

## 'Corruption' - A Demonic Tendency: 'SudershanKriya'- A Suggested Remedy:

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### ABSTRACT

*Materialistic mind always think about benefit by hook or by crook. To satisfy the unending desire man goes illicit. Black money Economy is also an example of the same behavioral disorder. The umbrella of black money shelters many malpractices: start with tax-evasion to Swiss Bank account and price war to trade contraband. The Covered Economy and First Economy go hand in hand because of money laundering process. The transactions of Parallel Economy to the Main stream Economy are being supported by the established state power. According to the US State Department Report 2012:— Money generated to the illegal means is laundered through various means, including real estate and election campaigns.|| The fact behind these types of activities is very subtle because the minds of the men involved into are clouded by greed and can't find any evil in the destruction of the society. Actually they are infected with the viral of greed for power and wealth. This annihilating behavior may infect anyone who is suffering from the imbalance of \_TraiGunas'(three gunas: tamas ,rajas,sattv). According to \_Bhagawat Gita' Man is a substance of three attributes Tamas ,Rajas and Sattv, the imbalance of these three have relevant impression on mind and wisdom .*

#### ***Ye caivasattavikabhavarajasastamasasca ye Mattaeveti tan viddhinatvahamtesutemayi***

*The maya as used in Vedantic literature ,is nothing other than the mind and intellect of the living Kingdom act .The infinite varieties of thoughts and ideas that arises in the heart of living Kingdom have been observed and classified under the three main moods, governed by which alone do the instruments of feeling, thinking and action come to play their parts everywhere, These three characteristics the eternal moods of the subtle-body, are called inactivity (sattva),activity (Rajas )and inactivity (Tamas)*

*Anybody can behave anti-social if he or she has lost his rationale of righteousness .The central focus of this paper is to examine these behavioral imbalances of TraiGunas' in the light of remedial process named \_SudershanKriya and its accompanying practices'(SK&P). It is suggested that SudershanKriya and its accompanying practices (SK&P) can effectively cure the imbalances of behavior, the emerging science of mind /body medicine recommends it. SudarshanKriya (SK) (a rhythmic breathing process), was devised by Sri Sri Ravi Shankar. The word —Sudarshan|| translated from its original sanskrit Su = right, Darshan = vision, —Kriya|| means purifying action. This is thus not a pure meditation technique, and has been defined as a state of relaxation by some and a state of consciousness by others.*

*This is practiced as a brief & practical self-help stress management strategy. It is suggested that SudershanKriya may be used as a tool for the reform process of the person having behavioral disorder; even government may proceed forward with this tool to acquire the required platform of human resource. As the black money and its vendors is also a part of the economy, it should be directed in a way to contribute positively in rebuilding the future of the Indian economy*

**Key Words:** Black Economy, SudershanKriya, Trai-Gunas, Behavioral disorder

## Introduction:

*Na hi kascitksanamapi jatutishtatya karmakrt  
Karyatehyavasah karma sarvah  
praktijairgunaih15/3 verse*

Life cannot be sustained without work .So long as we lead embodied life we cannot escape from action.2Verily, none can ever remain, even for a moment, without performing action; for, everyone is made to act helplessly, indeed, by the qualities born of Prakriti.

All the creaturesexcept men act for their current need, they feed themselves only when they are hungry.A lion's prey becomes meal for jackal after the hunter is satisfied.Creatures neither regret about past nor plan for future alike human beings .This distinction of rational is a merit of human they can think for self and others also,they can share their things like eatables etc. Rational is a sense ofrightand wrong though in modern world rational has been misinterpreted as self-interest and now it has turned into greed. The very quality of being human which differentiate man to animals had been dealt.

The case of black money and corruption is also an example of greed .To earn money for livelihood is necessary but the problem arises when we carry money not only in our pocket but in our head also. Money is the means and not an end in itself.Hoarding money for unseen future is not only insane butalsounethical.

## Man is embodiment of nature:

*Idam sariram kaunteya ksetram ityabhidhiyate  
Etadyovetti tamprahuhksetranjnaiti tadvidah.2/13*

This body is field and the knower of the eternal truth is a seeker. Man is embodiment of nature and nature is an inactive consciousness.Man is blessed by the merit of helpfulness, righteousness, generosity and

benevolence because he can think rationally. Here the question arises what are the

causes behind irrational thinking and acting selfish.In BhagawadGeeta the human tendencies are defined which lead a man into inhumane acts .

