

Social Harmony and The Role of Individual

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Objective

Uplifting the individual psychology in line with the society to bring harmony.

Method

Soul journey, aura or energy field, energy centers, totality of social interests, etc. are followed.

Soul is the spirit accompanied with the nature.

Energy field is the field in which the visible physical living body is embedded. It is divided into several parts depending on the self-realization of the soul. The 1st one noticed is annamayakosha or the energy body that is in the shape of the physical body and superimposes. It is embedded in the pranamayakosha which is in the shape of an inverted egg. In the interface we find many revolving chakras or centers for bidirectional flow of energies. Corresponding to perennial plexus, there is a center called **Muladhara** at the base of the spine. The 2nd one is **Swadhishtana**, corresponding to sexual and urinary system. The 3rd one is **Manipuraka** at naval. 4th one is **Anahata** at the cardiac plexus. 5th one is **Vishuddha** at throat. 6th one is **Lalata or Phala** at forehead. The 7th is **Sahasrara** at top of the head.

Introduction

Always the man is interested in ease of doing. Industrial revolutions are adding to his desire fast. But the brotherliness is trailing behind. As such, differences, disputes, wars, terrorism, etc. are taking place. As a result sickness is also taking place. The WHO constitution also states that the health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Various religions, philosophers and the speakers in the field are constantly making efforts, along with social administrators, for peace and harmony, health and stability, individual growth and social development, etc. There are scriptures to enforce the psychology of individual to be aligned with the society for peaceful progress. But, the scenario changed with incomparable and rapid progress in intelligence and technology for physical needs, leaving the scriptures not unfolded to match. As such, the society is often, facing bit a challenge to protect itself from inhuman values such as excess desire, anger, greediness, selfishness, criminal nature, terrorism, etc. Such activities are threatening to righteous and innocent. Rules & regulations and Law enforcement have become a constant process to protect the righteous.

As such it proposed to study the system of individual in more scientific way to:

- to understand the righteousness
- to come to an understanding what is life, its past and future
- to realize what to do and what not to do

- to understand the inter relationships
- to understand the remedial measures
- to expect the role of security
- to understand the role of public service
- to uplift the self to celestial balances, etc., etc.....
- and to finally understand the bliss, bliss, bliss which is original property of everyone.

Contributions in the past from India

Advaitam: This is the philosophy of non-duality. There is no difference between individual soul and universal soul or God. Both are one and the same. When the gold is made into different ornaments, the ornaments possess different shapes and hold different purposes. But the gold is same. This philosophy leads to remove the differences in the society. A great contribution is made to the philosophy by Sri Goudapada and Sri Shankaracharya in 8th century.

Vishistadvaitam: This philosophy promoted by Sri Ramanujacharya in 11th century, explains that there are three different existences. One is Brahman, who controls the whole existence. The 2nd one is nature, belonging to the Brahman. The 3rd one is the individual soul surrendering and similar to the Brahman. This also eliminates differences in the society and maintains peace.

Dvaitam: This philosophy believes in dualistic nature in the existence. One is the Brahman and the other is the individual soul. This is proposed by Sri Madhvacharya in 13th century.

Till maturity of individual for alignment with the society or universal consciousness, all the above theories guide. These theories automatically lead to peace and brotherliness in the society.

The New Theory

The industrial revolutions have taken to ease the life of individual; but the brotherliness in the society got impaired. In spite of multiple directions from the scholars and various guidelines and indications in the scriptures, loving kindness, forgiveness and togetherness are in short. Hence a stepping concept is useful to understand the life and progress for all.

1.Shashtyam

The totality of human system can be studied on a new concept, 'shashtyam' at the initial level, prior to understand the philosophies such as, advaitam, vishishtadvaitam and dvaitam readily gifted by Rishis and scholars. The word indicates composition of six factors comprising of five basic natural elements and the sixth, the universally existing consciousness.

2.Dharmapod

A new psychological tool is created and named 'dharmapod' to indicate righteousness under the nutrition of the society or universal existence.

Shashtyam: Existence Redefined

“A living thing is formed by enabling a specific composition of five basic elements; viz., earth, water, fire, air and space with universally available consciousness. The consciousness that is used is noted as atma and the atma accompanied with the nature of the composition is noted as soul or Self. The six together cause the life and experiences therein. The experiences are in accordance with the deviation of the soul with Brahman. And the soul continues to recycle the living system for all its actions till alignment with the Brahman.”

