.
2. Create a network of support. Identify the people that believe in you and stay close to them.
3. Maintain a flexible mindset.
4. Understand that the power of suggestion is always working.

Autosuggestion is a psychological technique related to the placebo effect, developed by apothecary Émile Coué at the beginning of the 20th century. It is a form of self-induced suggestion in which individuals guide their own thoughts, feelings, or behaviour. The technique is often used in self-hypnosis.

FAMILY PEACE

Vedathiri maharishi designed the art of mental enrichment with a view to achieve peace in the community as an expansion and extension of peace in the family. It is but natural to get small scrabbles in the family. Squabals maybe small in some family and may take gigantic proportions in some other families. A Gnani is one who runs his family without much conflict. The fruit of the wisdom that we may gain is to design a contented life and share the same with the other members of the family for the family resources to advance, each member of the family should perform their duties and due understanding. Though another member of the family maybe responsible for the disturbance in the family each one has the duty to correct the deficiency of others through their own good qualities and to shower affection to them there by ensuring the peace in the family. Beauty is not in the face. Beauty is in the harmony between us. I love you semi call and you love me. Hence the harmony that has a Risen between us shall Blossom beautifully," are the words of Vedathiri Maharshi. Such a beautiful relationship should exist between husband and wife.

CAUSES FOR CONFLICT IN FAMILY (NEED, QUANTITY, QUALITY AND TIME)

The four reasons of conflict are need, quantity, quality and time.

Out of these for factors there would be some difference between two members of the family at least in respect of one of them. For example, mother says she wants a pressure cooker; Sun wants a bicycle. Which to be given priority? This is a conflict rise and out of need. Father except to purchase pressure cooker. Now what size of the cooker? Small or big? This conflict is caused by quantity. Which brand of the pressure cooker? This is related to quality. Then when to purchase question mark weather immediately or after getting the salary increased? This is a conflict related to

time. Every one of us becomes obstinate after we have our own decisions on the quality quantity time procedure and the like. The obstinacy is the only cause of all conflict throughout the world. Conditions have to be adopted that is tolerance sacrifice and adjustment

SOLUTIONS: TOLERANCE, ADJUSTMENT AND SACRIFICE

Tolerance capacity to bear when somebody executes something not liked by one. Adjustment is the ability to give heartily to others a thing which we decide, without tendency to retain it for the self. Sacrifice is surrendering for the benefit of others unselfishly anything by processes physical material or by might. When someone decides the same object as the one that we decide if we give it to them with full heart it produces a lot of benefit among family members. Some of them act according to their whims. Let us assume that sum of these actions is not palatable to us. If many of these actions are acceptable to us and only a few are not asked for our liking then we have to tolerate these few. When conflict appears due to difference of opinion even if our opinion is correct better and essential, we can postpone interesting on our point of view till such time that other family members accept the same. Such adjustments from outside to suit their liking shall safeguard peace in the family. There is nothing wrong if ignoring hardships with an intention of the wellbeing of others we give up till the end. Giving to others what we have for the happiness of others is superior. Between husband-and-wife friendship and harmony should be cultivated full stops for the sake of the same except chastity anything else can be sacrificed. That's by adopting these three qualities of tolerance sacrifice and adjustment all conflicts in the family can be resolved.

ECONOMIC IMBALANCE

For every member of the family to leave happily and with content there are essential life needs. In the present-day world, the number of such essential needs are always on the increase it becomes necessary that both husband and wife or and income individually. In families where the income is lower the responsibility of the wife increases in leading a thrifty life compared to the husband. The deficiency of materials can be compensated either by tined earn more or by thrift. But inadequacy in understanding may lead to loss of peace in the families. To ward off lack of understanding, meditation self-introspection and spiritual feeling are important.

SEXUAL RELATIONSHIP

One important reason for conflict arising in the family is sex. The couple should respect to the mental attitude and physical needs of each other and full fill sex without causing any destruction or and Society. They can moderate their sexual Desire by Kundalini yoga and can lead a happy life.

