

DKDH1: YOGIC LIFE (Physical Body, Life-force and Mind)

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Text Book:

1. Yogic Life - VISION, Vethathiri Publications.

Reference Books:

1. Yoga for Modern age - Vethathiri Publications.
2. Mind - Vethathiri Publications.
3. Medicine and Health - Dr.Mathuram Sekar, Narmadha Publications
4. Simplified Physical Exercises - Vethathiri Publications.
5. Yogasanas - Vethathiri Publications

YOGIC LIFE (Physical Body, Life-force and Mind)

UNIT - I: PHYSICAL STRUCTURE

PURPOSE OF LIFE

The purpose of life is, achieving perfection in once on wisdom. Everyone is born with this aim and is living. Knowingly or unknowingly, everyone walks towards one place. Nature is total. Man is a part of it. This part is always elevating towards the totality. This state is called a structure the man.

The animals with five sensors do not have any purpose of life. They feel the natural happiness of pressure, sound, light, taste and smell. But only men have the 6 senses. The sense is assumption. What is the use of these 6 senses? How do the five happenings-the pressure, sound, light, taste and smell felt or happen? Why do they to happen? What is their source? The answer to these questions is the benefits of the six senses. This is possible only for a man. According to human life is very rare . man should attend this aim and perfection in this rare human life.

The purpose of life is realisation of divinity that is attaining perfection in wisdom. The purpose of human life is realising the source of universe and the happenings in the universe. This is the aim and excellence of human life. The self-transformation of the absolute space is man. Understanding the previous state is perfection and self-realisation. This is the perfection of wisdom. Divinity should be attended for this purpose realisation of divinity had been difficult and fearful so far vedathiriam explains and shows the weight understand and reach the purpose of birth. One should undertake practices to understand the purpose of life and achieve the physical and mental health.

Mind commits mistakes as well as decides not to do it. The same mind choses the way not to come it mistakes we should cleanse the impurities of mind feed the mind with the strength which helps to stand form on the rightest path. Mind will be always happy when it elevates itself. That happiness can be a permanent one. Mind should be contracted in the life

force and reach the divine the source of life force. Meditation, interception and true explanation of yoga are necessary for this purpose.

YOGA

Yoga is a collection of physical, mental, and spiritual activities that originated in ancient India that strive to control (yoke) and rest the mind while identifying a detached witness-consciousness (Chitta) and mundane suffering (Dukkha). In Hinduism, Buddhism, and Jainism, there are many different schools of yoga, practises, and purposes, and traditional and modern yoga is performed all over the world. On the beginnings of yoga, there are a few general theories. According to author Edward Fitzpatrick Crangle, the linear model states that yoga has Vedic origins and inspired Buddhism, as evidenced by the Vedic literary corpus; this paradigm is primarily endorsed by Hindu scholars.

Yoga is a synthesis of indigenous, non-Vedic, and Vedic elements, according to the synthesis paradigm, which is popular in Western research. Yoga is referenced for the first time in the Rigveda and is mentioned in several Upanishads. The Katha Upanishad, written between the fifth and third centuries BCE, contains the first recorded appearance of the word "yoga" with the same meaning as the current term. Yoga developed as a systematic study and practise in ancient India's ascetic and ramaa movements between the fifth and sixth centuries BCE. The Yoga Sutras of Patanjali, the most comprehensive treatise on Yoga, originate from the early years of the Common Era; Yoga philosophy became acknowledged as one of Hinduism's six orthodox philosophical schools (Dharanas) in the second millennium CE. Hatha yoga textbooks started to appear between the ninth and 11th centuries, originating in tantra.

Traditional yoga, which emphasises on meditation and freedom from worldly attachments, is often referred to as "yoga" in the Western world. It is a posture-based physical fitness, stress-relief, and relaxation approach that mostly consists of asanas. After the popularity of Swami Vivekananda's adaptation of yoga without asanas in the late 19th and early 20th centuries, it was presented by Indian gurus. The Yoga Sutras were introduced to the

West by Swami Vivekananda, and they became well-known after the success of hatha yoga in the twentieth century.

MODERN LIFE STYLE AND IMPORTANCE OF PHYSICAL HEALTH

Today, drawing water by an appears from the well changed to drawing water speedily through mechanics. Likewise founding the rice into floor in a wooden motor changed in the use of grinding machines. The physical labour of man has reduced by the use of this supplementary machines. Facilities like telephone, cell phone emails etc have increased a lot to communicate or to exchange information. There is a tremendous improvement of transport which helps us to go from one and to another within an hour. Today, there has been specialisation of work . one has to do that particular work moving the hands and legs in the same position. The other parts are affected by non-function. For example, the whole part of the body does not move while driving a bus operating computer writing work, typewriting etc.

Man has made the image of what is happening in the nature. They resulted in entertainment like cinema, television, websites and sports in order to make one happy. Among these some entertainments included the sensual fresher. Unnecessarily things are heaped in the market. The urge of buying these things dominates man. The poor who are unable to buy these the others wealth because of the earth of sensual pleasures and unaware of the cause-and-Effect Theory. These needs result in suffering of for self and others. Do the full imprints today, drawing water by an appears from the well changed to drawing water speedily through mechanics. Likewise founding the rice into floor in a wooden motor changed in the use of grinding machines. The physical labour of man has reduced by the use of this supplementary machines. Facilities like telephone, cell phone emails etc. have increased a lot to communicate or to exchange information. There is a tremendous improvement of transport which helps us to go from one and to another within an hour. Today, there has been specialisation of work . one has to do that particular work moving the hands and legs in the same position. The other parts are affected by non-function. For example, the

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PHYSICAL STRUCTURE

Physical structure is a way of arranging the environment to reduce problem behaviours and increase independence and success. Good physical structure communicates expectations nonverbally; an individual can identify what needs to happen and where it will happen based on the structure of the space. The three major components of the yoga system are exercise, breathing, and meditation. 3 Yoga activities are intended to exert pressure on the body's glandular systems, increasing their efficiency and overall health.

COMBINATION OF FIVE ELEMENTS

With its five elements, our body is a representation of the entire creation. The fingertips regulate the various elements in our body, with the little, ring, middle, and index fingers symbolising earth, water, ether, and air, and the thumb representing fire. The physical body comes first. The gross body is known as sthula shariram.

