

YOGI SRIJI ADDRESSED HIS NEW CONCEPT 'SPIRITUAL IS A SCIENCE' ON THE FIRST ANNIVERSARY CELEBRATION OF THE COMMERCIAL TAXES RETIREES WELFARE ASSOCIATION HELD ON 30.12.2012 AT HOTEL KARPAGAM INTERNATIONAL, MYLAPORE CHENNAI.

## NIMMATHI UN KAIYIL

(Spiritual is a Science)

Dear brothers and sisters and all my beloved youngsters, please accept the pranams of YOGI SRIJI with Love and Good wishes to every one of you.

Now, I am going to begin with a popular phrase "I only know that I know nothing" it is one of the best known sayings of the great philosopher SOCRATES. Similarly there is a popular saying in Tamil "KATTRATHU KAIMANALAVU; KALLATHATHU ULAGALAVU". With this information and knowledge I wish that a new life has begun for you from today onwards. However the present generation like you views the philosophy of life and theories are bored, very difficult to understand and follow. But my advocacy is not like that, it is a mind-blowing experience in everyone's life. All can easily understand and learn because, this new invention is neither a religious ritual nor a regress exercise; it is a simple scientific technique of blending the threefold unity of body, soul and mind with no efforts, very easy to learn and does not require any special ability. It is universal to the people of all ages, cultures, educational backgrounds and for all religion and non-believers. Above all, it is a science of 'Silent Inner Revolution' among the threefold unity for the wellbeing's of humankind. If you are experiencing the same definitely, you will get the enlightenment and enjoy the real pleasure in your life forever!

**"SO, AWAKE.... ARISE.... OR EVER BE FALLEN"**

Of course, the words above are not my own, but I am really proud to spell the same to communicate with you as it's under current would touch your very soul. Before entering in to the new world just closes your eyes and tries to open your heart to receive me in full without any hesitation. Then only you

can able to understand my concept, which I had cherished twenty-nine years ago with an intention to share my glowing inner experience. Therefore, lend your time ears and mind for a while and visualize the significance that I am advocating before you to come out with your doubts and experience at the closure!

Today every human being is wandering for 'NIMMATHI'... i.e. 'PEACE' besides; he wants to succeed in all his dreams and desires. Obviously sometimes, it is a dire need to succeed. But, not all can taste the fruits of success. Therefore, everyone needs a key to succeed in this competitive world. I hope that my speech will give the entire root map to tune the threefold unity of body, soul and mind and make them to carry out to attain success and enjoy the real happiness in life. I have termed my advocacy as TRIKARANA TRANSCENDENTAL MEDITATION (TTM) under a popular title 'NIMMATHI UN KAIYIL' i.e. 'PEACE IN YOUR HAND'. Before venturing into the core of the issue, I would like to take all of you along with me in conversant to basic general issues in brief.

First of all we must be proud about the life that we are blessings with in this earth. However, we should know that without understanding the purpose of living and our association with ALMIGHTY we are wasting our life in the worldly pleasures besides the pain and stress we create to our self. All these mistakes are self-made and are of our own creation; broadly speaking we can identify the major four reasons for the frequent failures in everyone's life.

- 1) Doing things without self awareness
- 2) Doing things without any goal or aim for just like that
- 3) Doing things without tolerance; and
- 4) Doing things without strong willpower as it comes.

On the whole it is understood that the humankind's failure is purely because of doing things without strong willpower and conviction. Nevertheless, strong willpower and conviction cannot come as such, as a result; one has to train himself properly and practices the techniques regularly to balance the threefold unity and to understand the purpose of whole life.

But the Life is a mystery. It is not a simple math's that could be solved. For some life is as it comes, for few it is comfortable; but for many it is miserable. Life is miserable not because of dearth of money and power; it is because of disturbance in the body, soul and mind. The meaning of one's life is determined by the choices one makes and the effort one exerts. In this context many questions remains unanswered forever, but human mind already creates its own boundaries with religion or logic to shy away from answering them. The fact remains that frustration is still there in the minds of majority of the people. So, to understand better, to break away all the boundaries and to get enlightenment with permanent peace, happiness all you have to do is to join this meditation. Once you have learnt the methods and techniques and cultivate the habit of practicing them daily I am sure that you will get the enlightenment and enjoy the real happiness forever, but the most important thing is that you have to start...!

