BENEFITS OF BLESSING IN PLANTS THROUGH VETHATHIRI MAHARISHI’S METHOD

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ABSTRACT

Universe is filled with Energy - Not for Consumption but for Conversion. Blessing Waves are one form of Energy for Conversion in many levels. An expression of blessing, is a wave of actions in sound or in mind. It functions like a wave to cause a series of actions and reactions giving appropriate results in time. Our very life is a blessing. We must feel highly grateful to those who are responsible for our present life. Many research studies have found that having good relationship is one of the most important skills of successful leaders. In this way Vethathiri Maharishi (1911-2006) in his SKY practices, he said, it is characterized by the personality of the sender in shape, quality and speed. Blessings are Good wishes, we give and as well receive not only from the human kind but also from birds, animals, plants etc... In this view, the aim of this study is to prove

That Blessings have the Potential
• To cleanse the Personality from negative attitudes
• To reinforce the Positive attitude to one which we have in contact.

Keywords: Blessing, Positive Thought, Bio Magnetism

1. INTRODUCTION

Blessings are those that works from the heart and stress the mind for a healthy positive relationship and enthusiastic environment for better performance. Blessings are Positive Thoughts, Expression, Words.

The Related Words for blessings are Godspeed; appeal, entreaty, grace,
intercession, invocation, orison, petition, plea, prayer, supplication; sanctification.

Vethathiri Maharishi has analysed and experimented in various aspects of blessings. Blessings helps to keep, maintain a harmony and it really does a unbelievable wonders in human kinds not only to them but also to the plants. In my research, I have experimented on plants through blessings and get a positive and beneficial effects on the plants.

2. Purpose of Blessings:

This actually is more difficult that it appears. Most of us are better at criticism than at praise. We’re much better that “one-minute blaming” than “one-minute praising.” Many of us would do well to put this into practice.

3. Other Eminent Scholars Quote for Blessings:

i) “When we lose one blessing, another is often most unexpectedly given in its place.”
   — C.S. Lewis

ii) “Reflect upon your present blessings -- of which every man has many -- not on your past misfortunes, of which all men have some.”
   — Charles Dickens, A Christmas Carol and Other Christmas Writings

iii) “You have to participate relentlessly in the manifestation of your own blessings.”
   — Elizabeth Gilbert

iv) “Blessed is the man who, having nothing to say, abstains from giving us wordy evidence of the fact.”
   — George Eliot, Impressions of Theophrastus Such

v) “Those who expect to reap the blessings of freedom, must, like men, undergo the fatigues of supporting it.”
   — Thomas Paine

3. Vethathiri Maharishi’s Concept of Blessings:

Vethathiri Maharishi differs from others in defining the concept. He explains in scientific method how blessing works and gives the benefits and all. Now we can see the scientific reasons and the effects of blessings:

4. Waves of Blessings:

Blessings create quivering in the biomagnetic waves. Biomagnetic wave has five kinds of functions. They are:

1) Clash
2) Reflection
3) Refraction
4) Penetration
5) Interaction
When one blesses the other, the waves of blessing passes in between the two. There is a life force circulation between them. This will remain life long. If you pass the wave with love and good thought, whether the other sees you or not, the good waves from his life force will be keep on passing. This is called Clash.

This pure wave creates peaceful thought imprints wherever it goes and comes back from where it originated as a ball comes back to the one who threw it. This is called Reflection.

Biomagnetism is a big treasure of all Powerful. Biomagnetism is the secret which combines the Absolute Space and its functional force which rises as spreading wave in the space. The blessing waves are merging with the Universal magnetism and it will come with all good thoughts to the person or the thing to which we blessed. This is called Refraction.

The blessing mixed with love spreads all over the world. It spreads the functional state of the universe. It penetrates in the life force of living things of the world and consciousness and starts functioning. This is called Penetration.

We are linked with Absolute Space through Consciousness. If one thinks, one can take up the subtle thing, the form of atom and become atom itself. One can expand the mind and have the universe and the Absolute Space within. There is nothing beyond the mind. Personality will be pure. We become the vessel of peace. Expanded mind is relieved from illusion. When the mind blesses when it reaches the subtle state, makes the people who are around peaceful. This is called Interaction.

5. The Greatness of Blessing:

When one wishes the other ‘VazhgaValamudan’, one’s opinion and life force penetrates the other and there grows a friendly relationship in between them.

