

HOW GOD REGULATES HUMAN LIFE

*(Ramanuja's Vishishtadvaita – in the light of
discovery of Dr Higgs Boson – Relevance &
Significance)*



By

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Dedicated to Sri Swamy Ramanuja Charya



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1.0 INTRODUCTION

Recently Royal Swedish Academy of Sciences announced award of Nobel Prizes in various scientific activities . The Nobel Prize in Physics was awarded to Dr Peter Higgs for his discovery of a sub atomic particle “ Higgs Boson “ or popularly nicknamed as “God Particle” . What is this “ God Particle “ ?

The "God particle" is the nickname of a subatomic particle called the Higgs boson. In layman's terms, different subatomic particles are responsible for giving matter different properties. One of the most mysterious and important properties is mass. Some particles, like protons and neutrons, have mass. Others, like photons, do not. The Higgs boson, or “God particle,” is believed to be the particle which gives mass to matter. The “God particle” nickname grew out of the long, drawn-out struggles of physicists to find this elusive piece of the cosmic puzzle. According to Dr Higgs even empty spaces in the universe will have this field of sub atomic particle . It is with the contact of this field emitting sub atomic particle , substances acquire mass in the universe . Without this particle , there will be nothing in the universe .

To verify the theory of Dr Higgs , the European Organization for Nuclear Research created an experimental set up near Geneva and conducted experimental studies . These experimental studies confirmed the theory of Dr Higgs and confirmed the existence of basic sub atomic particles that provides mass to various substances .

One may wonder how is this relevant to Vedic Studies . This scientific research has greatly helped to understand the vedic concepts of the universe .

Sage Badarayana has given a number of “Sutras” (summary of essence of Upanishads) covering human knowledge . “Brahma Gigyasa” is one of his most Important Sutra meaning ‘ Man will always be seeking knowledge about God and Universe . Commentary on this Sutra by Sankara Charya , Ramunaja Charya and Madhwa Charya forms the basis of their philosophy(viz. Advaita Vishistaadvaita and Dvaita) . Our present day scientists are no different . They also are looking for knowledge about life and universe through theoretical studies and experiments . Infact it was in year 1964 that Dr Higgs first theorized that there exists all over universe an invisible sub atomic particle which provides substance and life to all . This was finally announced as a discovery on July 4th , 2012 .

The purpose of this booklet is to correlate ancient concept with modern scientific knowledge for betterment of humanity .

2.0 RAMANUJA'S CONCEPT OF LIFE AND UNIVERSE

Ramanuja has also given his commentary on the Badarayana Sutra . He has based his argument using Vedic statements . His argument is based on the basic principles . Firstly the principle of “ Sarira-Sariri” and secondly the principle of “Tatwa Thraya”. The principle of “Sarira-Sariri” is same as what present day science calls “ Kepler-Newton” principle namely “Force is essential for work or work cannot be done without Force “. Extending this principle to humans , he points out that energy (Force) needs of humans for various physical and mental activities is given by God . “Satvika Thyaga” in Srivaishnava tradition is based on this principle .

The principle of “Tatwa Thraya” is as follows . According to Ramanuja there are only three basic elements in the universe . Out of which various ‘ forms’ or ‘ substances’ are created . He calls them as ‘Chit’ , ‘ Achit’ and ‘ Ishwara’ . ‘ Chit’ is the element which gives ‘body’ or ‘shape’ to everything while ‘ Achit’ provides character or identity or behavior . Both these are subordinate to ‘ Ishwara’ . Extending this to humans , it is ‘ Chit’ that gives body , while ‘ Achit’ gives character or faculties such as hearing , seeing , thinking , emotions , attitude etc . As ‘Chit’ and ‘Achit’ are subordinates to ‘Ishwara’ , human activities are governed by the supply of these by God . Ramanuja further says that “Achit’ cannot exist separately but shows itself with ‘ Chit’ only .

What Ramanuja calls ‘Chit’ or ‘Achit’ compares well with what scientist’s have now found as “God Particle” . Thus the principle of “Tatwa Thraya” of Ramanuja finds support by the present day scientific studies . In turn his philosophy of “ Visishtadvaita” gets support from present day scientific studies . In subsequent paragraphs we use the terms “Life energy” to represent ‘ Chit’ and ‘ Achit’ .

