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### **RESEARCH ARTICLE**

#### **EFFECT OF SIMPLIFIED KUNDALINI YOGA ON NEUTRALIZATION OF ANGER FOR WORKING WOMEN.**

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##### **Key words:-**

Life, neutralization, anger, introspection, mind.

#### **Abstract**

This study was conducted to view how the working women can neutralize the anger through SKY Yoga practice. Working women play a vital role in family and in society. When they feel stress, anger arises and it spoils the peace in her mind and in the family. SKY Yoga enables the individual to improve her mental capabilities and bring about changes in her actions, which gives her the mental acuity to understand her flaws and the strength to overcome them. It also helps her to live a prosperous life and others to achieve their goal. Yoga should contain the elements for introspection also. Everyone is aware that hundreds of thoughts crop up in the mind during the course of each day, but also for no one seems to have probed into the nature of thoughts, or the reason why they arise. The obstruction becomes anger. It continues through heredity. When anger gets stocked in mind, it transforms into “vengeance”. It is the most deadful of bad qualities. Simplified Kundalini Yoga Practised by Vethathiri Maharishi in Physical Exercise, kayakalpa, meditation and introspection focusing neutralization of anger has been designed for working women. The finding shows that the Sky Yoga intervention has reduced the anger and has shown positive results.

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#### **Introduction:-**

Yoga is defined as “Being conscious of the consciousness” and is the noblest way of life. Yoga is a science of life to develop the sixth sense to its fulfillment and to equip man to enjoy peaceful life. Vethathiri Maharishi developed a complete system of practices for self.

Working Women play a vital role in the family and society. They take part a major role in maintaining the families and every part of life and society.. When they feel stress , anger rises and spoils the peace in the family and it and it affects the harmonial relationship with the family members. When simplified Kundalini Yoga formulated by Vedathiri Maharishi , given to women anger is reduced.

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**Concepts Of Sky-Yoga**

The concept of SKY-YOGA by Vethathiri Maharishi is being practiced by people for a healthy and peaceful life across the globe. It gives good health to the body, longevity of life, mental peace and harmony to society. Simplified Physical Exercises for body. Kayakalpa yoga for the longevity of the life-force and anti-ageing. Sky meditation for mind and Introspection for wisdom are the main components of SKY-YOGA.

**Objective Of The Study**

The objective of the study is to assess whether there is an effect of yoga on neutralization of anger among working women. Through introspection.

**Negative emotions create anger:**

Maharishi gave this important practice in order to achieve the purpose of life. Anger affects the body and the mind adversely. The practice to neutralize anger helps to establish harmonious relationship and develop tolerance.

**Anger:**

Anger is a basic emotion experienced by all people. Anger is usually experienced as an unpleasant feeling that occurs when we think that we are injured, mistreated, opposed in our long held views or when we are faced with obstacles that keep us from attaining our goals.

**The origin of anger:**

Anger like many of the other traits is passed on through heredity, in fact it is a quality inherited from the beasts, amongst which it had probably originated most of the animals survive by feelings of attacking one another, where the victim resists the attacker and fights for survival. The predator in turn doubles its efforts to subdue and kill the prey. For the same reason anger has its roots in the animals, which necessarily have to fight one another for survival. This quality, born of the circumstances was passed on through heredity and found a place in man.

**Whom do we usually get angry with?**

It may be observed we, very often get angry with those who we spend a major part of their time with us showing care, affection and making sacrifices for us. In other words, it is our parents, life partner, brothers and sisters, relatives and friends.

**Causes of anger:**

The causes of anger are needs, likes, dislikes, expectations, materials, fame, power and sensational pleasure.

**Physical health:**

When a person gets angry he/she activates certain glands in the body. The researchers have found that when someone has an anger outburst, their body releases unhealthy amounts of adrenaline and cortisol hormones in the blood stream. This heightens blood pressure and increases heartbeat, which may lead to conditions like stroke and heart attacks, headaches, digestive imbalance.

The face reddens, body trembles, muscles of the arms and legs tighten, stomach ulcers are also caused by anger.

**Mental health:**

Anger causes sudden increase in energy to hit the brain cells. It causes memory loss, low IQ, poor concentration and no harmony. The mental frequencies go to that range 25 -35 cycles per second, thus leading to excess consumption of life energy.

**Spiritual health:**

Anger decreases our life energy. One will be unable to meditate.

