

Managing Stress through Simplified Kundalini Yoga

S. Malathy ¹, Dr. V. Ponnuswamy²

1. Ph.D Scholar, VISION, WCSC Aliyar and Bharathiyar University, Coimbatore, Tamilnadu
2. Associate Professor, VISION, WCSC Aliyar and Bharathiyar University, Coimbatore, Tamilnadu

Introduction

Every organism in this world wish to live happily in tune with Nature. Human being though considered to be superior in all organism, tries to live against Nature but wish to lead a happy and stress-free life. Peter Drucker, the father of modern management, describes this era that we live as “the age of discontinuity”. Stress is nothing but the condition where environmental demand exceeds the natural regulatory of an organism. In modern era, Stress is one of the main causes for all **Psychosomatic** problems. Psychosomatic means Psyche (mind) and soma (body). Psychosomatic refers to real physical symptoms which arise from the mind, influenced by emotions instead of any organic cause of the body such as infection or injury of the organ. Normally people think that Psychosomatic problems are imaginary as everything lies in head. But Psychosomatic symptoms in physical body are real which are affected by our mind, these requires proper treatment as normal treatment given for infection or any illness treatment.

Yoga deals with body, mind and the consciousness. Body is physical entity that is visible and tangible. Mind is micro entity which is not visible and intangible, and consciousness is an entity with dynamism and related with primordial energy with “cith”. The purpose of Yoga is to make every individual free from all sufferings, misery and attachments. The main aim is to make oneself aware about the Divinity and lead a life blissful, cheerful and stress free. But most of us are ignorant about the real potential of ourselves and get into the web created around us with wretchedness, delusions and anguishes.

Wellbeing is not only state of comfort in Physical and Mental level but also Spiritual, Environmental, Social level too. Vethathiri Maharishi designed a simple technique for holistic approach of Well-being like **Simplified Kundalini Meditation** for Psychological Well-being, **Simplified Physical Exercise** for Physical Well-being, **Simplified KayaKalpa** Practice for Spiritual Well-being and **Simplified Introspection practices** for Psycho Social Well-being

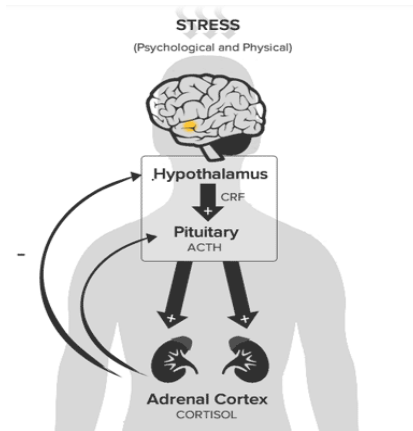
Stress

An Austrian-born endocrinologist named Hans Selye came up with the word “Stress” to describe a physiological and emotional response. In the year 1930s Selye came upon the stress response while working with animals in his laboratory at Mc Gill University in Montreal. Selye went on to publish widely in the area of stress and is considered as the “Father of Stress” today. The word comes from the Latin stringere, “to draw tight”. He borrowed the term from the fields of physics and engineering, where the concepts of stress and strain were in common use.

In general terms “Stress describes a condition where an environmental demand exceeds the natural regulatory capacity of an organism”.

In a stressful situation, our body and mind prepare ourselves to face such incidences and leads to release certain hormones. Though this minimal “fight or flight” causes a temporary relief from the stressful condition by increasing our blood pressure, breathing and heart rate, this also leads to weaken our body immune system. When we are in fight or flight mode, our physiological system goes into high gear interpreting that under threat, triggers the activation of Hypothalamic-pituitary-adrenal (HPA) axis. The Hypothalamus induces pituitary to release a hormone, adrenocorticotrophic hormone (ACTH) into the blood stream. The ACTH further induces adrenal glands to secrete stress hormones like Cortisol. Thus, whenever we are in stress, entire body reacts to prepares itself for coping up with that stress. Though it is necessary for

management of stress, it could lead to harmful effects if the stress is continuously present.



