

QUALITY WEAVES DESTINY- LEVERAGING FACETS OF 5S AND 1S FOR HUMAN TRANSFORMATION

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Abstract

Human transformation is a fascinating subject to dwell upon taking vital inputs from Spirituality, Science and Environment. There is definitely an external transformation when we compare primitive man with today's man with most acceptable outlook, but is there an inner transformation meeting the requirement of God like quality or purity is a question mark. This article brings out the definition of quality from a different dimension relating to God like purity as benchmark and further emphasizes that whatever level of quality the human being is, that weaves his destiny. India is known well for its spiritual heritage and Japan on the other hand is known well for its leadership in quality. The article also paves way for an innovative solution to create the destiny by attempting to leverage the strength of both the spiritual wealth of India and the quality wealth of Japan to see the possibilities of applying the same for the inner transformation of human beings qualities. Based on a thorough study and direct experience the article leverages the facets of 5S a Japanese system of Quality Management which works external to a human being and 1S the Sahaj System of Raja Yoga which works internally on a human being and goes further to bring out synergies of both these concepts which can be applied to accomplish the goal of quality human transformation. The article also throws light on interaction of mind, machine and consciousness from the perspective of human transformation.

Key Words: 1S-Sahaj Marg, Raja Yoga, 5S- Seiri, Seiton, Seiso, Seiketsu, Shitsuke, Consciousness- sthula sharir, sukshma sharir, karana sharir, Quality

Introduction

An ATM Machine delivers money consistently as per the validated expectation set by a human being and sets as a good example of quality of operation of a day to day machine which operates close to zero defects. The delivery happens without even any consciousness of the machine performing its operations accurately. The so called evolved being with consciousness on the other hand slip and fall to the lowest level of quality in terms of looting a mobile phone from a man who is about to die out of a road accident in one of the busy streets of the country without taking any step forward to save the life of a dying man. Data shows that approximately 400 foot falls were crossing this dying man and not even one came forward to help him resulting in his death. A timely intervention could have saved his life. This gave an

impetus for this article to evolve. This article is a maiden attempt to leverage the India's strength of spirituality with Japanese strength of Quality for Human transformation. An attempt is made to do a reverse engineering of application of principles of quality system called 5S developed by a human being on human being himself along with the 1S called Sahaj Marg a simplified system of Raja yoga and come up with key aspects for the much needed human transformation. As a summary this article attempts to focus on Mind, Machine and Consciousness and its interrelationship from the perspective of Human transformation.

Objectives

The following are the key objectives of this article:

- 1) Define Quality in the context of this title
- 2) Understand Quality systems like 5S and its impact on quality of Machine performance
- 3) Understand spiritual system like 1S-The Sahaj Marg System of Raja Yoga
- 4) Understand consciousness and the possibility of evolution of consciousness through application of 1S indicated above
- 5) Look at the synergy of both 5S and 1S from the context of human transformation and apply the vital inputs necessary for human transformation

1) Quality

We are all aware of the fact that if we buy a premium shirt of some noted brands it comes with the quality of lasting longer without any fade of color. In our day to day life right from the start of the day till it ends unconsciously or consciously we have started looking for quality in the air we breathe, the provisions that we buy to prepare the food, the food we take, the mode of transportation that we use and nevertheless the output that each of us deliver in our office, business or at home our entire day is synonymous with quality. The great quality Gurus defines Quality as "Fitness for purpose" or "conformance to specification". Taking clue from these definitions let us introspect whether are we really fit enough for the purpose of evolution, is our purity is of highest order to give God a hand shake if we happen to meet him, as a summary is our quality compatible to the specification of God is a question mark.

Let us now attempt to make a definition of quality comparing Man vs. God in relative terms. What is God's quality in relative to Man? , God loves all his creatures without any bias and regardless of whatever impure activity its

creatures commit, is Man up to this level, is he free from Hatred and Prejudice? God has no jealousy or Greediness against its creatures, is Man so? God has greatest compassion and Mercy towards his creatures and continue to give and give alone for the welfare of its creatures and forgives, Man on the other hand gets and gets and forgets. Hence we can summarize quality in the context of title as a man freeing himself from all his defects and evolving with God like purity. In other words transformation of an animal man to human being and then from a human being to a divine being can be considered as quality in the context of this title.

