

# ROLE OF MEDITATION IN THE ENRICHMENT OF MENTAL HEALTH

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**Abstract:** “We are mentally rich when we desire nothing” said Buddhist monk Gelong Thubten. Meditation is a divine art that liberally lends richness with peace and bliss to the humanity. This art is native of India from time immemorial. Today, mankind is at crossroads. Of all living beings in the universe Man is considered to be superior because of his knowledge. As a result of his knowledge, technological devices produced, helped mankind with an easier life. Amidst plenty and prosperity, it is a paradox that man is restless and stressful. The dominant causes for this misery of mankind are the absence of mental health and not realising secrets of nature. Meditation is the talisman to unravel these secretes of nature and to generate the rich mental health to inherit love and mercy in the human mind. The crown of Indian philosophy is yoga and its scintillating jewel is meditation. This article deals with Yoga and Meditation and also with its indispensability with its extraordinary power to sculpt the mental health.

**Key Words -** Meditation, Mental Health, Spiritual Technology, Vethathiri Maharishi, Mental Prosperity, Auto suggestion, Simplified Kundalini Yoga, Divinity.

## Introduction

From time unknown, the birth and death of the living beings continue on the planet. Mankind is distinct from other living beings by its sixth sense. The cognitive ability of man leads to his organised and civilized life. Progress in knowledge and social life brought unprecedented vistas to human experience. Unfortunately, the ethical life of man has not kept pace with its material progress. Consumerism and protectionism among nations and groups have gained ground, which led to near disaster for the human race as a whole. Prophets, keep appearing then and there to regulate the human aspirations with ethical guidelines. In India, from Vedas to Saint Vethathiri, many bacon lights of philosophers were focusing on the inner engineering of human mind. The problems of the body and mind were analysed and trainings were devised for physical and mental health. In the course of time, meditation has emerged as a spiritual technology for the pursuit of divinity to get rid of human miseries. Meditation has graduated man from bestiality to humanity and further elevated to divinity. 'Dyan', the meditation is in need, the pearl of Indian philosophy. In the long history Indian yogic culture, meditation continued to occupy the pivotal place of practice for mental health improvement. This article, with emphasis to Indian yogic philosophy, discusses the intricacies of meditation and its methods which ultimately leads to mental health and also to attain the glory of divinity and eternal salvation.

## What is Yoga

Yoga is not a mere posture but a way of life. The awareness of self and the knowledge of nature and the realization of divinity with its extraordinary qualities and kinetics are the essence of yoga. Such 'Divine jurisprudence' lend man the power to run an ethical life, in recognition and in consonance with the rules of nature, offering peace of mind. This is called yoga. Yoga reveals the supreme being hidden in every ordinary man's self, improves his wisdom and ensure his mental health. It also blossoms love and compassion in the

process of enlarging his boundless vision. The arrogance of self and ego and the lust for power and property pale away and the divine wisdom blooms in the heart. This is the enigmatic mystery, the yoga renders to the humanity.

## Meditation

Though meditation is a part of yoga, the reference 'yoga' mostly symbolises the 'meditative yoga' or 'Dhyan'. 'Dhyan' has such a special place in yoga. The great Indian holy book, Bhagavat Gita refers meditative sages as 'yogis'. There are many such references in Gita viz., "Sitting in the asanas, controlling the sensory organs thoughts with singular concentration, yoga to be practiced to sterilize the mind." and "the stillness of the glow of the lamp burning in almost a vacuum is similar to the peace of a yogic mind". These Quotes of Geeta confirm that yoga generally means the 'meditative yoga'. Meditation is the training to absolve the mind from concentrating on the things and pleasures to concentrate on 'praan' (the life force) to 'Paraman' (the divine force). And continue to sustain the awareness there. It is called meditation, the 'Dhyan'. The contemporary South Indian Saint Vethathiri Maharishi says that this is yoga. There are various methods of yoga but all lead to the inner engineering of mental peace so as to reach the ultimate goal of recognition of divinity. This establishes that meditation is the only route to attain salvation.

## Mind and meditation

What is mind and where is it located in the human body? *Vethathiriyam*, the philosophy of Vethaththiri Maharishi, provides the scientific answer to this eternal question. It says the linear expansion of *prana* or soul is mind. Life force creates biomagnetism and when it travels through the neurons in the brain cells, it permeates as mind. The sensory experiences are minutely recorded and stored. And subsequently, at the appropriate frequency, the recordings are retracted and enlarged in the brain. This is the function of the mind. Super conscious, conscious and subconscious are the three states of the mind. The superconscious state is an extraordinary and surprisingly a grand state. If one is conversant to control that super state of consciousness, then the achievements and results are immense and boundless and would provide a treasure trove. A magnetized iron piece can lift a load of twelve times its weight, but when demagnetized it cannot lift even a little feather. Similarly, a mind charged by meditation becomes an extraordinary tool.

