



Eradication of Worries: A SKY-Based Conceptual Model for Individual Peace, Family Peace, and World Peace

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Abstract : Worry is a persistent cognitive phenomenon characterized by repetitive negative thinking about potential threats, uncertainties, or unresolved emotional conflicts. Excessive worry contributes significantly to psychological distress, physiological disorders, and interpersonal conflicts. This study proposes a conceptual framework for the eradication of worries based on the philosophical teachings and introspection practices of Simplified Kundalini Yoga (SKY) developed by Vethathiri Maharishi. The framework explains the origins of worry, the emotional and cognitive factors that intensify it, and its psychological and social consequences. Central to the model is the practice of Thurya meditation followed by systematic introspection, enabling individuals to stabilize mental disturbances and analyze life problems rationally. The study also proposes a structured decision algorithm for worry eradication and provides a classification of common human worries. Evidence from recent studies indicates that meditation-based practices significantly reduce stress, anxiety, and physiological markers such as cortisol levels. (Periasamy P et al., 2025). The proposed SKY model suggests that consistent meditation and introspection practices can transform emotional worry into constructive action. When practiced at the individual level, this process fosters mental stability, strengthens family relationships, and ultimately contributes to social harmony and world peace.

Index Terms - Eradication of worries, SKY Yoga, Thurya meditation, introspection, mental regulation, world peace

I. INTRODUCTION

1.1 Background

Human beings constantly face uncertainties and challenges in life. While these challenges are inevitable, the mental disturbances associated with them often manifest as worry. Worry is characterized by repetitive thinking about possible negative outcomes, which may lead to psychological distress and reduced cognitive efficiency.

Modern psychological research identifies worry as a central feature of anxiety disorders and stress-related conditions. Persistent worry is associated with increased physiological stress responses, sleep disturbances, and impaired emotional regulation. (Kwok JYY et al., 2025).

Meditation-based interventions have increasingly been recognized as effective approaches for reducing stress and anxiety. Evidence suggests that contemplative practices enhance emotional regulation and improve mental well-being. (Creswell JD et al., 2025).

1.2 SKY Philosophical Perspective

The philosophy of Simplified Kundalini Yoga (SKY) was developed by Vethathiri Maharishi as a systematic approach for achieving personal transformation and universal peace.

The SKY system integrates meditation, physical exercises, and introspection techniques to cultivate mental clarity and emotional balance.

According to SKY philosophy, worry originates when emotional reactions—particularly anger—fail to resolve conflicts. When anger cannot achieve its objective, the emotional disturbance transforms into prolonged mental agitation called worry.

The ultimate goal of SKY practice is “world peace through individual peace.”

II. LITERATURE REVIEW

2.1 Meditation and Mental Health

Recent research demonstrates that meditation practices significantly improve mental health outcomes. A systematic review reported that meditation interventions reduce anxiety and depression while improving emotional regulation. (Chen Q et al., 2024).

Similarly, neurobiological studies show that meditation influences brain regions associated with emotional processing and attention regulation. (Calderone A et al., 2024).

2.2 SKY Meditation Research

Several studies have examined the impact of Simplified Kundalini Yoga practices on psychological well-being.

A quasi-experimental study evaluating SKY practices among medical students reported significant reductions in perceived stress and cortisol levels after meditation training. (Periasamy P et al., 2025).

Additional research suggests that long-term SKY practice improves psychological resilience and reduces anxiety-related symptoms. Rathidevi, D. (2025)

These findings support the theoretical basis of the SKY framework in addressing emotional disturbances such as worry.

III. CONCEPTUAL FOUNDATIONS OF WORRY

3.1 Nature and Origin of Worries

Worry is a repetitive mental disturbance caused by unresolved emotional reactions and uncertainty about future events.

Fundamental Causes of Worry

According to the SKY framework, worries arise mainly due to four causes:

1. Difference between imagination and reality
2. Difference between need and stock (resources)
3. Differences of ideas between individuals
4. Wrong calculations or decisions

These causes indicate that worry is not merely a consequence of external circumstances but also arises from misinterpretation and unrealistic expectations.

3.2 Mental States that Aggravate Worries

Certain psychological conditions intensify worries:

- Inefficiency in handling responsibilities
- Lack of self-confidence
- Fear of uncertainty

These mental states weaken rational thinking and prolong emotional disturbances.

3.3 Symptoms and Effects of Worries

Physical Effects:

Persistent worry can lead to several health problems:

- High blood pressure
- Indigestion
- Peptic ulcers
- Headaches
- Breathing problems

Psychological Effects:

Worry disturbs mental clarity, reduces concentration, and weakens the ability to solve problems.

Social Effects:

Mental agitation often leads to misunderstandings, conflicts, and reduced cooperation within families and communities.

3.4 Emotional Roots of Worries

The SKY philosophy identifies several negative emotional tendencies that contribute to worry:

1. Anger
2. Vengeance
3. Jealousy
4. Hatred
5. Greed
6. Indiscipline
7. Boastfulness
8. Disrespect
9. Unnecessary fear
10. Desire for power

When these emotions dominate the mind, they distort perception and generate persistent worries.

3.4 Problems and Worries: Conceptual Difference

Problems are inevitable aspects of life that require practical solutions. Worries, however, arise when problems disturb the mind emotionally.