FRIENDSHIP BETWEEN HUSBAND AND WIFE

The marital bond is a state of giving up the physical body, material wealth and might of an individual for the sake of the other with whom one has United in mind and has agreed to leave together. There is wrong opinion that marriage is a licence for cursing one another. The friendship between husband and wife is very valuable. For both to advance in all Spheres of life this friendship needs protection. Type of conferred and pleasures that can be achieved by a harmoniously living couple cannot be achieved by any other mode. Only husband wife friendship persists for the entire life. Husband wife relationship should be respected as life force free marital period is preparatory for developing excellence in this friendship. After the marriage it is only by the husband wife relationship it is possible to mutually full fill all the needs.

UNIT – IV - SOCIAL WELFARE

FIVE KINDS OF DUTIES

Duty is returning the depth that one has received from the community by way of all the objects produced by the society. Duty has come from the word dues. The intention to return the depth is based on a sense of justice. The act performed with this sense of Justice benign results thought, and experience consequent to this act - all this put together is known as sense of Duty the enrichment of an individual depends upon the enrichment of the community. Similarly, only when each individual acts realising his or her beauty the Welfare of the society is also protected. Therefore, if each one discharges without any deficiency, whatever may be his or her duties according to his or her status the benefits occur not only to him or her but also would reach out to their family, relatives' town and even the world. It will cost a contented prosperous life to everyone.

FIVE CLASSES OF DUTIES

The head of the family has duties towards five categories they are;

1. Self
2. Family
3. Relatives
4. Community
5. The world

It is essential that while living, everyone discharges once duty towards self, family, relatives' community and the world. These duties can be continuously enhance depending upon 1 skills age and knowledge. But priority should be given to once on body and mind. Then their responsibilities should expand to include the family and the world. One should be careful to see that one of these five does not interfere with the other and effect. Declaring that one is caring for the community if one neglects his own family or spoil his own health, can one do service to society question mark in fact, both his family welfare and his help will be damaged.

If a man cares well for his own health and mind, that will be profitable and beneficial for the society. On the other hand, if his health is spoiled and he gets into disease, it is only the society that has to compensate for this. Then the society faces losses for two counts firstly the games through him or lost secondly, he causes losses and expenditure to the society. Does an individual look after his own health is not selfishness? Keeping oneself fit enough improving once on skills advancing in one educational status etc. All this cannot be construed as selfishness. An individual's welfare improves

the social enrichment. Doing service to others with a view to mitigate their sufferings does become a duty.

SELF - THE INDIVIDUAL

Refers to an individual, an individual has obtained a body and has come to this world through the union of two bodies of his parents as one. The individual carries within him their characteristics and imprints of the parents. From a long past, man has been advanced in many spheres, by increasing his knowledge through his capacity to think. In industry and development and transforming natural resources into life resources, he has made Rapid strides.

In order to that an individual organises a good life she must have fulfilment in three things

1. Physical health
2. Mental enrichment
3. Material enrichment

Materials are very essential for life. In order to secure material in an ethical route, both physical and intellectual resources become important. In order to that intellectual and physical capacities are improved, mental enrichment has a big role to play. Because of the continuation of the condition of not offering cultural and moral education that enrich the mind we weakness the state of an individual not being able to enjoy well the fruits of his effort to the same level of the advancement that he has attend in earning and indulging in materials. For this situation to change everyone should get the opportunity to realise the self and understand God head and should also race to the level in which one is able to help to the extent possible, every life form to be happy. This is the most important duty of an individual. In order to transform natural resources, the social resources, social structure becomes essential. The capabilities of an individual depend upon social structure. In a society where spiritual nature and ethics are integrated and individuals wellbeing is assured. Social welfare is safe Garden by the individual. In an individual the feeling of I am inducted to do service to the society should prevail without just considering society as a commercial market. Only then society will be enriched.

FAMILY

Family is a blended structure of the relations father mother life partner and children. One should never fail to perform the duties of these relations. Mother give birth to US and reared us sacrificing all her personal Comforts through day and night without even sleep. There is a saying that" There is no better Temple than mother".

Father brought us up through his hard work through day and night without minding his own health and Comforts and he gave us knowledge and elevated us. Next is the life partner. They are on selfish and work tirelessly. Children have to reach great height in the society and are to perform service to the family relations and Society. Therefore, one cannot swerve from performing the duties to all of them.