We can neutralize anger by this blessing practice. We can make anyone friends as changing the enmity by blessing often. We can correct others activities. We can also regulate our thoughts. Change them into good ones.
If we look at a plant and say ‘VazhgaValamudan’, the deficiency in the plant will be eradicated and it can grow nourished.

6. Method of Blessing:

There are several methods of blessing. Vethathiri Maharishi insist to bless only at the end of our meditation or prayer. Because our mental frequency is from 14 to 40 cycles per second. This is called Beta wave. When we bring down this mental frequency through meditation or prayer to Alpha wave (8-13), Theta wave (4-7) and Delta Wave (1-3), the subtle state, we stay one with the Divine State and we bless. When we bless after coming to the peaceful state through meditation or prayer we get the benefits of thousand blessings even if we bless only once.

7. Benefits

I can say with all honesty that everything will change—but it may not be the way that you’d think. Change will happen from the inside out, not the outside in. Blessing gives a wonderful effect on plants when we bless them with will full positive thought and energy they will respond our command and they will bring out the result as our desires.

By way of blessings we can bring out wonderful results not only from the human kind but also from the plants especially when doing on medicinal herbs the yielding quality will be high and it will be so beneficial to the society particularly to the sick people who suffering from various illness.

8. CASE STUDY

1. I have chosen a medicinal plant name “Adathoda Vesica”. I have planted in my garden in two divisions. One division is Control Unit to which I have not bless or do anything. They will remain same in growth as before. Another division is Experimental Unit (Blessing Control). In that I have planted 3 plants, everyday, I have been passing positive thoughts (growing very well) and blessing to the Experimental Unit during my meditation in the early morning for the last 6 months. The blessed plant looks good and nourish when compare to control unit.
2. Now the medicinal plant grows with full energy, number of nodes in the plant is high in counting and very near and thick. It is now ready to go under the test of quality and quantity. The yield of the plant is high.

**Particulars of the Adathoda Vesica plant at the time of plantation:**

**Experimental Unit (Blessing Unit)**
- Height of the Plant: 25 cm
- Length of the Leaf: 9 cm
- Width of the Leaf: 3 cm
- No. of Leaves in the Plant: 6
- No. of Nodes in the plant: 1

**Control Unit (without Blessing)**
- Height of the Plant: 25 cm
- Length of the Leaf: 9 cm
- Width of the Leaf: 3 cm
- No. of Leaves in the Plant: 10
- No. of Nodes in the plant: 2

**After 4 months:**

**Experimental Unit (Blessing Unit)**
- Height of the Plant: 50 cm
- Length of the Leaf: 36 cm
- Width of the Leaf: 12.5 cm
- No. of Leaves in the Plant: 25
- No. of Nodes in the plant: 6

**Control Unit (without Blessing)**
- Height of the Plant: 46 cm
- Length of the Leaf: 31 cm
- Width of the Leaf: 11 cm
- No. of Leaves in the Plant: 18
- No. of Nodes in the plant: 4

**After 6 months:**

**Experimental Unit (Blessing Unit)**
- Height of the Plant: 95 cm
- Length of the Leaf: 36 cm
- Width of the Leaf: 12.5 cm
- No. of Leaves in the Plant: 60
- No. of Nodes in the plant: 14

**Control Unit (without Blessing)**
- Height of the Plant: 82 cm
- Length of the Leaf: 32 cm
- Width of the Leaf: 11 cm
- No. of Leaves in the Plant: 35
- No. of Nodes in the plant: 8

3. The second plant I have chosen for blessing is Rose. In this also I have planted in two divisions. One division is Control Unit. In that the rose plant remains thorns and it looks like just like other
rose plants. I did not put any effort on them. In the Blessing Unit, I have planted a rose. My aim and thought is to grow the plant without thorn and big. I have passed the same thought on the plant and the plant grows without thorn and looks big. This happened only by blessings.

9. **CONCLUSION:**

When we expect external things to bring us peace and happiness, we live our lives backward—outside in rather than inside out. Living from the inside out correctly orients us to the vine, the life force of God within us. From this place of connectedness we experience the abundance we crave. And when we have an insatiable desire for more of God, we are truly living an authentic life. The blessing given after meditation has more power. Blessing waves function in four factors—Clash, reflect, refract, penetrate and interact.. This is imprinted in the Universal magnetism and paves way to the World Peace.

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