The composition of man was considered to be exactly the same as that of universe at the time of its origination. The outermost form is the gross body (sthula sharir) behind which there exists the astral body (sukshma sharir) and causal body (karana sharir). Besides these three outer forms there are innumerable fine coverings round the soul. All these coverings can be in a sense called as impurities which needs to off loaded to regain the highest quality of pristine purity in line with divinity.

To quote Rev. Kamleshji Patel¹ “With a pure conscience, even a rabbit acts like a lion and with a compromised conscience (impurity-filled conscience) even a lion will behave like a rabbit”. Quality here does not mean purity of body since in the journey of evolution body is not going to travel with the soul. Quality also does not talk about the purity of the soul because soul is imperishable and immutable and it is always pure. Quality as a summary talks about the purity of subtle bodies, which envelop the soul, mainly it is that of consciousness and of the heart, thereby the soul will be lightened helping its onward journey.

2) 5S

The “5S” is a Japanese system of quality which helps to achieve basic hygiene factors for Men and Machine to interact in an environment and deliver quality products. The following is the brief description of each of the S.

Seiri

Seiri means removing unwanted things. As a summary it segregates the needs Vs wants. For example a production site may have three sets of same tool while the actual need is only one set of the same. Keeping this basic idea in mind every item available in the production floor is critically examined and questioned and all the excess and unwanted items are identified and

¹ Kamlesh D. Patel (2016). Designing DESTINY (2. Indian ed., p17). Kolkata: Spiritual Hierarchy Publication Trust

segregated and moved for management action. If it is a waste meaning a broken item it is scrapped and revenue is earned through sale of scrap item. If it is a surplus item then it is redeployed to other areas where there is a need there by preventing unnecessary purchase of new item.

Seiton

Having removed all the necessary items the left over items are systematically arranged adhering to the adage of a place for everything and everything in a place. The arrangement is done so meticulously such that any new person visiting the production site can pick up the item required in quick time without any need to search for a particular item. This saves lot of unproductive searching time at the need of the hour.

Seiso

The next logical step is to clean all the items in a systematic manner to make it spic and span. This basic and rigorous cleaning itself makes the machine or the production floor to perform in an enhanced manner as opposed to dirty environment. This gives a sense of satisfaction and brings in a sense of lightness in the minds of employees and happiness rejuvenating the enthusiasm to work and enter to a clean ambience as opposed to a dirty ambience prior to implementation of Seiso.

Seiketsu

This step involves standardizing the process of adherence to the system with set of good practices and evolving standard operating procedures indicating the defined frequency of cleaning by who, what methods of cleaning and when etc. As a summary this process gives the ability to get sustained results by following a set of good practices.

Shitsuke

This involves the discipline of following the established systems. A set of periodic audit procedure and audit team is formulated to evaluate the adherence of the established system and 5 S scores are published. This gives a metrics to know the 'as is' condition so that areas of improvement is clearly brought out for further action and to take up the overall compliance score to next level.

The following are some of the key benefits seen pre and post implementation of 5S systems:

a) More involved men at work, working more with heart than with mind alone.

- b) The non productive time of searching for items and tools gets eliminated thereby improving the overall productivity.
- c) The setup time comes down post implementation of 5S
- d) The zeal and enthusiasm to work gets improved by turning the workplace upside down with much more clear ambience and brightness and cleanliness.
- e) Enhanced team morale, team work and co-operative work culture.
- f) Cost saving to the organization through sale of unwanted items and by redeploying surplus items to the area of need.

Internal resistance and cohesiveness to work as a team is the key challenge of 5S implementation and sustenance. To sum up lack of Internal purity is a challenge to sustain external purity.

3) 1S- Sahaj Marg System of simplified Raja Yoga

a) Brief Background

Sahaj means Natural and Marg means Path, so in simple terms Sahaj Marg means Natural Path or a simple way for God Realization. One of the very simple definitions by Shri Ram Chandraji is worth quoting “Philosophy is the way of thinking, spirituality is the way of doing, and realization is the way of undoing”. This summarizes the transformation that is required by a human being on his onward journey to reach the goal of realization. The salient feature of Sahaj Marg is that as the name implies being a natural path it is applicable to everyone regardless of caste, creed, color or sex, not just monks or saints, more importantly the system is so simple it is compatible for a normal householder to follow and attain the goal of God Realization by being in his family life. The family life is considered to be very good for attaining the goal of God Realization unlike the earlier myth of renouncing one’s family and attempting to go to a forest to attain the goal of God Realization. Leading a family life helps the aspirant to develop tolerance, love, sacrifice and discipline which are some of the basic attributes required for the evolution. The Masters of this system have set themselves as examples by leading a normal family life and an official life and they have perfectly balanced their material life and spiritual life like two wings of a bird and evolved to the highest.

