

Method and Message of Vethathiri Maharishi: Jivanmukta and Prophet of Modern Age Yoga

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Abstract: *From being a simple, unknown and ordinary person of a remote village of the British India, with a very cultural background as a contributing factor, Vethathiri Maharishi transformed himself into a profound philosopher, a scientist of the highest order, a reformer, a supreme literary figure and finally a great Mahan with disciples and admirers all over the world.*

Key Words : *Jivanmukta, Prophet, Vethathiri Maharishi*

INTRODUCTION:

Jivanmukta is a liberated sage. He is released even while living. He lives in the world, but he is not of the world. He always revels in the eternal bliss of the Supreme Self. The Jivanmukta or full-blown Jnani (a person with full wisdom) is full of pure love, compassion, mercy, exquisite gentleness, and hidden power and strength. Love and lustre shine through his brilliant eyes. The Jivanmukta has not a bit of selfish interest in him and is absolutely free from worries, difficulties, troubles, tribulations, sorrows, and anxieties under all circumstances. Even when pains and the rest attaching them to his body exhibit themselves on his face, his mind never writhes under them and their antithesis. He is not a slave of his moods; he is ever cheerful and peaceful. His higher excellences have been perfectly unfolded; all divine attributes are fully awakened in him. Every one of his weaknesses and limitations is burnt in toto. He shines in his own pristine glory, in his own essential nature of divine consciousness. He radiates peace and joy everywhere.

CONCEPT OF JIVAN MUKTHA:

Jivan Mukta is a person who has realized all the attributes of liberation in life. He has attained a state of equipoise where self will is completely attuned to the Will of God. The delusive power of maya does not delude him. Through the unitive consciousness (liva) he remains absorbed in God and thus realizes his true nature. Separation from God and self-centeredness are incompatible in the nature of the liberated person. He is absolutely free here and hereafter. The physical body does not constitute bondage for him. While yet in body he

transcends its limitations. In short he is a God-man on earth.

A Blessing to the World :

A Jivanmukta is a sustainer of the world. He is a source of perpetual inspiration. He is an embodiment through which divine grace is transmitted to the unregenerated men. Like flowers that bloom to scent and purify the air around, great souls spring up in the world to gladden men's heart and to lead them to immortality and perfection. The Jivanmukta is a power-house of spiritual energy. He radiates his spiritual currents to the different comers of the world. A Jivanmukta or a saint is the ultimate source of Knowledge of the soul. Satsang with a Jivanmukta even for a minute is much better than rulership of a kingdom. His very presence is thrilling and inspiring. Seek his company and evolve. Serve him with faith and devotion.

Signs of a Jivanmuktha :

A Jivanmukta is a liberated sage. He is released even while living. He lives in the world, but he is not of the world. He always revels in the eternal bliss of the Supreme Self. He is a God on earth. The Jivanmukta or full-blown Jnani (a person with full wisdom) is full of pure love, compassion, mercy, exquisite gentleness, and hidden power and strength. Love and lustre shine through his brilliant eyes. The true greatness of a realised Yogi is indescribable. Descriptions of a Jivan-mukta (self-realized person) abound profusely in advaitic literature. They actually cover a wide spectrum. Based on various spiritual texts the following have been above we can come to a conclusion that Jivanmuktha is one

1. Who has realized Pure Consciousness as Brahman.
2. Who has realized the True form of Self or Atman as the same Consciousness.
3. Who has been able to establish oneself in the state of Brahman.
4. Who has attained the knowledge of Brahman in this very birth i.e., before the death of the body.
5. Who has no desires.
6. Who has freed oneself from the cycle of birth and death.

Definition of a prophet:

The term prophet has been clearly explained in Various Dictionaries and Encyclopaedia's related

to the Bible as a person who communicates with 'GOD' and becomes a medium or messenger through whom 'GOD' speaks to other men.

"The true prophet is one who is lifted up by the Spirit of God into communion with Him, so that he is enabled to interpret the divine will, and to act as a medium between God and men." - "Dictionary of the Bible," James Hastings, art., "Holy Spirit," Vol. II, p. 403 (1899 edition).

"The prophet is a speaker of or for God. His words are not the production of his own spirit, but come from a higher source. For he is at the same time, also, a seer, who sees things that do not lie in the domain of natural sight, or who hears things which human ears do not ordinarily receive." - "International Standard Bible Encyclopaedia," Vol. IV, art., "Prophecy," p. 2459. Chicago: Howard-Severance Company, 1915.

"In both the Old and the New Testament the prophet is the divine messenger who communicates to man the revelation which he has received from God"- "The Popular and Critical Bible Encyclopaedia and Scriptural Dictionary," Vol. III, art., "Prophecy," p. 1391.

Source of Knowledge :

Vethathiri Maharishi in many poems explains the source for his self realization. These poems can be found in his book Gnana Kalangiyam, a collection of poems which were written by Shri Vethathiri Maharishi over a span of . In the following poem he says that whenever the Grace of Divine revealed itself he was able to understand its secrets.

"jpUtUnsh mt;tg;ng h czh;j;j czh;e; jpl;nld; !" - GK 709

He further confirms in the following poem that he is happy to listen to the loving voice of Divinity *"nkYk; bja;tj;jd;g[f; Fuy; nfl;L kfpH;fpd;nwd;"* - GK 1664

In the Diary of Vethathiri Maharishi dated 23rd March 2003 there is a personal entry made by Maharishi Himself that he has got the answer to the question 'who am I?' from Divinity.

