

LET LOVE AND GRACE PREVAIL ALL OVER

Kollimalai Siddar Sri Kagapujandar Dharmalinga Swamigal

YOGAGNANA THIRAVUKOLE

Part-I

Wisdom Enlightening Speech

PUBLISHED BY

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SIVAMAYAM

Yoga - The Key to Wisdom

YOGAM

What is yogam?

Combining two things is yogam. Especially when you combine an intelligent mind with intellectual thing it becomes SivaYogam. This is the true yogam which is followed by Siddhars.

Now let us see about the difference in the point of view between a layman and a Siddhar on the topic "Raaja Yogam".

Consider a man who gains richness that is wealth and fame all of a sudden, what do you think people will say? - "He has got raaja yogam that is why all this is happening to him." But do you think all this is right? - No of course, because after a few years of time, all these can vanish. It's only mere luck and nothing permanent. Then what really is raja yogam? We see a person with no proper talent and intelligence suddenly gets wealth, fame and happiness by which they raise to great heights in life. We also see persons with all talents, intelligence and hard work without any uplifts and so live in poverty. Both are things we see in our daily life and we also know that these are not permanent. The reason for all these ebbs and flow in the society is the fate. For a person to overcome all these is possible only with the help of meditation and attain the grace, good health and wealth by following the experienced path shown by Siddhars is Raaja yogam.

Here's a small example to know about the greatness of Raaja yogam.

Let a tree be cut into pieces and then put together using nails to form a chair. Here two non-intelligent things are combined. This is of no experience. Then we place a fruit or a flower over it. It makes no difference. Then let us introduce an intelligent thing - a man into the scene. He is eating the fruit. So when an intelligent and a non-intelligent thing are combined together only the intelligent thing is benefited. Here in this case the man's hunger is satisfied. There will be mutual benefit. Say when this man marries a lady. Both may have sexual intercourse, which gives happiness to both. But this will not give a lasting happiness. It will be a mere waste of living and the ultimate thing will be nothing but the death. But instead if the man decides to realize himself through grace and deeds, he will attain a divine Guru. When the Guru blesses him over his head, he gets enlightened and realizes himself and Sivam. After which he begins to get united with Sivam. When does this happen? Is it after death or before? Is he joining Sivam through death? -- No - during his lifetime itself he enjoys and gets united with Sivam. All his thoughts are about Sivam. So he becomes intellectual.

Gets all precious graces, wealth and goodness in life and becomes glad. This is what Thrumoolar's thirumandiram says "Siva Siva enrida Devar avar." And "Siva Siva ena Siva kadhi thanae." Do not believe people who say Motsham is after death. Guru is someone who enlightens you with Sivam during your life. A person who remove the ignorance and enlighten intelligence and shows the divine bliss through which he chases away the death and gets a state of ever livingness are called Siddhars.

When you attain Siva Yogam, automatically you can attain SivaNyanam. Just like when a child pass fourth standard gets promoted and goes to fifth standard automatically.

This Siva Yogam can be practiced by people falling with in the category of 5 to 80 years of age. Best results are seen within the group of people ranging from 20 to 60 years of age. This does not restrict to either male or female. Both can practice it to live a deathless life.

Is meditation and yogam necessary for everyone?

Human birth is to attain infinite (deathless) life which is truth. Today's worldly life is running at great speed with lot of expectations which makes it difficult to cope up. As a result people get confused and worried.

These worries and confusions can surely be removed by meditation practice. If needs/wants are addition (+) then desire becomes multiplication (*) so the result is happiness becomes subtraction (-) and life becomes division (/). The only reason for this state is rapacity. Practice of meditation helps us to overcome our rapacity and makes us eligible for the requirements of daily needs.

Today's happening is that many people lack peace of mind even though they have plenty of wealth, fame and good position, they lack peace in life. Some people get worried over certain things like by practice of undisciplined meditation which results in diseases, though rich and prosperous due to lack of memory power which affects their education, having all wealth without the gift of a child, etc. The only remedy for all this problem is "Siddhargal kattum Siva gadhi" Siddhar's true breath. Come to receive good boons.

The right time and methodology of meditation

If meditation is practiced at right and proper timings regularly, we can achieve good results and great experiences.

Early morning (Dawn) 3.30 a.m. to 6.30 a.m. is the best suitable time. The other timings are Noon 11.00 a.m. to 12.30 p.m. Evening 5.30 p.m. to 6.30 p.m. and Night 11.00 p.m. to 12.30 p.m. People expecting effective results must meditate at least once for a minimum of thirty minutes. For people those who are busy and need peace of mind can meditate before eating. At any cause no one should meditate after eating food for about a minimum of 2 hours from the time of eating.

Early morning timings will have a clean and quiet surrounding environment and our minds will also be plain and energetic.

Pure atmosphere and the vibration of the planets will be enriching all around. So it is very important and essential to do early morning meditation.

By performing early morning meditation, our body and mind get more 'sakthi' the energy. So we will be able to do our daily works with ease and efficiency.

Early morning time is called as "The Bhrama Mookurtham" by the Siddhars. So this is the best suited time to communicate with almighty, Eternal, gracious and divine God.

Answers to commonly raised questions:

1. Is bathing necessary before meditation?

If you possess good health, then before meditation you are advised for a cold water bath, else a warm water bath. When both are not possible go for a face wash with proper rinsing of hands, legs, nostrils, eyes and ear lobes.

2. If there is availability of time, can meditation be done for long time?

Meditation has no time limits. It can be done for any amount of time with a minimum time limit of 30 minutes.

3. Can meditation be performed after dinner?

It is permitted only after two hours. If no time then you can meditate for ten minutes just before sleep. But there should be a gap of minimum one hour between your dinner time and bed time.

4. Should it be followed at the same time daily?

Yes obviously. When we do meditation at the same time daily our body and mind will be under our control very fast. It is easy to understand our mind's thoughts. Our discipline and control will increase. Ultimately our self confidence level will increase and our deeds will easily be succeeded. This can be understood through experience.

5. Why shouldn't we meditate after food?

Once food is taken, the intestinal muscles begin mixing the food very fast. For this it requires a lot of energy and blood supply. So the other organs and nerves get tired. As a result the brain also gets fatigue. If at this time we give work to other organs, the blood supply to the stomach is lessened and so ultimately the energy supply to stomach is also lessened. This raises indigestion problems which leads way to other diseases. So it is not advised to perform meditation after food because it can cause disaster other than goodness.

