

# SELF-ENABLING LIGHT

By

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# कृतव्या

Beyond in vain Duty  
for each of us as  
Family Members

HIOME MAKING

HIOME KEEPING

RELATIVITY AND POSITIVE-NESS

SELF-DEVELOPMENT

# 1. THE SELF-ENABLING LIGHT

- There is a divine consciousness in all of the universe, nature and the forms known or yet to be known by us.
- God creates us to perform in lifetimes that we may understand.
- Duty bound we must be in life. I call this Karthavya yoga.
- May the grace of God be with us always.
- May we enable health and wellness in our generations
- May we help the growth and development of our young family members, from planning pregnancy, during pregnancy, after childbirth, as an infant, during early life, as a young child, during teenage, and as a young adult more specifically

# 1. THE SELF-ENABLING LIGHT

- In a lifetime, not many find the consciousness to understand the causal oneness that must exist between the Jiva, the Jiva-Atma, the self-independent Atman, the universal Brahman and the divine (where each stage is an energy that is more unified with the universe).
- A self-furthering light in all of us helps understand and connect to this causal oneness.
- What this oneness means is that there is more than the “I” in the identity of the person, there is a causal energy that unifies with us, protects and supports us in life.
- The importance of this causal energy is not easy to understand, but for most of us who understand, this energy helps in self-furtherance.
- The meaning of self-furtherance is explained in terms of how we can help health, wellness, growth and development of our young family members.
- This note on the Kartavya yoga is penned out of insightful interactions and concerns, where the thought of our late dear ones furthers the self-development discussed.



## 2. DHYANA YOGA, A SUMMARIZED REVIEW

- The Bhagavad Gita states that for a person to be a positive self, there must be a balance between service (or honorable service) and materialistic need.
- The Dhyana Yoga emphasizes the following:
  - 1. Upholding needs one to work and not renounce pursuit of activities, as this work done can be benefitted by spiritual grace and transformation.
  - 2. A person engaged in devotional service (or transcendental service or honorable service) is not bereft of the beneficial results of his or her assisting creation, growth and the belief in the positive self.

## 2. DHYANA YOGA, A SUMMARIZED REVIEW

- 3. Lord Krishna in his divine form calls the soul to be similar to a yogi who is spiritually compliant for self-upholding or self-discipline
- 4. The yogi is said to be capable of evolution from an embodied existence and does not seek undue freedom
- 5. Although the Supreme upholder is present in an abode of conscious equanimity, the cosmic energy is all-pervading and everything is situated within the spiritual consciousness for our living force, where the consciousness is part of creation, growth and transformation.
- 6. For the yogi, the upholding of creation, growth and existence is a true transformative.
- 7. Spiritual grace or divine energy helps higher realization and evolution in a purer “Ingenuity (Light), Truth and Knowledge”.







## 2. DHYANA YOGA, A SUMMARIZED REVIEW

- 8. The duty for a person to work or endeavour for higher realization is never discarded or unregulated. Never Discarded means universal relativity is always there and Never Unregulated means that realization enables such self-intent or duty.
- 9. The ideation for self-upholding emphasizes that a person's self-intent should always promote the autonomous vision or balance between service and materialistic need.
- 10. The inner-expectation-driven "self-intent" should always develop a positive self.

