

Human Transformation Through Sahajyoga

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ABSTRACT A new and an unique approach to human development and transformation through "Sahajyoga" has been discussed. In several thousand human beings spread over 75 nations of the world, this transformation and its beneficial effects have been noticed. Application of Sahajyoga techniques in medical and agricultural research and their positive effects have also been presented in the paper. The paper highlights the need of adoption of Sahajyoga, for an overall desirable changes in the present day situation.

INTRODUCTION

Today's human beings (*Homo Sapiens*) is a result of several transformations from the stage of ameoba to a human with developed brain. This series of changes through several ages is not because of human efforts. A silent yet an effective power in the 'nature' could bring about this unbelievable change.

NATURE - A SUPERPOWER

Nature is really a supreme power that can do and undo anything. The creation on this globe, including that of a man, is the creation of this 'Nature'. While creating human being the nature has also transferred its super power into him in a subtle form, called "**Kundalini**" power. This subtle but apure nature's super power resides in a human body in the form of a 3 ½ coils in the sacrum bone. Probably, the word sacred had, therefore, much closeness and relevance to this phenomenon of the nature.

MATERIALS AND METHODS

Modus Operandi: How can this **Kundalini** power transforms the humans?

India has a rich heritage in this area of spiritual development of humans. A number of saints and sages had advocated the fact that Kundalini is the primordial power of the nature

that could be best felt and utilised for the upliftment of the human society. Gyaneshwara, the saint most famous in Maharashtra had also preached this in his world famous scripture '**Gyaneshwai**'. But unfortunately, the method of awakening this subtle power in a common human being and that too *en mass* was not hitherto available till H.H. Shri Mataji Nirmala Devi evolved the sahajyoga practice in the year 1970. The *modus operandi* evolved by her has been so simple and widely applicable (Fig. 1) that several thousand people from 75 nations of the world (Table 1) today, have been applying this technique for their societies as well. The only prerequisite for this is the strong inner 'desire' of the human being to obtain self realization, irrespective of his/ her caste, creed, religion, region, nation, sex, etc. And what wonders this has been creating all over the world? Simply unbelievable, a complete transformation of a human being from within and outside too for the benefit of the society. Thus, for this unique technique the material is human being and the method is awakening of his Kundalini.

PERSONALITY DEVELOPMENT

After the self realization (Kundalini Awakening) and a regular meditation practice of sahajyoga there is a steady but complete transformation of individual's personality from within and outside towards his own benefit and the benefit of the surrounding society also. This practice brings about the 'perfect balance' - physical, mental and spiritual, in the human's personality. Such an individual is proving an asset and not the liability to any society in which he/she is living. Today we are, in fact, in need of such balanced citizens in order to maintain a harmony in different societies and the benevolence between an individual and the society. Now a days, we learn that there are a number of classes/tutions for 'personality development'