—Man is a twofold, contradictory being free and enslaved. He is Godlike, and has in him the signs of his fall, that is, descent into nature. As a fallen being, man is determined by the forces of prakriti.....

Mental capacities and intellectual decisions are determined in each individual, and his aptitudes areordered by the type of impression(vasanas) left over in his subtle body as a result of his previous egocentric existence amidst the world-of-objects. This source of all individual activities is the residuals =vasanas' in the individual.¶¶3

Egoism(Ahankara) is the sense of I-ness that arises in us identification with the world-of objects. Ego is an atom in the mind which effects the mode of thinking the ego might is not only superlative ,certain people might think of them that they are =Bechara'these kind of person always try to proof their helplessness .Their works depend on the welfare thought of others. They want to gain sympathy from everybody.

## Actions are the attempts of mental impressions:

*Prakrter guna sammudhah sajjante guna karmasu,  
Tanakrtsnavido Mandan krtsanavin navicalayet29/3*

All actions are the attempts of the mental impressions to fulfill the desires.

The majority of us are in a state of complete delusion and are entirely victimized by our own temperaments .A dull witted one, unconsciously victimized by his own mental impressions, acts in the outside world shackled by a thousand burning attachments.

— Worldly people put in arduous labour; but in the pursuit of petty gains. We reap what we sow; as is the desire, so is the fruit. The world will not pay more for our goods than the price that we ourselves mark on them. This is the whole beauty of action (karmayoga). Action is like the currency note. Stamped with bhavana—sentiments and genuine feelings—it acquires value.....

Dignity of labour and maintaining health by simple natural means was established by Gandhiji as a part of Swadharma. Vinoba adds to the list the concept of 'bhavana' or 'love' as important ingredients of work. Work has to be done for maintaining health, tilling and harvesting of land or craftsmanship of an artisan or merchandising of goods by merchants etc. All this should be directed towards growth of soul by adding love and earning money by fair means in return for work as a householder is expected to do.||4

### The three eternal moods:

Man behave alike his or her tendency but tendencies may be defined in terms of 'Nature'.

Different attributes and mood swings are very natural phenomenon in human beings. In Bhagawad Gita

*Sattvam rajastama iti gunah praktisam bhavah  
Nibadhanti mahabahodehe dehinam avyayam*5/14

Purity, Passion and Inertia—these qualities (GUNAS), O! Mighty —armed, born of —PRAKRITI|| bind, the Indestructible, Embodied one, fast in the body5

There are three modes (gunas) Goodness (sattva) passion (rajas) and dullness (tamas) born of nature (prakriti) bind down in the body What leads to the appearance of immortal soul in the cycle of birth and death is the power of Gunas or modes. They are the primary constituents of nature and are the bases of all substances. The Gunas are three tendencies of prakriti or the three strand making up the twisted rope of nature. Sattva reflects Light of Consciousness and is irradiated by it, and so has the

quality of Radiance (prakash). Rajas has an outward movement (pravriti) and Tamas is characterized by inertia (apravriti) and heedless indifference (pramad).6

*Sattvam sukhesanjayi rajah karmanibharata  
Jnanam avrtyatutam ahprmade sanjayatyuta*9/14

Sattva attaches itself to happiness, Rajas to action and Tamas, shrouding knowledge attaches on to heedlessness.

The Self has really nothing to achieve. It is complete and perfect in itself. The natural movement of the Self is upwards. But just as any object is dragged down by a heavy weight tied to it, the Self is pulled down by the body..... Prakriti of everything and every being consists of three constituents. Just as in Ayurveda: nature is divided in three categories— kapha (phlegm), pitta (bile) and vata (wind)—, prakriti has three gunas (modes)— sattva, rajas and tamas. All the things are made of these three materials; difference being only in their proportion. Only when we separate the Self from all of them, could we succeed in separating it from the body. To examine these gunas and to conquer them is the way to separate the Self from the body. With restraint and firmness, we have to go on subduing and conquering them one by one and reach the ultimate destination.7

### The imbalance of Gunas can cause behavioral disorder:

The imbalance of Gunas can cause behavioral disorder in a person which can affect the society adversely.

