

Possibilities For Selfrevival From Alcoholism Through Simplified Kundalini Yoga Practices

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ABSTRACT

Alcohol addiction is a destructive habit, which in the beginning challenge the well-being of the person concerned and those who are related to him personally, later it will slowly extend the effects into the areas where he has roles to perform. Recovery from alcohol is the only way to bring constructive changes in all the dimensions of his life. No doubt in the treatments available that they are contributing to the extent possible. Most of them are supplemented by simple stretches and breathing exercises under the name of yoga. Irrespective of the varieties in treatment, all they aim towards restoration of health. Similarly there are types in yoga forms and their aim is to empower the humanity to and through purification and perfection. Simplified Kundalini Yoga is one among those and herewith an effort is made to understand how the practices of which help in what way that an individual can get rid of the habit of drinking.

Experts view on alcohol addiction

The causes and effects of alcohol are three dimensional, which means a substandard body, mind or spirit will induce definitely the person to indulge in addictive habits like drinking and the effects of drinking alcohol will also affect the body, mind and spirit.

Rehabilitation vs Rectification

The innocence and their inability in facing the life challenges ranging from micro to macro level is the cause for drinking. Empowerment will solve but they have been treated, certainly it is not to declare that treatments are not effective. Considering the nature of the cause, method of treatment and the short living results, it is affirmed so before. The methods of Rehabilitation depend on others effort to decent the person but Rectification encourages self-efforts. Here the individual understands clearly about the structural debilities that encouraged him to drink and there required

abilities that will route him towards the correction. Gaining the abilities by rectifying the debilities need energized body, enriched mind and radiant soul.

Yoga

It's a technique to achieve an all-round development at the physical, mental, intellectual, emotional and spiritual levels (Sage Aurobindo). By developing the potentialities latent in individuals, all the limitations and imperfections can be rectified. Yoga aims to transform pain to tranquility, tranquility to serenity, serenity to peace and peace to bliss. It empowers the person to respond smartly during the hard times that leads to reactivity and confusion.

Simplified Kundalini Yoga

A distinctive form of integrated practices by Swami Vethathiri Maharishi. The inseparable link with different stages inwardly and outwardly from initiation to realization makes this as systematic. No obstruction of beliefs, hence secular. It helps to have health, pleasure and peace, so practical. It is common, since no sex or age disparity is viewed. It is experimental and scientific, because one can check and verify the outcome. (Kasibhatta Satyamurthy, 2013). The role of Simplified Kundalini yoga practices in exerting influence on the life of alcoholics and the related literature are outlined below.

Physical exercises

Exercises are both preventive and curative. (Read JP, & Brown RA, 2003). Exercises trigger the pleasurable states by activating the neural system that is activated by substances such as alcohol (Hodgins *et al*, 1999). Depression and Alcohol use co-occur (Collingwood, 2000) and is complex. Exercise creates positive impact on depressive symptoms and major improvements with mood (Carlson, N. R. 1991). Long-lasting usage changes the reward patterns of the brain, making it more difficult to derive rewards from things that are not actually drugs but Exercises change the way the brain responds to drugs and increase its ability to adopt change, so it is easy for a person to quit drinking.

Kayakalpa

All the bio- chemical activities are the tangible reactions of bio-physical activities. Bio physical activities are fueled by Bio-magnetism. Less in stock of bio-magnetism is the only reason for both physical and mental disabilities. Alcohol happens to be a substance which peculiarly takes up the magnetism of those who come into contact with it. lack of vital energy or magnetism in the body creates a drug seeking attitude. kayakalpa is an exclusive practice boosts the bio-magnetic stock in the body by recycling the vital fluid. It is the method works directly on the life force. The body will then be charged with bio-magnetism. Along with meditation and introspection the body will be made strong and the mind stable. So prevents the regeneration of habits. Treatments and therapies arrest only the tendency.

Meditation

Meditation calms the mind. A calm mind can witness the thoughts and actions without bias, so the process of purification takes place. According to Buddhism the roots of addiction are in the mind and the practice of mindfulness meditation give confidence in developing a detached awareness of thought and applying positive influence on addictive behaviors (Marlatt GA. 2002). Concentrating the mind in the forehead between the eye brows is Agna meditation. If agna chakra is blocked the person will never listen to the inner consciousness. Activation, sharpens the sixth sense and lowers the mental frequency so the thoughts become purified and streamlined. Power of decision making and effectiveness beyond what an ordinary mind can, can be achieved. (Sri Aurobindo). This superior quality will certainly help the addict to tackle the habit of drinking.

Focusing the mind below the lower tip of the spine, the pelvic floor is Santhi meditation. Making this chakra Stable will make the life stable. Activation helps to have positive attributes like energy, health and growth. Since this chakra is the base for energy body. Sufficient energy creates perfect coordination between body and mind, so fighting against alcoholism will be achieved. Meditation at the crust of the head is Thuriam, which activates the dormant brain cells

which helps to have sharpness and clarity in thought and act. Revelation of divine splendor and attainment of supreme consciousness are attached with this meditation, so ignorance fades away and intuitive knowledge gives him the understanding to stay alive in all his efforts towards sobriety. The sense organs use the life energy physically and sense the object of attachment emotionally. Specific external stimulus often may cause particular internal response, which may then execute an action, as a result of automatic reflex. The paired association between the unconditioned and the conditioned stimulus also bring the same response, to drink. The cues associated with the act are identified through the organs for senses, keeping the mind as an onlooker. Meditation on five sense organs starting from skin to ears at lowered mental frequency helps to withstand without engaging in addictive behavior. Though it is realistically tough to eliminate the cues, meditation on sense organs over writes on the cell memory to not to become a pray to the cues. The association between the clear mind and mended sense organs make the cues lose the power of inducing craving.

