

Lamp Spiritual & Meditational Aspects

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Dissertation:

A Descriptive, Comparative & Psychological approach on Maharishis lamp gazing exercise.

Introduction:

Meditation is a mind and body practice for increasing physical relaxation; mental peace improving psychological balance and enhancing overall health. It is a practice in a quiet location with few distractions but with attention focus and an open attitude towards diversions to come and let go naturally without judging them. The excessive senses attraction spoils the health of body and mind when it does not have a clear understanding. All visuals and physical body of all living beings is the association of energy particles. Inside the body the waves created by the dissolution of energy dust particles are called Bio magnetism. This wave is moving in a circulatory motion within the body. Avortex is created at the centre point due to the surrounding pressure force. All thoughts and deeds even feelings make an impact in the bio magnetic wave force. Each impact forms a knot and floats in Bio magnetic wave to reach the genetic centre to get recorded as an imprint.

Philosophy of bio magnetism- perception

Taste, smell, light, touch, sound who knows the way

Of all the five –the world submissive owns his sway.

-Kural 27

It is the philosophy of bio-magnetism that regulates life by maintaining healthy body and mind. Life force is subjected to aggravation and acceleration depending on the quality and quantity of the energy.

Functioning of the Bio-magnetism in the Human body

1. Autonomous Nervous System (Sub consciousness state)
2. Central Nervous System (Conscious state)

The quantity of Bio-magnetism depends on the quantum and volume of the energy particles that functions in the body. The systems spend the Bio-magnetism continuously. A minimum stock of Bio-magnetism should be maintained. The functioning of the body parts drains the stock of Bio-magnetism. The reduction and fluctuation of the stock level leads the Subconsciousstate (The Divine Force) to automatically stop the functioning of the central nervous system. This sets in the mode to sleep in human. During sleep the newly generated Bio-magnetism adds to the stock to the required level enabling human to get up rejuvenated. The contact with an external factor fluctuates the Bio-magnetic level. The Bio-magnetism in the human physique rises to the level of the contacting object to feel the presence and activity of the new object. Hence preservation and conservation of Bio-magnetic level is very important.

Objective:

The objective of the research is to establish the increase in the level of Bio-magnetic by practising the lamp gazing meditation. The study is based on enrolling a group of practioners before and after a period of this lamp gazing exercise. The result is based on a questionnaire method and also the power capacity of the spectacle wearing practioners. The Blood pressure is also taken into account.

The secondary objective is to establish these finding in a statistical point of presentation.

The control group consists of persons who just follow BakthiMarg . They do take prescribed drugs for their ailments and practice ThiruVilakuPooja done in temples once or twice in a year.

Methodology:

Lamp gazing meditation is taught to the practioners. They practice it daily for a week and regularly once in a week.

Procedure:

1. A burning lamp with single short flame is used.
2. The meditator is supposed to sit at a distance of three feet.
3. Ghee or castor oil is used to light the lamp.
4. It starts with preliminary meditation process.
5. Pranamsto God, Guru, Parents, NadiSuddhi, Spinal clearance of the place and Divine protection.
6. The meditation starts by concentrating on Agna first for 5 minutes and then gaze at the lamp for a minute.
7. The eyes are closed with palmsto watch the inner self. One can feelthe Bio magnetic wavespassing within the body through the light waves.
8. The procedure is repeated thrice.
9. It concludes by blessing one and allincluding enemies if any.

Data on visionary improvement:

The various stat data provides the collection of improved energy conditions controlled hyper tension and improvement in vision.

S.no	Pax	Age	Pre Study	Post Study
1	4	35-40	.5-1	.3-.6
2	5	40-45	.8-1.5	.5-.9
3	7	45-50	1.3-2.2	.8-1.2
4	3	50-55	1.8-2.6	.9-1.4
5	6	55-60	2.3-2.8	1.2-1.9

S.no	Pax	Age	Pre Dose	Post Dose
1	7	45-50	.5	Nil
2	3	50-55	.75	.5
3	6	55-60	1.5	.7

The Questionnaire on Bio magnetic energy level speaks of high energy efficiency throughout the day for the lamp gazing meditation practioneers .It doesn't have any connection with the diet chart as the practioners experience high energy levels even on fasting. Taking into account the regular practionerswho give initiations to the students at a large scale do not feel the drainage of energy. They stay back with the same vigour due to the Lamp gazing meditation done before initiation done before to the students. The vigour withstands throughout the day.

Conclusion:

During meditation the mind reaches to the alpha stage. **This is state of sleep with awareness in Yoga.** The awareness is Yoga Siddhi. Bio Magnetism is saved and expenditure lessened. The capacity of understanding the divinity and moral and ethical living is attained. This is the spiritual enlightened state of perfection. The wonders of nature are unfolded by the inquisitive exploring mind .The exploration results in pleasure to bring peace to result in ecstasy.

Reference

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