6. Can exercise and meditation be done simultaneously? If not why?

When we meditate, our nerves communicate with brain seriously and so gives cooling and activation. So our body gets to function normally. In this case, if before or after meditation we do exercise, body waves will obstruct the facial activation and will make no use to the person. But both can be done after leaving a gap of one hour or on the other hand meditation can be done during the morning and exercises can be done in the evening.

7. Can meditation and yoga be practiced side by side at the same time?

Certain yoga exercises, which are advised by the Guru, depend on the individual's performance. Then meditation can be carried out after ten minutes of rest for good results.

Generally we can meditate in the morning leaving ten minutes for relaxation after doing the following Asanas namely – ThiriKonasana, Baski, Mothasana, Sarvangasana, Savasana.

Method of performing meditation

For successful people to have good results and full gracious blessings, a clean private room must be used for meditation. And also take care to see that there aren't many pictures in the room.

Keep separate dresses for meditation. Make use of limited number of good quality `agarbathis` incense sticks. A plain blank of teak wood can be used to be seated upon. If not even a single colored blanket without any multi colors can be used for that purpose.

That place should be calm and quiet necessarily. If the place is a busy place with more noise, try time when the noises are less.

- 1) It need not be very bright. A pleasant medium lighting is sufficient for good results.
- 2) For certain type of exercises we may need brightness, which are mentioned separately along with those.
- 3) Prepare the place as mentioned above and after finishing your morning duties, enter the room for meditation.
- 4) Your body and soul has to experience the entry into a temple or a Godly place.
- 5) You can begin with by offering flowers to either your Guru's or some favorite God's picture and offer some clean things as prasadam, then do Pooja with camphor and then begin your meditation.
- 6) Sit on the blanket prepared already.
- 7) Pray to them for filling you totally with their gracious blessings and that they should shower their blessings and grace on

every living creature and enlighten them. This is done by saying "Almighty Guru or Almighty God, Let thy blessings and grace fill my body and soul. Let all the living creatures in this world be filled with thy grace."

- 8) Centerize your concentration and focus between the eye brows. Then think, imagine and experience such that the day is a pleasant one for both you and the world. Then repeat three times the following: "Let love and grace prevail all over."
- 9) Now sing devotional songs towards them. It should be truly out from your heart. The song can be either something, which says the greatness of God that is already sung by some great saints, or something that is written and created by your own dedication. It does not look or matter of rhythm and music. Only your faith is important. It can be sung for a period of ten minutes to thirty minutes. Why should we sing? ---- When you sing your mind will come to oneness and control easily. By thinking of them we will have the creation of grace within us. This `sakthi` energy is called **Kundalini**. This `sakthi` energy will begin to rise. Tiredness, stress and strain will be removed, enthusiasm and knowledge will grow, Love and devotion will grow which will fill happiness within you. There are still more benefits which are to be experienced by practice.
- 10) After singing, sit in the position of Sidhasana, Padmasana or Sugasana. Neck, head, chest and hip should not bend; it should be straightened and kept erect.
- 11) Start the process of Nadi Suthi. Sit straight and hold tightly closed your left nostril with the right hand ring finger. Then take deep breathings for 8 seconds through the right nostril.
- 12) Then using the right thumb finger close the right nostril for another 8 seconds and take deep breathings through left nostril.

This should be followed for a minimum of 32 times alternatively.

- 13) While doing this, eyes should be in closed state and concentration should be in between the eyebrows. You should consider that while the air is outlet during breathing, the wrong and bad thoughts, diseases and ignorance are also expelled out.

- 14) This has to be necessarily done daily without fail for the same time.
- 15) Why Nadi Suthi has to be done?

In our body 72000 nerves exist which is felt by experience. Our breathing takes place through nostrils. Right nostril breathing is called **Suriya kalai**. This is also called Ravi or Pin kalai. Left nostril breathing is called **Chandira kalai**. It is also called Eda kalai or Madhi. These two will alternate once in every two hours. Sundays, Tuesdays and Saturdays early mornings, breathing begins with Suriya kalai. Mondays, Wednesdays and Fridays early mornings will begin with Chandra kalai breathing. Thursdays with diminishing moon phase will have Suriya kalai mornings and Thursdays with growing moon phase will have Chandra kalai mornings. The more interesting thing is that within this time of two hours, each of the five elements `Puncha Bhuda Sakthis` {Earth, Water, Fire, Air and Space} will pose their impression into the breaths right from birth to death. If you regularize this you can clearly feel the depth of your mind easily. If the breath passes through both the nostrils it is called **Kaevala Suzhumunai**. If breath stops at the beginning state then it is called **Poorana Suzhumunai** or **Pooranam**.

Kaevala Suzhumunai brings sadness, worry and frustration in day to day life. So during these times do not indulge in worldly affairs. If we odorize our breathing pattern we can get rid of diseases. Brain nerves and hormones will function properly. You can live long life without diseases. Since the negative vibrations are expelled out of our mind, so it will be enlightened and brightness filled. So now hope you would have understood the importance of the Nadi Suthi.

NADI SUTHI STEP - II

When we hear of about the word step, for pious people Lord Iyyapan comes to mind. The 18 steps to climb. Simultaneously we have steps within us also. Even the great Lord Iyyapan is there with in us, in between the eyebrows as Manikandan. The steps are split as 4 steps for Sariyai, 4 steps for Kiriya in Sariyai, 4 steps for yogam in Sariyai and 4 steps for Gnanam in Sariyai. All together it comes to 16 steps. The 16th step is what Gnanam that is nothing but the self-realization is. From this you can reach the 17th step, which is Grace. At this state, forgetting the state of selfishness, we reach to a state where our mind is

filled with love. And then this love will change to a Godly state which is knowledge figure and reach out to the 18th step and be as Manikandan.

Sri Iyyapan has tamed the tiger, which cannot be done by other and on a ride over it to get its milk. What does this mean? --- Breath is like a ferocious tiger which is always fierce that kills us at the end. But is you learn to tame this ferocious tiger-the breath with help and guidance of your Guru then we can get the divine milk-Amirtham from it.