RELATIVES

No what can live in isolation. Brothers, sisters and other relatives are linked through the life Force. All of them have a blood relationship must all leave well. Only if they are well our welfare is safe Guarded. If they suffer, it will cause suffering to us also. Hence, we should not sleep from performing the respective duties to them. If we are living in harmony with them with a spirit of friendship, our life will be Joy full.

COMMUNITY (VILLAGE)

An area which encompasses several families she is known as a village. Village also denotes the community. Only the community brought us up; it reared us and gives us knowledge; made us fit for living; it continuous to give us food shelter, clothing and all Comforts to this day. There for, if we put in all over efforts expanding of physical and mental skills to the extent possible, for the Welfare of humanity will always be flourishing. If on the other hand the individual does not discharge his duties that is after having enjoyed the fruits of social production if he does not offer his physical skill and Intellectual capacity to the society in return, social prosperity will dry April would a bound. Therefore, one should discharge his duty to the society which nurtures him; should act with fully grasping his responsibility. Everyone has to perform some occupation or other. In Assam ways one should serve for social at list. Only if all members of a community live in peace and contentment individuals also can live really in peace without any fear. Hence for social development, all should leave happily with a social purpose sharing the materials earned from the community.

THE WORLD

All the countries of the world can leave peacefully only if the share the Global resources equitably. In earlier days people of one country lived without a chance to meet the citizens of other country. Now fast communication facilities have increased. of one country lived without a chance to meet the citizens of other country. Now fast communication facilities have increased. People of all other countries can visit all other countries. In terms of economy and intellect the humanity is now integrated. We should cultivate the feeling that all men are brothers among all people

and should also cultivate the emotional knowledge that no one should hurt others.

FIVEFOLD CULTURE

Fivefold moral culture

Latest first think about the individual life principles of Fivefold moral culture

1. I shall live by working with my own skills and physical labour
2. I shall not inflict pain upon others physically and mentally
3. I shall not till living beans for the sake of food
4. I shall respect and protect others prosperity and freedom to live
5. I shall try to help to my capability those in distress.

In the art of mental enrichment, training is given to everyone for practicing these five contacts and the benefits there from our explained.

EARNING THROUGH SELF-EFFORT

Order to meet all his needs a man should earn just leaving only through his physical labour. He should leave only with that money. Only this would be compatible to the structure of human mind and body and will produce sweet result. Otherwise, in order to fulfil the needs of anyone there may have to cast that I on others wealth and covered others property. Depending on others earning and to leave on another person's labour would create many complications in life. It will not only cos loss of material to others but would also cross delusion in others. It is animal character to exploit the labour and earning of others. From time immemorial man has been advancing in culture as time goes by and so this animal mode of life would not suit him. This exploitative mode of covering others wealth should not be permitted to develop. Earning Material by one's labour from a living by that money and helping others with that wealth is justice.

Not inflicting pain on others. Man is a fractional form of God. If one man hurts another man either physically or mentally it is an abuse on God head. Whatever pain inflicts other due to the intense divine energy it will return back to the original person. Hence either physically or mentally no one can hurt anybody.

NON KILLING

The animal species derive their food by killing other animals. Since man has descended from the animal species by the genetic chain, he has got the habit of killing other life forms for food. Man, who ended with the capacity to produce food by utilising land and water has no necessity for killing other animals for food. In addition, in modern times for Facilities for moving food grains ground in any part of the world to any other part of the

world within a few hours. Under the circumstances it is not justified for man to kill other life forms for food. Man can no longer continue his animal nature. Realising these facts one should switch over to vegetarian food.

RESPECTING OTHERS FREEDOM

It is a great sin for humanity to exploit others' resources. This sin shall destroy the society like a book eaten up by white ants. It is the responsibility of man to leave by respecting the freedom and the material possessions of others. A man will be respected only to the extent to which he respects others.

CHARITY

Charity and assistance, especially to the poor and suffering also: charity was offered to those in need by their neighbours. A charity that helps the underprivileged earn money for a number of organisations. Public assistance for those who are too proud to accept charity. Probably one of the most common types of charities you know of is health charities. Charity in a person is (a) full of love and goodwill toward others: benevolent. (b) liberal in benefactions to the needy: generous or relating to charity charitable institutions. (c) Merciful or kind in judging others: lenient.