Sahaj Marg has the hierarchy of Masters through Shri Ram Chandra of Fategrah, UP the founder who was fondly called as Lalaji, followed by his

1 Balasubramanian, K.S. (2014) Yoga Vedanta and Sahaj Marg, (1. Indian ed., Vol. I, p29) Kolkata: Spiritual Hierarchy Publication Trust

successor coincidentally his name was also Shri Ram Chandra of Shahjahanpur , UP who was fondly called as Babuji who established the Sahaj Marg System of Raja Yoga as a mission in the year 1945, followed by Shri Parthasarathi Rajagopalachari who was fondly called as Chariji, followed by the present living Master of the system Shri Kamleshji Patel who is fondly called as Daaji. All these hierarchy of Masters have been ardent practitioners of Sahaj Marg System of Raja Yoga in every essence setting themselves as examples and also lived a family life thereby proving to mankind that spiritual evolution is possible by balancing both material life and family life. Sahaj Marg system of sadhana basically contains 3 main elements Meditation, Cleaning and Prayer.

b) Meditation

¹Sahaj Marg system of Raja Yoga starts from the seventh step of Patanjali yoga. The previous steps are not taken up separately, but they automatically come into practice as one proceeds with meditation. This saves lot of time and labor. Meditation is recommended in the heart with a thought that divine light is present in the heart for one hour in the morning preferably before sun rise. The following are some of the key reasons why meditation is recommended in the heart:

- i) Heart is the pumping station from which the purified blood flows to the entire body and to the smallest cells. Meditation on the heart therefore affects the blood that runs through the system, as a result solidity due to one's own thoughts and actions begin to melt away.
- ii) Heart is the field for the mind to work and not the head, and this is the instrument by which we develop the discriminating faculty. Hence the most appropriate point for meditation can be only that wherefrom the current flows on either upwards or downwards.
- iii) Heart is the only point at which the connecting link between the animate and inanimate is mostly clearly felt. This is one of the reasons why meditation on the heart is very useful.
- iv) ²Nature reveals to a person who goes within and the inner universe is as magnificent or as big as external and the Masters of Sahaj Marg encourages all to go inwards in to the heart

1 Ramchandra. (2014). Complete works of Ram Chandra (2. Indian ed., Vol. I, pp405, 411). Kolkata: Spiritual Hierarchy Publication Trust

2 Balasubramanian, K.S. (2014) Yoga Vedanta and Sahaj Marg (1. Indian ed., Vol. I,p22) Kolkata: Spiritual Hierarchy Publication Trust

The unique feature of Sahaj Marg System is transmission of pranahuti by a capable Master. The Master by the application of his inner power awakens and accelerates the dormant forces in the abhyasi to action and directs the flow of divine current towards his heart, through the process of pranahuti. Sahaj Marg Philosophy stands on inner experience, therefore when we follow the experience we get knowledge and it is not the opposite.

c) Cleaning

Cleaning is another uniqueness of Sahaj Marg System of Raja Yoga. The need for cleaning need to be first understood even before understanding the actual practice of cleaning. The latent motions which lead to the formation of the universe may be called as the first Super-Mind of the Almighty. We owe our origin to that mind, which we call the First Mind. The existence of the soul can be traced as far back as to the time of creation, when it existed in its naked form as a separate entity. From the primary state of existence of the soul in its most subtle form, man has marched on to the grosser and grosser forms of existence. These may be expressed as coverings round the soul. The earliest coverings were of the finest nature, and with them we existed in our homeland, the Realm of God. The addition of more and more coverings of ego continued, and subsequently manas (psyche), chit (consciousness), buddhi (intellect) and ahankara (ego), in cruder form, began to contribute to our grossness. As a result samskaras begun to be formed the effect of this is the resultant feeling of sorrows and joys. Cleaning aims at removing these samskaras. This explains the need for cleaning.

Cleaning is an integral part of the daily practice of Sahaj Marg System of Raja Yoga and it is done in the evening after the day's work. It complements meditation by purifying the subtle body. The process of cleaning is done such that using one's own will power thinking that all the complexities and impurities are going out in the form of smoke and vapour from the back of the system, this is done for a duration of 20 minutes followed which a feeling of lightness or vacuum is created in the heart. The last 10 minute of the 30 minutes of cleaning is dedicated to filling up the vacuum thus created with sacred energy thinking that it is filling up every cell of the body.