Sri Manikandan's two legs are tied up and his hands, one shows the chin muthra and the other holds the abayakaram. This is what we can see in the Sabarimalai. What does this mean? --- In Sidhar's language, breath (suvaasam) means legs. If you tie these legs and realize the inner Pranna Sakthi in yourself then we can realize the divine power - Pranna filled all over the world. That means if a scientist knows even the smallest unit of an atom of the particle then if that particle is at any shape or size he easily identifies the basic formula of the substance. So similarly if you realize you're Pranna then the element of the earth will come under your control.

The Jeevan cow combines with God. The qualities like ego, Kamam and Mayai gets removed from him and so the world starts worshipping him. This is the explanation for Chinmuthra and Abayakaram. If you realize your Naatham and tie up your sakthi in between your eyebrows then you can also become Manikandan.

Let us come to the execution now. The second stage of Nadi Sudhi can be done only after understanding and practicing the first step of Nadi Sudhi.

As before you must sit on the blanket in Sidhasanam or Bathmasana position then,

1. Close your left nostril using your right ring finger and breathe out or exhale slowly through your right nostril for eight seconds this is known as Raesagam.
2. Now the same through your right nostril for four seconds, you must inhale or intake your breath. This inhaling is known as Puragam.
3. Close the right nostril also using the right thumb finger. And now when both the nostrils are in the closed state- is for about sixteen seconds. This stage is known as Aga-kumbagam. At this state the thinking and concentration should be between the eyebrows.
4. Now the right nostril is closed and then removes your right ring finger from the left nostril, start releasing your breath slowly through the left nostril for eight seconds. When you exhale the breath, the air in the lungs is to be completely let out. So rise your abdomen well inside.

5. Then through the same left nostril for four seconds inhale slowly, at once close your left nostril by your right ring finger. This is a state in which both the nostrils are closed and is called by the name Kumbagam. Stay in this state for sixteen seconds. Keep your thinking and concentration centralized between the eyebrows.
6. Now release your right thumb finger and when the left nostril is closed, release your breath slowly for eight seconds and inhale for four seconds and then close the right nostril back.
7. Now this state in which both nostrils are closed is the state of Kumbagam which has to remain for sixteen seconds as before.
8. Now for both left and right nostrils, practice eight seconds of Raesagam, then followed by four seconds of Puragam and finish with sixteen seconds kumbagam alternatively.

For one practice at least sixteen times of Nadi Suthi has to be done.

If you are not able to perform kumbagam for sixteen seconds in the beginning, you can try for eight seconds. For this, Raesagam should be done for four seconds and Puragam should be done for two seconds. This is to maintain the ratio of Raesagam, Puragam and Kumbagam.

Kumbagam can be done for a maximum time of thirty six seconds.

Rules to be followed in practice:

- As soon as you sit in the asana, your spine, neck and head should be erect. At any cause there should not be any bending of your spine, which is not of any use.
- Please sit facing the east or south direction for practice.
- During Raesagam or exhalation of breath, perform it by say within your mind as my negative thoughts, diseases and ignorance are being eliminated from me.
- During Purakam or Inhalation, we should assume that God's grace, talents and the divine air are entering inside me and perform it.
- During Kumbakam, our thought should be that the divine air, good health and God's grace are filled within me while practicing it.

Thoughts have great power so when we have belief as said before we can experience great changes and miracles.

When you finish this practice for some minutes (5 mins), keep your concentration between your eyebrows. In this state we can think of 'OM' alone. We need not think of any other mantras.

After this practice, slowly release your legs and stretch out. If you have leg pain you can massage it with your hands. You can get up after two minutes.

Follow this exercise for forty eight days continuously, both in morning and in evening definitely.

During your leisure time, you can read some spiritual and religious books or sing some devotional songs whole heartedly.

Making note of every exercise, experience and dreams every day without fail. And show them to your Guru and get it explained by him. This helps your future practices.

Many people mistake the above Nadi Suthi practice for Pranayama. I feel pity for those people. They mistake it and practice for many years without any good results. Then which is true Pranayama?

This was explained well by Siva Vakiyavar. He says "Urutharitha nadi il odungukindra vayuulai karuthi nal iruthiyaa kabala maithra valeerail virutharum baalaraavaair monieenj sivanthidum arultharitha naathar patham, ammai patham unmaiya."

"My dearest devotees, I request you to go through twice or thrice and make it sure. We should make thorough investigation and make it clear. After clearing it from different complete analysis, you should attain happiness and ever livingness. This is my humble wish."

Now certain useful and astonishing facts are going to be revealed. All these are things which others do not explain. And I do out of my experience and with the blessings of my Guru.

What is Urutharitha Nadi?

Suzhuna Nadi is the base of all Nadi. This is what is called as Suzhumunai. You can live for thousands & thousands of years in Suzhuna Nadi with the same body.

People say and believe that soul has no death. But body is subjected to death. So the soul is transferred from one body to another by the great Lord 'Yama'. One who changes this belief and wins the lord yama- that is one who lives with the divine body are called Siddhars. They teach secretly about this to their disciples. This is what is called the study of ever livingness. One who has mastered this study will master the Prana Sakthi which is filled within him and

the universe. This Prana Sakthi is responsible for mind working and activation of the world.

When you control your mind you get the power to control any others in this world or even their minds itself for that matter. When one can control and make Prana act according to their wish, he gets the talent to control the five elements of earth. We have advantages and also some disadvantages. Nothing harmful should happen.

A baby in the womb is living in Suzhumunai. This is the Moolam (the beginning). As soon as a baby is born the atmospheric air enters pushing the air to be exhaled into a corner which makes the baby cry. At once the life sakthi is sent from the mother to the child through the placenta. Hence the life comes to the child only through umbilical cord. Hence the starting of Urutharitha Nadi is the naval. The control of this lies at the end of your spinal cord. It looks like a snake sleeping inside a triangle. This is like a generator station. Till the mind is under control, the brain sends the controls to all the organs of the body and also the sensed vibrations from all the sense organs along with some other parts of the body will be reaching the brain. There are joints in the spine. So only at the left and right sides this takes place. From the head upto the end of the spine there are notches running. This is like a snake at the end and is like a lotus at the beginning. When the above said two happenings stops, our mind gets rid of all unwanted thoughts which is like a power failure. Then as the generator starts working, the Suzhuna Nadi will begin working at this stat.