Thuriyatheethaa, a state of meditation, when the life energy is projected in to the universal field and even beyond. As a result, mind gets uplifted, consciousness improves, perfect understanding about the self is understood, drinking as a result of hereditary imprints are eradicated, self-confidence boosts up and drinking because of emotional instability are subsided. Generally Drugs are being taken by the people who cannot face the reality. This particular meditation makes them understand the reality and provides the potential to go in align with the reality.

There are seven chakras in human body. Each chakra holds a special association to the mind and body. When these chakras are out of balance, the body will attempt to balance it through specific negative behaviours and addictions, depending upon the related chakra. By balancing the functioning, the over and under performance of the chakras are set right, so scope for recovery is certain. The root chakra, the sacral chakra, the solar plexus, the heart chakra, the throat chakra, the third eye chakra and the crown chakra are the seven chakras. Astrological outlooks support a lot to reveal the relationship between the planetary position and its movement with addiction.

The planets Mars, Rahu and Saturn play a key role in initiation and obstruction in recovery. If the planets Venus, Jupiter and Mercury are located in a malicious position to an individual or they conjunct with Rahu and Ketu, addictive nature will be seen. Meditation on planets takes the life force beyond the body level to merge with the planets. The adverse impacts are reduced and rectified by the empowerment obtained to tackle the planets' stimuli.

Self Analysis Practices

Watching of one's own memories, emotions and behaviors objectively is introspection and clarity in which helps extremely when life is tough. Through introspection the consciousness is kept alive with the body, senses, emotions, and the mind with open awareness. The mind itself has to play the accused and the judge role. This enables the mind to travel deep in, to examine the bad and to clear away. Introspection on the following areas helps the addict to reform the personality and behavioral attributes.

Alcohol addiction blocks and blanks the mind; so he enters into an altered state of consciousness. **(Sahni and Bhargava(1990))**. If mind functions, thoughts arise. Thoughts are the outcome of stored information of experiences encountered and become the origin of actions. If alcoholics are aware of a state of mind that predisposes them to drink, it is easy to recognize and distinguish clearly and then they have to counter it with a contrary optimistic thought every time when it appears in mind, after this, for sure, the thought will not lead to a drink (NIAAA). The thought analysis practice helps to recognize and avoid the unhelpful thinking patterns and reactions. New response and confidence will be gained, so slowly the urge to drink will lose its strength.

Belief and desire are closely associated. Mind believes that happiness is attached with drinking so he desires to engage repeatedly to enjoy more; here the thought of belief becomes a desire. As long as one believes that alcohol has powers to cure the ills and bring happiness, more and more suffering will be there by consuming more. By lessening the importance, the unwanted desire towards alcohol will soon die away. Anger is in the first on the list of emotions that

alcoholics have. For heavy drinkers, delay in drinking or failure of a drink is directly linked with anger. But for somebody the urge comes to calm down the anger. In both the ways anger acts as a catalyst and a byproduct of alcoholism. People in recovery feel sad and often angry and begin to remember the times of intake. This feeling eventually aids to snap and fuel them to return to the comfort zone of drinking. Anger plays a major role in poor decision making, so they are unable to think straight and clear. For the participants who are high on anger, the risk of relapse is high, so they need long term and more intensive treatments. Anger management strategy together with regular exercises and meditation helps a lot in tackling the anger, thereby the addiction.

Worry is an emotion loaded with pain, frustrations and failures and very common among alcohol addicts. People in the beginning become so impressed with the way alcohol eases their anxiety and continue to consume it more regularly, believing that they are medicating but alcohol makes the condition worse. Realization will come at the end about how the alcohol turned the life more anxious and then too they try to tolerate the anxiety by drinking more. Practicing eradication of worries helps a lot in tackling the worries, which either induced him to drink or produced as a result of drinking. Importantly, while the worries are being analyzed by the individual, his habit of drinking should get the prime importance in the eradication part. The very purpose of life is to awake and align the life in accordance to the functioning of sixth sense to understand the self reality and to lead a disciplined life, which helps to keep oneself clean and sober. Alcoholics, who always stay too far from their SELF. A persistent effort on this way will help them lead a healthy and happy life.

Conclusion:

Effort sprouts from interest if effort and interest join together nothing is impossible. The above mentioned practices, if practiced with perfection surely the re-structuring of healthy lifestyle through elevated consciousness would be possible. The transformation from individual sickness to individual peace is then achieved. Hence a blessed life is guaranteed even for the alcohol addicts. And finally whatever may be the effort one makes there must be an approval from the

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God to get it done and to enjoy the benefits. So a deep communion with the God and a stronger belief in him, will always help to neutralize the evils of addiction.

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