One cannot live without problems, but it is possible to live without worries by approaching problems with rational analysis.

3.4 Essential Qualities for Eradicating Worries

The eradication of worries requires the development of several essential qualities:

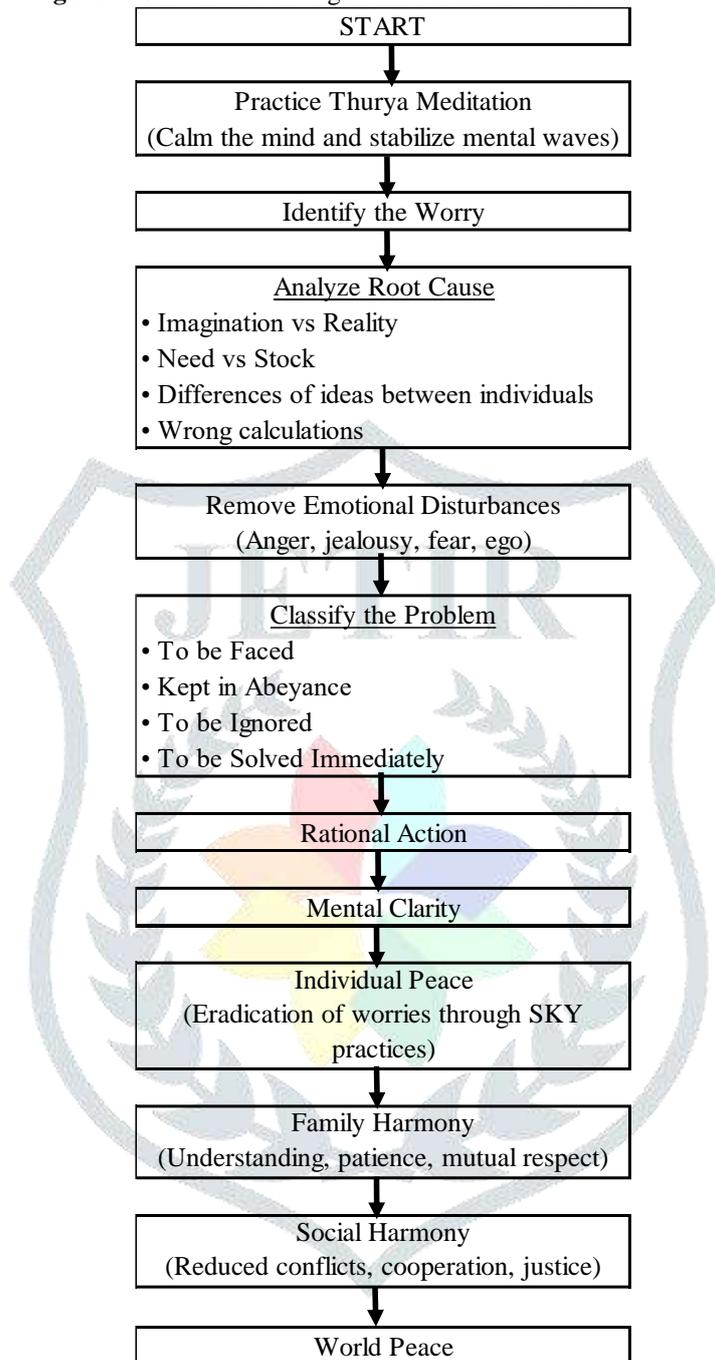
- Understanding the laws of nature
- Analytical thinking ability
- Self-confidence
- Persistent effort

- Courage

These qualities help individuals approach life challenges calmly and prevent emotional disturbances.

IV. SKY DECISION ALGORITHM FOR ERADICATION OF WORRIES

Figure 1: SKY Decision Algorithm for Eradication of Worries



V. SKY DECISION ALGORITHM FOR ERADICATION OF WORRIES

Table 1: Example analysis of selected worries.

S. No	Worry	To be Faced	Kept in Abeyance	To be Ignored	To be Solved Immediately	SKY Action
1	Death of loved ones	Face				Accept law of nature
2	Children education		Abeyance			Plan gradually
3	Neighbour criticism			Ignore		Avoid emotional reaction
4	Medical emergency				Immediate	Seek treatment
5	Debt repayment				Immediate	Create financial plan
6	Marriage planning		Abeyance			Prepare step by step
7	Social media comments			Ignore		Do not engage emotionally
8	Job promotion delay		Abeyance			Improve skills

9	Serious illness	Face				Accept and manage
10	Legal dispute				Immediate	Take legal action

VI. DISCUSSION

The classification method described above converts emotional worries into structured decision-making. By distinguishing between problems that must be faced, postponed, ignored, or solved immediately, individuals can prevent unnecessary mental agitation. The practice of Thurya meditation plays a crucial role in this process by stabilizing mental waves and enabling objective analysis.

VII. CONCLUSION

Worry arises when emotional disturbances dominate rational thinking. The SKY framework provides a systematic method for eliminating worries through meditation, introspection, and rational classification of problems.

When individuals develop mental clarity through Thurya meditation and apply structured analysis to life situations, they can transform worry into constructive action. This process promotes personal well-being, strengthens family peace, and contributes to world peace.

VIII. CONFLICT OF INTEREST

The authors declare no conflicts of interest.

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