The kundalani sakthi which is in the triangular form is responsible for the pleasure thoughts. Now we are going to see what Patinathar is going to tell us. A male child is born and reaches his sixteenth age. At this age itself nowadays boys become adults. That is another story. When a sixteen year adult man is walking, you can see and visualize brightness on his face due to Kundalani sakthi. The positive vibrations inside himself are created and accumulated in his eyes. His walk is seen by a beautiful young girl. The negative vibration is created within her and is transmitted through her left eye and enters into the young man's right eye. You may have a doubt as why specifically it is mentioned. It is because the right eye is more powerful and bright. A shock is created from the young man's generator (Suzhumunai) and it is raised. Both of them get involved in intercourse and lose their valuable kundalani sakthi.

In the abdomen only the sakthi is increased. Only when we work, due to the working of the body, the heat is produced. But when you fall in Kama, the body immediately gets heated. You need to overcome this with the Guru's help. When you follow the way shown by him, you can come up. When you rise up this sakthi to the head, you can relieve yourself. This is what is called Pranayama

by Siddhargal. This is what they experienced, undertook, lived and said to their disciples.

How is Idea in our body?

It is spread as knowledge, senses and thoughts. Some people without knowing this may get disappointed trying many other ways. Some people are getting cheated by listening to people who say they teach “ Kaya Kalbam “ just to earn money. Those people who are doing this will be very old, not able to walk also and also wearing spectacles. Seeing all this some people get fooled.

Those people say athma is we and not our body. Then what is the need for all these practices? They also say attaining Sivalogam after death is called “Muthi”. But that is not true. Muthi is what we should attain during life. Sidhi is the experience of a collection of stages is what Vallalar says.

Now, coming back to the practice. The meditation can be split into three stages as follows:

- Layman’s meditation.
- Meditation for strong minded achievers.
- Thavasi ‘s meditation.

Meditation is a very good exercise for all. Children can benefit a lot and even the elders can practice this and realize the use.

First follow the Nadi Suthi without any mistake for a period of forty eight days. And then practice this meditation to experience the great results. Whenever you follow is Nadi Suthi for forty eight days you must follow Brahmashariyam (avoid sexual intercourse). Married people while practicing meditation, should involve in intercourse only twice in a month. Then only they can attain Sithi. If you have both the desires then everything goes wrong.

There is no diet restriction. But it is better to follow vegetarian diet. Banana fruit which rises kabam, vegetables like radish, banana, potato, etc., which rises gastric problems can be avoided.

Before getting to bed in the night, it’s good to take five to six dates. Students can add valarai in their diet for increasing their memory power. Period and time is very important for practice. Morning and evening timings are to be chosen. It is advisable to do atleast one time daily. If you regularly practice may be in the mornings, you somehow happen to miss it, sometime in the evening can be taken for change instead of skipping it for that day.

First complete properly the Nadi Suthi procedures. Then take two minutes rest. If initially you happen to face some leg and hip pains, you can get up have a short walk and get back to position. Place your palm over your thigh or you can have your right hand over your left hand. You should not practice with fingers joint together. If you practice this at this state then you will get to sleep and laziness comes over. Then when you lose your consciousness, there is no use in doing this.

After sitting in position, imagine God to be in the form of Jothi in between your eyebrows. And pray for the well being of all worldly living beings and also your well being. Why should we take God to be in between the eyebrows? Is God present only there? Yes, he is there only in the form of thoughts. This can be proved by a small doing. For example you take a needle or a sharp tip of a pen towards the center of the eyebrows. What do you observe? You can feel an attraction just like that between the magnet and iron. Now take the same to any other part of the body. What do you feel? Can you realize any attraction? No, it is not felt. So you come to know that the attraction is felt only in between the eyebrows and not in any other part of the body.

The practicers of meditation can feel more practical truths for this. At the beginning states, the feel of something crawling in between the eyebrows can be experienced. This makes the point clear. We come to know that it is the site of thoughts and vibrations. All this is felt strongly through experience. After prayer sit for meditation.

First concentrate on the sound heard in your right ear within your mind and meditate. When you do this, you can hear a Nadham. At this state bring the jothi in between your eyebrows and visualize the image. Then you have to combine the two. You will get a cloudy whit colored round balls to appear and disappear in blue balls. Put your mind deeply into it. Then you will realize the light in various colors.

When these colors come, if your mind gets so deeply involved into it - the state of involvement is called "Manam Layaathal". It will show you the upper state and drag you to the state of Samadhi and uplift you.

Some of them may have wandering minds while sitting in meditation. How to control this? When you leave your mind in its own way, in a time of ten minutes or so it will come to control by its own. Then you put your mind in Nadham and imagine the jothi in between your eyebrows and do not let it go. Then when you keep on looking and concentrating on it, it will show you the upper state. This meditation should be done for atleast half an hour. Else it will

not give any good results. No maximum time limits. You can do for any amount of time. It only depends on your time availability, interest and health.

This is well explained by *Pujandar peruman's song* as follows:

“ Aarada Annakin Kodinnudae
Undathai Patriyada vizuthu polae
Nerada Narambagu porunthi nirkum
Nelaiyana agni mathithanil
Veerada aathi vazhiyae arul than paainthu
Vinulagil tamizh sooluvalae endrum
Kandu kandu manandhanae undanjselae
Kalai naalum ettil than sarendhu poogum” endrum

Peru Nooul Kaviyam 1000 il

“Nenaivumae pooiozhidhal eruley agum,
Netrikan jnanakan agumoe sool?
Nenaivumay morividil suvarae agum
Nee nelathirkutti suvaryuanru pearu
Nenaivumae thapividil thanai maranthar
Nee sargalum thani marakka thavan saitharae
Neenaivumae poogamal thavamae seithar
Netrikkan muniyanar siddharanaaray.” Endrum

“Vazhalam mukku munai veenathandu
Vagaiyaga parthakkal yellammundu
Pazathan poogamar Samadhi kudum
Paripazhai edhuvalla puruvamadhi
Aazhalam mel vassal arindhu kondal
Aiyamondru ennathir soolivandhane
Thazhalam edhu vital ellam poochu
Sadhithu derivara kurinanae endrum

Thalivagha kuripidukindrarkal.

