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## SILENCE ELEVATES CONSCIOUSNESS - A STUDY ON THE PRACTICE OF SILENCE IN SKY YOGA AS ADVOCATED BY SRI YOGIRAJ VETHATHIRI MAHARISHI

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### ABSTRACT

**M**an is a full-fledged living being on the earth. He spends most of his time without understanding the need and purpose of life. If analyzed for few minutes we can understand the way we are spending our time to enjoy the life on the earth. Most of the time is lost in sleep, some more time for work and most of the time goes without any scheduled work. Most of our time is also spent and wasted talking unwanted things which is of very little use for fulfilling the goal of Human life. When we understand the goal of this human life we can understand and change our lifestyle best suited to attain the goal of this human life. Unwanted speech causes ninety percent of the



problems in our life. Talking is silver but silence is gold, it's a great idiom used by the most nations. So it is the right time to know about Silence which is a tool that can be used to attain the ultimate happiness. By reading this paper certainly one can understand the need of silence in this modern world. Silence is the only way to elevate human consciousness to Divine consciousness.

**KEYWORDS-** Quietism, Silence, Simplified Kundalini Yoga (SKY), Bio magnetism, Thoughts, Consciousness.

### INTRODUCTION :

God is providence. God has created everything required for man before the birth of man. But due to ignorance, man is trying to grab all the resources available on the earth and become the possessor of those things. This attitude of man can never give him happiness to the fullest extent. So it is the right time for us to understand nature and live in tune with it to avoid all the miseries in the world. Here is a philosopher called as Vethathiri Maharishi who has prescribed Silence as an inner practice for the seekers of truth.

Well, silence is the best policy; you can see: listen and silent two words have the same letters but arranged differently. We humans have tendency to talk more and to listen less, the main cause of it is that we have forgotten the art of waiting and allowing ourselves to listen to others viewpoints. When we are silent and waiting, something great inside us keeps on growing, and silence gives birth to creativity, moreover the more we keep silent the less the heart that can be hurt. There are times when silence become the most potential way of communication and it's more effective than words, for instance sometimes a silent angry look from our parents enough to let us feel their fury and agony, and this angry look capable of making us behave better than harsh reprimand or scolding.

This paper deals in brief the methods of silence prescribed by Vethathiri Maharishi, Ways to practice silence and the benefits of Silence.

**The paper explores the philosophy of Silence as mentioned below in detail:**

- 1) Brief Introduction of Yogiraj Vethathiri Maharishi. 2) Definition of silence
- 3) Different types of silence 4) Silence and Origin of thoughts
- 5) Role of Silence and Bio-magnetism 6) Methods followed to practice silence
- 7) Benefits of silence 8) Conclusion

**INTRODUCTION OF GURU YOGIRAJ VETHATHIRI MAHARISHI**

Yogiraj Vethathiri Maharishi the founder of The World Community Service Centre, was born at Guduvancheri, Chengulput District on 14-08-1911 near Chennai, India. To the Divine couples Varadappamudaliyar and Chinammal. Their family hails to the tradition of weaving community, qualified by poverty. Though Vethathiri did not take his birth with a silver spoon, he had acquired the love and favour of his parents. Vethathiri encountered poverty as major problem in his life. By his seventh year he started helping his parents in weaving and his schooling stopped by 3rd standard. By his fourteenth year he questioned the life force, its origin, the cause of poverty, the cause for indifferences in the society and the existence of God.

Maharishi is a practical philosopher, an exponent of Simplified Kundalini Yoga, a divine poet, an analyst and a psycho analyst. Two things that grabbed his attention since his child hood days are to find ways to realize God and to eradicate the material, moral and spiritual inadequacies of humanity. As a contemporary thinker, Maharishi has understood the ancient teachings of great philosophers and in particular the siddhas and simplified them to make them practicable and amenable to scientific interpretation. He has simplified the techniques much suitable the modern community. His uniqueness in practices and his modest life style has attracted large number of people in India and all over the world. He has modified the kundalini Yoga into Simplified Kundalini Yoga and colloquially called it as Manavalakai in Tamil language. By all his teachings he was recognized as Yogiraj and Tattuvagnani. Vethathiri preferred himself to be known as World citizen. He has a style – the humanity, He has a goal the Divine Unison and he has the path the Simplified Kundalini Yoga system. Vethathiri left his mortal body on 28-03-2006.

**The practices prescribed by Vethathiri Maharishi are as follows:**

1. Physical Exercises (2) Kayakalpa yoga (3) Meditation (4) Introspection (5) Blessings (6) Silence

The best of all yoga activities is quietism. Among all the psychic practices, Silence is one which would be more beneficial to mankind so as to attain wisdom and peace. We people in general, think that silence means simply to keep the mouth shut. But, there is a deep meaning hidden in it. It is a journey of consciousness towards the unified force. It is a proper psychic practice for streamlining the mind. "This is not remaining isolated without interacting (speaking) with others but also thinking about the almighty throughout. Keeping the conscious awake, but not speaking with others is an external exercise to achieve an internal benefit 'the mind control'.