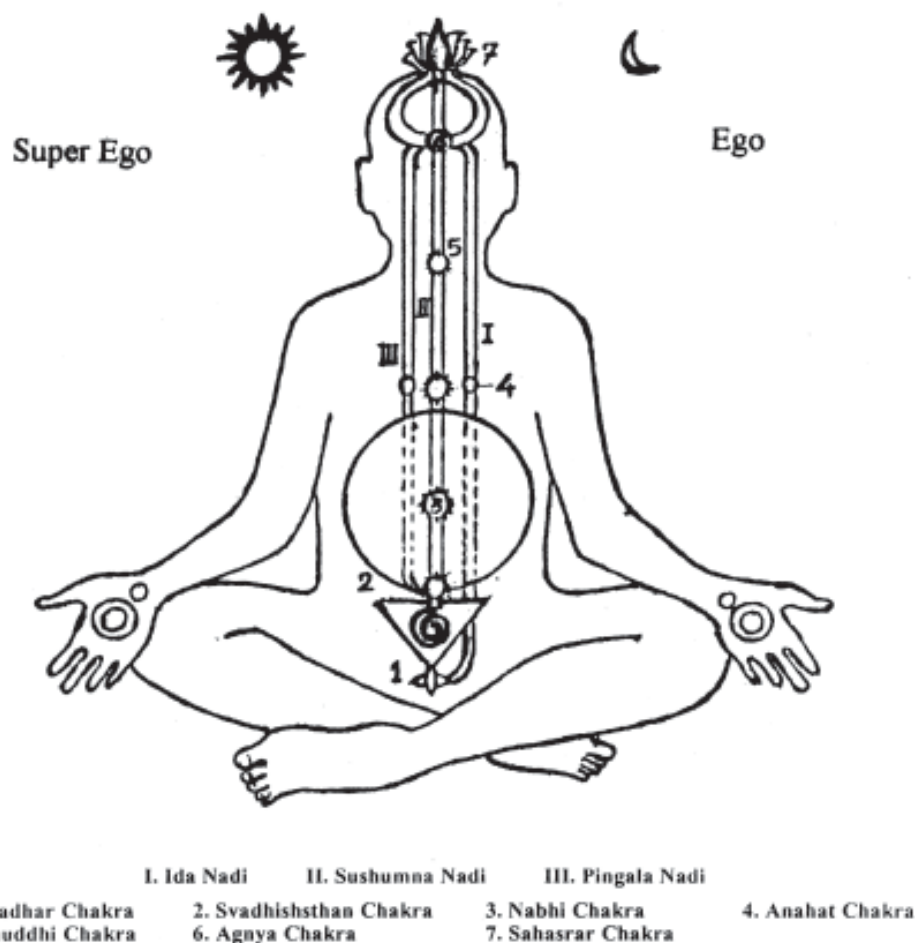


Fig. 1. Position of Kundalini, Chakras and Nadis in Human being

particularly, for young boys and girls on payment basis. Practicing Sahajyoga will automatically bring about all such changes in an individual that would lead to the perfect personality we are in search of. And, all this happens without any money to be spent.

MEDICAL RESEARCH AND SAHAJYOGA

When the very base of sahajyoga is the awakening and utilization of inner divine power of an individual, there is no doubt about its beneficial effects on the human psyche. The

kundalini power (a primordial energy source in a human body). It is known as physionuclear energy in medical terminology, after awakening when ascends through the central nervous system (CNS) and pierces the fontanel bone to unite with the all pervading divine power, it enriches all subtle energy centres (called 'Chakras' in the language of yoga) in the body. Every 'chakra' corresponds to the particular body part and takes care of that portion in the human body (Fig 1). But when it reaches the fontanel area of the brain it enlightens all the 'chakras' (Because in the brain all the chakras exist together) and therefore all the activities. It

Table 1: Some countries with different geo-political-economical status adopting Sahajyoga

<i>Sl.No.</i>	<i>Status of the countries</i>	<i>Names of the countries</i>
1.	Scientifically, technologically and economically developed	U.S.A., U.K., Germany, France, Italy, Japan, Australia, Canada, New Zealand, Denmark, Sweden, Switzerland.
2	Scientifically and economically developing	India, China, Pakistan, Korea, Egypt, Iran, Malaysia, Thailand, Russia
3	Scientifically and economically backward	Kenya, Bangladesh, Cuba, Nepal, Maldives, Nigeria, Namibia, Sri Lanka, S. Africa.
4	Democratic	U.S.A., U.K., France, Germany, India.
5	Communist	China, Korea, Russia.
6	Countries with different religious philosophies	Iran, Pakistan, China, Japan, Israel, Nepal, India, Europe.

Note: It is remarkable to note that the people (nations) with quite contrast political ideologies, socio-economic levels, ethical variations etc. are coming together through sahayoga on a single path of truth.

also creates the perfect harmony, coordination and integration between different organs of the body. So also, mind, brain and heart are brought in an uni-manageable harmony. At this point of time, the human being is aware but at the same time thoughtless, a condition that can not be achieved by any means in medical or any branch of modern science and technology. At this point of time the individual feels a cool breeze (vibrations flowing through his palms and on the top of his head). This actually is the fact that truth, experienced by thousands and thousands of people practicing sahayoga through several years from now (including the authors). However, as a natural psychology with majority of the human beings, this is not easily believed by people, particularly, the scientific and learned community of the society. In order to satisfy their minds and brains a number of experiments on human beings have been conducted by well known sahay yogi medical scientists, namely, Dr U.C. Rai, Ex-Head, Deptt. of Physiology, Lady Hardings Medical College, New Delhi, (Now the Director, International Sahajyoga Medical Research Centre, Vashi, New Mumbai, Maharashtra State), his paper on the role of Sahajyoga in the management of Epilepsy, presented in the International Congress on Epilepsy held at Beijing, China from April, 22 - 26, 1999 received very good response and acclaim. Dr. Bernedette Kyriacou, a neurologist from Australia indicated that the role of Sahajyoga is very significant in the treatment of Epilepsy. The Liverpool hospital, New South Wales, Australia, has approved a research project on role of Sahajyoga in the management of Psychological Stress under the guidance of Dr. Berian