Prior to that, all should know that synchronization of body, soul and mind alone is the remedy to free one from the stresses and strains that are confronting human today. The TTM is a simple scientific technique to solve the problems and to perfect the performing talent of every individual. This novel method is basing upon time tested scientific laws of nature, governing the whole Universe. This has nothing to do with race, language, caste, creed, color and religion etc.

But the enlightenment in self is not to be purchased or borrowed. We cannot get it from outside. It should emulate from oneself. It is a kind of intuition or instinct. All the inventions by men in all the times are out of intuition only we may call it as brainwork, knowledge, wisdom etc. but actually all are because of the outcome of the development of the intuition potential one had at a particular point of time. The human race claimed to have the

sixth sense, once lived like an animal without dress and behaved as such, but with the progress of time evolution carries him from one stage to another and now excelled in science, medicine, arts and religion etc. Man today is creating, preserving and destroying things, which are once consider as the unique power of the GOD. This evolution theory is not applicable to any other race, because animals' remains animals even today as in the day of the 1st man evolved in the human race.

When the humankind began to assimilate the information before him, he feared with nature's fury and then started worshipping them, in the beginning, man started to worship the SUN only and then he worshiped the five elements i.e. earth, water, fire, air, ether and every power that he had confronted. He depicted GOD in the form of furious animals he feared. With evolution, he started to find out ways and means to control and contain the nature. In the process he began to communicate his feelings to the other human folk with sound and then born the language. Then he projected a rhythmic sound to address the GOD and mantras and Vedas were born. The sound re-vibrates in the entire cosmos all the time and all the day is 'OHM'. However, it is a mystic word embracing the Hindu harmony in India. In this context I wish to place on record that this 'OHM' sound is nothing but exposed in the breathings of human beings, all the living creations and the moving nature in a strange rhythm which we call 'Athma ragam' i.e. the Raga of Soul. This life power alone controls the entire performance of all the creations. In the evolution process there are ever so many stages and improvements, rituals are vary from time to time as human race begin to live in groups near the river as water happened to be the main source of livelihood. Man began to go in to the next process of evolution, as his basic needs of food, shelter and security are taken care of by mother earth. It is in this time various modes of worship began to form, each group of the human race living in the various parts of the vast world began to practice the worship conducive to the atmosphere in which they were accommodated.

Therefore, what I want to drive home to you is that the ALMIGHTY is the unexplainable energy that governs us, and the core quest that cannot be

answered. However we call IT as GOD, LORD, SIVA, VISHNU besides JESUS, ALLAH and NATURE etc. just like as we have name for various relation to us in this earth by word as mother, father, brother, sister, uncle and aunty. All are human and by identification, they could be claim only as man and woman, but we have so many relatable relative terms to identify them. I wish to state further that one man is a son, grandson, father, grandfather, brother and uncle himself to various other human. Can you deny it? Likewise, the same ALMIGHTY is known to various sections of the society as GOD, LORD, NATURE etc. and whatever the name the person remains the same likewise the unexplainable and imponderable source of energy is the ALMIGHTY. With the evolution men once worshiped the nature about which he got fear subsequently conquering the source and with the information and knowledge had personified the presence of 'ALMIGHTY' in each one's vision; but all are the same! The central core of all the creation is one; you can call it as God, Lord or Nature and term it with whatever name you wish to. THE GOD MEN AND SPIRITUAL GURUS, WHO SPRING IN TIME TO TIME IN ORDER TO BRAND NAME THEIR IDENTITY, EXPOSED CERTAIN MIRACLES AND ATTRACTED GROUP OF MEN AND WOMEN TO SETUP THEIR OWN SECTORS. I can promise all of you that these are all in momentary and it could be vanished with the passage of time. Only the time-tested philosophy is that there is only ONE SUPERNATURAL BEING. Therefore the human race could flourish and find peace only if they understand this truth and try to disassociate with 'EGO' to claim that my society is superior to that of other's and my God is superior to that of other's God. Causing injury to the other religion or non-believers and the other sect of people is not going to bring Nimmathi i.e. peace to oneself. Likewise success and failure in human life is not associated with EGO, it is associated with his peaceful mind and in attainment of 'Nimmathi' could be possible only if the threefold unity of body, soul and mind is clear and unpolluted to understand compassion and clarity. This is the only way we could prosper with the rest of the world along with our beloved human beings.