—Explaining how three Gunas affect our day-to-day life, Sri Sri Ravi Shankar says —Three gunas comes into our life in cycles. When Sattva comes there is balance, alertness, knowledge, interest, lightness and joy in everything. When Rajoguna comes, more desires selfishness restlessness and sadness arise in us. When tamo-guna comes, delusion, attachment, lack of knowledge, lethargy, all this comes. These three comes in life turn by turn,

we can keep keep our levels of sattva high with help of yoga and enjoy the benefits of higher quality of life.||8'

Here one thing is important that if a person is of high scale or of Sattvik tendency is full of energy, enthusiasm, righteous and balanced. The persons having Tamasic tendency are often lazy they are not that much harmful to the society, but the man of Rajas is man of ambitions, desires, restless.

Chief characteristic of Rajas or hyper-activity is desire to do all sorts of things - a limitless desire for action with all-consuming greed. As a result, we are unable to control the rush of our instincts and passions. Another sign of Rajas is absence of steadiness. The man of Rajas is ever busy taking up and abandoning things. All actions under its effect are restless and uncertain.

Work has to be done for maintaining health, tilling and harvesting of land or craftsmanship of an artisan or merchandising of goods by merchants etc. All this should be directed towards growth of soul by adding love and earning money by fair means in return for work as a householder is expected to do.8Vinoba Bhawe.

Money is thing to be kept in pocket but it has become a shining stone of the throne of ambitious persons. Being ambitious and powerful is good but for the sake of power and position acting irrational is insane. Unending desires and restless behavior is a deadly combination for being inhumane. Corruption is an inhuman gesture of human of low scale.

## The Evildoers Are Low In Human Scale:

*na mam duskrino mudah  
prapadyantenaradhamah maya  
yapahrtajnanaasuram bhavamsritah 7/15*

The evildoers are foolish, low in human scale, their minds are carried away by illusion and who partake of the nature of demons .The evildoer is devoid of recognizing Supreme and imperishable. Here Krishna talks about the negative nature in those who cannot

overcome this delusion to realize the Devine in them.

Here low man is a person of demonic tendency who lack the discrimination of right or wrong path. The insignia of the higher evolution in man is his rational intellect, which can discriminate between evil and good. This discriminative awareness is the subtle instrument by which individuals are rendered capable of their imperfections to their own Essential Nature of Absolute Divinity.

## How to balance three Gunas:

The way to come out of restlessness is to combine action with inward effort. This results in inner purity. Keep on acting constantly and surrender the fruit of action to God. Acting this way, slowly Rajas is destroyed. It is necessary to destroy this demon of every rising greed and desires. This is the Karma-yoga of Gita.

*Sankalpaprabhaavan kamam styaktasarvanasesatah  
manasaivendriyagramamviniyyamasamantah24/7*

*Sanaishanairupararmedbuddhyadhrtigrhitaya  
atmasamsthammanahkrtvanakincidapicintayet25/7*

Completely renouncing all desires arising fromSankalpas(thoughts of worldly desires) and fully restraining all the senses from all the sides by the mind ; he should through gradual practice attain tranquility and fixing the mind on God through reason controlled by steadfastness , he should not think of anything else .

Don't think just that the people in hospital are sick. Anyone who is not happy is sick. Mind is very abstract .Means you cannot deal with the mind. The only thing you can do is you can speak about whatever your feelings are and you may feel a little relief for a while and then but again it starts with the same pattern, same habits. But if you attend your breath, then the root cause of this problem or any problem that the mind is facing is eliminated because there is some rhythm in the breath and this

rhythm is connected to the rhythm in the world .The rhythm in nature is rhythm in the body ,the rhythm of your thoughts and rhythm of your emotions.

During the time thinking about the past,worrying about the future ,or daydreaming, there is very little sattva in life .Yoga practices, such as meditation, yoga restarts(preferably every six months),being in silence, pranayama, meditation, satsang, and listening to knowledge raise the sattva.

Yoga poses: Yoga postures can settle down the restlessness (rajas) in body and mind. Pranayamas or breathing exercises oxygenates every cell in body ad purity (sattva) and balance.

Meditation: The more we meditate the more our sattva we have, the deeper is our meditation. Through Yoga and meditation one could reduce the high tamas and increase sattva.

Food:This is a delicious and critical aspect. Fresh food, fruits, vegetables, juices and lessspicy food brings and increases sattva.

As it is proved that a person of low scale or low prana may be harmful to the society as well as for himself.The need of time is to balance the energy and increase the sattva of every single person in the society.