The aim of charity must have one or more of the purposes which have been defined in law. These include things like: relieving poverty, education, religion, protecting the environment, animal welfare, human rights and community development. Philanthropy refers to charitable acts or other good works that help others or society as a whole. Philanthropy can include donating money to a worthy cause or volunteering time, effort, or other forms of altruism.

TWO-FOLD CULTURE

Since the five old culture is a lengthy philosophy requiring deep thought, it may be difficult for grass by people of all lands. Therefore, the five great conducts are condensed into two conducts so that everybody can benefit and each thought as to conduct this under the name Sankalpa and training is given.

- I shall not inflict pain upon others physically or mentally.
- I shall try to help others in distress to my capability.

The brief Sankalpa known as the two-conduct culture is capable of giving a superior status to human life. Opinions of sages and the 64 arts are all containing only the essence of this two-conduct culture.

The habits of remind in their mind as imprints and turn into action. Hence if one is able to practice the pledge not to hurt anyone physically and mentally so as to make it into a habit, it will get imbibed as his nature. Then

both in the family and in the community this nature would take precedence and would transform into action. If the entire humanity throughout the world beside to not hurt anyone and to help Mitigate the suffering of others then even in the family please, happiness and contentment shall be a bound. it is not difficult to learn these two condes. If the two-conduct culture is adopted, there will be no war enmity conflict or pain anywhere in the world. If these two conducts are practiced and made into habit, the world will be transformed. Each one can be a pillar in spiritual contact and can easily become a saint philosopher.

GREATNESS OF WOMEN

World is an integrated community of men and women. Without women there is no men; without men there is no woman. A man without the company of a woman or a woman without a companionship of a man cannot enjoy the sweetness of life or feel their life as complete. Does the man-woman relationship have a predominant position in human life? If we have to weave a fabric, the first rap containing long Threads is needed. Then the Threads the pass through the wrap as weft is needed. Without the long thread of wrap what is the use of the intervening thread of Weft? Only by first establishing the wrap and then by passing the intervening best any cloth is woollen and manufactured. However, the society had long been considering women only at second class citizens. Women are considered as inferior to men. They have been neglected in several field like politics economics religion etc

FEMININE, MOTHERHOOD AND DIVINITY

Feminine

It is no exaggeration if the greatness, uniqueness and height of women is expressed in a single sentence. All the people of the world are only the gift of women. In this world where men and women are in equal half women have given birth to the other half men. Conceived in the womb of a woman drinking her blood as the food of milk mankind is living in the company of women. For all the life forms to evolve the feminine form exist as the divine route and got it threshold. And it is the responsibility of both the success to understand and respect to value of women.

Motherhood

In the universal evolutionary order, we will notice that the difference existing between man and woman and the importance that exist for women. Only because of the divine energy the world and the entire Universe and life forms have evolved and our functioning. Only nature has produced to the universe and all its objects. Hence divinity is the route of the appearances of all the objects. However, in the production of all the life forms of the

universe from conception to growth and in gaining the direction of life, the divine energy has best over its full grace only on the feminine segment for production and maintenance of life forms.

Divinity

India has been both positions in culture. Because of this reach tradition, there has been a practice to call women as Deivi. The word they we have transformed into Devi. Similarly, there is a habit of addressing men as Deva. In order to keep the word prosperous, divinity has blossomed as women food with the characteristics of helpfulness and sacrifice towards men of all ages. All the physical features and the achievements of women hood are the manifestation of the great intellect of the divine. Women good is the bright Flame of nature. The divine capacity of linking many families and linking the whole world in a proper fashion to make it a unified chain belongs only to women. There for women who have naturally been endowed with this linking capacity are known in Tamil as Thaiyalar.

SACRIFICE DETACHMENT - WIFE APPRECIATION DAY

Love and compassion are the greatest assets best over on US by divinity. Now is attitude that binds whatever is compatible with full stop compassion is the action that provides all Comforts that are needed for the sustenance of life form. Those love and compassion have to be the general characteristics of all people it has set in women as a life god. Due to this love and compassion. In all the art of mind power branches August 13th every year is celebrated as the day of prayer for the Welfare of wife. This day is celebrated as the day of undertaking the pledge to realise the greatness of women, and the offer protection and maintenance to women. On that occasion a husband says the following poem composed to my Maharishi and offers a bouquet to wife in return with love.