The five main elements—earth, water, fire, air, and space—combine to make it. The five elements combine in a process known as panchakarma or quintuplicating. The components separate into two portions each during this process. One half of space stays in its natural state—that is, half of space remains as space. The other half is divided into four sections that complement the previous elements. Air, fire, water, and earth each get a fourth of the available space.

All of the creation is made up of the five elements in different proportions. The Human body is also the product of these 5 elements in different proportions. 72% water, 12% earth, 6% air, 4% fire and the rest is Ether. Everything in nature is made up of five basic elements: earth, water, fire, air, and space. The body is essentially the five elements — earth, water, fire, air and ether combined with the ego and certain other gross senses. These elements form the basis of the major chakras that govern the body — earth for Mooladhara, water for Swadhisthan, fire for Manipooraka, air for Anahada and ether for Vishuddhi.

The same is true for all five elements. The effect of deeds is that we are born into this world, receive a physical body, and take so much for granted. The human body is formed when an individual does behaviours that are both divine and selfish in equal measure. When activities are primarily divine, the body becomes divine as well. When people's behaviours are mostly selfish, the birth is asuric. This human body is the result of activity. It is perpetuated through action and dissipated when the acts' effects cease. Sanchi denotes a sack, while sanchika denotes a file. The body is a bag or a file that carries genetic data on everything, including our height, weight, life span, birth environment, and the types of experiences we will have in this lifetime. The human body is similar to a machine or a fan. It is turned on at birth and continues to function until the engine is turned on and power is available. The body stops working when the electricity is switched off at the appointed time.

THREE FORMS OF BODY

There are three functional bodies they are physical body astral body and casual body.

Physical body - The basic form of physical body is cell. The physical body is wonderfully built up of small cells. The cells are the collection of Panchaboothas. Every cell function as a chemical factory. The cells are the basic aspects of physical body as the bricks are the basic aspects of a wall in the building. The biomagnetism holds the cell in tack as the cement holds the bricks. The cells have a polarized structure has north pole and South Pole.

The collective cells are called tissues. The tissues are categorised according to their functions appearance and form . the bones the tissues nose blood brain and sexual vital fluid are made up of tissues. Based on the functions of the cell numerous new cells are appearing. At the same time the mature cells are destroyed. Generally, the physical structure doesn't seem to be changing. The physical body has such extra ordinary quality.

Astral body- The first physical element is Akash particles in the Panchaboothas. These rotate individually and make the body function. Such excellent Aakash particles are called life force. The life force is called as still body or subtitle body. It is called submit body because brilliants and billions of Aakash particles are filled in the body and make it function. This particles in the body are not understood by the sense organs. As the life force is in subtitles state in the body, it is called Astral body.

Casual body- The casual body is made up of minute formative dust particles. All Akash particles have numerous formative dust particles. These dust particles have self-rotatory force. These exit from the Aakash particles continuously . such outgoing dust particles are called magnetic waves. The Akash particles in the physical body of a living thing rotate itself individually. The formative dust particles which come out of this self-rotatory force create a bio magnetic field. This is also called Pranava body. The physical body Aster body and casual body are the functional factories which

function in one another and achieve and protect one another. Such excellent functioning factory is called physical body.

BLOOD CIRCULATION SYSTEM

Blood is very important for the man to live. The volume of blood in the human body is 5 litres. It weighs 1/12 of the body weight. Blood contains 55% of liquid and 45% of blood cells. They also contain red blood cells in 45% white blood corpuscles less than 1% plasmas 5% and water 50%.

Normal blood count in one cubic millimetre the blood contains the number of red corpuscle CS 45 lacs to 55 lacs, number of WBC is 4000 to 11000 and the average is 8000 number of platelets is 250,000 to 5 lakhs average is 350,000, pH acidity is 7.35 to 7.45. Red blood cells carry oxygen. White blood cells fight against viruses and destroy them. They also protect the body. Platelet clothes the blood from a cut and revenge the using of blood. Plasma provides then necessary nutrients souls glucose take amino acids and excretes urea and uric acid.

The Haemoglobin in the blood gives red colour to the blood. One gets an evening when the haemoglobin is reduced in the body. The blood vessels and capillary carry enough blood to the cells. The necessary clotting factors 12 hour there in the plasma. The quantity of pungency and acidity should be equal in the human body. There would be problem if these two are in excess or low. This should be calculated as ph. When the pH is from 1 to 7 in the blood it is acidity. Then the pH is from 7 to 14 it is pungency. The quality pH is 7 it is equal. The state of blood in the body has 7.35 which has a little more pungency. Pons in the brain sucks the excess acidity and poisonous waste and balances the quantity of PH in the body.

The structure of heart and its functions

The heart is like pit, fleshy sharp and cylindrical shaped. It is located at the left side of the chest. The heart is like a man's fist. It wastes 300 grams. The left side of the heart has two rooms up and down and two rooms at right side up and down. There is no connection between left and right-side

rooms. The upper rooms are called Atrium and the lower rooms are called ventricles.

All the impure blood from all the part of the body comes to the right Atrium and goes to the right ventricle through tricuspid valve. And purified blood from the right ventricle goes to the lungs. There are exits the carbon dioxide and takes oxygen. Does, down purified blood is cleaned. The purified blood comes from the lungs to the left Atrium. From there the pure blood is pumped to the left ventricle. According to this function the bicuspid valve and mitral valve functions between the left Atrium and the left ventricle. From left ventricle the pure blood is taken to all the parts of the body. The blood is purified and goes to all parts of the body.

Heart has the characteristic of contraction and expansion. This is called heartbeat. In a normal man the heart beats for 72 minutes per minute. The approximately structured flesh at the walls of the heart is the cause of this heartbeat . the right sinoatrial not heart pacemaker includes the contraction and expansion of the heart. When this gets damage, the heart is affected. The hearts flesh always works very hard so the Glance of the heart should provide nutrients and oxygen continuously. The blood pressure at the contraction and expansion is on an average of 120/80 m.m. of Mercury. When the Mercury Rises at the contraction and expansion to 140 / 90 mm the stage is called high blood pressure. Those who are understand can get high blood pressure. It may also come through Genetic imprints.