**DEFINITION OF SILENCE**

According to Cambridge dictionary 'Silence' means Absence of sound; Complete quiet. Muteness, state of being silent, from latin silentium "a being silent," from silens, present participle of silere "be quiet or still." It is called as "Mouna" – a state of being quiet- in regional languages.

Silence means niscala-niravata. Silence is a state in which either there is no movement of the mind or vital or else a great stillness which no surface movement can pierce or alter.

**Types of Silence: A person can observe silence in three ways:**

1. **Silence in words** - not opening the mouth and speaking, Keeping mute. Here the person will not speak anything, the person will keep himself silent. But the person will do all his daily activities without speaking. He may symbolically communicate with others. His thoughts may wander here and there.

**2. Silence in Action** - control of Gnanendriyas and Karmendriyas, Being passive. Here the person will not speak anything, the person will keep himself silent and will not do any actions to communicate with others. His thoughts will wander here and there.

**3. Silence in thought**- not opening the mouth, Sense quietism and control of mind to be one with God. Here the person will not speak, not do any actions and he will start analyzing the thoughts that arises in his mind. The person attempts to control the senses.

### SILENCE AND ORIGIN OF THOUGHTS:

During this Silence, something totally different is taking place in our soul. "God speaks when you don't speak" was said by the ancient seers who have understood the truth in it. When practicing quietism, the mind, through the brain wave functions, show the imprints one after the other in full form. When we sit quietly and observe the mind, various thoughts would cross us and disturb us. These thoughts are nothing but bio-magnetic waves. They are the experiences and enjoyments already recorded in the brain which emerges out as thoughts. The bio magnetism is constantly being transferred as pressure, sound, heat, taste, smell and mind according to the metabolic routines of the living being. Hence it is called as five transformations (Panchathanmatras). All kinds of sensory experiences and assumption are the relative feeling of degrees of physical transformation of bio magnetism.

### ROLE OF SILENCE AND BIO-MAGNETISM

Bio-magnetism is inherently the static state and the spreading wave of the energy particle. This Static state in the genetic centre is consciousness and its psychic extension through the magnetic wave is mind. So, every person should know the philosophy of magnetism in order to give due respect to maintain it, preserving, using and enjoying the body and the mind. In the physical existence and functions of man, this bio magnetism is the basic phenomenon.

All the imprints of life are concentrated and recorded at the genetic centre in the form of waves. This is the cause and effect system and the net results depends upon the intentions behind the actions. When the senses are at rest, the brain cells may start automatically recalling and magnifying the stored imprints, according to the mental frequency of the moment. Almighty does all these. To realize this almighty, one should have sufficient intensity in bio magnetism. But due to emotional moods and activities, the intensity gets reduced.

Silence helps one to retain the intensity of bio magnetism which was spent through series of thoughts and deeds. During the silence period, they are becoming one with the absolute. Whatever experience you gain during silence should be taken note and also followed. What are the experiences needed and not needed, and which cause miseries should be noted and, according to that you have to characterize your thoughts and deeds?

"Silent thoughts are more powerful than spoken words". If by chance you have created unnecessary enmity towards others, you can definitely change it by blessing or auto suggestion. By this practice, with in two or three days, the enmity would vanish. Thus, the mind gets purified and attains a state of satisfaction. "If one eradicates the imprints of misdeeds, what remains is only the naturally pure and loving human being".

Purification of imprints is necessary. But before that, the mind should be purified. "A pure heart is the pulsating temple of the loving God". For this, there is no better practice than silence. An example: It may rain anywhere. But where does the rain water drain. It stops where it finds a ditch or a hole. Like that, During Silence period, you are preserving your bio magnetism and there by its intensity is increased. When you act or speak in emotional mood, the emotional thoughts imprinted by emotional people in the universal magnetism gets linked with your brain cells and come in as your own thought. But, during silence, if you are in peaceful state and realize almighty and merge your soul into the absolute, the thoughts of great saints from universal magnetism comes in as your own thought. Silence is the best period to experience this. During silence period, if you think 'How the world should be? How I should be? And How should your family be?' the intensity of such thoughts would surely make better the existing state.

"Your thoughts come true, when they are in order and when you have confidence in it". Sometimes a strong wind may blow and pushes you down. But when you get hold of a tree or a pillar, nothing will happen to you. Like that, any immoral thought would not disturb you when you get hold of the great almighty. You should



practice your mind so as to be in the state of confidence.

To form a clear understanding of the mind, one must trace its origin. The mind is the psychic function in man; it is an extension of consciousness. The origin of consciousness is the static state. So, an understanding of mind is essential in the spiritual, philosophical and scientific fields. Without knowing the facts and secrets of the mind neither philosophy nor science can be claimed to be complete.

## Mind

“One end of mind is itself and other end of the mind is static state”. It is mind that realizes the joy or sorrow, big or small. Some people say that they cannot control their mind. “Why should you control”? It is all what they have collected and recorded as imprints. When suitable time comes, all the imprints come out one by one. It is here, we should understand the importance of silence. To get rid of this, we have to relax and observe the movement of energy in our body. When we go on observing this energy, we become one with energy. Our mind becomes calm and there is harmony within us. First, we come to restless mind and then we stop it from wandering. There are only two ways to calm the mind. The first way is to concentrate on the life energy. The second way is to observe our own thoughts which is rendering without stopping a second.