3.0 SOURCES OF ENERGY FOR HUMANS

The life energy (or Prana in Vedic language) present in universe , enters human system through respiration. With an in-built mechanism in human body (This is genetic in character) , it causes production of electricity by brain cells . This is referred to as “ Bio Electricity” by scientists and “Pancha Bhuta” by vedic scholars . The electricity produced by the brain traverses from head to foot and provides energy needs of muscles , nerves , organs etc . It also causes emission of electrons from body which forms “ Bio-Plasmic energy body” surrounding the physical body. This energy body has also facilities to absorb life energy , and these are called “Chakras” . The energy body has facilities also for distribution of energy and these are called “ Nadis” . This energy body maintains communication with life energy.

Thus , there are two main sources of energy for human body namely “ Respiration” and “ Chakras” . Both these sources function in an integrated manner or synchronous manner . A change or disturbance in any one of these , changes the other too. This is similar to present day Power Stations . For details refer to Sabha’s publications ‘ Vedic Pranayamam ‘ , ‘ Vedic Rituals’ and ‘ Vishishtadvaita- Its relevance today’.

4.0 SARANAGATHI

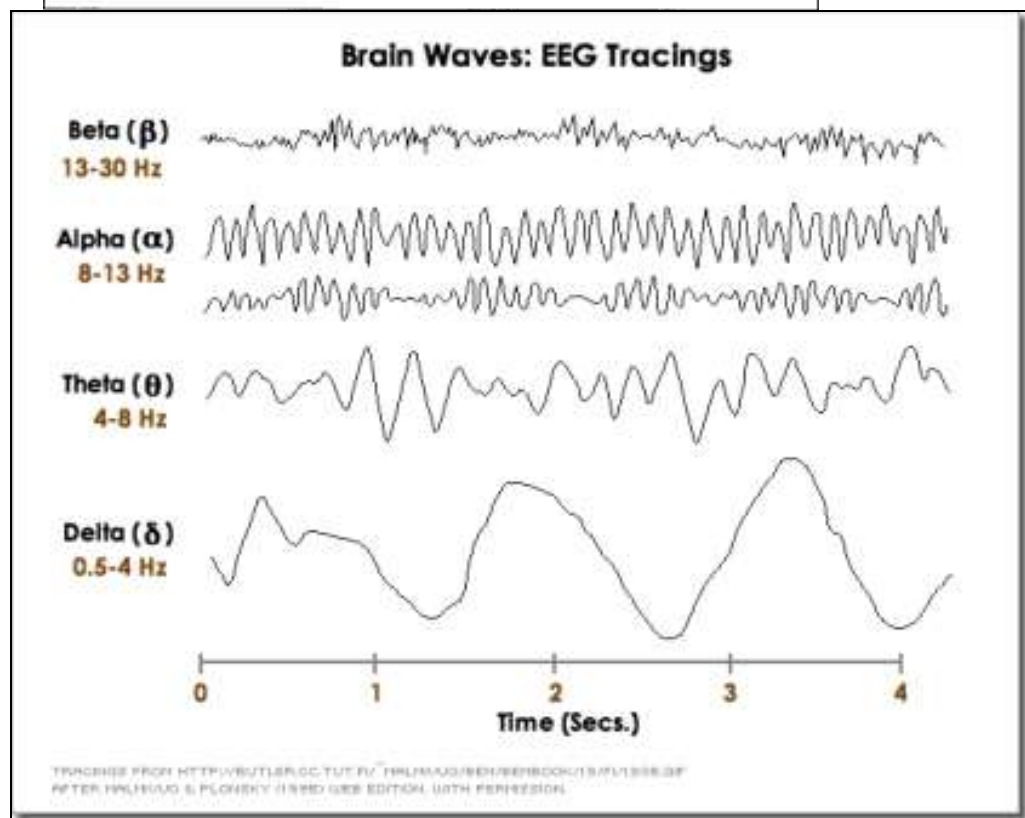
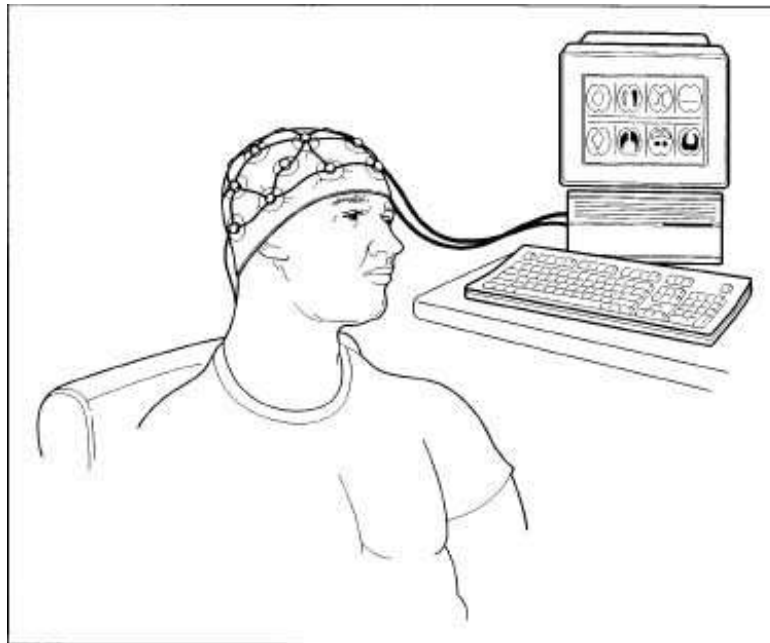
4.1 RAMANUJA's EXPLANATION