The high blood pressure affects heart, brain, kidneys etc. Smoking, drinking, eating more fatty foods, exercises, working very hard without rest excited living etc are the cause of the high blood pressure. Those some elements prevent blood clot, the blood clot in the blood vessels become as boil. The blood clothes to hurt attack s when the blood clothes at the vessels which carries blood to the brain . the blood pressure is cured when we practice the physical exercise and Kundalini Yoga meditation.

RESPIRATORY SYSTEM

Breath- Breath means breathing the air in and breathing it out. That is 20% of oxygen around us. When we breathe in, the oxygen (with air) force into the lungs. When we breathe out, the carbon dioxide the waste created by oxidation goes out. The oxygen vent into the lungs goes to all cells of the body through the blood. The cells produce life force particles with the help of the oxygen. The parts of the body need functional energy. The sense organs brain and the body muscles get the life of force produced by the cells. Moreover, the oxygen makes the food oxidized and passes the energy. The various biological functions get energy. Breathing in and breathing out, the exchange of gases carrying oxygen to the muscle cells etc are the functions of respiratory system. The parts involved in the respiratory system are called organs of respiration.

Lungs- The basic part of the respiratory system is lungs. They are cone shaped and feel like sponge. They are called right lung and left lung respectively. The right lung is bigger than the left lung the right lung weighs 620 grams and left lung weighs 560 grams. Its bottom is curved inside. There, the diaphragm is located. The diaphragm separates the body as chest and stomach compartments.

The function of breath

There are no muscles in the lungs. The muscles of the chest make the move. The Air circulation happens by the expansion and contraction of the chest.

Volume of lungs

The volume of air in the lungs is 4 to 5 l. Every time we breathe in and breathe out half litre of air goes in. We don't normally breath in a doubt the air bags are not filled fully. That's we catch cold. The dust and bacteria which entered in the air sticks to the phlegm. This led to diseases like unsuitability asthma fever etc. The entire cell structure does not get oxygen. The insufficient supply of oxygen affects the health of the body.

A Healthy person can breathe 14 to 18 times per minute. Appropriate exercise can make the speed reduced to 6, 4 or 2 counts per minute. We can make the mind focused by natural breath. At the emotional stage the speed of the breath shoot up to 20, 25, 30 or 40 counts. When the speed increases in the breath the speed of the blood circulation also increases. This PDF circulation makes the valves in the heart functions fast. If this continuous the heart gets into problems. The purpose of measuring the air going in and out in the respiratory system is called spirometry. The instrument used to measure the volume of air accurately is called spirometer.

NERVOUS SYSTEM

The collections of neurons make nervous system. One neuron is connected with 80,000 nerve cells. The nerves are knitted all over the body. The nervous system has a difficult structure. The nervous system is divided into two categories. They are; 1) central nervous system, 2) Peripheral Nervous system. Brain and spinal cord are the parts of nervous system. The peripheral nervous system is divided into autonomic nervous system and somatic nervous system and the autonomic Nervous system is again divided into two that is sympathetic nervous system and parasympathetic nervous system. The form and function of brain

Brain is inside the skull. This is covered with three different membranes. These membranes are the protective cover of the brain. And ordinary brain weights 1.36 kg. Human brain is bigger than the other living creatures. From the blood necessary for the body one slash 5 of it is sent to the Brain. When the neurones do not get oxygen within 3 or 4 minutes the brain cells dice . if the brain cells they cannot be recreated.

If the stress in the body is continuous, then neurones die and to the quantity get lessened. As a result, there may be memory loss and less concentration. The Mentally retarded people will have less neurones. Modern medicinal centres have designed many computerised techniques. The research has developed very highly. Computerized scanning instruments have found out to understand the structure of the brain and its functions very minutely and accurately.

Cerebrum, cerebellum and brain stem are parts of central nervous system. The spinal cord can be divided into Central brain, pons, middle oblongata. The spinal cord controls the activities of breath, Heartbeat, sleep and awakening. When the spinal cord is hit the above activities can be stopped. Pons controls the feeling of awareness. Medulla oblongata is very important Centre for involuntary actions. Medulla oblongata controls the breath and heartbeats. This is seen in the top pit of cerebellum. This is made of two half rounded shape. This coordinates all the tissues to make them function. Does that issue function properly without any obstruction?

80% of cerebral cortex outer layer is in the human brain. Cerebral cortex is very special in the human brain. This announces the brain with 2 mm cubic. cerebral cortex has many folds. If you open and see this it will be of 2 square feet. The important functions of this earth thinking, speaking, planning acting with coordination of thoughts and deeds, deciding, fixing the aim and Research. This characters separate man from the animals. When the activities of cerebral cortex are fast, the human feelings like tolerance, affection, compassion, kindness patients etc prevail over. They also provide when we bring our concentration at the Crown head during meditation. The cerebral cortex is divided into left hemisphere and right hemisphere as half rounded shapes. These two parts are connected by the thin nerve called Corpus Colosseum . the right hemisphere of brain controls the activities of the left part of the body and the left controls the right part. The left part of the brain takes care of language, time, mathematics, history, memory, focus to thoughts, research writings, education and speech. The right part of the brain functions in the activities like sports, arts, creativity, spirituality, thoughts beyond Time and consciousness, Yoga meditation, absolute space and activities related to experience.

UNIT – II - FUNCTIONS OF PHYSICAL BODY

THREE CIRCULATIONS

There are three types of circulations,

1. Systematic Circulation
2. Pulmonary Circulation
3. Cardiac Circulation

Systematic Circulation

The systemic circulation ensures that all body tissues receive adequate blood supply. It transports oxygen and nutrients to the cells while also collecting carbon dioxide and trash. Systemic circulation transports oxygenated blood from the left ventricle to the capillaries in the body's tissues via the arteries. The systemic circulation, as opposed to the pulmonary circulation, is the circuit of vessels that supplies oxygenated blood to and returns deoxygenated blood from the body's tissues. Blood is pumped from the left ventricle of the heart to the arterioles and capillaries, where it reaches an equilibrium with the tissue fluid, and then drains through the venules into the veins before returning to the right atrium of the heart via the venae cavae. Systemic blood flow is maintained by pressure in the arterial system caused by cardiac activity and blood distension. The systemic pathway, on the other hand, is made up of multiple parallel circuits, each with its own arteriolar resistance that controls blood flow independently of total flow and pressure, and without interrupting them. Blood flow via the digestive tract, for example, increases after meals, while blood flow through working muscles increases after activity.

