



**WORK LIKE MASTERS NO LIKE SLAVES - VIVEKANANDA.  
SUPER DIVINE IS ONE WAY OUT BY WHICH WE CAN PASS  
THROUGH ALL THE INTRICACIES & MISERIES.**

**JOURNEY TOWARDS SELF CULTURE**

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Self culture means care which every person owes to himself, to the unfolding & perfecting of his nature. But unless we are aroused to act upon ourselves, work for self improvement, strictly discipline our mind very little permanent good is received. Self culture has the foundation in our nature. There are two powers of human soul which makes self culture possible. The self searching and the self forming powers. We have the power of turning, the mind on itself i.e recall the past to see present operations, knowing various capacities and deficiencies. We are not only able to know what we are, but we may become. These self comprehending powers distinguishes us from animal who do not look into themselves. Self culture is possible not only our search for ourselves but we have a still nobler power that of acting on determining and forming ourselves. We can hold and accelerate the current thoughts, concentrate the intellect on objects, fix our eyes on perfection. We can posses it anywhere and anytime. Self forming power is the most important discovery of man. There is more of divinity in it than in the force which impels the outward universe.

Self culture is moral. When a man looks into himself, he discovers two distinct orders or kinds of Principles. He discovers a desire, appetite, passion which craves & seeks his own interest, gratification distinction and he antagonizes to these. Self culture is religion, when we look into ourselves, we discover powers which link us with this outward visible finite, ever changing world.

Self culture is intellectual. We cannot look into ourselves without discovering intellectual i.e powers of thinking, reasoning & judging, the powers of seeking & acquiring truth, self culture is social. It means to untold and purify the affections which bind together. It consists in converting man from instincts to principles, from material to spiritual attachments, making him a rational, Moral & holy character.

Self culture is power of utterance. A man should not keep his views & thoughts to himself but give them a voice & exchange them with other people.

Self culture aims at actualization & self transcendence for self actualization. The need for self fulfillment is the highest order need as given by Maslow in his hierarchical model of motivation.

Self transcend means moving beyond the range of human experience, reason, description or belief. It is a stage where an individual over comes his separateness and finiteness for achieving at hominess with the cosmos. Discovering new abstractions & symbols, loving



beyond any limits, creation of new values & relationships to fellowmen & Cosmos to achieve immediate aim of attaining peace & happiness. For this he has to liberate himself from irrelevant social conditioning result against undesirable social pattern.

Self cultural is practical. It makes us efficient in whatever we undertake. So, self culture increases pleasure and creates new capacities of enjoyment. No power in the society can depress you in knowledge, powers, virtue & influence by your own consent. We can practice it through means like:

--Good Books.

--Meditation.

Now, I will stress upon how to develop self culture through meditation. By using method of self realization which has been able to make remarkable progress in all spheres of life besides acquiring ability to transfer such spiritual power to others.

Self realization is to reach that state where mind & body work in complete harmony & becomes sole master of his/her needs, desires and dispositions. Self realization can be achieved by pure desire only through SAHAJA YOGA process.

--Word Sahaja is made up of two Sanskrit words

- Sah \_\_\_\_ with in you

-- ja \_\_\_\_ Born

-- Yoga \_\_\_\_ a system of Hindu philosophy that is a means of emancipation of soul. Sahaja means born with you (in born). What error is inborn would manifest without any effort. Hence Sahaja Yoga is the name given to a system which is effortless, easy & spontaneous. It is natural to nature. Its working is very simple although the operation within is quite complicated.

-- In other words – Sahaja Yoga works at the energy level that is born with you. This is that ancient source of divine energy which is called Kundalini-----

Kundalini is setted at the base of one's spine in three & a half coils. To raise it from the position requires the expert guidance of the realized Guru.

Self realization means awakening of this sleeping power so that it ascends along the spinal column & shoots up along with apex of one's head and get connected to self & feel the thoughtlessness state.

Once it pierces the skull, a link with the Divine Power is established. The condition gets manifested in the form of cool air on one's palm & soles of the feet & also crown of one's head.

The Kundalini automatically cleanses the body as it rises from the base of spine to the top of the head. All physical and mental troubles, tension & stress give way to strong sense of calm & peace. All curable & incurable diseases vanish.

How It Happens - in our body.

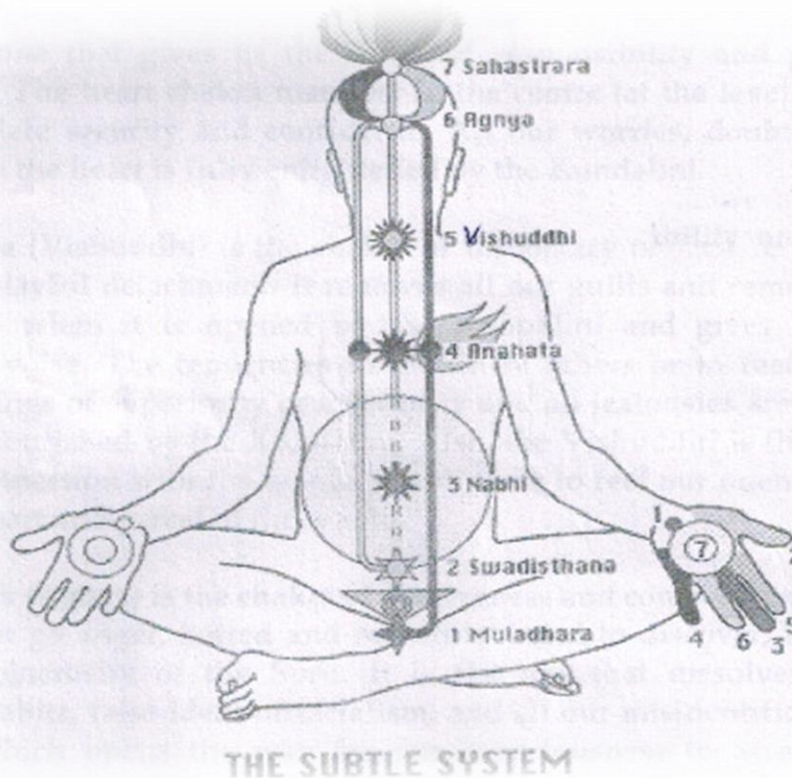
There are three channels of energy in the spinal cord of our body along which the Kundalini can rise --