Ramanuja after pointing out existence of life energy or prana all over universe , goes a step further to use this freely available energy for the betterment of humans . Considering that this life energy is essential for all human activities and also considering that the life energy is regulated by God , he advocates the principle of ‘Saranagathi’ or surrender to God by which humans can acquire life energy which gives good physical and mental health and noble personality . Saranagathi is a process by which we earn good will and grace of God . The following example will help to understand and appreciate the approach of Ramanuja . In present day Industrial Plants , electricity is the main source of motive energy . Industrial plants have introduced the process of energy management . This includes also monitoring the quality of electricity (Viz. Voltage and Frequency). These studies have brought out a fact that quality of primary motive energy influences the quality of the end product .. One can observe this fact even in domestic appliances . The importance of quality of electricity has been recognized and adequate laws and regulations are in place to ensure supply undertakings provide good quality energy . This is true of not only electricity but also all forms of energy serving as motive force . In the case of life energy , the regulatory mechanism has to be at the receiving end . This is what Saranagathi approach aims at . The details of ‘Saranagathi’ are discussed in Sabha’s books “ Srivaishnavism” and “ Vishishtadvaita – It’s relevance today “ .

Ramanuja has also given single line chants for Saranagathi , known as Srivaishnava mantras

4.2 BIO ELECTRICITY

As pointed out earlier , life energy causes production of electricity by brain cells . Neuroscience has measured this electricity . Sensors or probes are installed in the skull of the head covering cortex portion of the brain . These probes pick up electrical signals from brain and feed it into an apparatus known as EEG (Electroencephalograph). The EEG apparatus prints the electrical signals either on a paper or displays on a computer screen . General EEG apparatus measures signals from 0.3 cycles to 40 cycles . Some special apparatus have been designed to measure from 0.3 cycles to 80 cycles .



The study of EEG points out that brain produces electricity at various frequencies . The frequency spectrum is grouped as under and as depicted in figure above .

Alpha waves are waves in frequency range 8 – 13 cycles per second and are found in persons with healthy outlook , balanced and relaxed personality .

Beta waves have a frequency over 14 cycles and can be as high as 80 cycles . These are found in states of tension , worry , turbulent mind etc .

Theta waves are in the range 4 – 8 cycles and are present during emotion . The emotion could be due to extreme happiness or extreme worry .

Delta waves are those that are less than 4 cycles per second . They are present during sleep .

The brain electricity flowing in our body is a mix of the above . This mix decides the individual's character and personality . Thus , the brain electricity apart from serving as motive power , also influences the health and personality of the individual . Alpha waves play an important role in good health and noble character .

