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Supporting the Environmental Structures complete

Filling the Spirit: A Study on Siddha yoga

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INTRODUCTION

Environmental supportability is a social concern nowadays and is becoming more and more challenging. Learning to Live in Harmony with our natural world is the most insistent need of our time. Several studies in the literature have addressed the connection between spirituality and supportability. An in-depth look at the different religious teachings, medieval philosophies, and traditional beliefs as the major repositories of human knowledge besides modern science reveals that, aside from the variation in semantics, most of the ecological disasters contain strong component of living in harmony with nature and with one another. This is the logical essence of what we, today, call sustainability. develop a model based on holistic yoga teachings and show how it can be used to make more mindful decisions and thus drive sustainable consumption behaviours .spiritual tables a businessperson to gain a more integrated perspective on their firm, family, neighbours, community and self. Hence, business people and business faculty show significant increase in interest in spirituality in the workplace. The extant literature on spirit at work, highlights the key dimensions of spirit at work, and elaborates on each of them. On the workplace spirituality and spiritual leadership literatures to revisit the Malawian notion of au psyching management, showing that leaders behaviour has an impact on how people perceive the organization at the higher levels of self-actualization: the spiritual ones. The issue of integrating spiritual values and teaching by reflecting on the experiences of three management teachers. If charity begins at home, supportability starts with the Self. nutrition of spiritual values through Siddha yoga and illustrates how it develops and sustains spiritual values and discipline in human beings and enables leading a simple and contented life style, service of the human beings and nature in a subtle way and sustainable technological innovations. It is found that Siddha yoga is quite effective in developing these capabilities. Also, people from various walks of life are able to integrate it with their life style and experience the results irrespective of their caste/religion, age, gender, faith, occupation etc. ..When the people

From An Organization Integrate Siddha yoga practice with their life style, the organization would be able achieve these capabilities and sustain it the Siddha yoga and the development and sustenance of spiritual values.

Through its regular practice.

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SIDDHAYOGA

The Siddha yoga practice is used for discussion in this paper. Every human being in this world aspires for peace and happiness. Happiness and peace have less to do with gross objects; they refer to states of mind. The advantages of practicing Siddha yoga includes deep relaxation, behavioural transformation, experience the heavenly love (Godly love), gaining control over mind and economy of thoughts, living in harmony with the nature and with oneself, improved relationship with others etc. The three major powers in the world that interact and leads to various activities are the powers of the Soul, the Supreme Soul and the Nature.

THE SELF OR SOUL

A human being is comprised of Soul and Body. The matter of the body is a form of physical energy and the soul is non-physical (Meta physical) conscious energy. It is also called "self" or "consciousness" or "spirit". The soul is a living entity different from its instrument namely the body with various components like eyes, ears, nose etc. and is the master of the body. The body is mortal whereas the soul is eternal and immortal. When the soul leaves the body, the body is declared 'dead'. The soul is located in the middle of the forehead, in between the two eyebrows (In the area of the brain housing the thalamus, hypothalamus, pituitary glands, and pineal glands). This seat of the soul is also known as the "third-eye". The connection between the physical and non-physical is by means of thought energy. The brain is the "control-room". Just as a driver controls the car using a control panel, the soul employs the brain to control the body. Brain is a complex machine made of matter by means of which the soul receives messages from or gives directions to the sense-organs. The brain is the meeting place of all nerves, which carry sensations from all parts of the body to brain which functions like a control-room and makes the body to work. The eternal nature of the soul is complete purity and it is perfect with *knowledge, purity, love, peace, happiness, bliss, and, power*. While living in a body, the soul always desire for experiences of these qualities. These are the qualities that naturally emerge when the soul is aware of itself, or in other words, is *soul conscious*.

FACULTIES OF THE SOUL

A soul has three faculties-*mind, intellect and impressions*. It is actually the same energy functioning on three different but closely connected levels.

Mind

Mind is the thinking faculty of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a distant place, past experiences and emotions can be relieved or even the future can be anticipated. It is the mind that experiences the variations of moods like happiness or sadness.

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Intellect

Intellect is used to process and interpret the thoughts. This is the faculty of understanding and decision-making, which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and the realization of the knowledge become natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will.