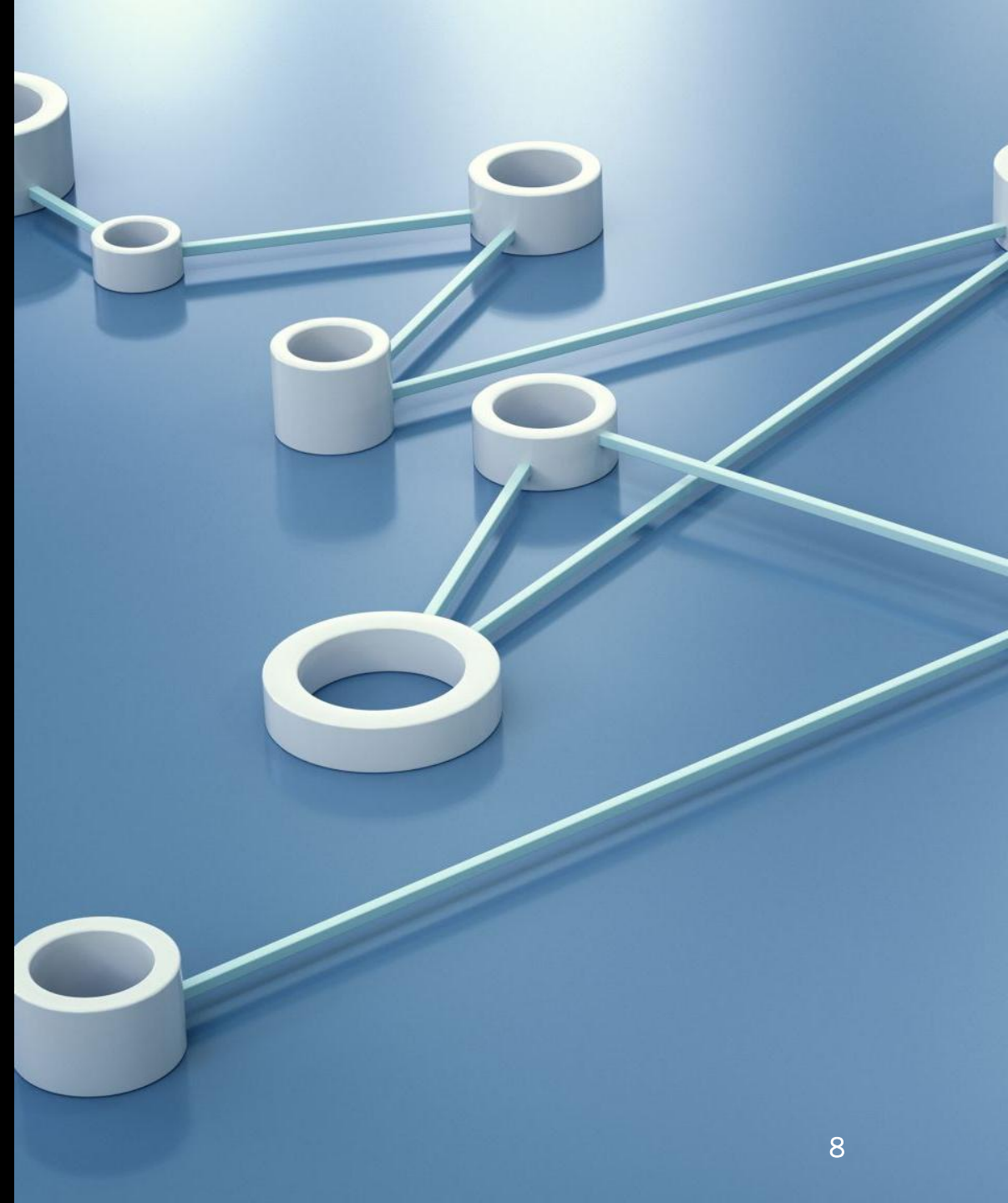
# 3. FINDING EQUANIMITY

- Conscious equanimity is a state where a person does not adversely impact or affect the positive self.
- To find equanimity, a person could develop a 4 folded approach, of “Supporting Quality of Life issues” and “Balancing any ends to means theories” by “Conceiving or improving Knowledge and Knowledge Management for a positive self” and “Remaining duty bound for culture-flow, or cultural change or accentuation”.
- Quality of Life issues related to Health, Growth (or development) and Immunity have been revisited time and again, but the concept of a positive self and being duty bound needs knowledge management and autonomic fundamentals. The newer positive self or self-upholding branch of yoga can develop solution finding.



# 4. CULTURE FLOW OR ACCENTUATION

- The knowledge management and autonomic fundamentals for a system relate to its self-configuring, self-managing, self-improving and self-recovering abilities.
- To incorporate this in our value systems or belief upholding, we could delayer the methodologies of “Qualitative analysis, Quantitative analysis, Pragmatic reasoning and Advocacy or Participation concepts” to re-establish relevance for any culture flow or culture change or accentuation.
- Personal beliefs will not help but research methodologies could be used to infer whether our self-development matches the need caused by material manifestation.





# 5. 8-FOLDED YOGA SYSTEM

- As the idea extends the yoga system, the analysis identifies the existing 8-folds.
- 1. Yama (abstinence)
- 2. Niyama (Observance)
- 3. Asana (an exercise routine)
- 4. Pranayama (breath control)
- 5. Pratyahara (withdrawal of the senses)
- 6. Dharana (concentration)
- 7. Dhyana (meditation)
- 8. Samadhi (Absorption)





## 6. KARTAVYA A 9<sup>TH</sup> FOLD


- To this, the idea adds a positive-delaying fold called
- 9. Kartavya (strife or regardful duty for a purer mode of involvement and belief upholding)
- For the believers of divinity - Lord Krishna in the Bhagavad Gita spoke of grounds of involvement for emergence in a person, where this is associated with the soul, spirit and self, which have supervenient functions for transcendence.
- For the reader's understanding, supervenient functions are performed by the heart in its conscious pumping to keep us alive.
- The ideation questions whether upholding of creation, growth and supervenient transformation is a duty or accentuation for the self and our heartfelt realization to look past material manifestation. A yogic insight that adds Kartavya to the yoga system can start a new journey of supervenient involvement and culture-flow or culture-change.

## 7. KARTAVYA FOR FAMILY MEMBERS

The 9<sup>th</sup> Fold Kartavya as family members is to help

- ❖ Home making
- ❖ Home keeping
- ❖ Relativity for the outside world
- ❖ Self-development
- ❖ Healthy mindsets





Conscious  
Equanimity and  
Belief

Growth

Positive Creation

Balance

Percolation

Relativity

Accountability

Goals

## SELF DEVELOPMENT AND THE DUTY THAT IS DIVINE

Whether remembering God is an always for each of us?  
Whether praying is a doership? Is Right versus wrong, a belief  
about conscious equanimity? Some dittos. . . .

Doership is part of all Existing and emerging *Environmental,  
Social and National health goals*

*As value leading goals, all our actions should be with Social  
relativity and accountability*

*This Relativity is a driving element for any percolation of  
schedule or change*

*But, beyond us are the percolating elements or energies of  
divinity that are thereon expected to perform their duty to  
balance doership within the sphere of control that assists  
creation, growth and the belief in the positive self.*

Divine Light or spirited purity is not in any mass assurance of  
doership, but it is universal physics for conscious equanimity,  
that is called upon to balance right versus wrong