When you practice regularly you can have good results. When you finish, it is necessary to pray for the good and betterment of the world and of course for your own self also.

Sri KagaPujandar Gurunathar Porunuil kaviyam 1000

“Veeduthanai thirapatharku vaasipaaaru
Neeiyathanai sammanamay neeruneerai
Kaadathanai Kundhavaithu vudaladamal
Kuvindha manam nirmirndhum vudalaiparae
Vudal neerai nenju kanda thalaikanmukku
Vyarthirundhu neernimirndhu uthkardhathan
Kadal kondu sorivathu poal vasiyastram
Karunadi vurnadi jeevanadi
Adal kondu yatrividum moolanadi
Aria moolam thanirundhu yaeuzhummoochu
Kundal kondu parathae kalaimalai
Kondu pasiyarummunaee paru parae” endrum

“Neelappa kannathanai thirandhudathey
Emmayathanai melnoki kavizhindindidathae
Villappa kaierrandum kattidhathae
Virinthu nee yeenthathey savamai nillu
Sollappa kellathae nathangkellu
Thunbamamendru Ennathae aandu moonru
Kallappa nirpanapol sarriram paaru
Kadhavadaithu thirapanapole puruvamthatum” endrum

“Thatumay oru mukurtham endrum paru
Sathipar aanmaikondu andirandu
Kottumae thelurupole vitidathey
Kumariyasai koollamal theruvayae
Vettumae manamasayum asaindhal mallum
Veeru thurai errathey varayone
Mutumae paasi kondumaiyalae thee than
Mulapuli thaydathey vaithiyamthanae”

We said that we can feel the light in the meditation, which are the colors we feel? First black and blue colors are visible then green, yellow, red and white followed by a color that is a mixture of golden, dark green, red and glassy white. When this color is found, you have reached the state of self realization.

Out of the five elements, earth sakthi is called the Prithivi. When this is controlled by meditation or when it happens in our breath, there will be creation of various Yantirams, chakars and many types of kolangal. When this is

visualized in Pidari, a special konam called the Enkonam will be formed. If this forms in between the eyebrows, it means that prithivi is now under your control.

When we shift our meditation towards the water element philosophy named appu, we will have to visualize covered by screens for eight days. Then it will have seas and its surroundings, fields filled with water, river banks and temples. Mountains and forests will also be found. There can even be places which were never seen or visualized thereafter.

Coming to the philosophy of fire element which is named thaiyu, the symbol is a triangle surrounded by fire flames will be seen. Sences relating to fire colors like yellow, golden and red, rishi and siddharkal will also be visualized. We can see God in whom we are meditating.

Next when we come to air philosophy called vayu, we can see a hexagon. Our breath will show sensations like flying in air, meeting many Gods in many places, different planets, stars and various temples also can be visualized.

When vayu ends, glassy white ring of light will appear and keep rotating. When Vayu is controlled, we can also see us travelling near different planets, some of our relatives and friends who passed away. Moreover unbelievable and surprising visuals can be seen.

Some times we can feel the sweetness in our tongue and throat area. It is the time indication when Vayu is in the control of Prithivi.

Some times good smells will reach our nose. This is the indication of time when appu is under Vayu.

All these show that we are developing in our practice. But they are not our goal states. At the same time, it does not mean that they are not important.

For your kind attention:

- 1) Meditate in the morning after finishing your nature calls.
- 2) If you must meditate after your food, then must be at least a time gap of three hours.
- 3) Donate food as much as you can.
- 4) Help others as much as you can.
- 5) Food and clothes for sadhus can be donated if possible.
- 6) Show never changing love and faith towards God. Sing from your heart. All these will help in developing you.
- 7) Be truthful towards your Guru. Think and treat him as your father and serve him.
- 8) Write down your doubts and also your requirements in a book or diary and get them cleared by your Guru when you meet him.
- 9) The service you do to Gurus and saints, the help you render to elder people and handicaps will raise your level of love and take you closer to God.
- 10) When you eat or drink anything, keep the first part on between your eyebrows and say the following either aloud or within your mind “Guru Arpanam, Arthma Arpanam, Siva Arpanam” and then start eating.
- 11) The Guru who guides you should have attained the goal state himself. Or else he will not be able to guide you properly.
- 12) At the beginning state, keep a devotional praying to God for you. Then the image worship will be removed and you will light or brightness only. If you start from a non image worship, then it is difficult for getting out of Suzhuti.
- 13) Smoking, drinking, gambling, bheeda habit, using sniffing powder, usage of narcotics all should be abandoned and got rid off.
- 14) If you are a drug or alcohol addicted person, to get rid of those, go to your Guru and get his help to get out of those.
- 15) After lunch you can rest a while. But day sleeping is not good.
- 16) If you are married, have sexual contacts only four times a month. Monthly once is best.

17) Books like Devaram, Thiruvāruthpa, Thiruvāsagam, Thirupugazh, Bible, Kuran and books written by Azhvarkal can be read.

18) There are several places in TamilNadu where Siddharkal have attained Jeevasamathi. All these places can be visited.

Pay holy visits to jeeva samadhis of siddhars. There are lots of places in Tamilnadu. Some of them are Patinathar samathi near Thiruvātrieswarar Temple, The Kunakudi Masthan Darga in Tondiarpet, The Kapaleeswarar Temple in Mylapore, Mundaga Kaniāman Temple in Korattur, The Maruthieswarar Temple in Thiruvanmiyur, The Jambukeswarar Temple in Korattur, The Masilamani Easwarar Temple in Thirumulaivayal, Thirumazhizai Alwar Temple at Thirumazhizai near Poonamallee, The Rathna Sababathy Temple at Thiruvelangadu near Arakonam, The Karumariamman Temple at Thiruverkadu, Mangadu Temple, and also temples at Tirutani, Kalahasthi, Tirupathi are special important places where siddhars samadhi's stay and bestow their blessings. There are also other places in and around Chennai which you can find out. Sri Ramanujar in Srirangam, Sattamuni in Sirkazhi and Srirangam, (sirkazhi Sathanathar Aalayam) Mula Thevar in Chidambaram & Thiruvaduthurai give thier blessings to one and all.

The Samadhi Pedam of Sri Maligai Devar is at Thiruvaduthurai (Enroute between Mayiladuthurai and Kumbakonam). The famous Thiruvaduthurai Aathenam is here.

