THE MAGIC OF AUTO SUGGESTION IN MAHARISHI MEDITATIONS

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Our Guru Swamiji Thathuvagnani Vethathiri Maharishi had formulated and designed the easy and simple spiritual system of life education for all to attain physical, mental and social perfection leading to peace in individuals and in the world.

Vethathiri Maharishi developed a complete system of practices for the self:

- (a) Simplified physical exercises that are designed to balance the circulations of blood, heat, air, and life energy and to keep the body fit without any stress or strain. People of all ages can practice and benefit from them,
- (b) Simplified Kundilini Yoga (SKY) meditation, which is a unique technique to calm your mind by connecting it with your life energy. It is simple, systematic, and safe, which enables a person to go within and progress spiritually. (c) Introspection practices are taught for personality development and to deal with day-to-day life situations, such as analyzing thoughts, streamlining desires, neutralizing anger, eradicating worries, and realizing Self,
- (d) Kaya Kalpa literally means body immortal. It offers a simple and powerful practice to maintain health and youthfulness, and to withstand the aging process.

In all the meditations he had given to us, he gave importance to powerful, positive affirmations while starting the meditations and at the end of meditations blessings are given as auto suggestions to help an individual to harmonize relationships and interactions with others.

The concept of auto suggestion was popularized by Napolean Hill in his well known book "Think and Grow Rich ". Auto suggestion is self-suggestion to guide one's thoughts, feelings and behaviour. When an individual constantly gives focussed suggestions on the change one desires, it helps to break the vicious habit cycle. Emile Coue in the early 20th century propounded the science of auto suggestion.

To successfully practice autosuggestion, one has to be clear on what change he or she wishes to induce in oneself. Next is self awareness of how the current habit operates.

To change the current habit through auto suggestion, key techniques used are -

- REPETITION silently or aloud repeat the new habit requires in private. Eg., I regularly practice meditation daily in the morning & evening.
- VISUALIZATION In the early morning hours and at night just befire sleep one should visualize how he or she will become with the habit change eg.,
 visualizing doing physical exercises and becoming healthy and active
 through the day.
- USING AFFIRMATIVE LANGUAGE speaking of the new habit and change in present tense when having inner conservations eg., I am a vegetarian and a non smoker.
- LINK the new habit or change with a positive emotion while repeating or doing visualisation

Knowingly or unknowingly about the concept of auto suggestions, our Guru Swami Vethathiri Maharishi in all his meditations taught us to use affirmation sentences. The last exercise of his famous Simplified Physical exercise - Relaxation is full of auto suggestions which reduces tension, BP and many recovered from cancer.

While starting the meditation, we repeat the auto suggestions as follows -

PURIFICATION OF THE SURROUNDINGS

The atmosphere around us is being purified by the Divine Power (3 times)

PURIFICATION OF THE SELF

The Divine Power descends upon us and our body and soul are being purified (3 times)

DIVINE PROTECTION

May the Divine Power protect us, guide us and lead us day and night, at all times, at all places and in all our activities.

Salutation to mother, Salutation to father and Salutation to our Guru Vethathiri Maharishi

While concluding the meditation, we repeat the following auto suggestion 3 times

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By the grace of the Divine Power, we enjoy good health, long life, enough wealth, prosperity and wisdom.

After blessing life partner, children, brothers & sisters, close relatives and friends, people associated in our day today activities, enemies or miscreants, Vethathiriam, WCSC, Temple of Consciousness at Aliyar, local SKY trust, local SKY meditation Centres, we repaeat the Two fold moral Culture affirmations 3 times.

After chanting the World Prayer and rain blessing we conclude the meditation by chanting the following Shanthi affirmation -

May Peace prevail in us

May Peace prevail around us

May Peace prevail all over the world

All the above statements are powerful affirmations sentences.

Let us take one of his famous meditation Panchbhootha Navagraha (Five element & Nine Planet) meditation which he recommended to all even to people who do not know how to meditate.

While doing this meditation, we meditate on each element with the following auto suggestion -

We expand our mind to vastness of the Earth/Water/Fire/Air/Akash and respect its value and greatness.Earth/Water/Fire/Air/Akash

We become one with the energy of the Earth/Water/fire/Air/Akash and get life link

We know the secret of the Earth/Water/Fire/Air/Akash in the evolutionary process of the Nature.

We get protection from the Earth/Water/Fire/Air/Akash, by the Earth/Water/Fire/Air/Akash in all our activities, day and night, at all times and at all places.

We develop the art of utilising the

Earth/Water/Fire/Air/Akash in better and beneficial ways.

In the nine planet meditation, we harmonize with each planet radiations and getting full protection and benefit from it.

Meditation on Panchboothaha helps to expand awareness and harmonize our relationship with Nature. Exploring the five elements encourages to move beyond the physical expression and into deeper meanings. There is an expression in Veda -" As is the human body, so is the cosmic body. As is the human mind, so is the cosmic mind".

This essentially describes human intelligence as not separate from Nature's intelligence. They are intimately intertwined and when you our heart and mind are opened to this, we will find that Mother Nature has been patiently waiting for us to be still, listen, and learn what we have only forgotten.

In Navagraha Meditation, as our life energy merges with the magnetic waves from each planet, unfavourable effects can be warded off. We visualise each planet, its greatness, its distance from Sun, the colour of its rays, the benefits from it, etc. Using affirmation sentences, we get divine protection from each planet.

Many people on a spiritual path begin their day with every intention to remain heart-centered, balanced, and responsive. To ensure their mind, body, and spirit run smoothly, they might exercise, practice yoga, meditate, complete a series of pooja or pray. These activities protect their physical health, nervous system, and well-being. Yet, with the enormous rise of unrest and violence in the world, they might find it challenging to stay centered.

When they react to the uncertainty of events outside their personal control, they might feel fear and anxiety. To help them to regain their center, so they feel connected to the Divine presence once again, let them try this Panchbhootha Navagraha Meditation. This meditation followed by autosuggestions and blessings minimizes fatigue in the mind and body, and can reconnect them to the universal flow of nature.

With powerful auto suggestions, let us allow the Universe to support us in all our activities to a positive change in us and in the world.

May the whole world enjoy Peace, Prosperity & Happiness!

Be blessed by the Divine!

The above paper will be ably presented in PPT with one or two case study