## SudershanKriya a powerful breathing technique:

Breathing is the first act of life. Within the breath is the unexplored secret of life. SudarshanKriya® (given by Sri Sri Ravi Shankar Founder of Art of Living Org) is a powerful yet simple rhythmic breathing technique that incorporates specific natural rhythms of the breath, harmonizing the body, mind and emotions.The technique eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving the mind calm, focused and the body energized, completely relaxed.

### Medical findings about SudarshanKriya:

A world conference on science, consciousness and spirituality held in New Delhi (30-31Aug

2014) noted the key findings of research conducted on the SudarshanKriya. Below is a simplified synopsis:

#### i. Less depression, more elation

Dr Richard Brown from the USA has postulated that Kriya contributes to a state of alert calmness through its effect on the vagus nerve. The vagus nerve is crucial in social bonding, empathy and love; it is the centre of our gut instincts and is crucial to our ability to perceive, observe and make complex decisions. Impaired vagal activity is found in people with depression, anxiety, panic disorders, irritable bowel syndrome, violent adults, post- traumatic stress disorder, early Alzheimer's and obesity.

#### ii). Sleep like a baby:

Stephen Porges suggested that the different rhythms of breath in Kriya stimulates different fibers of the vagus nerve. This makes SKY unique and likely to have a much wider range of effects. Interestingly, brain wave rhythms during and after Kriya are similar to those of babies.

#### iii. Think Positive :

DrFahriSaatcioglu from Oslo did a 6-week study on the effect of Kriya on the relaxation response and feeling of wellness on 109 subjects. 56 of them went through the Art of Living course and performed Kriya daily for 6 weeks. The other 53 relaxed in an armchair for 15 minutes daily for the same period. 6 weeks later, a significant increase in the experience of wellness in the Kriya group was noted as compared to the 'armchair' group. There was a sharp decrease in anxiety, depression and stress and a marked increase in optimistic thinking in the Kriya group.

These are few medical findings out of many,they are sufficient to proof that SudershanKriya(SK) is powerful yet subtler technique give hike to the low energy.

## Conclusion:

Now a days people go for alcohol, smoking, drugs, movies, internet-surfing, etc. for the refreshment and regaining the energy but as a matter of fact they get nothing out of them .Just purchasing expensive goods, having precious jewelries ,big bungalows enriched with latest appliances like LED-TV, double door –Fridge-loadedwith all the goodiesare the goal of materialistic mind. Howeverpossessing all these things is not questionable, feverishness to acquire them is the only cause for all types of anti-social activities. The person clouded with such thoughts always searches a short cut and the short cuts are not righteous, rational.

The Man of a family hunts but the way of hunting, matters, restlessness tosnatch all the luxury in no time has become fashion of the Era. This restlessness is nothing but the ‘Rajasik’ tendency and this very tendency gets hike because of tedious life-style and Tamasikfood(fast-food, staled-food,non-veg-food, etc.) we eat. To control this tendencies change in life-style and food has become mandatory. All of sudden a person can’t make changes in his/her habits but gradual practice of anything could become a new habit. It is suggested that, to raise the quality of life every single person must practice yoga, meditation andsome sort of pranayama

.SudershanKriya(SK) is a combo pack of all these practices, as the Doctor have already proven that the people who practice SK are more efficient, focused, rational and more immune towards diseases. The man of rationale and of high scale of energy (Sattvik- tendency) is definitely combatant to the adverse situations of life as well as to the emotions. Corruption and Black- money are the staled form of collective emotions and to control the desires one need to be strong enough, the rationale of right and wrong and ever changing world is the only tool to deal with.<sup>9</sup>

*Satarati, satarati, salokamsataryati*

He alone crosses this ocean of sansara, maya .He alone crosses.salokam,sataryati–He can redeem the world .He alone can take up any amount of stress from anybody and then dissolve it.He can redeem the whole world, uplift the whole world. There is protection of knowledge, of wisdom, for generations to come.<sup>9</sup>

The realm of Black Money and Corruption has been covered the humanity so far that’s why few tools, few people can’t set the humanity free. Every single person and ideas of every single person may collectively bring the dawn of Righteousness .Though, as in the time of Mahabharata there was Sudershan-Chakra now-a-days we have Sudershan-Kriya as a sure shot remedy for ail tendency of the human being. There are still many gaps to be filled.

Many areas still untouched which requires intensive research. There is much more scope to be explored.

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