1. The Left Channel corresponds to our past emotions, desires, affectivity. Its termination is the superego, which is the storehouse of all our memories habits and conditionings.
2. The Right Channel corresponds to our actions and planning to our physical and mental activity. Its termination is the ego which gives us the sense of Mess, the sense that we are separate from the world.
3. The Central Channel is the channel of ascent, it is the power which sustains our evolution and guides us, consciously or unconsciously; towards the higher awareness of the Sahasrara (Seventh chakra).

Each Chakra controls certain parts of the body when activated by the Kundalini, they correct the organs under their control & thus cure the disease. Do meditation regularly to stay healthy. Just a electrical devise is useless till it is not connected to the main switch, similarly a human soul is useless until it is not connected to the divine energy. Thus Kundalini awakening is highly peace giving & blissful experiences.

### The Chakras and the Subtle System



Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a subtle system of channels (nadis) and centre of energy (chakras) which look after our physical, intellectual, emotional and spiritual being.

Each of the seven chakras has several spiritual qualities. These qualities are within us, and even though they might not always manifest, they can never be destroyed. When the



Kundalini is awakened, these qualities start manifesting spontaneously and express themselves in our life. Thus without effort, we become extremely dynamic creative, confident and at the same time extremely loving and compassionate. It is a process which starts to develop automatically when the Kundalini rises and starts to nourish our chakras.

The first chakra (Mooladhara) is situated below the Sacrum bone in which resides the Kundalini, and its main aspect is the innocence. Innocence is the quality by which we experience pure, childlike joy, without the limitations of prejudice or conditionings. Innocence gives us dignity, balance and a tremendous sense of direction and purpose in life. It is nothing but simplicity, purity and joy. It is inner wisdom that is ever present in the little children and gets something clouded by our modern lifestyles. But it is a quality which exists eternally within us and cannot be destroyed, waiting to be manifested as pure joy when the Kundalini rises.

The second chakra (Swadisthan) is the chakra of creativity, pure attention and pure knowledge. It is the one which connects us to the inner source of inspiration and enables us to experience the beauty around us. The pure knowledge given by this chakra is not mental, but it is direct perception of the Reality. Also this is the centre of pure steady attention and power of concentration. On the physical level it looks after our liver, Kidneys, and the lower abdomen.

The third chakra (Nabhi) is the one that gives us the sense of complete satisfaction and contentment. It is the centre which makes us peaceful and generous and also sustains our spiritual ascent. When enlightened by the Kundalini, it expresses as righteousness and inner sense of morality, and it gives us complete balance at all levels in our life.

The fourth chakra, the chakra of the Heart, is the place where our Spirit, our true self resides. It is from our heart that the compassion and love manifests and also the heart chakra is the one that gives us the sense of responsibility and pure behaviour towards others. The heart chakra manifest in the centre (at the level of the sternum bone) as complete security and confidence. All our worries, doubts and fears are destroyed when the heart is fully enlightened by the Kundalini.

The fifth chakra (Vishuddhi) is the chakra of diplomacy, of pure relationships with others and of playful detachment. It removes all our guilts and remorse when it is opened by the Kundalini and gives us a kind and compassionate voice. The tendencies to dominate others or to feel dominated by others, the feelings of superiority or inferiority and all jealousies are removed when this chakra is nourished by the Kundalini. Also, the Vishuddhi is the chakra which gives us the connection with the whole, enabling us to feel our oneness and the fact that we are all part and parcel of the whole.

The sixth chakra (Agya) is the chakra of forgiveness and compassion. Forgiveness is the power to let go anger, hatred and resentment and to discover in, humility, the nobility and generosity of the Spirit. It is the one that dissolves all our egos, conditioning habits, false ideas of racialism, and all our misidentifications. It is the narrow gate which opens the way for our consciousness to ascend to its final destination, Which is the seventh centre.

The Seventh centre (Sahasrara) is the chakra which integrates all the chakras with their respective qualities. It is the last milestone of the evolution of human awareness. Nowadays, we are at the level which corresponds to this chakra and our consciousness is able to easily





enter into this new realm of perception, which is beyond our limited mind and concepts and which becomes absolute at the level of the Sahasrara. It is the direct, absolute perception of Reality on our central nervous system. This is precisely what is achieved through the Self Realization, through the spontaneous awakening of the Kundalini.

So self culture is the real value of Human Being which actually manifests in life when our attention (CHIT) gets enlightened by coming in contact with the Divine Power pervading outside and spirit inside the body.

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