Near to Thiruvaduthurai is Thiruvīdai Maruthar where the Sri Mahalingaeaswarar Temple is situated. In there is the Jeeva Samadhi of Roma Rishi & Narathar. You can experience the blessings of them if you do Vasi meditation near the marutha tree. Ten Kilometres from here is the Kumbakonam where the Kumbaeswarar Temple is situated. This is where we get the blessings of Lord Agathiyān. Nearby to this temple is a street called Sathara street. Here in this street lies the Jeeva Samathi of Thirumazhisai Alvar who was known before as Sivavakiyar and gives his grace.

The blessings of Virali Hill Siddhar can be obtained from his Jeeva Samadhi at Thirubhuvanānāthar near Thirupānanthāl Athina Mala Temple (near kudanthai) where you can get the blessings of siddhars.

Near Thiruvēdaimaruthar is Govindapuram. The blessings of Sri Pothathiral can be got from his Jeeva Samadhi. Between Athuthurai and Kutallam at Kathiramangalam is the Vanadurgai Temple. Sri Agathiyar blesses from here. The Mayura Nathar Temple is at Mayiladuthurai, Kalangi Nathar and many other siddhars bless here. Many other siddhars are also bless from Dharmapura Aathenam near Mayiladuthurai. The blessings of Kalangi Nathar can be got from Thirukadaiyur.

Enroute between Mayavaram and Sirkazhi is Vaitheswaran Temple in which is the deities of Marutheswarar and Muthu Kumara Swamy. In this temple lies the Jeeva samadhi of Thanvanthiriyin under the valuable neem tree. The Jeeva Samadhi of Vazhizhtar is also present inside the temple. Enroute between Sirkazhi and Chidambaram is Kollidam. From there Achalpuram is at a distance of four Km. This is where Sathguru Sri Kaka Pujandar Blesses all. The Temple in which Thirugnana Sambandar attained jothi is also here. at a distance of five km from here is Mettukuppam, Here is the place where Ramalinga Vallalar attained jothi, the place is Vadalor. This is a place not to be missed by anyone. Near Neyveli is Virudachalam. The pampuatti siddhar gives his blessings from his Jeeva samadhi here. The Jeeva Samadhi of Valmiki is at Ettukudi. Sri Subramanyar Temple situated in between Thiruvarur and NagarKoil. The Jeeva samadhi is under a valuable tree. Nearby is the Sikkal Singaravelan Temple where Sri Boganath, Vazhizhtar and many more siddhar shower their blessings. Agapaai Siddhar blesses from Ettukudi and from Thiruvaiyaru near Thanjavur.

In Thanjavur and Karur near Tirchy, Karuvurar, the so called Karuvurar Devar is bestowing his blessings her. Sri Kaga Pujandar is also showing his graces in Tirchy, Thiruvanaikaval. In Nagai nathar's temple present in Nagapattanam Azhukannar, Kasibar and Varadhar are showering their blessing.

In Poigainallur, near Nagai sri Koragkanathar and sri Kaga Pujandar in the nearby areas named BujandarVanam and also the Navanathars are throwing their blessings. Near Nagapattinam, at Nagoor we have Meeran Shaib Alavudin is giving his blessing in the mosque.

In Madurai, at Meenashi Amman Temple, Sudharanadhar and Agathiar are bestowing their graces. Nearby in Azhagar Malai, Pathanjali, Ramadevar, Yakobu@Tharaiyar and at Pazhamudir Solai Sri Bhoganathar and Kamala muni are showering their blessings. Near Madurai, at Thiruparakkundram sri Bhoganathar, Macha muni and Chichendar Bhadusha are throwing their graces.

At Thiruchandur, Sri Bhoganathar, Punnakkisar and Kashibar are giving great Siva blessing. Near Suburamianar temple, in the left there is a small door which leads to caves. The specialty is the presence of five siddhars in form of Puncta Lingam, moreover the sun's rays will penetrate into the cave. All this can be experienced and their blessings can be taken.

Near Thiruchandur, at Kayalpattinam, many Siddhars and saints are bestowing their graces and virtues. Visit and gain the benefits.

Near Kanniyakumari, at Susindram, Vishvamitrar, Vashistar and Mirugu munivar are present to give their graces. As in Palani, here there is a SivaLigam made of nava pazanam. Give a feast to your eyes by paying a visit to this place. Near Susindram, at marunthumalai, Sri Kaga Pujandar and nava natharkal are giving their blessing. At a distance of about 11 Km away from NagarKoil, on the way to Trivanadram is Thakali.

Here we have the mosque of Bheer Mohamed, where Bheerapa is giving all that is asked for in faith. The benefit can be made in hands by making prayers day and night there.

In Rameshwaram, Pathanjali munivar is giving his grace Sri Kaga Pujandar is bestowing his wisdom blessings from his Jeeva samathi under a valuable tree present at Utharakosamangai. It is at a distance of 12 Km from Rameshwaram.

At Thirukazhukundram temple at the top of the mountain, Sri Gorakar is showering his grace and blessings. At Kanchipuram, Kaduvali Siddhar, kalanginathar and also many other siddharkal are showering their blessings. Kamalamuni, Sundharanathar and edaikadar Samadhi are found at Thiruvarrur.

In Thiruvannamalai, you can see many Samadhis of many gracious siddharkal like Deraiyar, Nandheswarar, Subramaniyar, Agapaysiddhar, Machamuni, etc., If you can pay a visit to Thiruvannamalai on a full moon day of the tamil month – Karthigai (In English month – November) with true faith in God then you can see many Siddharkal walking as a simple human and shower their blessings. SathGuru Sri KagaPujandar Jeeva samathi is situated at several places.

Kollimalai is a place situated in between the Salem and Namakkal road (via santhamangalam). Near Thankasi, there is Thirukutralam. Near Papanasam there is Pothigaimalai. On the way to Madurai and Srivilliputhur (via Thaniparai) there is Sundramahalingamalai. If you can pay a visit to all these mountain places piously, then you can experience Siva arul and the Grace of Siddharkal along with their full blessings.

At Kollimalai, you must see temples like Sri Arapalleshwarar temple (Essan is inside a cave), Periyaannaswami temple, Soramadaiyan temple, Ettukai Amman Temple, etc., then in the caves- Kaga Pujandar cave, Agathiyar cave, Pambuatti siddhar cave, Pullipani cave, and then Korakkar Kundram are also important places to be visited and stayed there for getting more grace and blessings of the siddharkal.