Greetings seeking the welfare of wife

I respect my wife and I am joyful to bless her who left her parents and birthplace got separated and came to me to do her duty with great vision. Like a detached saint, she under took the family court, it is my good fortune that she took me as her husband. As per the culture of the land became my life partner exhibiting feminine love and compassion serving me and others and is magnanimous

This day is celebrated with the great intention of the need for men to understand and respect the glory of women hood, at all places and at all times. Every thought in this poem composed by the poet is in disputable and unforgettable. Through this progress everyone gets the opportunity to understand the magnanimity of women.

WORLD PEACE

The original state of the great energy of nature was free space. This is the incomparable to, valuable, complete philosophical beginning. God had exist ask for resources of inexhaustible stock comma of great energy of the highest knowledge and of time. The speciality in self-transformation of nature is a growth of knowledge. Nature's knowledge reaches its completeness only in men. Only by lies experience us indulged in and from culture of contact, this complete knowledge can attain excellence.

Life of an individual starting from a worm of two census unto the animals with five senses, all the living species do not have the knowledge to produce their own food. Hence among this one species kills another and consumes as food. Man has come as continuation from the seeds of the animals. Non contributes to have the animal in prints. Man has inherited this quality of disturbing and hamming other lives for his survival. Because of this man cannot have peace in life and completeness in wisdom? Man must reach the Pinnacle of culture life. It is easily possible by the efforts of an individual through analytical thinking and carefully planned reformations and corrections Kundalini yoga and the philosophical explanation shall be the immense help in this direction.

WORLD PEACE THROUGH INDIVIDUAL PEACE & WAR

War is a cruelty in which men kill man either individually or in clusters. When there is a war between two Nations only one of them can be. Can this winning be a permanent one? Think deeply. In this instance one country was defeated. The defeated Nation may surrender. But it cannot be subservient to the other Nation permanently. There will be an interval to break this slavery. There will be the vengeance deeply ingrained to defeat and destroy this nation which has defeated and has destroyed. When the vengeance strengthens and opportunity comes it will break out as another war.

Both the leaders and the people wealth were needed then the feeling of the right to protect this wealth and the Desire of power to Boss over others increased. Due to this reason in the social life was come in. Nobody is born with a motivation to leave. But being born one has the necessary to live. Before the culture to respect others emerged in humanity war killing people with the help of mercenaries is started frequently. The war continuous as a habit till date. The war which does started for wealth expanded to Grab land and people. Emotional outburst towards possession of gold, land and people and the actions that men had Undertaker forgetting self and values and their consequences are innumerable

ECONOMIC LOSS AND HUMAN LOSS CAUSED BY WAR

War which destroys natural resources is totally unwanted to humanity full stop there is only one word of human race to live. There is only one sea to supply the needed bottle. The air required for breathing by everybody is also want throughout the world. Sunny is Basic support for all forms of life is also on the one. Out of these for nothing is made by man. There are all donated by the nature to humanity is depending for their substance on the material product produced by the members of the community making use of their intellectual acumen and the efficiency of actions for their Limbs. In this way the life of everyone in the community is dependent on the labour of the people man has not made any of the natural resources. But to enjoy the properly is an equitable right of everyone here. During one's lifetime one cannot eat beyond what amount can be digested by the system nor one can wear clothes more than what can be shoulder on the body. A man needs only Earth measuring a 9 into 9-inch square for standing and 3 x 3 inches for sitting and 1.5 x 6-inch land for lying down he cannot indulge in more than 10. However much a man could have earned during his lifetime he cannot carry with him even even a pin from these when he dies. These are truth not beyond the comprehension of men.

WORLD BROTHERHOOD & WORLD WITHOUT WAR

A world without war even if one think of a second about war processes and it evil effects it is easy for men to get out of it extracted in himself from war. Nowadays knowledgeable people who can a reach the summit of thought is plenty's. Today, human intelligence is improving every day. The cruelty of War has no need of any sort in the present-day world. Those who manufacture war equipment's are earning trillions of Rupees by producing and marketing them. They are responsible for inducing Wars. That only makes the top live comfortably at to the expense so many sufferers. It is wrong to consider executive ownership on materials earned by one physical labour. Everyone should know to work hard; should know to increase their assets; should also know to share them with those who do not have. If such an economic thought sprout there will be no poverty anywhere. There would not be the same full fact of one grab in the material of another.