Impressions

Impressions are predispositions (called Sanskaras in Hindi) or "sub consciousness" which is the record of all the soul's past experiences and actions. Sanskaras can take the forms of habits, talents, emotional temperaments, personality traits, beliefs, values or instincts. Every action as an experience either creates a sanskara (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within it, forming a complete archive of all the experiences that the soul has had. When we speak of defects, specialties or virtues, we are referring to the sanskaras. These impressions in turn stimulate the mind and influence the quality of thought. And the most fundamental feature of a soul, the personality, is determined by its impressions, there server which we draw upon, often sub-consciously, as a source of thoughts and actions.

SPIRITUAL POWERS

There are powers or energies of various kinds. They may be bodily or subtle. The energy that lies at the foundation of all other energies or powers is the Spiritual energy/power. The essential powers include the power of tolerance, the power of judgment, the power to make right decisions, the power to face, the power to accommodate, the power to change, the power to cooperate, and the power to pack up.

SELF REALIZATION

Any action (Karma) performed by a soul begins with a thought in the mind. The intellect weighs the thought and judges whether it should be transformed into action. Once the action is performed, it leaves a subtle impression on the soul, which shapes our impressions (sanskaras) . These impressions form the basis of and influence our future thoughts. Thus, if a person performs a wrong action, the impression it forms will impel him to perform more wrong actions in the future. Each time he does wrong, his impression will become stronger, and under its growing influence he will go on doing wrong. It is like a man digging a pit and sinking deeper into it as he digs.

A person is in body consciousness when he/she identifies himself or herself with the physical

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Body or an attribute of the body, i.e., when the thinking, feeling, actions and behaviours are with the awareness that he or she is a body. The vices like lust, anger, greed, attachment and ego are all having their roots in *body consciousness*. When a person is in the state of awareness that "I am a Soul and not this physical body", then he/ she would be in soul consciousness. In other words, the person thinks, feels, acts, behaves,

Compares etc. with the awareness that he or she is a soul, the master of the body. The original qualities of a soul such as *knowledge, purity, love, peace, happiness, bliss, and, power* naturally emerge under soul consciousness. Karma performed under the influence of soul-consciousness form right Karma, and only such Karma can bring lasting peace and bliss. All our Karmas are motivated by the desire for peace, comfort, and happiness. This aim drives all human actions, as no one deliberately wants to be miserable. Even wrong actions are motivated by the desire for some gain, however short-lived or misguided it may be. This is where Karma reflects the character of each soul. Souls who have character flaws will even perform upright eon's actions in order to get happiness, whereas some other souls willingly sacrifice transitory gains if they are ill-got ton. The soul consciousness can be realized through the understanding of the Supreme soul and meditation practice based on it called Siddha yoga. Regular practice of this enable the soul to experience lasting peace and bliss

THE SUPREME SOUL

The term 'Supreme Soul' or God means He is supreme among all souls. It suggests that, He is also 'soul', though He is the Highest of all. He does not come into the cycle of birth and death and is ever pure. Like the soul, the Supreme Soul is also a subtle, infinitesimal point of Light and it is observed that all religions have images, idols or memorials bearing one name or another to represent His form of Light. He is not visible to the naked eye but it is very much possible to experience His presence and nearness in His lovely memorial or yoga. He is the doer of good or benefactor to all and hence He is called 'Shiva'. He is also remembered by other expressive names like Allah, Jehovah, and The Father etc. His home is the incorporeal world, an infinite expanse of golden-red light, which is beyond this physical world we live. It is the original abode of all souls as well. The incorporeal world is known as Paramdham or Brahmlok. Knowing where the Supreme Father is, the soul can establish connection with Him through thoughts during meditation. Since He is always in soul-consciousness state, the original qualities of a soul such as *knowledge, purity, love, peace, happiness, bliss, and, power* are always in fully emerged form. Any soul can develop these virtues through His lovely remembrance. This is called Siddha yoga.

SIDDHYOGA MEDITATION PRACTICE

All actions of a soul are motivated by the desire to knowledge its original qualities. The Consciousness that "I am a soul" habitually brings out these qualities.