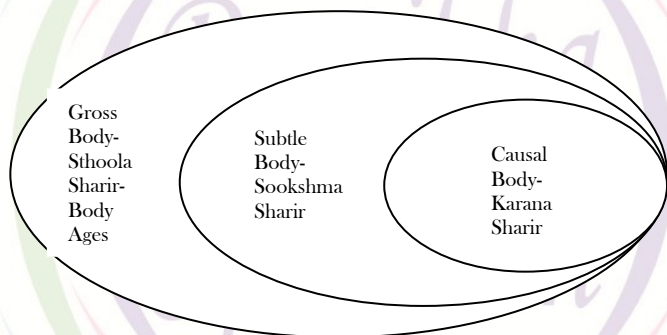
d) Prayer

Prayer serves as a vital link between God and Man. Prayer is prescribed once in the morning before meditation and once in the night before retiring to bed. The prayer essentially contains three statement, statement one starts with a supposition about reminding the goal of human life by saying to God

that he is the real goal of human life and statement two indicates the current status of human being with surrender stating that one is slave of his own wishes which serves as hindrance to his own progress. The statement three of the prayer brings the dependence on God powerfully by saying God as the only power who can bring one to that stage. It is very important that prayer should be offered with a heart overflowing with Divine Love. It is recommended that prayer is offered in a way as if the most miserable man is laying down his miseries with a deeply afflicted heart before the Supreme Master, imploring for his mercy and grace with tearful eyes.

4) Consciousness and its Evolution

The basic understanding of the three bodies will help to appreciate the evolution of consciousness and the impact of both 5S and 1S discussed above with respect to consciousness will be clear. The three bodies and its interrelationship are depicted in the diagram below:



The Grosser body is nothing but the physical body and inner most body is the Causal Body which houses the soul and in between both the Grosser body and the Causal Body is the Subtle body which contains the Chit, Manas, Buddhi and Ahankar. All these four components work in an interactive way to make up what is known as mind.

The evolution or transformation of the Physical body has its own limitations for example a person with five feet tall can utmost grow few inches more out all his hard work. There is no need for the evolution of the Causal body since the soul is imperishable and immutable. Hence Subtle body is the one which has all the scope for its evolution. The Cleaning process of Sahaj Marg plays a vital role in cleaning the subtle body. It is one of the most incredible tools which removes the habits and patterns of an individual

preventing the expansion of consciousness into the vastness that is waiting on the journey of self discovery. The following table indicates the transformation that is possible through meditation under the practice of Sahaj Marg System of Raja Yoga.

Parameter	Purpose of this faculty	Transformation
CHIT	Helps us to make us think	Consciousness evolving to divine consciousness and as a result transformation happens from thinking to feeling
MANAS	Helps us to contemplate	Transforms from Narrow Mind to open mind
BUDDHI	Helps us to take decisions	Transforms from Intellect to Wisdom
EGO	Helps us to know our identity	Transforms from grosser to finer level remaining to the level of only identity required for evolution with humility.

5) Synergy between 5S and 1S and application of vital concepts for the evolution of Human transformation

a) It has been scientifically found that quality of outer atmosphere has so much of bearing on the inner condition of human being. 'The book by name Biology of Belief by Dr Bruce Lipton gives an example of a child that is conceived in a broken family where there is always a fight in the house, and there is total discord. What happens under this situation which is synonymous to somebody attaching me the normal response is either one fights back or flights back. In both cases one needs strength, so according to Dr Bruce Lipton under both cases one needs his limbs and blood circulates more into the limbs and away from the visceral organs like the stomach, liver, spleen, lungs and brain. The limbs of such children who are born are longer than the normal human beings. Taking this analogy and applying concept of 5S if the environment or atmosphere where goods are produced is so awkward and unorganized it has an impact on the minds of the people working in such places who also tend to be unorganized and it has a definite impact on the quality of work delivered from such places. Therefore 5S as a system all though works externally has an impact on the internal purity of man as well and can be very well applied in one's own house and workplace to derive ample benefit. While 5S System's essence is a place for everything and everything in its place, The Sahaj Marg System of Raja Yoga also emphasizes the need to sit in a fixed place and seat with emphasize to the purity of mind and body before commencing meditation as part of its one of

