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## WCSC, SKY YOGA FOR HEALTH

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**Abstract:** In this modern world, all that we want is perpetual joy, happiness and peace. Every man has a goal. To achieve their goal, overall health should be maintained. WCSC, SKY Yoga System, founded by Shri Vethathiri Maharishi is a total blend of holistic health and wellness.

**Key Words:** WCSC, SKY Yoga, Health, Vethathiri Maharishi.

### INTRODUCTION

Every man is living with endless desires. All want to be very happy without pain or disease to achieve their desires. Yet very few have permanent happiness in their life. All religions and cultures teach how to regulate mind and to live peacefully. Likewise Vethathiri Maharishi has given Simplified Kundalini Yoga practices (SKY) for healthy and peaceful life to survive in this world.

### YOGA

The word Yoga is arrived from the Sanskrit word "yuj", which means to unit or integrate. The main aim of yoga is to create balance between the body and mind to attain self-realisation. Yoga is practice by our ancient people before 5000 years above.

### What is Health?

**Health**, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." **Health** may be defined as the ability to adapt and manage physical, mental and social challenges throughout life. If we maintain harmony on physical, mental and social well-being we can succeed in all our proceeding.

### WCSC SKY YOGA FOR HEALTH

WCSC- SKY Yoga (World Community Service Centre- Simplified Kundalini Yoga) was established by Shri Vethathiri Maharishi in 1958 with the aim of bringing about peace, prosperity and happiness to the whole world. Everyone can develop himself physically, mentally, spiritually and socially and lead a life of fulfilment, joy and wisdom. Only when there is peace in individual, it will spread in the family, society and to the whole world. The following practices are taught in WCSC- SKY yoga

- |                                |   |                                 |
|--------------------------------|---|---------------------------------|
| 1) For Physical Health         | - | Simplified Physical Exercises   |
| 2) For Mental Health           | - | Simplified Meditation Practices |
| 3) For Spiritual Health        | - | Simplified Kaya Kalpa Practice  |
| 4) For Sublimation and Virtues | - | Introspection Courses           |
| 5) For Attaining Perfection    | - | Explanation of Divinity         |

## WCSC SIMPLIFIED KUNDALINI YOGA

“Kundam” refers to fire or energy and “Ali” a unisex, something which is not differentiated by gender. Vethathiri maharishi devised a method by which the Kundalini power of an aspirant can be raised from origin location and moved to the Agna Chakra, with the persons adept in the practice of Kundalini yoga. He was of the opinion that the practice of Kundalini yoga is essential for all, and only a simplified process can put in within the reach of everyone.

### WCSC- SKY Physical Exercises Practices for Physical Health

The human body is the association of the panchaboodas within which blood, heat, air life-force energy circulation are regulated by the exchange of posture and movement.. There are many kinds of Physical Exercises followed in the world. Vethathiri Maharishi has formulated a series of Nine types of Physical Exercises, after researching all these exercises, synthesised the best from them, practiced them for many years with his medicinal experiences and calculated their users. He has designed these exercises in such a way that they don't strain the body and don't take much time. All the movement could not have the quality of speed. All parts of the body from head to toe become healthy when we practice these physical exercises daily.

The purpose of physical exercises is

- 1) Strengthening the body
- 2) Balancing the functions of the physical body
- 3) Eradicating sin imprints
- 4) The symptoms of sin imprints are diseases in the body and contamination in the soul.

### WCSC- SKY Meditation Practices for Mental Health

A strong and peaceful mind is essential for success in life. Regular practice of meditation helps identify the flaws in the mind and remove them, whereby the mind is strengthened, disciplined and god realisation is possible. Vethathiri Maharishi meditations are common to all the people in the world and it is not restricted to a group or country, as wrongly perceived by the people. The Frequency level of mind waves will be controlled. Meditation cannot be perfected through reading or words of the others, it can be further practices with help or guidance of a Guru is fraught with risks. It can be studied and practiced under the tutelage of the experienced masters attached to the Manavalakkalai centres. By the practice of Vethathiri maharishi's SKY meditations a reduction in the frequencies of mind waves makes it tranquil. Concentration, memory power and awareness will increase. Sensory perceptions and the working of the mind are halted during meditation, as a result of which bio magnetism is conserved. The qualities of perspicacity, Magnanimity, Receptivity, Adaptability and Creativity are improved. There are nine types of meditations under the Simplified Kundalini Yoga. By focusing the mind on the life-force energies, the purpose of which is to free the mind from the senses and bring down the frequencies of the mind waves.

### WCSC- SKY Kayakalpa Yoga Practices for Spiritual Health

In this modern world, no one can give surety to live long without affecting diseases. We all are travelling with return ticket without date. But Vethathiri Maharishi has given the solution for this by his 40 years of research design that is Simplified Kayakalpa Yoga practices. The research is undertaken by them into the nature and the functions of the body, mind and the soul have revealed the close links among the three. Kayakalpa is not a drug or a medicine; it is an exercise which takes one minute for one posture. In Sanskrit, the term “Kaya” means “body and “Kalpa” means “immortal”. The Science of Kayakalpa delineates the manner in which the human body can be immortalised. The nervous system on the whole body will be strengthened. The sexual vital fluid for both men and women will become thicker and the quantity of svf stock will be increased. There are many more benefits, which can be achieved according to the regularity, sincerity and dedication of practice. It is a simple yogic exercise to maintain health & longevity devised by siddhas It takes only 10 minutes of your daily routine. It gives significant spiritual benefit

## The purpose of Kaya Kalpa

1. Maintaining youthfulness and physical health,
2. Resisting and slowing down the aging process,
3. Postponing death until one reaches spiritual perfection

## WCSC- SKY Introspection Practices for Social Health

Introspection means inner inspection of our mind. It helps one to rid himself of six temperaments. By practising introspection workshop techniques, the temperaments of greed, anger, miserliness, immoral sexual passion, vanity and vengeance are transformed into contentment, tolerance, philanthropy, Chastity, parity and forgiveness. Introspection are four, they are Analysis of Thoughts, Moralisation of Desires, Neutralisation of Anger and Eradication of Worries.. It purifies the mind is to be observed along with exercises, kaykalpa and meditation.

## CONCLUSION

Everyone wants to accomplish his goals in his lifetime. WCSC Simplified Kundalini yoga Physical Exercises, Meditations, Kayakalpa along Introspection leads to reformation of character to eradicate the impurities in the mind to purities, thereby humankind attain sublimation, and ultimately perfection in life happens.

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