In vedic terminology , the brain electricity is referred to as “Pancha Bhootas” . According to them , it functions in five groups corresponding to the five fingers – five left and five right . They are called Agni (Thumb) , Vayu (Index finger) , Akash (Middle finger) , Prithvi (Ring finger) and AAP (Little finger) . Their mix of Pancha Bhutas decides the health and character of individuals . The character produced by Pancha Bhutas mix are classified as Satwa , Rajas and Tamas . One with Satwa will be truthful , honest , devoted to duties and responsibilities , faith in God etc . One with Rajas will be mischievous, destructive etc . One with Tamas will be greedy , short tempered etc . From the above , it will be seen that vedic approach and scientific are nearly same .

4.3 ENERGY MIX

Now the question arisesWhat is the good mix that provides good health and personality . Vedic approach is that the mix should be such that provides “Satwa Guna “ . As discussed earlier Satwa Guna is associated with Alpha waves . In other words presence of Alpha waves is essential in the mix .

According to National health Scheme (NHS) of UK , a healthy brain activity is that which produces Alpha waves when eyes are closed . Opening of eyes later will make either disappearance of Alpha waves or reduction in Alpha waves . In other words , Beta wave spectrum should be very close to Alpha wave spectrum .

4.4 INFLUENCE OF MEDITATION ON BIO ELECTRICITY

Doctors have carried out studies to understand the influence of meditation on Bio electricity . They selected some 24 students out of which 12 were regularly doing meditation while the other 12 never meditated before . The EEG measurements were made . In the case of those who had not meditated before , they were asked to relax with eyes closed . The results were :

- a) Those who had not meditated before ..initially their Bio electricity showed Beta activity and many could not relax . In the case of a few who could relax , Alpha waves appeared in a transient manner . (Note : Possibly they could relax only for a very short time) . As for others ,there was no change during relaxing .
- b) Those who had meditated before
 - (i) initially Bio electricity showed Alpha activity with amplitude of 50 microvolts

- (ii) During meditation Alpha activity went to 100 micro volts
- (iii) Beta spectrum showed tendendancy to move towards Alpha spectrum
- (iv) Functioning of the brain activity was regular and systematic
- (v) Alpha activities remained even after meditation was stopped
- (vi) From the above meditation makes Bio electricity orderly and of high quality .

From the above , it is clear that Ramanuja 's Saranagathi approach influences the spectrum of Bio electricity to make brain activity healthy and normal . In other words , body systems are tuned to draw life energy that provides good health and personality . According to Vedanta Desika , the three Srivaishnava mantras express comprehensively Saranagathi . The procedure of meditation through Srivaishnava mantras is given in Sabha's book " Srivaishnavism" . Ramanuja's commandment to " Recite and contemplate Dvaya Mantra as often as possible " is significant in this context . Also this study brings out the importance of daily routine to avail nature for good health .

The above studies bring out how instant relaxation can be used in present day living conditions . Present day living covering domestic and professional activities , hardly gives anytime for meditation . In these cases , the individual should take out a minute or two amidst his normal work and relax with eyes closed . It may be inefficient in the beginning but daily practice will help to improve . Further , if he mentally chants any holy name , he may realize to some extent energy efficient body .

5.0 TIME OF MEDITATION

Vedic tradition gives great importance to "Sunrise" and "Sunset" . At Sun rise time , the part of earth experiencing sun rise is subjected to maximum suction force , and as a result attracts maximum life energy . Further , plants also throw out stored life energy for emergency use . Thus atmosphere is charged with rich life energy . Similarly at sun set , the part of earth experiencing sunset is subjected to maximum exhaust force , and as a result throws out maximum waste energy .

Thus the period on either side of Sun rise is very important for meditation . Thus , one who inculcates the habit of "Prayer or Meditation" as the first thing in morning will enjoy the benefits of healthy brain activity .

6.0 OTHER BENEFICIAL RITUALS

Vedic traditions prescribe some rituals to be performed daily . They are called "Nitya Karmas " . Majority of them are from consideration of improving energy supply to body . EEG studies also confirm this fact . A few are mentioned below :

- (i) Achamanan
- (ii) Pranayamam
- (iii) Pratah Sandhyavandanam
- (iv) Meditation through mantras
- (v) Chant of Vedas and Divya Prabhandam
- (vi) Bhajans
- (vii) Worship or Aradhanam

- (viii) Chanting of Sanskrit Verses
- (ix) Chanting of holy names
- (x) Classical Or Soft Music etc

7.0 IMPORTANCE OF BODY ENERGY REGULATION

Our Sages recognized that worldly activities have a tendency to distort energy supply to body . Hence , daily correction is essential for an individual to keep fit and healthy .