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Actions are born from the seeds of thoughts. Since the seed of an action is a thought, one needs to check whether the seed or thought is filled with these virtues. Very often the seed may be filled with virtues but the action may not be the same one might have thought. This is because the thoughts arising from past impressions (sanskara) due to wrong way of doing the same action in the past might have over powered the thought. Therefore, to realize the thought filled with virtues, the thought must also be powerful. Determination or will power plays a key role in this. Practice of Siddha yoga Meditation help in empowering the self to create powerful thoughts filled up with virtues. Through love-full remembrance of the Supreme Soul in soul consciousness, the soul can realize its original virtues. All actions performed under soul consciousness with remembrance of the Supreme Soul will be filled up with the original virtues and as per the law of Karma, the soul is also bound to experiences these virtues as return of such actions. This is a positive cycle to run formation. For this, the self has to continuously monitor its state and bring changes to the thought process. This is realized by practicing soul consciousness and through lovely remembrance of the Supreme Soul. A conscious repeated effort on creating thought on any attribute or quality leads to the realization and experience of that thought. Examples of such thoughts are: "I am soul master of this body, I am a pure soul, I am peaceful soul, I am a lovely soul, I am a happy soul, I am a powerful soul, I am knowledgeable soul, I am blissful soul". This process leads to attaining complete purity of the soul like the Supreme Soul and attains perfection in actions. Once the Soul experiences its own pure perfect nature, the perception about everyone including himself begins to change. It gets affirmed that others are also pure souls like him and that the weaknesses are only temporary. He will be compassionate to others. The experience of the perfect nature also changes the attitude towards work as well as nature. Once the perception changes the attitude and outlook of the person changes and brings satisfaction (contentment) to the self and to the environment including others. Once the consciousness is transformed, it changes feelings, attitude, outlook, words, actions, relations and time. It finally settles itself into the soul as positive personality traits.

LEADING A HEALTHY AND SUSTAINABLE LIFE STYLE THROUGH SIDDHAYOGA

In order to reap the richest fruits from Siddha yoga meditation a yogi lifestyle is recommended.

Meditation is used to empower the self to release any unhealthy eating habits and achieve freedom from any addiction. If we become stronger, our sense of spirituality deepens and we will find adopting these practices becomes quite natural.

Vegetarian Food

A vegetarian lifestyle is best suitable to maintainable living because it needs the fewest resources to produce and causes the least amount of environmental harm and degradation.

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Preparing and Offering Food to God

There is the saying "*As the food, so is the mind*". The food prepared in tribute of the God and remembering the God while eating purifies the food and aids to purify the mind.

Rest and Energy

The energy levels are dependent on whether we take rest periods or not. Providing rest and Relaxation of the body is as important as giving rest to the mind. If the mind is not relaxed, the body will not relax, whereas when the body is tense or even sick, it is still possible for the mind to relax. A practiced meditator can also lessen his requirement on sleep as a form of rest and renewal.

Physical Exercises

Enhances or maintains physical fitness and overall health and wellness.

Regular Study and Learning Attitude

Regular class and Siddha yoga meditation practice are the main pillars for one's spiritual progress and they support the individual to transform their nature easily and quickly. Knowledge will increase more and more when they are used for the self and for the others. Churning means absorbing the knowledge into life, to inculcate it.

Checking Chart

Checking our activities every day to see the personal progress.

Purity

Purity suggests greatness in every action. It is reflected in the beauty on the faces and the light in the eyes of young children. A fraternal attitude of purity is the foundation of peace and happiness. Purity means that thoughts originate in self-respect and clean conscience. Purity means integrity and motives and intentions are straight forward. Purity is expressed as good wishes and pure feelings for other souls and nature.

Meditation Practice

It is introspective. Its practice enables one to look within and make contact with the inner truth.

Selfless Service

To serve is to use what is ours for other people. Service is a method of moving forward. To serve is to give everything—our mind, our body, and our money etc. Service through the mind is through thoughts. This can destroy the weakness of

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others and spread the waves of peace. Serve the matter by creating a powerful attitude of soul consciousness. To serve matter means to respect it. Values required for selfless service include simplicity, Forgiveness, Generosity, Surrender, Tolerance, etc. Purification of the five elements—air, earth, water, fire, ether is also a service of the mind. Powerful positive vibrations of the soul can purify and changes the five basics of the nature.

RESULTS & CONCLUSIONS

The Siddha yoga, practice leads to development and sustenance of spiritual values. This leads to a disciplined and positive life resulting in the creation of positive activities. Siddha yoga practice leads to a simple and sustainable life style resulting in a healthy life as illustrated. The positive activities of human beings lead to a positive impact the above facts illustrate that the environmental sustainability is deeply rooted with the spiritual sustenance and we need to address many of these problems at the spiritual level as said in the following quote:

Further work is involved in comparing the effectiveness of Siddha yoga with other spiritual.

Practices in supporting the environment. Further Research can be conducted by expanding the area of research .

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