Pulmonary Circulation

Pulmonary circulation is made up of a complex system of arteries, veins, and lymphatics that transport blood and other tissue fluids between the heart, lungs, and back. They are designed to execute certain pulmonary circulation functions including breathing and gas exchange. The systemic circulation is the other part of the circulatory system, which begins with

receiving oxygenated blood from the pulmonary circulation into the left atrium. The oxygenated blood from the atrium enters the left ventricle, where it is pumped out to the rest of the body before returning to the pulmonary circulation as deoxygenated blood. The pulmonary arteries and veins are the blood vessels of the pulmonary circulation. The bronchial circulation is a distinct circulatory circuit that provides oxygenated blood to the tissue of the lung's major airways.

Cardiac Circulation

The circulation of blood in the blood arteries that nourish the heart muscle is known as coronary circulation (myocardium). The heart muscle receives oxygenated blood via coronary arteries. After the blood has been deoxygenated, it is subsequently drained away through cardiac veins. Blood enters the right atrium from the body, travels to the right ventricle, and is forced into the lungs' pulmonary arteries. After absorbing oxygen, blood returns to the heart via the pulmonary veins, passing through the left atrium, left ventricle, and aorta before reaching the body's tissues.

DISEASE, PAIN AND DEATH

There is a minimum critical level for the life energy particles in the body below which the organs are deprived of life energy which affects the polarity of the cells. This in turn comes in the way of the normal circulation of blood, sheet or air to set right which biomagnetism transforms into pressure sound light taste or smell in large quantities. The up normal conversion and stagnation of biomagnetism leads to an electrical short circuit which even though may be of a short duration is cognised by the body as a pain sensation. Pain in any part of the body is an indication of a short circuit during the course of the circulation of the life energies.

Circulation within the body results in sensory perceptions; pleasure reveals when the circulation is in harmony; when they are destructed polarity between the cells is lost a shortcut occurs. And the body is racked by pain. Pain in any part of the body makes the life energy particles floor to the area in large numbers where they increase the supply of biomagnetism

by spinning faster. The biomagnetism is utilised for treating the affected part and relieving the pain. This is the natural reaction induced to protect the body and its functions. But when this fails and the access biomagnetism is converted into electricity it leads to a short circuit which phase the way for diseases. In other words when the pain last and the also spreads to the other parts of the body it becomes a disease. This is referring to a loss of polarity between the cells and paint which last for days together.

Disease may be compared to a hole in the body through which biomagnetism seats out depending on the size of the hole, the entire stock of biomagnetism may be exhausted in a matter of days weeks months or years. The sea page of biomagnetism affects the normal circulation in the body the organs become non-functional and the body becomes weaker. Soon comes where the life energy particles are no longer capable of supporting the body. Where upon the container of the particle's bursts open the department the body this is death.

Even a small pain cannot be tolerated when the level of Mac biomagnetism in the body is low but when the level is high and all circulations are normal pain vanishes. The body becomes capable of resisting diseases curing the existence 1 and even putting of death to a certain extent. Physical exercises meditation Kayakalpa and practices like lamp and mirror gazing helps increase the level of biomagnetism in the body.

The pain becomes chronic and breadth to the other parts of the body and biometric is some continuous to be expanded faster than it can be generated depletion in the level of the life energy of was leading to disease and then death. The level of biomagnetism has therefore to be adequate which can be ensured only by providing the body with sufficient quality of life energy particles. To achieve this the quantity and quality of the sexual white and fuel has to be sufficient. The sexual vehicle fluid produces life energy particles much like your battery generating electricity. The quality and quantity of life energy depends on the quality and quantity of the sexual vital fluid. Mental and Physical health depends on these factors and it therefore is essential to take good care of them and prevent wastage.

Excessive use of the sexual vital fluid at a young age leads to eye problems brain damage fall in the level of concentration loss of memory loss of weight hollow cheeks and bouts of anger

CAUSES FOR DISEASES

It is the quality of the divine state reflected by the object as its character. The quality of the leaf's fruits and seeds of the tree mentioned in the above example will be the same as the parent tree. This is precession. Quality depends on the quality and quantity as well as the functions of the energy particles that make the object. A knife is an inanimate object made up of millions of energy particles. The consciousness within the knife functions through the act of cutting the other objects. Similarly, the consciousness within copper sulphate another inanimate subject functions as a poison when ingested by a living thing. Precision reflects the individual nature of an object or a living thing.

Mostly the chemical reactions in the body are the reasons for the diseases. There are 6 factors which make the chemical changes. Among them three are natural and pre are artificial the natural reasons are genetic inference planetary positions occasional natural calamities full stop the artificial reasons are food thought and deed.

Genetic imprints

Human birth is a continuum of genetic imprints. The imprints of DID thoughts and experience of parents inherited in man as a Continuum are through jeans full stop in the same manner there later generations inherit the imprints of diseases too. Everyone's health depends upon the health of their parents before the formation of embryo and the mother's health when the foetus was at her womb. In order to protect from the hereditary imprints, one has to be aware and follow proper practices to protect the body and mind. The cause-and-effect philosophy come into action the damage of biomagnetism is reduced. The body is protected.

Planetary Position

The chemical changes are varied according to the position of planets at the time of birth and their positions then and there. The good health or its disorder is the cause of chemical changes. The chemical changes caused by the planetary positions determine the health of a person. When the universal magnetism comes into contact with biomagnetism the inequality of its waves and its characters have some effects in the function and health of the body. Planetary movements are continuous happenings the magnetic waves coming out of them are various in their measure. Accordingly, the magnetic force differs in its quantity. There is a chance of disease appearing in the body. The Seasons change according to the positions and functions of planets. No intense heat and rain effect man. Our and sisters paved the way of keeping the environment clean and worksheet of the divine in order to provide the effects.

Natural calamities and climatic changes

The natural calamities like flood lightning thunder wind volcano tsunami earthquake etc make ones biomagnetism and equal and make unsuitable. This result in short circuit and damage in the cell structure.