ONE WORLD FEDERAL GOVERNMENT

World government or global government, sometimes called one-worldism or cosmocracy, is the concept of a single political authority for all humanity. The World Government is seemingly ruled by **I'm, whose orders are carried out by the Five Elders**, the highest public authority in the world, rendering the entire political institution a pure authoritarian oligarchy. Modern science's cosmic and evolutionary perspective has always seemed to me to have political implications. The realisation that a single

intelligent species dwelling on a single (and cosmically unimportant) planet should control its affairs through common, and thus unavoidably global, political institutions are the most important of these.

As a result of this logic, we all are supporter of global governance, particularly global federalism. According to the idea of subsidiarity, world federalism involves having democratically responsible political structures to deal with issues at the most suitable level. Local decisions should be made locally, national decisions should be made nationally, and global ones should be made globally. This last, highest level of government is now lacking, and will need to be formed if the world is to live in peace and prosperity in the twenty-first century.

UNIT – V - DIVINE SCIENCE

DIVINE STATE

Yoga's understanding of the Divine is linked to the concepts of atman and Brahman. Brahman is the universal Consciousness, or Absolute Reality, while atman is the individual Self, Consciousness, or soul. They are ultimately the same thing because both atman and Brahman are boundless. All physical exercise and breathing practices are done only to sit in meditation to experience oneness with the divine. Meditation is a process to experience union with the divine. Because the stillness in meditation is nothing but oneness with the divine, which we call yoga. The Divine within me **bows to the same Divine within you.**” And despite its conciseness, this one word encompasses the essential teachings of Hinduism. But, in terms of its potential power, it transcends Hinduism and Hindus. Being a divine means being a god; being God: Zeus, Hera, and other divine beings in Greek mythology of superhuman or surpassing excellence: Beauty is divine.

The Divine Attributes explores the traditional theistic concept of God as the most perfect being possible, discussing the main divine attributes which flow from this understanding - personhood, transcendence, immanence, omnipresence, omniscience, omnipotence, perfect goodness, unity, simplicity and necessity.

FOUR QUALITIES OF DIVINE STATE

The four states are **metta (loving kindness), karuna (compassion), mudita (sympathetic joy or empathy), and upekkha (equanimity)**, and in many Buddhist traditions, these four states are cultivated through meditation.

Metta (Loving Kindness)

Metta is the practice of cultivating *universal* love, friendliness, or lovingkindness. Metta is benevolence toward all beings, without discrimination or selfish attachment. Metta can be compared to the *unconditional love* that a mother would have for her children. This love does not discriminate between benevolent people and malicious people. It is a love in which “I” and “you” disappear, and where there is no possessor and nothing to possess. By practicing Metta, one can overcome anger, ill will, hatred and aversion.

The practice progresses in **five stages**. As we use Metta during meditation, **we cultivate Metta for:**

- Ourselves
- A good friend
- A “neutral” person — someone we don’t have any strong feelings for

- A “difficult” person — someone we have conflicts with or feelings of ill will towards
- All sentient beings

In your practice, you can access Metta through meditation and identifying someone at each of the stages. Learning to accept all for how they are will give you the freedom to love and forgive.

Karuna (Compassion)

Karuna is active sympathy extended to all sentient beings. Karuna is combined with *prajna* (wisdom), which in Mahayana Buddhism means the realization that all sentient beings exist in each other and take identity from each other (see shunyata). The terms “we are all one” is reflective in the practice of Karuna.

Theravada scholar Nyanaponika Thera said, “It is compassion that removes the heavy bar, opens the door to freedom, makes the narrow heart as wide as the world. Compassion takes away from the heart the inert weight, the paralyzing heaviness; it gives wings to those who cling to the lowlands of self.”