Wells. The further research on Sahajyoga treatment for Epilepsy has been taken up in the David Levis Organization for Epilepsy in the United Kingdom under the leadership of Dr. Stephan Brown. The research work done on Sahajyoga has been published and presented at a number of National and International medical conferences (eg. International Conference on Epilepsy held at Beijing, April 22-26, 1996).

RESULTS

The results of these research findings are briefly discussed below:

Peace of mind, contentment and joy within. Hence, the health is improved.

Innumerable people have been cured of diseases.

Sahajyoga practice brings about significant physiological changes.

Provides relief against stress and thereby prevent stress disorders.

Blood pressure (hypertension), blood lactic acid, urinary VMA lowered down, galvanic skin resistance increased.

Alpha activity of the brain increased (Rai, 1993).

Table 2(a): Respiration rate, heart rate and blood pressure during sahayoga in group I (control)

<i>Parameters</i>	<i>Control 0 week</i>	
	<i>Minutes</i>	
	<i>0</i>	<i>20</i>
Respiration rate/min	20.75 ± 1.58	19.12 ^{ns} ± 1.36
Heart rate/min	77.5 ± 2.3	76.3 ^{ns} ± 2.5
Systolic B.P. (mm Hg)	121.7 ± 5.9	119.0 ^{ns} ± 6.04
Diastolic B.P. (mm Hg)	83.7 ± 3.9	83.0 ± 8.2

Table 2 (b): Respiration rate, heart rate and blood pressure during sahajyoga in group II and III

	Group II						Group III	
	During sahajyoga						During sahajyoga	
	weeks							
	4		8		12			
	minutes		minutes		minutes		minutes	
	0	20	0	20	0	20	0	20
R.rate/ min	19.87 ±0.3	16.62*** ±2.13	18.62 ±2.0	13.62*** ±1.5	17.5 ±1.93	12.25*** ±1.23	13.3 ±2.14	10.3** ±2.05
H.rate/ mm	76.8 ±2.4	74.2 ±2.3	75.6 ±2.8	72.2** ±4.5	73.2 ±3.9	66.3* ±5.9	72.9 ±2.1	65.4*** ±2.6
Sys.BP	120.7 ±5.1	113.0* ±5.0	116.7 ±3.9	105.0** ±5.4	115.5 ±3.6	104.0*** ±6.3	117.0 ±4.5	104.6*** ±5.5
DisBP	83.5 ±3.6	80.2 ±3.7	78.7 ±5.4	75.2 ±5.3	76.7 ±6.4	72.5** ±5.8	75.3 ±3.5	72.3 ±4.8

NS : Non significant * : P 0.05 ** : P 0.01 *** : P 0.001

The research on some aspects of medical science was accepted by Delhi University and the degree of M.D. was conferred upon the doctors. The results of some of the parameters are presented in table 2.

BENEFITS, NOTHING BUT BENEFITS

All this narration would lead to only one meaning and conclusion that Sahajyoga is equal to benefits and nothing but benefits to all human society. If a large number of individuals adopt and practice Sahajyoga, it will certainly mean:

1. More and more balanced citizens in the society hence more cohesiveness, understanding, cooperation and friendship among the individuals.
2. More social security. Less greed for money, political power and hence less social offenses.
3. Less social quarrels, riots and enmity.
4. Eradication of undesirable social traditions such as dowry, casteism, etc. hence reduced instances of dowry deaths/victims.
5. Excellent personality development right

from childhood hence intelligent and balanced young people in the society.

Overall social transformation towards benevolence for which we all are eagerly waiting for. Hence, in order to bring about a real transformation in the human beings, sahajyoga is the best method available today. There are number of sahajyoga centres spread over India as well as abroad where detailed experience of Kundalini awakening can be passed on to desirous human subjects.

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