"new;W ,ut[ehd; ahh;?vd;gfw;F ,iwepiyapypUe;J tpsf;fk; fpilj;jJ" - Vethathiri Maharishi

From the above information it is clear that Vethathiri Maharishi was in direct communication with the Divine Consciousness during his lifetime. Such person is said to be a Prophet. The term prophet has been clearly explained in Various Dictionaries and Encyclopaedia's related to the Bible as a person who communicates with 'GOD' and becomes a medium or messenger through whom 'GOD' speaks to other men.

JIVANMUKTHA AND PROPHET OF THE 20TH CENTURY:

In continuation of such a great lineage of Jivan Mukthar and Prophets who have descended into this world , nature has blessed this holy land of Tamil nadu with Vethathiri Maharishi, one of the greatest spiritual guru of the twentieth century. G.V.Vethathiri was born in 1911 in a simple weaver's family in a village,30 km south to Madras. It is a Orthodox Hindu family. He had no formal education because of the poor condition of his family. He never gave up his self-effort and self-learning as later he became a Qualified Physician in Siddha,Ayurveda and Homeopathy medicine systems by his own interest and effort with the help of Dr.Krishna rao, his first guru.

There are always few questions in his mind for which he was striving to find answers consistently. Specifically, those questions are: 1. What is God? 2. What is Life? 3. Why is there Poverty among people? Around his age 30, He worked in a Postal Audit Office in Madras on a meager salary. Around his age 40, He owned a Textile Concern employing around 2000 workers. He learnt Mediation from Dr.Krishnarao at the age around 20. He learnt Meditation Techniques properly from a Spiritual Master namely Paranjothi Mahan at his age 34..

Several years of intense and solitary meditation and introspection of mind brought him full enlightenment at the age of 35. In the successive years, he clearly understood the Secrets of Mind and Secrets of Universe and he obtained a holistic view about the philosophy of life -one by one. Nearly 55 years ,he has been contributing for the World Peace through the teachings and Writings of his Spiritual education and Philosophy.. He has given elaborate explanations for achieving world peace in a step by step manner in his book known as 'World Peace' and a book 'Blue print for World Peace'. He left his earthly abode at the age 95.

Method:

The experience of Vethathiri Maharishi shows certain methods, which can be deduced through his observations and experiences. They are :

1. Zeal and effort to discover truth.
2. Listening, Questioning and Contemplation.
3. Understanding mind its functions and purifying it.
4. Merging mind with the life-force.
5. Merging mind with the Universal Field.
6. Understanding the entire creation is the result of association of Energy particle and Space.
7. Merging mind with Absolute Space.

His Message:

The span of man's life is limited. If he spends most of his life undergoing pain and misery created by Will, then he will not fulfill the purpose of his birth. In order to make life purposeful and to enjoy happiness, success, peace and harmony, man should simultaneously maintain harmony in thought and deed in conjunction with three factors: The creation of problems produced by will should be reduced and stopped. Ability to solve the problems arising from the law of Nature should be developed.

The opportunity for everyone in society to enjoy his birthright, and full freedom, which would enable him to reach the goal of perfection, should be developed and maintained. To achieve, maintain and enjoy all these values in life, one must:

- Regulate one's moral behaviour,
- Achieve sufficient material prosperity in society, and
- Realize the law of Nature and its unfailing cause and effect system.

These are essential requirements. Ignorance, neglect, or the absence of even one of these three requirements will proportionately result in pain, misery, and disturbance to man. The techniques developed by Vethathiri Maharishi helps each individual to achieve the above set goals of life through simple yet powerful practices called SKY.

Simplified Kundalini Yoga:

The Simplified Kundalini Yoga is a ten stage process that leads to perfection of mind and realization of self. This way of practice ensures peace within individuals, peace among society and ultimate peace among all nations. The ten stages of SKY are :

1. Purification of Body and soul as the master passes his energy into the aspirant.
2. Understanding the secret meaning of 'Pranavam' (Om), the absolute silence.
3. Arousing the kundalini power from the mooladhara to the agna chakra and opening the eye of wisdom, thereby enabling the aspirant to feel the existence and function of the mystic kundalini power.
4. Shanthi Yoga : A practico subdue and control the force rising to the Agna Chakra, so that it may not be excessive.
5. Thuriya Yoga : Mediation on the crown centre.
6. Manoeuvre of six temperaments viz, Greed, Anger, Miserliness, Immoral sexual passion, Vanity and Vengeance.

7. Thuriyateetha Yoga : Merging of the individual Consciousness with the absolute.
8. Auto-suggestion to promote harmony in oneself and in the environment.
9. Fulfilment of five duties – that is, duty to self, family, relations, nation and world.
10. Techniques to increase the stock of the life-force (bio-current) and channelize the same.

CONCLUSION:

The nucleus of Vethathiri Maharishi's philosophy is to live for realization; living through karmayoga and make everyone involved through the journey of consciousness through the SKY yoga, whom he calls the Yoga for modern Age. He is a prophet of Yoga System; warrior against poverty and ignorance and prudent with wisdom and detachment and filled with love and compassion. He is a secular spiritualist; and social reformer. He is logically a scientist, morally a man and spiritually a maharishi.

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