The weather changes happening in nature also affect the physical health. During the hot summer that not for its temperature remains 35° C to 42°C in order to balance this body temperature at 36.7 degree Celsius. Our body sweats and maintains the temperature the quantity of water gets less in the body one needs to drink water to compensate this loss. We have to take protective measures when we go out in the hot sun. Immediate bathing in the cold water after spending a lot of time under the hot sun will spoil the brain cells and blood circulations. One catches could very easily. There is a chance of getting skin disease not feeling hungry tiredness unconscious state etc. That for one should take some rest after coming from the hots and take bath.

In the same way there is moisture in the air during rainy season. The impact of moisture is more in one's living place dress and other things. The

effect of bacterium is more in this weather. So, one has to be clean his body and environment during this season. The accidents the diseases and suffering got by the accident include in occasional climate change.

Food

When the necessary energy is not got from food many diseases appear. If we don't eat at the right time the stomach and the intestine are affected. Access eating an eating before it is digested spoils that digestive system. Eating spoil food also affect the body. It is necessary to eat suitable food and avoid the unnecessary food.

Thoughts

Imagination is the image taken by the thought. We have pleasant feeling when we think of a friend. But we have the feeling of hatred when we think of an enemy. There the biomagnetism and life force particles are spent more.

Excessive fear causes bleeding in the nose and mouth and lead to death the fair creates a sudden change in the biomagnetism and does the harmony of the body and life force is removed. If anyone is extremely happy the pulse rate will increase and death occurs bad thoughts poles the body and Soul. The good thoughts make the body and mind come.

LIMIT AND METHOD IN FIVE ASPECTS - FOOD, WORK, SLEEP, SENSUAL PLEASURE AND THOUGHT

Food

The most important way to regain the Lost energy by the functions and Labour of the body is food knowing the need of the body we should eat nutritious and pure food with limit and method. The body will not get necessary energy when one eats less food. So, we should not neglect food when we eat in Access food does not get digested. There are short circuit and causes diseases.

Work

There should be a limit in work. Excessive work makes the physical energy wasted no work leads to laziness. It reduces the physical activities and makes the blood circulation slow full stop at the same time the waste caused by chemical changes do not exist completely and stay in the stomach creating diseases. Those who are used to work with brain changes the excessive physical work suddenly it becomes against the law of the nature and causes suffering. So, the physical work should be added little by little. At the same time that should be a limit and method in it.

Sleep

Please give rest to the body. The nature gives man the sleep. At the time it repairs the body and rejuvenates. It removes the tiredness that's why sleep is necessary for man. Excess sleep reduces the functions of the body and the bastards do not excrete properly. Does the nervous system and the strength of the consciousness get affected the tiredness cannot be removed completely in insufficient sleep? This makes the next day's activity. It is also against the law of nature to work late night and sleep during the day reduces the lifespan of man so we should follow limit and method in sleep. It is necessary for a child the minimum of 8 hours of sleep and youngsters for 7 hours and for elders 6 hours. We should not sleep outside for Breeze. The bedroom should avail air circulation. Do not sleep on bare floor but use a spread full stop best to sleep on the silk cotton bed. The pillows should not be in a higher level. It is very important to avoid doing work at night after 12:00 a.m. to 3:00 a.m.

Sexual gratification

The enjoyment through the five sensors like skin mouth eyes nose and ears should have limit and method. The organs you use more to enjoy the pleasure get spoilt very soon and Experience At the pain. So, the sensual pleasures should be enjoyed with cause-and-Effect Theory and limit and method. It is necessary that the sexual gratification should not be neglected exceed or in appropriate. The sexual vital fluid is a waste of the faeces,

should be removed by the propriety time. Sexual graphics should be to remove the access. When at the stock of sexual vital fluid is reduced the life force will get reduced. The magnetic force created from it will be reduced. Sexual gratification has the symptom of burning of eyes, tiredness and constipation. During the days of New Moon, full moon, Ashtami, Navami Ekadashi and Tamil new year when should avoid sexual gratification take one male for a day and focus the thoughts and dates towards spirituality.

Thought

Thoughts have great part in the chemical changes in the body and the nurturing of mind. Bad thoughts while the body and mind. Anger fear and disappointment cause chemical changes in the body. Both biomagnetism and formative dust particles are thrown away. So, neglecting bad thoughts and developing good thoughts are called limit and method of thoughts. Undertaking the practice of analysis of thoughts always makes to prevail good thoughts. The exercise analysis of thoughts designed by Vedathiri Maharishi should be done and there. When the mind links with outward happenings and materials it compares and assumes with the previous experience. This mental activity is called thought.

IMPORTANCE OF PHYSICAL EXERCISES

Man is not born directly from nature. Small living beings joint and had new transformation in the evolutionary process. Man is the last transformation across millions of generations. The physical structure differs in the living things but the activities and characters from the birth of all kind of generations and imprinted in man. Animals cannot produce their own food. They kill other living things for their food and the satisfy their Hanger to stop these activities called matching. Farming and killing other things eating their bodies as food and snatching away the freedom of others to leave are the characters of animals. This activities and characters of animals the habitual imprints which cannot be controlled by man Blossom as deeds in Shimla according to the situations. These are called in prints. The embedded character of any generation arise function and transform into action with the help of the parts of the body then it gets.

Only some part of the body function more depending upon the job one is doing in a day today life full stop some parts of the body not function at all. For example, those who are using typewriter computer etc need not move the legs from morning till evening but all the parts of the body move when one is doing farming weaving building a house etc full stop in the modern age most of the people do not have the chance of using every part of the body. Thus, the moment of the body is lessened. As a result, this is appeared. Every part of the body should have appropriate movement to make the body healthy. Otherwise, many diseases will appear. Simplified exercise is necessary for the parts of the body to move with minimum level. Physical exercises regulate body circulation heart circulation and air circulation. This exercise will help to protect one from disease and clear the present disease. So physical exercise is very important for everyone.

SIMPLIFIED PHYSICAL EXERCISES

The system of physical exercises developed by Shri Vethathiri Maharishi after years of intense research, fulfils the need of maintaining the proper circulation of blood, heat, air, energy and bio-magnetism, ensuring maintenance of health and prevention of disease in a gentle way. It develops the immunity system and thus acts as a preventive and as a curative to various diseases. The exercises taught are;

Hand Exercises:

- Hands and shoulders are strengthened.
- Arthritis, Numbness, trembling of hands, Pain in the joints etc. are reduced and possibly cured.
- Improves the functioning of lungs.

