

Inner Energy Control Technology for Achieving All Round Success



On 6th August 2022 (05:00 – 06:30 pm), Swami Siddhananda Giri, a senior Sannyasi of Yogoda Satsanga Society (YSS) of India (Ranchi), addressed around 150 young students and faculty of IIT Madras about “Inner Energy Control Technology for Achieving All Round Success”. The talk was organized under the aegis of the Saathi Wellness Group and Extra Mural Lectures (EML) of the institute in the well-attended IC&SR auditorium.

Prof. S.T.G. Raghukanth from the Department of Structural Engineering mentioned how he was one of the many who was touched by the book “Autobiography of a Yogi” written by Guru Paramahansa Yogananda, and introduced Swami Siddhananda to the gathering, also recollecting that Swamiji is an alumnus of the institute. A fruit basket was presented to Swami Siddhananda by Prof. Nilesh J Vasa, Dean, Student Affairs.

The talk was preceded by a brief introduction of the aims, ideals and work of YSS by Brahmachari

Niranjanananda.



He touched upon the lineage of Gurus, institutions established by Guru Paramahansa Yogananda in India and America (YSS and Self-Realization Fellowship in California respectively), Ashrams and meditation centers, meditation techniques, lessons, books and charitable activities undertaken by YSS. He concluded the presentation by stating that YSS/Self-Realization Fellowship stands out for keeping the teachings pure and undiluted through the years, as appreciated by the Prime Minister of India and other eminent personalities.

Swami Siddhananda then addressed the gathering about the topic of the evening- one that resonated immensely with students who are at important crossroads in life. He began by stating how his talk was going to be like a 'soup', intended to appetize the gathering about the hidden dimensions of our beings especially the rich spiritual aspect of life waiting to be discovered. Swamiji pointed out that the reason for stress and imbalance in life today is excessive singular focus on the external, and the complete lack of awareness about inner technology for a harmonious life that ancient Rishis of India had discovered.



Appealing to the sensibilities of the young crowd, Swamiji quoted modern leadership experts and literature and discussed their exposition on the concept of “success” and the qualities of leaders who have tasted success. “Success” essentially boiled down to the attitudes of one’s inner world which will manifest automatically in one’s outer life - i.e., Principle-centered living, where one aligns with the intelligent spiritual principles governing the cosmos. Swamiji then drew parallels with how these conclusions aligned with what Paramahansa Yogananda had to say about all round success.

He spoke about the Yoganandaji’s methodology for gaining all-round success, which included living a balanced life: good health, prosperity that includes the well-being of others, harmonious relationships with others, and a well-defined purpose in life. The tool for finding such purpose and cultivating harmonious habits is through meditation. Emphasizing that “inner energy control technology” is the key, Swamiji said that it was only when one controls and enhances the self by tapping into a higher version of the Self through meditation that all round success could be achieved. The focused stillness and relaxed detachment that meditation bestows, he said, enables one to face life’s problems and to remember that we are all unique and equally loved in the eyes of God (the

Infinite power whose manifestation is everything in the world).

Swamiji then led the audience into a guided meditation about Light and Joy. He wrapped up the insightful lecture by summarizing Paramahansa Yogananda’s curriculum for all-around development- one that seemed perfectly suited for the students gathered. This included body care science for practical efficiency through healthy habits, mental engineering that helps one to practically actualize the power of thought, social arts that include the ability to get along with others through harmonious relationships, and applied spiritual science that helps one cultivate a direct personal relationship with the Infinite. Swamiji mentioned that the emphasis of YSS has always been on an experiential recognition of truths and not simply theoretical exposition. Therefore, he encouraged the students to be “spiritual scientists” and experiment with these truths themselves. Seeing the variety of questions that students posed in the Q & A session that followed, it was evident that the spiritual “soup” that Swamiji set out to offer had not only appetized the students about the spiritual dimension of life but had richly quenched their curiosity and further improved their spiritual appetite. After the session light refreshments were served to all. Free e-books of the *Autobiography of a Yogi* were made available to all those who were interested. Thanks to a few volunteers from Chennai Kendra who had come to help, a few of the YSS books were also displayed by and a lot of interest was shown by the participants. The two YSS monastics interacted informally with many of the students who plied them with a lot of questions! In summary it was a very satisfactory evening for all concerned.