The word **shashtyam** is selected to indicate six components for understanding.

Proof: An egg contains in the five elements in varying proportions. The proportions are brought to specific range under which circumstances, that product will get consciousness. The life of the new living thing ceases to continue with imbalances in composition. The consciousness is released along with mental, emotional and karmic deposits and again occupies in another combination later. This rebirth is proved by psychologists in regression experiments.

Shashtyam: Experiences

1. Matter

The decrease in matter or earth factor leads to weakness. The extreme weakness may lead to accidents, poverty, and depression and with the factor falling below critical level; the consciousness goes away along with the karmic factor.

The extra earth factor leads to laxity, arrogance and imbalance leads to intolerance to the system as well as consciousness in the house of the five.

The earth element in the body corresponds to muladhara chakra of the human system. This is required for sustenance of the system and to attract energies required for such purpose. The changes in muladhara lead to improper passion, fear of existence, suicidal tendencies and number of dis-eases.

2. Water

The decrease in this factor also causes extreme weakness. The blood may become impure, the joints loose strength, excretory system fall below normal, and all the diseases connected to low water content will arise.

The increase in this factor may lead to obesity and cold related diseases.

This factor corresponds to Swadhishtana chakra in the system. The main function of this energy center is to offer required energy to the entire system, maintain the youthfulness and creativity.

3. Fire

This factor is the furnace quality. Its lack gives rise to digestion problems, diabetes, and other diseases from naval to solar plexus area, etc.

The increase in this factor, eliminates wanted things also from the system and beyond limit, there will be no room for the guest, i.e., consciousness. That is why; the yoga teachers fix a limitation for kapalabatti.

This element corresponds to Solar plexus chakra at solar plexus and Manipura chakra and at naval center. The former draws solar energy and create fire in the stomach for assimilation food and as such it is the uncompromising supporter of the Desire. Gradually the naval center gain over it with self-control and balanced qualities. Beauty of the text may be understood when the centers are compared with Karna and Arjuna of Mahabharath scripture respectively.

4. Air

The air factor in the body should also be in range. Lower factor will reduce the elimination process of unwanted things and higher cause removal of wanted things.

This factor corresponds to Anahata chakra which is responsible for loving kindness, vitality, overall health and growth.

5. Space

It is well known; nothing can be created without space. A space is needed to establish anything. Then it is to be energized for self-protection and action. It needs self-control & balancing actions. Further it has to contain procreation qualities. Finally, it has to sustain itself till completion of the purpose of its existence.

Once space is lessened, the brain has to sink; the skin has to wrinkle to reduce. Thus the space is for intactness. Space is the binding force. Lack of space factor may lead to respiratory problems, hypo thyroid, low intelligence, etc. Higher factor may lead to hyper action of thyroid.

The space factor corresponds to Vishuddha chakra in the human system.

For details on properties and functions of the above chakras, the reader may refer to schools on energy studies.

Thus Shashtyam explains a healthy system. The factors ever exist, hence the concept holds good for material world and pave way to realisation of **Self** with reference to the **Society**. The logo of this paper 'dharmapod' is based on the same principle.

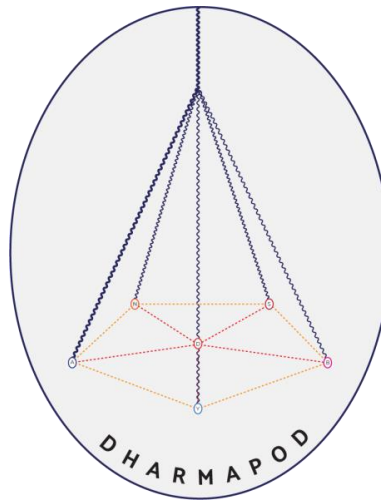
Note: There are several chakras (also called energy centers) in the human body. Including ajna (eye brow mid) and sahasrara (top of head), seven chakras are noted in general.

There is a count of 10 chakras. These 10 are taken in comparison to dashahara (Dasara or Vijaya Dashami), a famous festival in India.

We can even find out 12 chakras in comparison to Jyotirlingas. We can also find 18 such centers in accordance to 18 Shakti Peethas.