## Mental health

Greed, anger, miserliness, inferiority or superiority complex, lust and vengeance are the six major vices of man. Jealousy and sorrow are the negative feelings. To get rid of these vices and negatives, men need to have physical exercises, mental agility, happiness, peace, love, compassion, awareness of nature's dynamics and finally the awareness of divinity. We have boundless knowledge and immense power buried deep down in ourselves. These faculties are hibernating in the depth and only need to be suitably awakened. The Awareness of this fact fosters the mental health and helps the latent energies explode. It also brings about the Golden opportunities. The power of super consciousness is immense which solves one's problem of any kind. It also helps face any situation. It harmoniously blends with the nature's kinetics and develop human consciousness and power. The disconnection of the sensory pleasures with external world leads to the inner engineering where the super consciousness enriches the core self. This is the main source of creation and its consequences are immeasurable. The ability of every individual would multiply and blossom up in that exalted state. The exterior sensory life needs to synchronise with the deep powerful inside to enable us to record our genuine needs in the mind. What is so recorded would be nourished and fructified. "When outer gyrations are controlled, and inner self is concretised, external circumstances would be changed, diseases and distress would disappear, peace and happiness would spring and spout producing unbelievable results" says celebrated psychologist Dr Joseph Murphy.

## Indispensability of Mental Prosperity

Individuals are struggling in life without peace of mind. Because of various stimuli such as greed, anger, infatuation and lust, mankind desperately suffers from diseases and strained relationships. This has become common among families and relatives. The political leaders who emerge from such hapless groups cause hatred and warmongering between nations. Because of the heinous economic criminal perpetrations of such malicious persons or governments, the poor and the innocent children have to lose their dear life because of

hunger and disease. The deterioration in individual mental health, is the root cause for such horrendous disasters against humanity. The world scenario today cries from the rooftop for the need to develop the mental health of individuals urgently.

### To attain what is longed

In Vethathiri Maharishi's spiritual practice of '*Dhyan*', at the end of meditation, there are '*sangalp*' and greetings done. The *sangalp* is nothing but auto suggestion to one's own subconscious mind. These are uttered at a state when external sensory thoughts are sublimated and the internal peace is permeating in the mind, at the end of the meditation. This is comparable with the concepts of the psychologist Dr Joseph Murphy on 'Auto suggestion'. Every time when meditation is completed and when the '*sankalp*' and greetings are recited, they get imbibed and absorbed in the super consciousness. They spout as the divine power and with this, one can achieve and attain all his needs and desires at opportune times. Vethathri Maharishi says on the superconscious assimilation that "If a thing or action or disposition or a life is remembered repeatedly, the thinker irradiates the reflection of the same in his wisdom and body in due course".

### Method of practice of meditation

At the pit of the spinal cord is '*Mooladhara*', one of the seven *chakras*, the source of '*Kundalini*'. This life force circulates throughout the body with *Mooladhara* as its center. This operating centre is transported to the '*agneya*' (pituitary gland, situated between the eyebrows) through the other four *chakras located through the spine* (endocrine glands) viz., '*Swathisthan*', '*Manipuraka*', '*Anahatha*' and '*Visukthi*' and the meditation is begun by relentless focus consigning the irrepressible thoughts to the fire of wisdom (*Gnanagni*) at the '*Agneya*'. For eons, in India, meditation is practiced in various ways. The seekers or students, who reside with the *guru* (the teacher) were only privileged to practice meditation. The laity had no access to this luxury. But Vethathri Maharishi devised a gift called 'Simplified Kundalini Yoga' (SKY) and made it available to all the people without any exception and also to suit incidentally the current fast lifestyle. This includes simple techniques easily practicable and is given as a package of wisdom to all and sundry. This is also known in Tamil Language as '*Manavalakalai*' or the 'Art of mental enrichment'. It helped the general public to learn the meditation and to enrich their lives. Its hallmark is the simplicity and easy access.