This fact is illustrated by the story in the Puranas . The demons Mandeharuna secured a boon from Brahma that they should be attacking the Aditya , the Sun God . Their boon was granted subject to the fact that they would be dead and revived every day . Accordingly , they would be attacking Adithya every day in morning and evening . The Arghyams offered by devotees to the chant of Gayathri Mantra would destroy them . And after sometime they would become alive and attack Adhitya again .

The demons Mandeharuna represent Tamoguna and Rajoguna – namely our worldly activities . The Adhitya or Sun is our energy source . Meditation each day destroys Rajoguna and Tamoguna . Again when we go back to our normal works , they return . Again we have to destroy them . This process of cleansing goes on every day in our life time .

A good quality energy supply to human body helps greatly in the functioning of organs and body systems . It protects the body against ailments . Also it improves the efficiency of treatment in the case of persons with ailments . One should also remember , that energy distortions to human body does not show itself immediately . Its effect will be felt after several years . Hence our sages made this regulation a daily process .

8.0 EFFECT OF UNREGULATED ENERGY

All living beings depend on universe to meet the energy needs of their activities . Our sages recognized that our worldly activities have a tendency to introduce distortion . Hence , corrective measures should be undertaken . If the distortions are allowed to continue , as initially there will be no immediate abnormality , the functioning of the organs and the body systems , undergo slow changes and after a long time manifests as ailments . As it is not possible to monitor the energy supply to body , our sages made corrective measure as a “Nitya Karma “ or daily routine . If corrective measures were needed at the early period of life on this planet , it is all the more essential in today’s living conditions .

9.0 REFERENCES

This pamphlet gives only broad outline . For further details , reference should be made to the other publications referred in the foregoing paragraphs . The Thillasthanam Swamy Kainkarya Sabha , with the help of it’s patrons and well wishers has brought out the following publications / books .

1. Srivaishnavism - An elementary treatise
2. Sandhyavandanam - A self instructor for beginners

3. Vedic Pranayamam - An elixir for health and personality
4. Upanayanam - A handbook
5. Vedic approach for healthy living
6. Vedic Wedding - A Guide
7. Vishistaadwaitam -Highlights & Relevance today
8. Vedic Rituals – Their relevance today

Books and e-Books are available upon request at Sri Thillasthanam Swamy Kainkarya Sabha at the address given on the inner cover page . Cost of the Paper book Rs 50/- each and courier charges extra . Cost of ebook Rs 100/- and will be sent by email . Please contact for your requirements . email tsksabha@yahoo.com / tsksabha@thillasthanam-swamy-sabha.in

10.0 CONCLUSION

The discovery of Dr Higgs Boson is a great contribution of Science to Indian philosophy . It confirms Ramanuja's principle of "Tatwa Thraya " forming core of Vishistaadvaita . The principle of Saranagathi promoted by Ramanuja is primarily from consideration of regulating the life energy steadily to a level to attain eternal bliss . In addition during life on this planet , lead a healthy and happy life .

One who meditates on Lord through " Dwaya Mantra" for some half an hour every day at Sun rise (6.00Am) and Sunset (6.00 PM) will bring great benefits not only during his life on this planet but also his life in future .

About Sri Thillasthanam Swamy & The Sabha



Sri Thillasthanam Swamy Kainkarya Sabha was formed in the year 1957 to commemorate the memory of Sri. Thillasthanam Swamy . The sabha has been celebrating his Thirunakshatram (birthday) and Aradanam since then without fail. Even today a good number of scholars and public assemble and conduct Sevai - both Divya Prabhandam and Veda . Large number of people congregate on these occasions at Sri Prasanna Krishnaswamy temple , Tulasivanam , Majestic , Bangalore . Since last fifteen years , the sabha has taken up the work of publications of books and pamphlets to promote the Srivaishnava tradition .

With the help of well-wishers and patrons the sabha has published the referred publications / books .

1. Srivaishnavism - An elementary treatise
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