Mudita (Sympathetic Joy)

Mudita is taking sympathetic or altruistic joy in observance of the happiness of others. Mudita is the ability to take active delight in others’ good fortune or good deeds as a way to develop and maintain calmness of mind. People also identify mudita with empathy. Some teachers believe the cultivation of mudita is a prerequisite for developing metta and karuna. The antithesis of mudita is jealousy and envy.

By being happy when good things happen to others, your opportunities for delight are greatly increased. Practice Mudita when you observe the success and happiness in others.

Upekkha/Upeksha (Equanimity)

Upekkha is a mind in balance, free of discrimination yet rooted in insight. In Upekkha non-attachment, non-discrimination, even-mindedness or letting go is practiced, however it does not mean that the mind is indifferent. Equanimity is a state of psychological stability and composure. The mind remains undisturbed by experience of or exposure to emotions, pain, or other phenomena that may cause others to lose the balance of their mind.

In yoga we cultivate Upekkha through the acceptance of what is and to let what is be. When we dwell on what should be or what shouldn’t be, we lose this mind balance and composure. It becomes polluted with expectations and emotions.

THREE POTENTIALS OF DIVINITY

There are three aspects of God described in the yoga tradition: Brahman, Paramatma, and Bhagavan. *Brahman* refers to the total transcendental energy and also to God as energy. Some use the term *light*. Brahman has no features, no form, no personality. You can think of it as God's aura. You have energy radiating from you. If someone places their hand near your body, they'll feel heat. Some people claim to see or feel auras, others to take pictures of them. The energy or aura we radiate only goes so far. With God, because He is infinite, it pervades everything. But the concept is the same: it's a formless, featureless energy. But you can feel it and experience it, and it is divine.

Paramatma means "super soul." It is the aspect of God in each and every living being, and in each and every minute aspect of nature (even down to subatomic particles). Because of God's infinite nature, He can be fully present simultaneously in an infinite number of places. Paramatma is God fully present at the side of every soul in every living body and in every particle of matter. Since Paramatma is a form of God, it has features. Dhyana-yogis, adepts in the yoga of meditation, were trained specifically to meditate on the form of Paramatma in their hearts, described as having four arms and lotus eyes, holding symbolic objects in His hands, and wearing jewels and beautiful clothing. But with Paramatma there is little emphasis on personality, on loving exchanges. It's a more static form of God, similar to the deities you'll find in temples. Your body is literally a temple of God.

Lastly there is Bhagavan, the complete and personal aspect of God – God with all His full features, displaying His personality, in action, always surrounded by His loving associates, and in His abode in the transcendental realm. Again, because God is infinite, He can manifest unlimited numbers of complete Bhagavan forms simultaneously, displaying different features and different personal traits and appearing in different abodes with different associates. This is His divine opulence.

All three of these aspects are forms of God, and to relate to any of them makes you a yogi. Clearly, though, it's most rewarding to relate to God personally, as Bhagavan. And though technically the form in your heart is Paramatma, you can relate directly to Bhagavan here and now. Think of it as transcendental call forwarding. Since God is one, despite His different aspects, the Paramatma aspect of God in your heart can connect you to His Bhagavan aspect, just as His general presence throughout existence as Brahman can also connect you to His Bhagavan aspect. You'll experience an endlessly rewarding loving relationship with the Bhagavan aspect of God, which has brought limitless joy to billions of people.

UNIVERSAL MAGNETISM, TRANSFORMATION OF UNIVERSE

Universal Magnetism is the invaluable, powerful phenomenon of all existence. If one understands all its secrets one can further understand the other three subjective phenomena easily and clearly. With such a perspicacious knowledge all the secrets of universe, from the primordial state up to the present living beings including mankind, can be understood successfully. Universal Magnetism is one among the four subjective phenomena of the universe. The other three are Eternal Space, Holy Spirit (Energy Particle), and its Spreading Wave. Although these four are interlinked in all objects with the sixth sense can one clearly and undoubtedly realize their existence, functions and results.

In the philosophy of Universal Magnetism, the Static State which is unified force in the scientific terminology and Almighty, the God in the religious field will be easily comprehended by persons who have practised to bring the mind to the subtlest state. To the tune of delta wave which is considered to work in 1 to 3 cycles per second. This kind of mental attune will be easily possible for those who have practised our Simplified Kundalini Yoga. To understand the three subjective phenomena of the universe,

1. Unified force
2. Radical Energy particle
3. Magnetic force should be explored and understood fully. Such kind of mind practice is a must.