In Kutralamalai, there is a graceful Sempakaadari temple. Dhakshanamoorthy caves known as Vallai caves, Agathiyar cave, Ovaiyar cave, Korakkar cave, Pujandar cave and a place by name Paradhasi Parai, seen inside Thenaruvi are places to be visited stayed to get the gracious blessings.

There are many sacred temples and caves in Tamil Nadu and other states also. The above mentioned holy places are some of the ones that I have visited and experienced the grace and blessings. You can also search for many other holy places by collecting informations from others and pay a visit to them to experience all these goodness.

MEDITATION FOR STRONGMINDED ACHIEVERS:

Disciples of Siddhars entering into the way shown by the siddharkal will meet and think earlier according to the deeds in our life. Then we attain the stage of Siddhi after the

practice of SivaYogam is known as RajaYogam.If you practice the given exercises completely, without any mistake, you can achieve more grace and wealth. Above all this you can attain Jeeva Samathi easily and enjoy the bliss. With this physical body you can learn and overcome death and achieve ever livingness happily.

By the grace of Guru and divine blessing you can attain the Godly stage by achieving spiritual Pranava and Gnana body to enjoy the divine bliss. The methods of meditation are secretly followed by siddharkal. The details are readily explained. I now reveal the secret and explain to the world with the grace and blessings of my Guru.

Development of my physical body as well as our mind is well explained here. We can see about the ways in which we can maintain our body properly and understand to have control over our mind- removing all our sorrows and evils and find out the ways to offer our faithful service to God. These lessons are taught to me by my Guru. I have given explanations that you can also experience like me. I am the living proof for all this. I have attained 65 siddhikal by my Guru's grace. I am not telling this proudly, but you must understand the most importance and practice it with great interest, that is the reason for my telling or insisting this strongly. My true devotees have fully known all the siddhikal I have achieved.

What is the speciality of our siddharkal way of meditation?

- 1) You can attain vasi sithi within a year if you meditate properly and regularly.
- 2) You can attain many stages of siddhi within a period of five years.
- 3) You can attain good benefit through Yoga and mantras.
- 4) Total family can get good health and peace of mind
- 5) The art of ever livingness can be learned effectively and regularly.
- 6) Many diseases can be removed by magical powers and mind power.
- 7) There is no need to be a Sanyasi. Even by doing their duties properly to the family life, you can reach various siddhikal. You can lead your day to day life without any disturbances.
- 8) You can remove all the diseases and obstacles in your life by practicing Yogam.
- 9) Mass meditation can be done for the welfare of the country and the world.

There are more benefits and greatness in doing meditation. All that has to be realized through yourself by practice and experience.

Note able points in meditation:

1. As told earlier you should do Nadi Suthi 10 times daily.
2. Experience the peace of mind by singing devotional songs.
3. Always sit in Sitha Aasana or Padma Aasana.
4. Always concentrate on the light in between your eye brows for two minutes. And meditate on it.
5. Simultaneously raise the light from the spinal cord to Swath Sthana while breathing out slowly pronouncing the word "OM" from the Mulatharam.
6. Now raise the light from Swathi Sthana to Manipuragam while breathing out slowly pronouncing the word 'EM'.
7. Now raise the light from Manipuragam to the inner tongue while breathing out slowly pronouncing the word 'THA'.
8. Now raise the light from the inner tongue to the Visuthi while breathing out slowly pronouncing the word 'LA'. Simultaneously, think a light like the deepam lamp and raise it along the spine.
9. Life before think a light like the deepam lamp and raise it along the spine to in between the eye brows through the neck breathing out slowly pronouncing 'HEE'. After stationing the light in between the eye brows breathe out slowly pronouncing 'HOO' and experience the light by deeply concentrating on it.
10. Then without disturbing your concentration bring the light of the deepam lamp between your eye brows. When you see the light think within your minds the words OM, EM, THA, LA, HEE, HOO. You must not lose the concentration and light between your eye brows. Then bring down the light between your eye brows to the Mulatharam via your neck and spine. Again repeat the exercise of raising the light from Mulatharam to between the eye brows. Take a minute to raise the light to between the eye brow and 10 to 20 seconds to bring down the light. Repeat this for 10 times.
11. As told before meditate for 30 minutes uttering the words between your eye brows and station the light in your mind. After meditating pray for yourself and the welfare of your family, country and world. Then stretch your legs and relax for 2 minutes.
12. Now you have finished meditating, you can get up now.

TIPS FOR BETTER MEDITATION

1. Know properly the position of Adharas and begin to meditate.
2. While raising the light while pronouncing the words think imagine the light as a deep lamp or bright star.
3. Do not bend your back or your neck.
4. If you sit in Padmasana your back will remain straight. Try and Practice this.

5. You should not lose the concentration of the light and sound. This is more important.
6. You will not reach full benefits if you lose concentration.
7. You should not drink liquor, smoke, chew tobacco or have drugs. Avoid eat non-vegetarian food.
8. Except for food thrice daily avoid coffee, tea or snacks in between.
9. See to that you do not have problems in answering nature calls.
10. If you have gas problem refer next part.
11. Meditate continuously for 48 days. You will not reap full benefits even if you miss for a day. So be continuous in practice.
12. Meditate once a day either in the morning / evening. Doing twice a day is the best.
13. Meditating after 11.30 pm is the best. If so finish your dinner before 8.30 pm with milk.
14. If you are above 30 years of age, take in Thuthu Pusti Lagiyam, Ayas Senthuram, Aprak and Thangam.
15. Include green leaves with your lunch and have it before 2 pm.
16. Do not eat curd / buttermilk and green leaves in night. Because it disturbs your nature calls and creates kabaam.
17. Avoid peeled potatoes, bananas, radish and other gas inducing vegetables.
18. You can have potatoes without peeling the skin.
19. Read books referred before during leisure time.
20. If you have a private place available try to read and sing aloud.
21. Reading aloud is the best.
22. If time permits visit the samadhis of Siddhars and other holy people. Meditate at these holy shrines.