However, we should know that the Man is a social animal. While he lives, in order to be a well-trained citizen he has to be in harmony with

members of his family, society and his country which however unpleasant it may be and has to fulfill certain duties that will expect of him as a citizen. As and when everyone understand this kind of attitude and cultivate the habit of tolerance to live with and respect the rights and feelings of others there will be no trouble in the family, society and even in the countries of the world, at the same time it spreads compassion and helps the humankind in attainment of WORLD PEACE.

So, the success and failure in human life depends upon the perfect physical health, vital soul strength and profound mental peace only. Although the body is more familiar and dear to the human being than anything else, we know very little about it. However up to my knowledge I wish to tell something about it. The human body consists of a number of interacting 'systems'. The skeleton forms a rigid framework with 206 bones which, attached to the muscles, facilitates movement initiated by the nervous system - responsible for the body's reaction to stimuli. Hormones produced by the endocrine system, control many functions including growth and developmental changes such as puberty. The cardiovascular system circulates blood around the body, delivering oxygen and nutrients and collecting carbon dioxide and waste, while the respiratory system exchanges carbon dioxide for inhaled oxygen. The lymphatic system fights infection. The digestive system derives energy and nutrients for growth and repair from food. The urinary system eliminates waste and helps to regulate chemicals in the body and the reproductive system is concerned with producing offspring.

Thus, the human body is functioning like a factory constantly right from the beginning. All the above functions are synchronizing with the threefold unity of body, soul and mind. Because of enormous powers acquired by a man there are lot of stresses and strains in him. It is natural that when a machine exceeds its installed capacity wear and tear is bound to occur. Remedial measures therefore become necessary; similarly, the TTM provides solution to the stress ridden life by instigating the human power to segregate the required output to kindle one's knowledge and wisdom besides providing good health cheer and peaceful mind. So, to bring out the success and

brightness from within everyone and to experience the glowing eternal bliss it is our primary duty to protect the 'threefold unity' through regular practice of some simple asana or physical exercise, breathe exercise and meditation as defined in TTM.

**YOGA SYSTEM** is an ancient Indian technique of integrating human personality at the physical mental moral and spiritual levels. It was described that this system consisting of the following eight aspects, which may be, used each and everyone to attain a healthy, happy and prosperous life.

1. 'Yama' is a moral principle like non-violence, truthfulness, honesty, integrity, abstinence from sexual and secular pleasures
2. 'Niyama' is a rule of discipline like purity, contentment, austerity and dedication to divinity
3. 'Asana' is a Yogic posture sitting comfortably and helpful to achieve one's target
4. 'Pranayama' is the preservation of vital energy in the body through inhaling, exhaling and controlling the movements of breath
5. 'Pratyahara' is the control of mind and sense organs
6. 'Dharana' is a concentration of one's mind
7. 'Dhyana' is a deep meditation or concentration of mind at one-pointed
8. 'Samathi' is the stage of transcendental consciousness when the individual united with the Universal power.

On the other hand, nowadays majority of the peoples are under wrong notion that **YOGA** means 'Asana' only and if they practice some asana for a few minutes daily or for a specified period like Doctor's prescription they believed that all the physical problems, soul weakness, mental ailments and stresses and strains that could be vanished. It is not like that, asana is one among the above eight aspects of **YOGA** System only. So, my endeavor is to convergent the wandering mind to a single perspective to the benefits of humankind, therefore everyone has to practice the major three aspects i.e. Asana, Breathe Exercise and Meditation on a regular basis, then only they could achieve perfection in all other aspects as these three are the only practical work in **YOGA** system and the remaining are resultant characters.

In modern science physical exercise is an alternative for asana because it is very difficult to learn and practice the asana all of a sudden by any one in order to rise from one category to the stage of salvation. This should be practiced in early days and continue, then only one can able to perform the asana postures perfectly. In this present world, all the physical problems and allied mental ailments could be critically addressing either by asana technique or physical exercise. In my view every human being should cultivate the habit of doing few asana slowly for 10 to 15 minutes daily if possible otherwise do some simple physical exercise at least for 30 minutes daily at your convenience either in the morning or evening. That is enough; in fact, physical exercise is more effective than asana for the present generation to overcome the stresses and strains that are confronting them.