Nature is Plenum having everything inherent in itself. The material prosperity is endlessly available in Nature. Man is provided with wonderful knowledge to understand Nature and to enjoy all the prosperity of Nature. Why do pain, disease, problems, conflicts, war and all kinds of tortures evolve, spread and make mankind suffer life? Of course, man is a fraction of Almighty, having all the powers of Unified Force. But he is providentially limited with force, volume, time and distance. He can portray anything of nature, but he cannot create its core principle. He can raise a tree with a particular seed, but he cannot create a seed. A seed is having a pattern, precision and regularity descended continuously from millions of generations.

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.

PURIFICATION OF GENETIC CENTRE

Genetic Centre is the Centre of any activity in the Universe. This Centre is the place for the memory and thereby the Control Centre of any living entity including human being. Saucha is translated as "cleanliness or purity" and it is a yogic technique to cleanse the mind, speech, and body. Purification is a central aim of all the yogic practices and Shaucha is the first principle of Niyama, the eight moral observances in Patanjali's Yoga Sutras. The metabolic routines of the physical body transform food into seven organic substances: juice, blood, flesh, fat, bone, marrow and sexual vital fluid This sexual vital fluid is the essential compound of the physical body. By the centripetal force of the magnetic and spiritual (life force) centre, the major portion of the sexual vital fluid also is deposited at the same centre. These three phenomena jointly comprise the "Genetic Centre" which

is the seat of all mental, physical and spiritual (life force) functions in the human being. Genetic Centre is the Centre of any activity in the Universe. This Centre is the place for the memory and thereby the Control Centre of any living entity including human being. It is also postulated that Genetic Centre is the continuum and exists ever, even though the brain decays at death.

Living beings originate from five elements maintaining their individuality and yet protecting and preserving one another. In such an environment a small inorganic mass may get a magnetic wave circulation. These magnetic waves become intensified in the Centre of the mass as a 'concentrated wave pool', extend and interact with the universal magnetism. The interaction with environment continually characterizes the quality of the central pool, which becomes the 'Genetic Centre'. This is now an organic mass and can then evolve as a living being. The magnetism functioning within a living being is bio-magnetism, magnetic body. Because of intensified magnetic pool the five elements are attracted and joined together leads to the formation of physical body with all organs including senses. The millions of energy particles are in circulation in this magnetic pool leads to the formation of astral body. The physical body, astral body and magnetic body are functioning as a one unit in all the living beings. In a small mass of five elements (i.e., energy particles, air, heavy air, liquid and solid) when the flow of magnetism arranges the cells, it makes a magnetic circuit to protect its existence and co-ordinate metabolic functions. At the vortex of the intensified bio-magnetic force in the physical body, the life force particles and sexual vital fluid have their working centre. This vortex at the centre of the body called Mooladhara 'Genetic Centre'. Most of the marrow tissues are in the brain and it is there that the major portion of sexual vital fluid is made. At the time of puberty, that is about twelve years of age, the sexual vital fluid becomes surplus. The surplus fluid is drawn to the Genetic Centre and descends from the brain in a small stream through the nerve canal of the spine. Then the Genetic Centre is fully mature with three aspects: 1) Bio-magnetic intensity, 2) life-force intensity, and 3) a required amount of sexual vital fluid.

LOVE AND COMPASSION

According to the Yoga Sutras one way to purify the mind and increase serenity is to practice compassion (karuna) in the face of suffering. Compassion means "shared feeling," a level of sympathy so deep that it inspires action to alleviate another's pain or sorrow. The key difference between love and compassion is that the love is a deep feeling of affection and attachment towards someone whereas compassion is a sympathetic pity and concern for the sufferings or misfortunes of others. Love and compassion are two positive feelings that help to make the world a better

place. Even feeling some love just because they're a fellow human being is a good start. By adding compassion to a base of love, you have a foundation for a great life. Compassion for others, and for you, means you can put yourself in their shoes, and understand how they feel. Giving up a seat to a pregnant woman, being polite to retail workers, helping your friend move, taking a second to listen at work are some examples of compassion.