Leg Exercises:

- Blood circulation gets regulated in all parts of the legs and abdomen.
- Is curative and preventive for sciatica and arthritis.
- By giving pressure to the toes and sole, important organs of the body such as heart, lungs, intestines and brain are activated.

Breathing Exercises:

- Strengthens the lower abdomen muscles.
- Ventilates the lungs and purifies the blood.
- Oxygenises all the glands and organs.
- Helps curing headache, insomnia, asthma and other bronchial troubles.
- Improves grasping power and memory power.

Eye Exercises:

- helps to improve defective eyesight by toning the nerves and tissues around the eyes.
- Prevents eye strain, burning sensation and other eye diseases.

Kapalabhati:

- Clears the congestion in the nasal passage.
- Helps to cure sinusitis.

When we learn and practice the above exercises regularly, they:

- Help in curing diseases
- Prevent certain diseases
- Increase the strength of the body and helps in long life
- Enhance physical appearance
- Remove laziness and keep oneself active
- Strengthen heart, lungs, digestive system, brain and nervous system
- Strengthen eyes and vision becomes good
- Increase the oxygen level in the blood
- Help to reduce excessive sugar in urine and blood
- Improve functioning of the endocrine system
- Help in correcting Uterine and menstrual disorders

- Give good sleep
- Regulate blood pressure
- Help in curing heart ailments
- Restore peace in mind and health in body

RULES AND REGULATIONS

WHO (World Health Organisation) recommends:

For children under 5 years of age

In a 24-hour day, infants (less than 1 year) should be physically active several times a day in a variety of ways, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes at least 30 minutes in prone position (tummy time) spread throughout the day while awake; not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back). Screen time is not recommended.

When sedentary, engaging in reading and storytelling with a caregiver is encouraged; and have 14-17h (0-3 months of age) or 12-16h (4-11 months of age) of good quality sleep, including naps.

Children 1-2 years of age

Should at least 180 minutes in a variety of types of physical activities at any intensity, including moderate- to vigorous-intensity physical activity, spread throughout the day; more is better; not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time. For 1 year olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is encouraged; and have 11-14h of good quality sleep, including naps, with regular sleep and wake-up times.

Children 3-4 years of age

Should spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day; more is better; not be restrained for more than 1 hour at a time (e.g., prams/strollers) or sit for extended periods of time. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engaging in reading and storytelling with a caregiver is); encourage; and have 10-13h of good quality sleep, which may include a nap, with regular sleep and wake-up times.

Children and adolescents aged 5-17 years

They should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week. should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

Adults aged 18-64 years

Should do at least 150-300 minutes of moderate-intensity aerobic physical activity; or at least 75-150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits. May increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits. should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits, and to help reduce the detrimental effects

of high levels of sedentary behaviour on health, all adults and older adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity

Adults aged 65 years and above

Same as for adults; and as part of their weekly physical activity, older adults should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and to prevent falls.

FOOD AND MEDICINE

During our life span the life force is spent on the functions of body and mind. When it is spent about the limit the energy for maintaining the body is lessened. Does the body become tired. In order to remove this tiredness and to regain the energy spent we feel hungry. This happens naturally. One takes food from own environment in order to satisfy hunger. It is our duty to use the food without spoiling its nature full stop when we eat is could and also understand certain natural loss of the body to make the body healthy and does lead along life. The food habits exist according to the environment of different places. South India is very hot which increases perspiration in one full stop the food here is based on water. In the cold countries with and the Barley or ground to warm up man. Those who live in different places should eat the vegetables and fruits which are grown in the same environment full stop those things will also be cheap and qualitative. It is good to add enough and proper ratio of grains and vegetables with food. The tinned spoils the health to an extent because Chemicals are added to it in order prevents it for a longer period. It is good to choose the food which has rich nutrients like Iron minerals fats and vitamins. It is a wrong opinion that one should consume tonics instead of eating enough food at the right time. We should not neglect the traditional food habit. So more green vegetables and fruits can be added with our daily food. We must give importance to fruits than palatable fried items.

YOGIC FOOD HABITS

Physical exercise is necessary for everyone nutritious food is necessary for the circulation of blood functioning of inner organs of the body and improvement of the body parts in their expansion and contraction. Moreover we practice yoga in order to excrete the base and regular functioning of the body those who practice yoga should avoid meat eating. This type of food does not easily digest. This food habit disturb the practice of yoga completely

NATURAL FOOD

Uncooked food is natural food. The full benefits can be enjoyed by eating uncooked to food we can make it a habit of eating natural food with interest and preservative. Then it can be easy to follow the natural food habits. Fruits, green vegetables, Greens, dry seeds are natural foods.

If the natural food we can prepare the following food items without cooking fresh juice, fresh slice mixed fruits, fruit salads, vegetable soup, vegetable slice, vegetable salads, juice made of green, stems of green, mix the green, grains, sprouted grains, mixed grains, dry fruits, Suranam, rolled medicines, natural milk, tuber and roots natural ghee.

NATUROPATHY

Man born in this world came through nature. Nature means the earth water fire air Aakash and their appearances. In the body in a certain proportion. When there is imbalance in the panjabuda's disease appear. When the disease are caused by Panchabootha they should be treated with Panchabhoota this is called naturopathy. Naturopathy is a very simple has no Side Effects accompanied one without medicine and is divine. There are no after effects by this treatment. There is medicine for every disease in this. The artificial medicines like sodium, phosphate nicotine etc are chemicals. They give only temporary relief. These Chemicals cost disease in man and his death.

The excellence of naturopathy

Naturopathy discourages the things which are not available in nature. The names of The Herbs are recognisable in the Naturopathy. If man is born

and leaves in a particular place or country The Herbs in the same environment are beneficial for his physical health. The things cultivated in the environment can be suitable for their food. India has various weather conditions. The people who live in India should eat the vegetables fruits grains etc that are grown in there on environment.

This is appeared when there is an excess or change in the use of food, work, sleep, sex and thought. Naturopathy says that the cost of diseases is the stagnation of waste which contains the harmful bacteria. The mosquitoes do not their eggs in the running water but they do it in the cognate water. Similarly, in the stag water wastes in the body appear diseases. Diseases do not come when the body is kept clean.