### Fortitude and Meditation

Meditation demands confidence. At the very beginning of the practice of meditation, it may not confer instant mental enrichment and divine splurges. It is not magic. There is a bounty of pearls, beads, and valuable treasures in the sea bed. But it may not be harvested at the first dip. With focus and confidence, the long practice of meditation, at the end, reap rich dividends of mental enrichment and divinity. It is the depth of meditation that guarantees the benefit of treasures. Such performers always attain divinity. Awareness of nature's secrets, divinity and the company of such divine seekers are their only pursuit. And nothing else they need. It is difficult to control thoughts. Equally it is difficult to be aware and to control the mind. All the sages found it extremely difficult at the initial stages of meditation. Thirppanazhvaar, a renowned Vaishnava saint (Azhwar), says in one of his verses that meditation is cruel (*kora maadhavam*). This brings out the eternal thirst for awareness of divinity, despite excruciatingly intense in the practice of meditation. The ever surging, undulating thoughts finally yield to a static state by the continuous endeavor of meditative practice. Vethathiri Maharishi said that if one desires to control the mind it would revolt; but if he tries to understand it, it can be tamed. Meditation brings awareness and control of the mind. Basically, the mind has the tendency to waver and wander wildly. It keeps on chasing. But actively bridled in meditation. Such persistent practice in meditation ultimately produces indescribable bliss, when mind sets at complete rest. What has initially started off as bitter and painful medicine would slowly ripe into nectar of bliss and divinity.

### The success in spiritual life

'*Dhyan*', the meditation was held as a holy duty for ages in India. It has been a special privilege for mankind to perform meditation. Meditation helps man to transcend his sensory limitations and to enable him to perceive the divinity. Modern science also slowly realises that unless the rough thoughts are strapped and mind is made to concentrate, results cannot be realised. Though science has diagnosed the problem, it had eluded prescriptions for remedial practices. But Indian philosophy has given the solution in the form of meditative and

yogic practices. It calls for immersion in meditation to reduce the mental frequencies and its regular practice brings about the spiritual advancement. There is no alternative for meditation, to secure mental prosperity, eternal peace and to be elevated to the blissful state of divinity.

## Indian Philosophers

When there was no idea on the subjects of mind and consciousness in the world, deep down the ages, in India, there were philosophers who had fertile knowledge on these mystic subjects. The puranic epics of India deals with so many stories which deeply discuss on the subjects of mind, thought and consciousness. They called the consciousness as the '*athma*'. Awareness of consciousness was the ambition of their lives. And meditation was long held a pride of place among them. Their thoughts and works reflect the long history of yoga and meditation. From the time of Ved Vyas up till Vethathri Maharishi, countless sages had realised the merits of meditation and rewarded its value in their treatises. Such rewards are available in Vedas, Upanishads, Buddhism, Jainism, Epics, Bhagavath Gita, and extend to the spiritual works of the contemporary saint Swamy Vedathri Maharishi. All these works sculpted the human consciousness and led men to awareness of divinity.

## The Supremacy of meditation

The problems of mankind or not from outside. All the vegetation that comes from within the mind. And as long as problems persist, the prayers and temples are the resort for man. If he is liberated from problems, then the whole universe would become the temple. It is the mind that is the supreme owner and producer of problems. Meditation is the only antidote to be relieved of this. When the mind and its thoughts are sublimated, the soul returns to its divine equilibrium. It is called '*samadhi*' state. So, meditation is the tool to eradicate the mind and thought. In meditation, the sensory experiences are pulled inside the sterile soul. The garbage is incinerated. There upon our smiles are the blossoms of heart, and the rays of enlightenment will flow from the eyes. Every individual is soliciting the compassion and happiness. And the '*Dyana Yogi*' would adequately replenish them with his compassion. Meditation identifies the springs of compassion inside the practitioner. It is far greater than whatever is received from others. The love and compassion that emanates from within is genuine and it is possible only because of meditation. Soul is nothing but a seed. It needs to be nourished daily with water of meditation. Meditation is a science of psychology. No modern invention has yet penetrated into the realm of mind. In meditation, when the attention turns inward completely, mind paralyses and ego dissipates. The normal state of man is to be free from thoughts. 'Keeping quiet' is the basic order. When we think, we are detached from us and when we stop thinking we settle quietly inside us. To attain this state, we require meditation. Beasts seek pleasure through their sensory organs. Man seeks pleasure in knowledge. Sages seek pleasure in meditation. They find the whole world as a spring of joy. '*Oh God, filled everywhere as the fountain of happiness...!*' said Vethathri Maharishi. '*Oh God, there are billions of happiness You kept...!*' said poet Bharathi. These verses are borne out of the experience of bliss that came out of meditation.

## Conclusion

Sages hold meditative state as the highest possible state. All religions propound meditation in one way or other. Body is the source for all distress. Meditation separates mind and body. Shorn of sensory pressures and imbalances, a healthy life without disease has become a possibility. 'Keeping quiet, bereft of thoughts is the ideal state of meditation. '*In that state where consciousness is quiet, the bliss pervades*', says Vethathri Maharishi. While detailing the benefits to the lay public. '*When will my problems solve and how will I embrace peace and bliss*' is the regular prayer of the common man today. Therefore, individual peace, social stability and world peace have become elusive. Solution lies in the personal peace and bliss of individuals. Such a divine mental disposition is possible and feasible only by meditation and there is no other alternative. Let all living beings live in peace and bliss.

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