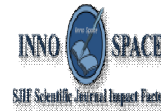


Research Paper in
Education



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Simplified Kundalini Yoga

Abstract

Simplified Kundalini Yoga System (SKY) is one yoga school of thought, consists of physical, mental, spiritual practices being taught in world Community service center. It derived from ancient yoga school of thought particularly from Siddha's, who hails from south India.

Keywords: Mind, Meditation, Simplified Kundalini Yoga, Vethathiri Maharishi.

Introduction

Simplified Kundalini Yoga (SKY) is designed and developed by Vethathiri Maharishi after few decades of research in Indian and siddha (yogi's) philosophy for the purpose of individual and society to live in Harmony with Nature and Society. He founded Kundalini yoga and kayakalpa yoga research center in Aliyar, near Coimbatore. It is also called as SKY System or SKY yoga. It consists of both Theory and Practical. It is designed in a systematic manner to keep in mind of self, nature, and social principles.

Scope

The scope of this research paper is limited to provide basic information and overview of SKY. It is very difficult cover the all details in single paper.

What is Yoga?

Yoga is the word derived from the Sanskrit word yuj, means to add, to join, to unite. yoga was developed as discipline after patanjali saint, who lived around 1st century, provided guidelines for yoga practitioner, in the book yoga sutras, (yoga formulas), one of the concept is, ashtanga yoga (eight fold path), still being the source for many modern yoga school of thought, hence he called as a Father of yoga.

Kundalini Yoga vs. Simplified Kundalini Yoga

Kundalini means life force, which is basic energy responsible for body and mind. Meditating on life force is Kundalini yoga. Otherwise called Meditating on endocrine glands or energy centers. We have 7 seven endocrine glands in our body.

Table-1

S. No.	Endocrine Glands in Our Body	Energy Centers - Yoga Terms
1	Sex gland	Mooladhara
2	Adrenal gland	Swathistanam
3	Pancreas gland	Manipuragam
4	Thymus gland	Anahatham

5	Thyroid gland	Visuthi
6	Pituitary gland	Agna
7	Pineal gland	Thuriyam

The following is the details of difference and Commonality between kundalini and Simplified kundalini yoga.

Table-2

S. No.	Description	Kundalini Yoga	Simplified Kundalini Yoga
1	Awakening method	1. Pranayama(Breathing Exercise) 2. Mantras (Sound vibrations)	Touch Method
2	Chakras awakening Procedures	From moolathara to thuriyam, one after center after one	Agna direct, later from one by one
3	Procedures	If one hundred people tried initially, only few will continue suitable for dedicated yoga life, not suitable for family life and women	Simplified, suitable for family people and women
4	Introspection technique	Introspection techniques are not explicit	Many implicit Techniques.
5	Commonality	1. Focusing mind on the life force 2. required age after 14 years 3. Should not to learn self method, guidelines required from very versed masters	

Overview of SKY System

Concept of Yoga SKY Point of View

The general of meaning yoga is maintaining harmony between Body and mind, As per SKY point of view yoga means Harmony and it should maintain at five levels. 1) Harmony between Body and mind-for balance this Simplified Physical exercise and Simplified Mediation and Simplified Kayakalpa yoga being taught, 2) Harmony between Habit and

Wisdom- Simplified Introspection Technique, 3) Harmony between Self and Society - Introspection Techniques, 4) Harmony between Purpose of life and Method of living- philosophy of life and nature being taught, and 5) Harmony between Will and Nature - philosophy of thought and nature being taught.

The SKY System consists of four processes, three Development, five benefits and five results.

Fig. 1: SKY overview



Table 3: Four Processes

Mediation	Helps to reduce Mental frequency from less than 14 cycles per second. There are nine types of meditation techniques are being taught at various levels.
Introspection	Four stages of introspection being taught ,like thought analysis, moralization of desires , neutralization of anger etc.
Sublimation	Moralization of Characters, Maneuvers of temperament characters.
Perfection of consciousness	Brahma Ganam (Wisdom) course being taught to understand the almighty.

Table 4: Three Development Stage

Expansion of mind	Ability to expand mind beyond body
Understanding law of nature	Reality nature can be understand easily
Awareness in thought, word and deed.	Development of Inner awareness.

Table 5: Five Results

Harmony	Unifying ,balancing , live tune with nature
Satisfaction	Harmony leads to satisfaction
Happiness	Satisfaction leads to Happiness
wisdom	Happiness leads to wisdom, understating reality of nature or existence.
Peace	Realizing a reality of nature will leads to peace.

Table 6: Five Benefits

Perspicacity	Quick insight, keep in mind of past experience, present situation and future results
Receptivity	Ability to receptive, understand the natures working order.
Magnanimity	Ability to be magnams
Adaptability	Ability to accustom with environment
Creativity	Ability to create new things, or appreciating new things

Analysis

As SKY system, yoga means harmony, and it insists that five types of Harmony to be maintained in order to live harmony with nature and Society. As per Vethathiri maharishi, maintains five types of harmony is difficult and it is worthwhile to make effort to maintain. SKY system is complete system, integrated with all the required practices for self realization and living harmony with nature and Society.

Conclusion

SKY system developed to get benefits of ancient yoga with Simplified practices hence we can called this as yoga of modern age. It helps one to have Good health, long life, wealth, wisdom and peace. The unique characteristic of this yoga is, simplified, scientific, innovative and Enjoyable.

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