But to keep an individual on righteous path, 5 Chakras discussed above are opined to be sufficient, wherein everything falls in line gradually.

DHARMAPOD



It is a psychological tool to indicate an individual to lead a happy life. It is also a tool of understanding righteousness in the society. It is arrived on the basis of energy centers in the energy field of living as well as the success story of Pandavas in the history of Mahabharath. The comparison is as follows.

Sl. No.	Quality	Relevant Energy Center	Character in Mahabharath	Parts of Dharmapod Remarks
1	Instinct of survival	Muladhara (Basic)	Sahadeva (S)	S-right rear vertex of the pentagon shape
2	Energy distribution and reproduction	Swadhishtana (Sex)	Nakula (N)	N-left rear vertex of the pentagon shape
3	Self-control and focus	Manipuraka (Naval)	Arjuna (A)	A-left front vertex of the pentagon shape
4	Love and Justice	Anahata (Heart)	Bhima (B)	B-right front vertex of the pentagon shape
5	Retention of above 4 qualities and maintain firmly	Vishuddha (Throat)	Yudhishtara (Y)	Y-forefront vertex of the pentagon shape

6	Administration of above qualities with reference to the society	Phala (Forehead)	Drishtadyumna	It is the right psychology to keep the energy centers in order. This center acts according to development of pineal gland in CNS.
7	Taking care of the society	Sahasrara (Top of head)	Sri Krishna	The divine/ social qualities follow the well-coordinated above five energy centers.

The center of pentagon named as D to indicate Droupadi married with Five brothers Yudhishtara, Bhima, Arjuna, Nakula and Sahadeva. It infers that the kundalini energy, which is dormant in common man, joins with the five chakras to energise the system against the undesired psychological factors. Under such ideal conditions, the society support and gets flourished.

Everyone wants others to be right towards him. But it is required to question himself whether it is right for society also. To become perfect, one has

- (1) to love himself and be judicious,
- (2) to balance himself from undue actions and self-control,
- (3) to procreate for continuity of life and energise the system,
- (4) to maintain the system for sustenance,
- (5) to include the above four together and intact.

Fulfillment of the above 5 factors will make the person fit in the society. These five corresponds to the five energy centers and pandava brothers mentioned in the table above. The combination will cause activation of pineal gland which is connected to forehead chakra (6) in the energy field. In turn the forehead chakra align and strengthen the five energy centers further till the sahasrara gets activated which bridges the individual to society or the universe. Peace prevails. In other words, whoever maintains the above 1-5 factors in proper combination will behave better to him and get support in the society. He deemed to be in line with the society. Peace and ecstasy flows to him. He is said to be righteous in position and actions. The above 1-5 factors belongs to anahata, manipura (at naval), swadhishtana, muladhara, and vishuddha centers in the annamayakosha of the energy system. With execution of these powers in right combination, the forehead center (6) will coordinate properly and the sahasrara (7) will make the person ideal in the universe and the individual energy will be in line with the cosmic energy.

In other words, whoever maintains the 1-5 energy centers in the right combination, the cosmic energy enters into the individual for an elevated life.

Since Bhima, Arjuna, Nakula, Sahadeva and Yudhistara maintained dharma in their life, Droupadi, the individual energy/kundalini rose to the occasion and joined with them for righteous action and also got involuntary support from the Lord Sri Krishna.

Conclusion

It is concluded to come to an understand of his system and maintain the energy centers for a healthy life which is also required for social harmony.

The health of an individual depends on good and well distributed energy system that drives and maintains the physical body. Just like Pandavas coordinated among themselves, the centers in the energy body are to be healthy and well-coordinated. They should be made strong against the unwanted as well as excess desires and supporting psychological factors.

The ego is to be maintained minimal to win over the desires just like Bhishma is made inactive. The chief supporter of the evil desires is solar plexus center just like Karna acts for Duryodhana. This center is to be controlled with balance and self-control, a property of naval center like Arjuna. The brought forward bad samskara or habit embedded in genes or in subconscious mind are to be curbed with the divine light of bliss for which one has to meditate.

To bring such a state, one has to contemplate on his energy system as much as possible. It needs to control the senses and transfer them from the intelligence of the casual mind to intellect.

Gradually everything falls in line for a successful life and a peaceful society.

dhrarmo rakshati rakshitah