This is what we do in Silence. During Silence, we sit calmly and we observe our mind; let any thought come no worry about it. We find out where from the thought comes; and trace the source of the thought. As we go on observing the thought, the thought disappears and only awareness remains. The thing is only when there is no awareness, thought arises. Instead of being tossed about your own thoughts, you have detached yourself from them and have started observing them. In silence, when we bring mind from beta state to alpha state, and then introspect, we will definitely understand the secrets of universe. The philosophers say this as God spoke to me (intuition). There, we understand that we are a fraction of totality and, thereby, decide not to harm others, either by thought, word or by deed. We will mingle with every one with true love and affection. Then, “Little deeds of kindness, little words of love: Helps to make the earth happy, like the heaven above.”

## Methods followed to practice silence

For practitioners of SKY, observing silence is a useful method. Use the silence for meditation and introspection. It is not easy for most of us to observe silence in our homes. So it is better to choose a place where the atmosphere will be calm and where we will not be unnecessarily interrupted and a few of us can meet there once a month and observe silence for a day. If not for a full day at least from morning 9.00am to evening 6.00pm. Following silence, once a week is very good, once a month is good and it is good to remain in silence for a number of days once in a year. This will make good of loss and refurbish the genetic centre.

1. Start with Meditation and then introspect alternatively throughout the day (30 minutes meditation followed by 2 ½ hour introspection). After some rest, spend some time on meditation and again follow it up with introspection.
2. During introspection we can perform all the psychic practices like analyzing thought, moralizing desire, neutralization of anger, eradication of worries and finding out the answer to the question “Who am I?”. This will lead to the eradication of blemishes in the mind and blemishes in the deeds.
3. Think about everyone around us or associated with us who have helped us and thank them with the whole hearted blessing. ‘Long live prosperously’. Be apologetic to all the deeds and words and seek apology from all those who you have wronged. Also bless them for their prosperity. Also excuse those who wronged you and also bless them to live long happily in prosperity.
4. In remaining “silence” when one thinks how the world should be “How I and my family should be?” that thought should get concentrated and gets its density in the bio magnetism waves.
5. Make a table in the diary with columns 1. To record the thoughts 2. To analyze the thoughts 3. To record your decision. This will make the mind pure.
6. Sufficient food can be taken but at the same time let it be light. If the stomach is over loaded the period of silence will be spent in a sound sleep!

**BENEFITS OF SILENCE:**

Observing silence will certainly help us in our spiritual progress provided we utilize the period of silence in the proper way. Outward silence, which only means abstains from speech, must be followed by inner silence. Only then we will have the opportunity and the suitable atmosphere for performing spiritual exercise and beneficial psychic practice. The benefits of quietism are as follows:

1. Senses comes under control and Bio magnetism stock will increase and will get dense.
2. Meditation will make one feel closeness with Divinity.
3. Helps to introspect and Personality will develop.
4. Alertness and concentration will be there all the time.
5. Spiritual development will happen.
6. Greatness of character building gets achieved.
7. Service mentality sets in, the Cause and effect philosophy will be understood.
8. Secrets of universe, the order of function will become clear.

To purify the mind and have a control over senses the meditation and introspection are tools. From birth till death all the senses remain active all through. All deeds and results were made as 'knots' in the bio magnetism which took them to the genetic centre in a compressed form giving the genetic centre the character of these deeds and results. This is a chance for the brain to analyze the acts and results to decide which ones are to be avoided and which ones are to be retained in the future. This introspection makes the man to gain back the lost control over the mind and the genetic centre gets refurbished by the extension of bad imprints. Meditation takes the mind to the lowest mental wave frequency level 1cps – delta level. At this stage mind merges with the nature and understands its secrets.

**CONCLUSION**

We spend a major portion of our time to extrovert activities and in pursuit of pleasures. Due to egotism, ignorance or habit we get caught in unnecessary involvements; we interfere without any justification in the activities and freedom of others or we fall in the performance of our duties for films or imaginary reasons. All these result in tensions, conflicts and misery in the life of individual and society. It is only through constant awareness we discover deeply imbedded motivations in our psyche that trigger our thoughts and shape our actions. During the period of silence we can get an excellent opportunity to observe ourselves calmly, without interruption to probe into the hidden recesses, anxieties and the complexes that vitiates and corrupt our actions. This purging of the mind periodically will make our mind fresh and alert and enable us to perform our duties efficiently with the minimum effort, without wasting our energy unnecessarily.

After all, the purpose of yoga is not reaching heaven or liberation and realisation. Sometime in the distance future perhaps after death. Yoga must help us now, be of use to us in the immediate present and enable us to lead a peaceful contented life. Meditation and introspection which form integral paths of SKY will help us in leading such an integrated life free from conflicts and tensions which is real spiritual life. As observing silence is a valuable aid for practicing meditation and introspection, I consider it a beneficial practice for everyone and more so to the practitioner of SKY.

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