1 Kamlesh D. Patel (2016). Designing DESTINY (2. Indian ed., p140). Kolkata: Spiritual Hierarchy Publication Trust

the ten maxims recommended for the practitioner. Hence 5S and Sahaj Marg can go hand in hand to achieve this objective.

b) Less luggage more comfort is the adage as part of any journey. While the first S of 5S system focuses on identifying the unwanted things and discarding the same as a first step towards housekeeping hygiene. The Sahaj Marg System of Raja Yoga also emphasizes this with a maxim which calls for one to be simple and in tune with nature. Essentially this maxim emphasizes moderation as one of the virtue to be practiced by the aspirant discarding all excesses. Hence there is a synergy between first S of 5S and this maxim of Sahaj Marg.

c) The Second S of 5S system talks about orderly arrangement of things. Orderly arrangement of things comes as part of a regulated mind and the resultant thinking coming out of such process, we have always seen a child whose mind is unregulated pulls up all toys and things and makes the place around him so unorganized. To bring in the concept of regulated thinking the Sahaj Marg system of Meditation helps to regulate the wandering mind by daily practice ignoring the interruptions in the form of thoughts, while concentration results naturally as part of the practice of meditation without any need to concentrate during the process of meditation.

d) Cleaning is a natural phenomenon as part of divines design whether it be human body or the ecosystem. For example it has been found that plants like Thulasi have the ability to purify air up to 200 meters around it. The third S of the 5S system talks about cleaning. While 5S system calls for outer cleaning, how good it will be when coupled with inner cleaning of an individual too. Chariji Maharaj said that saying what you mean and meaning what you say as a definition of Character. This is possible only when the inner self and outer self is same and synergized with divinity. The Sahaj Marg System has the unique process of cleaning which helps to do inner cleaning of one's own self thereby flushing out all impressions and ill feelings within one self. Hence this combination of both outer cleaning and inner cleaning works powerfully to achieve greater goals of human life.

e) The fourth S of 5S calls for standardization through set of operating procedures etc the Sahaj Marg System of Practice also emphasizes the need to standardize the element of practice through the prescribed norms of meditation for 60 minutes preferably before sunrise, cleaning at the end of day for 30 minutes and night bed time prayer for 10 to 15 minutes. The

element of standardization is therefore synergized between both 5S and Sahaj Marg.

f) The final S of 5S calls for sustaining the results through periodic monitoring and audit, the Sahaj Marg System recommends the practitioner to scan and monitor one's own condition at the end of meditation and right through the day and write down in the form of a Dairy to monitor ones progress as part of the practice. There is absolute synergy from the perspective of monitoring between both the systems to evaluate the extent of progress.

g) The challenge of 5S implementation is internal resistance of human being at work and lack of discipline as a culture in addition to the inability to cope up with changes. Sahaj Marg System of practice adds great value to overcome these challenges by naturally bringing in that inner harmony within one self by regulating one's mind through meditation. The practice of cleaning helps to overcome negative feelings against oneself and others thereby fostering team spirit naturally. Hence the combined application of 1S and 5S has greater scope for success.

Conclusion

The imperative need to try innovative approaches for the transformation of man is powerfully felt in today's situation in the society; while one has so much of difficulty in changing oneself no one can change the world outside him without making earnest attempt to change one self. Individual change ultimately results in world change. While 5S as a system is powerful enough to bring about external changes as indicated in the article, Sahaj Marg as a system has its own potential to work at the root of an individual to bring about internal changes within a human being. Hence a combination of both systems on an individual is worth exploring to bring about both external and internal transformation. This is a good combination worth exploring as an innovative approach in situations of man and machine interaction in workplace, home and as an individual to bring out holistic transformation and expansion of consciousness. This article is a first step towards that endeavour. To sum up when a Man loses his consciousness he becomes merely a machine or even less on the other hand when he adds value to his consciousness through Meditation recommended by Sahaj Marg System of Raja Yoga he has the potential to feel divinity within and evolve to the highest level akin to God.

Glossary

Samskara: The concept of imprints or impressions left on the mind by experience

Cleaning: This is the process by which complexities and impurities are cleaned out using the will power of abhyasis using will power by putting a strong thought that the grossness is going out at the back of the person in the form of a smoke.

Pranahuti: The process of yogic transmission derived from 'prana' meaning life and 'ahuti' meaning offering. Offering life force by the guru into the disciple's heart

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