**Powerful tools to neutralize anger:****Forgiveness:**

Learn to forgive and forget all injuries and insults dealt with you. One should forgive and be free. Every night before you retire to bed it is a good practice to review and analyse the happenings of the day to check if the same one has cheated or offended, you call out that person's name say "I FORGIVE YOU", you will have a peaceful sleep.

**Adjustment-tolerance-sacrificed:**

One should try to adjust and give way to others. Tolerance in other words is patience. Patience is a virtue, one should remain calm and tolerant in the face of anger, also learn to sacrifice for the sake of the others.

**Understanding:**

One should be a good listener and understand the other person, should not criticize or find fault with others.

**Introspection:**

The sixth sense of man enables one to identify good and bad qualities. The bad qualities which result in pain to self or others or to be removed. To clear away all the bad qualities, the art of inward looking introspection practice comes handy. "Go deep into yourself, analyse the bad deeds which were the results or emotions, get rid of those emotional imprints and refurbish your mind." This is called introspection training in yoga. Such an examination is called "Self-Analysis".

**Exercise for neutralization of anger:**

There cannot be anyone who doesn't know that anger is harmful. Still it becomes difficult to kill anger. There are two important reasons.

1. Nobody has evolved practical methods for annihilation of anger.
2. Nobody so far has introduced an exercise for creating the mental strength to get rid of this habit which has come through many generations as if a heredity assets. One should avoid anger which causes harm to self and others that requires proper exercise, it is not just enough to be thinking of avoiding anger. Reading about anger is not sufficient. The thought of avoiding anger should be respectively pledged in the mind and made deep impression in the mind and the body in order to transform this thought into action. Proper exercise is essential. Thathuvagnayani Vedhathiri Maharishi has divided exercise for neutralization for anger. We can avoid anger doing proper exercise.

**Practical exercise:**

1. Keep your mind in duriya meditation.
2. Make a list of people with whom you are prone to become angry most often followed by others.
3. Take the first name in the list and seek the answers for the following questions
  1. What is nature of my relationship with him/her?
  2. What are the reasons behind my anger?
  3. What is my role in it?
  4. What was earliest experience the final come out?
  5. Was it good are bad? Did anger serve the desired purpose?
4. Research into these questions with all the names in the list. Find out the reasons and realize.
5. Having completed the exercise, one must consolidate the conclusion and prepare a plan for the future regarding anger.
6. The process of auto suggestions gives the best results. Bring the person with whom you most often get anger into your mental picture and say, "I should not angry with you again because of my effect of anger I am losing my energy-physically, mentally, financially and in other ways so in my own interest I should be in peace with you be best for your part. You should not be angry with me I have decided to be tolerant with you whenever I am with you I will be very careful not to get angry."
7. Try to conduct yourself with understanding and awareness for few days you will be not angry with that person.
8. Once that first name has been dealt with successfully the second may be taken and the same process is to be related it will be easier on account of the previous experience and can be achieved faster continue to go through your list in this manner and if you achieve success with 8 or 10 people you will never get anger again.

**Training in neutralization of anger (example):**

S.NO	LIST OF PERSONS	RELATIONSHIP OF THE PERSON	CAUSES OF MY ANGER	MY RESPONSIBILITY IN THE CAUSE OF ANGER	PREVIOUS EXPERIMENT	CONCLUSION (Sankalpa Pledge)
1	Ram	son	Not studying well	Did not take care well	More study time	Have to Concentrate more on her studies.

**Result:-**

Sky-Yoga practice when given to 20 working women of the age group 25 to 35 as they often get angry with their family, friends and society causes heavy work load on their head. So they get mental pressure and get angry with others. When they practice physical exercise, kayakalpa meditation for the past six months, anger has reduced gradually. Before practicing Sky-Yoga they had 90% anger with their family and surroundings. By practicing Sky-Yoga meditation and introspection, anger has reduced gradually by 70%, 50%,30% and now 20%. By the practice of neutralization of anger, the mind has relaxed and they say that they have a peaceful mind and maintaining cordial relationship with their Family members.

**Conclusion:-**

“You will not be punished for your anger; you will be punished by your anger”-Buddha.

Anger doesn't solve anything, it builds nothing, but can destroy everything there by creating more and more of bad deeds. To eliminate our bad deeds, we need to cleanse our mind regularly. Introspection and moralization of character helps one in the process of mind cleansing. As everything starts within our mind, if our mind is cleansed regularly we can lead a healthy and happy life both physically and mentally thereby eliminating bad deeds. This yoga system is common to all human irrespective of race , religion, nationality etc,.

**Reference:-**

1. Journey of Consciousness-Thatuvagnni Vethathiri Maharishi.
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