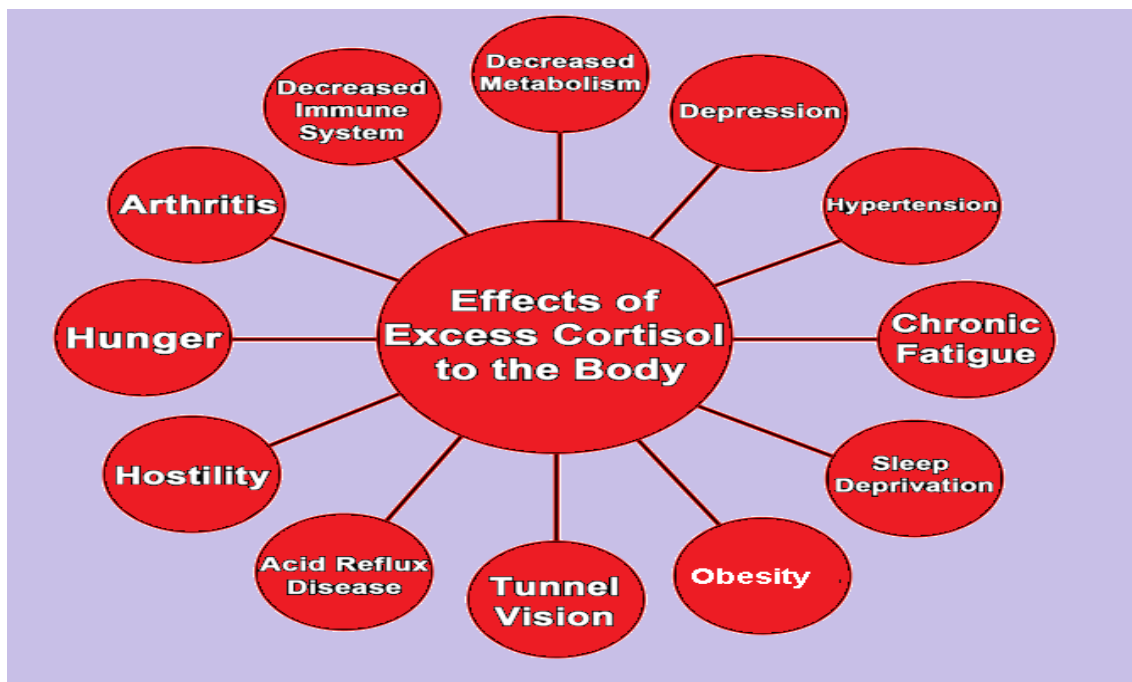
During HPA axis our heart rate speeds up, and blood pressure rises to ensure that more blood pumped into muscles and lungs. Increases breathing to ensure that increased supply of air to our body. Digestion slows down. Blood flow is directed away from skin and internal organs and shunted to brain and skeletal muscles so that muscles are in tense and feel stronger to get ready for fight or flight action. Blood clots more quickly, ready to repair any damage to arteries. Pupils gets dilated so sight is better. Liver converts the glycogen into glucose, to release fuel and quick energy. These are the physiological changes that readies our physical body for the life-threatening emergency whenever we are experiencing stress. Stress was adaptive survival potential in way back, it was nature’s way of keeping us alive.

Types of Stress

Stress is not always negative. There are two types of stress i.e. Eu-stress (Good Stress) and “Distress (Bad Stress). Eu- Stress is a pleasant form of stress. It is caused by pleasant stimuli like marriage, promotion, child birth in the family, writing competitive exams etc. This healthy stress leads to better performance and opportunities that leads to growth and development. Distress is harmful stress which is caused by undesirable, unpredictable and uncontrollable factors which are perceived to be unmanageable. If Eu-Stress is not managed properly it can convert into distress.

According to American Psychological Association there are three types of Stress i.e. Acute Stress, Episodic Acute Stress and Chronic Stress. Acute Stress is like specific to demands and pressure of situation, such as performance, facing deadlines or traumatic event. Episodic Acute Stress is like that occurs over and over. For example, losing a job, difficulties in child education, the developing health problems etc. Chronic Stress is continuous like ongoing demands, pressures, and worries that seems to go on forever with little hope of letting up. Chronic stress is harmful for one's health and happiness.

Due to chronic stress excess cortisol secretes in the body. Effects of excess cortisol leads to lot of health-related problems, physiological and psychological.



Stress can be acute or relative. Acute is like real threat that every person faces e.g., earthquake in town, or natural disaster. Relative stressors are like those which effects in certain portion of individuals and not all. Like giving presentation in front of big audience group, gives stress only for few people but not for all. The stressor is just event, it can be physical conditions, physiological, psychological or social conditions or may be work place related conditions.

Simplified Kundalini Yoga and Managing Stress

Kundalini Yoga is a systematic and integrated practice for Body, Mind and Soul. Shri Vethathiri Maharishi systematized this Kundalini yoga in a simplified way which is completely safe and even a common man can get the Kundalini power aroused in minutes with the help of the Guru. Simplified Kundalini Yoga comprised of Simplified Physical Exercise for physical health, Simplified Kundalini Meditation for mental health, Kayakalpa Yoga for strengthening life force to achieve spiritual health and Introspection practices for Psycho social health.

Stress is nothing but our mind perceives that there is threat, so when proper practice is given for mind one can easily manage their stress. Like we practice exercise for our physical body, one need to practice meditation regularly for mental health. Meditation helps to focus inside. Vethathiri Maharishi says **Dive In** to find **Divine** in oneself. When we start finding the Divine in oneself, we tend to embrace the very nature of the Divinity that is **Love and Compassion**.