Along with the above said tips, follow 18 steps said before. If these are not followed properly and correctly, they you cannot reap the real benefit. We are not responsible if you do not reap benefits due to improper practice. But if you can meet your Guru in person and get his blessings and practice under his guidance, you can get the benefits soon.

STAGES THAT CAN BE REACHED BY PRACTICE

STAGE – 1

If you do your meditation properly then your breathing will relaxed, smooth and feel like a cloud colored (grey color) ball, for some they feel as it is rotating in a round shape. For some other it will feel like red, blue, yellow or green colored or like a thunder along with the sound of the sea or a jingle. Experiencing this, prepares you for the next stage. For more details refer to books about meditaion.

STAGE – 2

You should start this only after practicing the first stage continuously for 48 days. The Rajayogam got thru this stage is also known as Vasi Yogam or Thava Murai Meditation. It is divided into 5 parts.

La Kuthu – Initialization with the help of Atshara ‘LA’.

Ma Kuthu – Combining the Atshara ‘HOO’ along with the above said Atshara. This Thiksazhay helps you to attain Suzhumunai easily and experience the vasi, also strengths your prana.

Jaba Kuthu – Doing the above without moving your body by stopping the kizgkathi and contacting the chest and fore head and attain the thiksha.

Tharuha Kuthu – This Thiksha helps to attain the Abana, Prana powers at the top by just moving your head sideways and full utilizing your brain and head.

Haruha Kuthu – This is the last stage of Vashilayaa.

Many people do not know the meaning of Vashi. Sivan in form of Prana goes in and out of our nostrils. As time passes this prana takes to the city of the lord of death – Lord Yama.

To control the prana by not leaving it out or by regulating it to the place where it started or to make run regularly and in a disciplined way is called asipayirchi.(exercising the nostril breath) This control of your Prana with your swasa is called vasi. By turning back the outgoing Siva we will get Vasi.

Let us see some of the explanations given by Siddhars

Konkanar in Vallai Kummiyil says

In Kongnaar Valaikumi,

“Katatha Kalaiyai kata vendumasai
Vetatha venum vasi yotaa vennum
Aitha kombai valaika vennum – kayam
Andraikirukumoe valai pannaenkirar”

Explanation : You should never postpone to learn the art of ever livingness of life cause you are not sure whether you will be alive the next day, so learn about Vasi today itself in order to win death. How?

Breath goes at its own will and the will of the mind. This wavery mind can be compared to ox or a cow. If you control your mind you can control your swasa. If you control your swasa your mind is controlled. So if you practice Vasi swasa is controlled and it shows the right path to the ultimate destination. The athma compared to the cow becomes tamed as the good cow nandhi and becomes the means of transport to do good services to Lord Siva and attain heights of spiritual life. The rigid horn fixes itself into suzhumunai from being the inflexible surya and chandra kalai by Vasi.

Hope you understand now that if your mind is wavery it is an uncontrollable cow and if you control your mind then it is good doing Nandhi.

In the same Valaikumi,

“ Vasipazakam ariya vennu matru
Mandal veedukal kata veenudum
Nasi vazhikondur yogamum vasiyum
Naitathai paratri valai pannaē”

Mandalam’s – Surya, Chandra, Angi Mandalam’s.

We can across the Mupazhai only through Vasi.

Mupazhai – (Three stages) – Irul Pazh (Darkness), Oli Pazh (Light), Veli Pazh (Outer). In the initial stages of meditation the darkness goes and the light is seen. This is Irul Pazh. Then the light gets stationed and widens more brightly. This is Oli Pazh. Mind gets regulated and you become everything with the stage of Samadhi beginning to come out. This is Veli Pazh.

In Kaka Pujandar Gnana 80, it is said that:

“ Ariyalam mananthaanaē uirthanakum
Aandatil serinthidava muthiyakum”
“ Pariyothri savariyum nadathakum
Panjama pathagamum paranthae pogum”

Explanation : If Vasi is stationed / attained then the wavering of the mind is stopped and it combines with life. At this stage the Surya and Chandra Kalai is regulated and settles between the eye brows. Since the suvasa has been settled and paripurana attained, we can also invoke them anytime. Subsequently, we can reach mukthi stage. And this removes all our sins and sorrows and help us attain wisdom.

In Kaka Pujandar Gnana 80, it is said that

“Soraippaa akaaramudan ukaarankuiti
Semmayuthan uruvathri nandraiannal
Neraippa neendra thiruvasiyallaa neelaiyana
Puruvamathiil thipangkaanum” enkirar

It indicates that controlling prana and keeping it under control is very clear.

In Neeyanam 100, Saitai munivar says:

“Kaanappaa nenjinullaa pranayogang
Kandu kollu thamarain nool pole aadum
Unnappaa yathiliraitti appanavaayu
Utru neentrirandaium nee kandaayaanaail
Poonappa ethukuilaa gnana yogam
Pujandaruku siddhi ethu kailaaya thagam
Thoonappa navakoodi maanaa thagam
Sugayooga maavathiththa thuraiyummaamae”

This true vasi yoga is given to this world by Sri Pujandar. This is the base root of vasi yogam.

In Kaga Pujandar vaku, Perunool Kaviyam 1000.

“Mookkai parthavar koodi maranamaanar
Moninaakai aaitrinavar koodimaandar
Nookkaiip paarth tharinavar koodiagum
Nooniaara maanitharkal koodaakoodi
Thaakupaaraa manukal aarubarroo
Smuthirathiruk sendravarkal aazhum paarire
Aakkai paaruu udallulaa prana naatam
Aagahainal solivitan arivulorukaa” enkirarir.

TIPS FOR DOING ‘LA’ KUTHU

1. While meditating always face the West.
2. Always sit on a thick mattress.
3. The Mattress must be 4 x 4 feet in dimension.
4. Maintain separate dress and mattress for meditation.
5. You are now a serious meditator – so you should meditate carefully, sincerely and in a disciplined manner.
6. Always meditate in a room with dim lightings.
7. Use a night lamp for meditation from starting state to the end. This yields good results.
8. While singing or doing upasana, do it in bright light.
9. Do La kuthu 50 times a day, 220 times a month and 1200 times for six months.
10. Include lot of ghee, milk, butter mil, fruits, green leaves and Pasi grams in your daily food.
11. Always have a light dinner.
12. Meditate twice a day. Meditating in midnight or at 3 am in the morning. It is the best time for meditation.