Breathe exercise is nothing but Pranayama; it is a preservation of vital energy of Oxygen or Prana-sakthi in the body through inhaling, exhaling and controlling the movements of breath. It is evaluated that normally a man in an average inhales 6 liters of air in a minute with a speed of 160 km/hour and 8,640 liters in a day. All the functions including circulation of blood throughout the body digestion of food nourishment and thinking activities are all performed with the help of the power of Oxygen. Especially MENTAL PERFORMANCE IN THE HUMAN BODY CAN IMPROVE BY FEEDING THE BRAIN WITH EXTRA OXYGEN ONLY. The oxygen regimen improves alertness, reflexes, memory and apparently intelligence. Therefore, everyone should do the breathe exercise for 10 to 15 minutes before meditation regularly for having more oxygen. If one is able to control the breathing in tune to a set of rules properly then the entire body would be under his command. Therefore, it is essential for each and everyone to learn how to control and utilizing the power of Oxygen is one of the best means of stilling the restless mind.

Finally, we are going to see how the TTM will provide solution to the suffering masses from the stress ridden life. As already said it is a simple scientific technique of blending the threefold unity of body, soul and mind and a method detaching oneself from problems, anxiety, etc., by silent meditation

and repetition of a mystic sound to attain the enlightenment and enjoy the real happiness. It is a method for acquainting our mind with good feature. There is limitless power in the human mind. Those who can consolidate this power and make it one-pointed become renowned for their genius in the world. If one is not able to concentrate this power, it becomes wasted. To be successful in the battle of life, all has to search for the infinite storehouse of power accumulated in him. With great zeal and determined perseverance, you can once bring your mind under control; nothing there will be you cannot achieve!

The mind is extremely restless and obstinate. It is very difficult to restrain it from going in whatever direction it is accustomed to. Again, if the mind is kept engaged in good thoughts and naturally tends towards that direction and it can make one's life exalted. When your mind is peaceful and free from all worries and mental discomfort certainly you will experience the true happiness. If you trained your mind to become peaceful you will be happy in all the time, even in the most adverse conditions, but if your mind is not peaceful even though you have the most pleasant external conditions you will not be happy. Therefore, it is very important to keep your mind become peaceful always. Asana or physical exercise and Breathe exercises are the pre steps to clear the body and soul to create an ideal platform for the wandering mind to carry out meditation. So, my suggestion is that everyone has trained himself properly with the help of GURU and meditates without any interruption for Twenty minutes daily each in the morning and evening at a specified place and time by sitting comfortably breaking all the outside influences. Then only it would be governed by perfect functioning of body, soul and mind and induce them to segregate the required output to kindle one's worldly knowledge and wisdom besides providing good health and peaceful mind.

Before coming to the conclusion I wish to enlighten that the intuition potential is an important factor in human life and the same in one understood by himself is very rare. So, my aspiration is that to bring it to the searching light and give it a platform to enact a full play. The compassion within a human being is not visible to others. The synchronization of the parts of the

human body needs no explanation. For example, when a man experiences in his mind a pain in his leg, that feeling of pain gives rise to tears in his eyes. There is no enmity among the parts of the human body, when it comes to the society you could see competition, vengeance, anger etc and the society is dividing between rich and poor, the powerful and the weak, the beautiful and the ugly; the oppressors and the oppressed. Everywhere there are negative thoughts. Why is this division and disparity? When can this state of affairs change? It is a matter of fact that everyone is having some kind of deficiency. I wish to ask one question to all of you, is there anyone who is cent percent perfect in this world? When it is the fact that no one is perfect why everyone is blaming others and not accepting and adapting the deficiency and weakness of others in the society? In this context, I wish to emphasize that the life one had completed cannot be brought back at any cost. Therefore, everyone should understand this fact and try to disassociate with EGO and live in the future with more compassion and love. The compassion towards the human beings should rise in every heart and it should instigate the intuition potential to adjust and adapt to the needs of common living, education, religion etc. and peaceful presentation of issues and refine man in to a livable and lovable social being. Let the past be buried, I welcome you one and all to come and join me to start a new beginning with an understanding of 'NIMMATHI UN KAIYIL'.

"We are going to live on this earth only once as human being; Let the world remember us for our good deeds" THANK YOU!

-YOGI SRIJI...