During meditation, one's kundalini power is aroused from Mooladhar (root chakra) to higher level of chakras i.e. Agna (between eyebrows) and Thuriyam (Crown chakra). At this stage the frequency of our mind reduces from Beta stage (14 to 40 cycles/sec) to Alpha Stage (8 to 13 cycles/sec). This is like sleep in the state of awareness. In alpha stage, the person will be less triggered to external factors i.e. stressors. Vethathiri Maharishi says that Meditation happens when mind retracts from the world and further merges in the life force which is the *Source*. When we start meditating on the source itself, we tend to get the quality of the source or Divinity which leads to stress free life.

Blessing is also one of main practice that is done after meditation. When we bless others, first thing that happens is that we are blessed automatically. The good vibration of the thought makes a positive physical, chemical and psychological change in us. A counter example would help us understand this. When we get angry with someone, what happens to us? Our Blood pressure increases, eyes become red etc. Similarly, when we bless, first the positive impact will be on us. Then, this impacts the person on whom it is directed positively etc. A portion of the waves reflect and come back to us. A portion of the waves refract and influence those around too. A portion of the waves keep interacting between the two and a portion of the waves penetrate. In short, Clash, Reflection, Refraction, Penetration and Interaction are the fivefold action. This

beneficial the result with its multifarious effects on both the sender and the receiver as well as on others. Blessing after meditation has a strong effect and it helps for trust and empathy around people around us. Blessings without remembering the ill feelings only will bring results, this is possible only after meditation. Shri Vethathiri Maharishi says **‘When you bless, Enmity will go. When you have enmity, you can’t bless’**. This is most important science for social bonding. We get peace and harmony around us thereby reducing the release of stress hormones.

According to Vedic science the inner consciousness activates the physical body. Meditation connects with the deep inner self. This correlates the scientific view of DNA (deoxyribonucleic acid) in the body. DNA proceeds to RNA (ribonucleic acid) then to the amino acids, through which proteins are formed. In meditation DNA starts a new cycle and provided with whatever is needed for activities of the cell. This changes the inner self (seat of knowledge, like DNA) provides inner peace and bliss, which removes the accumulated stresses of life and improves overall health.

When we meditate, we expand our mind, understand the law of nature and maintain awareness in thought, word and deed. This leads to Harmony, happiness and peace within oneself. Stress happens only when a person is in Beta stage where he becomes emotional, remains incapable of realizing “Self” or the Divine State. Constant practice takes our consciousness to even subtler levels, where it becomes one with Super Consciousness.

As vessels cleaned up for next day use, meditation need to be performed daily for stress free life and peaceful life. During meditation the frequencies of our mind waves gradually come down from Beta level of 14-40 cycles/second, to Alpha Level of 8-13 cycles/second, This is sleep with awareness state. We can further reduce our frequency to Theta 4-7 cycles/second and to Delta 1-3 cycles/second also when deeper meditation like Thuriyatheeth Meditaion is done. Meditation when performed with full realization correct us, as well as strengthen and clean our minds for improving own selves.

Numerous scientists have demonstrated that following mind relaxation techniques leads to tackle against stressful conditions. Meditation effects lot of biochemical changes towards alteration of hormones in our body.

‘The everyday going to the office, the repetition of pleasure, with its pains, the anxiety, the groping, the uncertainty-that’s what we call living. We have become accustomed to that kind of living. We accept it, we grow old with it and die’ J. Krishnamurti, said in his “The Book of Life”.

Wan-Chung-Hu mentioned in his article that most of the anxiety and depression patients are found hyper secretion of glucocorticoid with enhancing stress response. Meditation can lower cortisol, up – regulate dopamine/serotonin, oxytocin/endorphin to reduce stress reaction.

Melissa Conrad Stoppler et al. in Endorphins: Natural pain and stress fighters: stated that Endorphin also protects us from stress, hypertension, depression and heart attacks. Endorphin is released during stress and hypertension and these endorphins bind to the opioid receptors in neurons which block the release of neurotransmitters and in turn block the pain signals going to the brain. People look younger than 10 years because of this endorphin and this is because endorphin reduces or removes superoxide and retards aging process.

Pandi Perumal et al, mentioned in his article on Melatonin stated that the common effect of relaxation exerted by both meditation and melatonin is consistent with stress reduction observed after either intervention. As psychosocial factors play a significant role in stress and stress-related health problems, influences of meditation on stress management, including benefits to the immune system.

Conclusion:

Stress is what we experience when we believe we can’t cope effectively with a threatening situation. By practicing Meditation in day to day life, one can improve the functioning of body and brain cells, paving the way for peace and contentment in life. Simplified Kundalini Meditation helps a person to reduce Mind frequency thereby helps to manage stress and lead healthy and stress-free life. Numerous scientists have demonstrated that following mind relaxation techniques leads to tackle against stressful conditions. Meditation effects a lot of biochemical changes and alteration of hormone status in our body. Meditation reduces stress hormones like Cortisol and release of few happy hormones such as Serotonin, Melatonin, Oxytocin etc.