Naturopathy says that the diseases are one. Only the name is different according to the part of the body it appears . for example the diseases in the lungs are called cold cough biasing etc the diseases in the heart are called heart pain Heart Attack and blood pressure. There are so many medical practices in the field of medicine but naturopathy is fundamental for all these. Naturopathy takes all the specialities of yoga as its own . one should concentrate physical status breath and mental status while doing yoga asanas.

Medical methods of naturopathy

Change plus force equal's medicine. Medicines improve the biomagnetism and rejuvenate and protect the life force circle. Drogue means dry herb . so medicine can mean dry Herbs. When man changes his life style, she needs the changed driving force called medicine if that medicine is Naturopathy, it would be great. Living in consonants with nature is called Naturopathy or natural way of good living. This can be called a natural state rather than naturopathy. There are five kinds of treatment and 6 kriyas in naturopathy the fight treatments are

1. Aakash treatment - fasting
2. Air treatment-systematic breathing exercise
3. Heat treatment-Surya namaskar or mantras.

4. Water treatment-baths

5. Treatment-mud bath, patty, pudaiyal and patru.

The six kriyas are

1. kapalapathi

2. Thradagam

3. Nethi

4. Thauthi

5. Nauli

6. Bhasthi

Air treatment-breathing in retaining it and breathing out at a regular pace is called Pranayama exercise . caring the disease through Pranayama is called air treatment. Regularising the breadth, we can leave a disease-free life.

Water treatment-in the Naturopathy medicine one can change the food to keep the body fit this is simple and economical it does not give any side effects water is helpful to remove the waste and impurities which is collected in the body and maintains the body temperature and helps to eat a little extra or less to have a complete benefit to very soon. cleansing the body with water is called hydro therapy by the doctors of naturopathy. Spinal cord back, hip bath, bathing bath by path, with wet cloth, foot bath bathing in the spring waxing, bathe whole body and drinking water belong to this treatment. Necessary one can take hot water bath or steam bath.

Hip bath-hip Baat can be taken in a wide vessel or tank or Canal Where water runs fill the water in the above-mentioned vessel. Here the hip and abdomen should be merged in the water other part of the body should not be in the water. Water should be worm as usual. Any one part of the body should be exposed to cold water. During she bath only should massage that are in the water from right to left neither with the heart towel or a hand. Should be taken about 20 to 30 minutes. After bath wipe the body with a travel and have a small walk or do some simple exercises. After half an hour

take usual bath. This should be done morning and the evening with empty stomach. It removes constipation. The disease like loss of appetite stomach pain problems in the uterus white discharge manliness hip pain etc. is cured. This Baat can be taken once in a day until the disease is cured. This bath helps the good circulation of blood in the parts of hip and their problems rectified. Constipation and piles get easily cured by the contraction and expansion of large and small intestine.

Foot bath-sit on a chair comfortably . the feet should be together in a wide vessel. Then pour cold water up to the ankle and the other parts of the body should not touch the feet . sit in the same position for 10 to 15 minutes. Hot water also is used instead of cold water. While using hot water the head should be cooled with a wet towel hot water foot bath can be taken after drinking some water unclean pain foot irritation headache fever etc will get cured with this kind of treatment

Sun bath- this is called fire treatment. Exposing the whole body to the sun is called sun bath. Taking bath by path and if necessary, the formation of banana leaves include the sun bath. This Baat can be done within an hour of sunrise. Lie down on one's back with closed eyes for 5 minutes. Then turn the body so that the sun rays fall on the back. In this posture one can move the hand legs gently stretching the parts of body bending rising etc. Do we get more benefits? Likewise, one can do as per their wish, according to their age and body conditions from half an hour to 1 hour. The body burdens are removed through skin as sweat. The Kidneys take rest and burden of work get reduced Vitamin E is produced to the sun rays and this bath is useful for the firmness of bones and regulated circulation of blood and heat.

Oil bath it is good to take oil bath once a week or once in 4th night. sesame oil can be used. Castor oil or Neem Oil mixed with coconut oil in equal measures can also be used for this bath body is refreshed. Body heat is reduced due to this treatment. One gets sound sleep. Hair on the head grows well. Skin diseases do not appear.

Mud bath- The Mud Bath is applying over the body and the bathing. It includes mud Patti, mud foods, mud pooch, mud pudaiyal etc....

The benefits from this treatment are body becomes cool. It is refreshing. It is protected by skin disease. The poison in the body is broken off. Blood pressure is regulated. The wastes of body are excreted.

MEDICAL SYSTEMS

India glorifies various methods of medical practices. Excellent Tamil medicine among them Siddha medicine Ayurveda is connected to it. Still there is allopathy English medicine, Unani the Arabian medicine homeopathy the German medicine the natural Pati combined with yoga magnet treatment colour medicine varmani- Verma art, the method aware the life forces flood and disease are cured. Many of us think that the diseases cannot be cured. The medical world has found some medicine to cure the diseases with much research on how the disease appears. Don't give into diseases. According to this power the way of living a healthy and disease-free life is called medicinal practice that is many methods to eradicate diseases. It is true that the medicinal practices have been developed with the growth of human citizen.

ALLOPATHY

Common people call allopathy as English medicine. This is white spread common use of treatment all over the world. The great philosopher hypocrates are the father of medicine. Before 1891 the youth of medicines caused unpleasant results. Paul Eric the Scientist had done a lot of experiments and researches. After the year 1891 the functions of medicines were found out. The medicines used in the allopathy medicinal treatment are purely chemicals. This creates chemical changes in the body.

Reasons for the appearance of disease

The immunity against disease is called by the natural driving force is equal in every one of us. When the biomagnetism is reduced by biological reasons of the effort of outside matters the symptom of disease appears. There are various functional systems like nervous system respiratory system blood circulatory system excretory system endocrine system etc in our

physical body. There is a chance of disturbance in the other body parts if any one of the systems get affected.

Allopathy medicinal system

There are two kinds of medicinal systems they are;

1. Symptomatic system
2. Causation removal system.

There are three definitives in allopathy medicine that is medical, surgical and Palliative. The medicines which are given in allopathy medicine is antibiotics, medicines against allergy, medicines that changes the Dynamics of Parts of the body, substitutes.

Medicines can be divided into two categories they are systemic medicines and topical medicines systemic medicines are enteral, parenteral, intervein (IV), rectal.

Topical medicines are when we take the systemic medicines, they affect the intestine and pancreas and Kidneys which removed the waste from the body on its journey. The antibiotics affect the parts very strongly acid spreads. Does there is a change in the fall of air mouth ulcer and enzyme absorption.

The surgical method is used to remove tumours past formation certain kind of allergies water formation and block in the blood vessels.

The Radiation therapy is useful specifically for cancer.

Allopathy medicine is given for immediate benefits when it is used to control the systems of advanced level of diseases it is called palliative. They should be used with almost care because of its possible Side Effects. These Side Effects can be divided into two categories they are predictable and unpredictable. These Side Effects depend upon age of the patient, the function of the other part as deficiency and the quantity of other medicines they take in

Some medicines do well in small doses may be poisonous when administrated in Access for example when Paracetamol is taken without the

address of the doctor it may cause problems. If allopathy medicines are used for a longer period, they leave a mark on the parts of the body. Except for emergency one should not use medicine without doctors' advice or for a longer period or often.

Allopathy medicines are prepared with Chemicals. They are produced artificially. They create chemical changes in all the cells of the body. So, the ordinary tablet given for headache creates a chemical change in the brain hot lungs and kidney and coast side effects. Moreover, one becomes addict to drugs. For people cannot reach these kinds of medicines as they are produced artificially. They create chemical changes in all the cells of the body. So, the ordinary tablets given for headache create a chemical change in the brain, heart, lungs and Kidneys and cause side effects. Moreover, one become addict to drugs. Poor people cannot reach these kinds of medicines as they are produced artificially. This equalizes the symptoms of diseases.

Those medicines have so many defects we have to accept it is the best method of emergency loss of blood delivery, heart attack, Brain Tumour etc. So, we should choose whatever is the best in the aloo Patti medicine and use only those best.

SIDDHA

Siddha medicines was formulated by the Siddharth who lived in Tamilnadu long ago. Siddha means life force. They have realised the truth that by understanding the life of force and maintaining the relationship between the body and life force, one can lead a long life. Siddha means knowledge. It means that this medicine bloomed from knowledge. Some say that scientific medicinal method is the Siddha medicine formulated by glorious knowledge siddhas. Among the 64 arts the Siddha medicine is 1. This is called so as it was developed by Siddhas-the great scientists.

The food of one grows at once environment and plant where and which country and at what weather condition one was born . the view of Siddharth is that one can rectify the changes of the weather conditions and diseases caused by them with the Herbs which are found in once in environment. The

Siddharth have formulated a method after realizing the relationship between the casual body and the universal magnetism by their power of Intelligence and the maintenance of quality of those two . the new how to lead a long life by handling the breath properly.

They formulated the kay Siddhi which maintains the body by observing once structure, functions characteristics and existing weather conditions.

Siddharth has the capability of flying in the sky, sending their life force from their body to another, racing the Dead, making the body thin like atom, expanding the body like in elephant, reaching the place they wish, taking different new forms against the natural form, walking on water and fire etc these activities are called asthamasiddhis.

The excellence of Siddha medicine

We can attain the divine state the absolute space and eradicate the SIM in prints until the life force is in the physical body. Siddharth viewed that until the attainment of divinity death should not occur. When the disease appears in the body, there is a simple way of Siddha medicine to cure it. There is no need of taking medicine for whole life. The medicines formulated by Siddharth can be taken only three times a day. The thrice a day medicine is capable of curing the disease. Such medicinal methods are taught by Siddhas.

Siddha medicine can be used very easily by all the people all the time and at any stage. It is the best among various medicinal methods. This is very ancient and simple. This is a source of all other medicines. This is suitable for all and linked with the nature low. The suits to the functions of Herbs in the nature. It takes the special place to cure the disease of the body. These medicines are produced from the use of natural material as mud, stone, salt, roots of plants, bark of trees, leaves, flower vegetables, fruits and seeds. Though there are good research in other medicinal systems the Siddha medicine which is suitable for our country's weather conditions has been declined it is our duty to prevent it from the ruin.

Siddha medicine is medicine for life force

The minute energy particles are alive for fourth particles. When the amount of life force particles is reduced the biomagnetism gets reduced. Biomagnetism should be produced from Life force particles. The method of increasing life force particles by the use of metals, alcohol, sulphur, arsenic is called Siddha medicine.

The Siddharth was very successful in this way of preparing medicines. The siddha doctors after them were practicing siddha medicine but they do not know how to prepare alcoholic and arsenic medicines like the Sidharth. While making the metal into calcite powder there is some pending. Some metal cannot be powder. Any metal cannot become powder that easily. Want should understand the Guru Marunthu in order to make calcite powder . the method of preparing Guru Marunthu is found in various Books with symbols. Very few new this and prepare the medicines.

AYURVEDA

The Ayurveda medicine system is very ancient. This had been grown in the Northern languages and spread in the sudden parts of the country by the Siddhas. From the source it has taken a special growth and form. Understanding the nature of the life force and increasing the life cycle is called Ayurveda. Sagar, Suchrudhar, Kasibar, Vakpattar etc have given a new life to this medicine. They were very wise. They have made a note about the method of living along life. During the period of Buddha, Ayurveda medicines started getting respect in India. During this period only the surgical treatment took a form. Metals and Minerals have added in the production of Ayurveda medicines. The great King Ashoka had a very big herbal garden to make Ayurveda medicines method appropriately and spread it all over the world. This medicine became very famous in Sri Lanka Nepal Tibet Mongolia Soviet Russia China Korea Japan and South Asian countries. The Ayurveda medicinal Book has written by king todarmal has 97 units. This is now the source of the book of Ayurveda materia medica.

Functions of medicine

Ayurveda medicinal system is based on the Panchabhoota in the body. Medicines have the power of functioning on several minerals which are in the body. Ayurveda medicine has for qualities. They are taste attribute potency and taste and they image after digestion.

The excellence of Ayurveda

Ayurveda AIMS at qualifying the land and the seed. Accordingly, Ayurveda does not have affected any on the bacteria. It is tank and the tissue in the body. It also controls a growth of particular bacteria that causes disease in particular Parts of the body. It has no Side Effects. The disease and the healthy people can follow this medicine to improve the immunity. Ayurveda has surgical treatments. It is all the problems found in the head and neck. It cures the possession of Devils and mental disease caused by mental stress. It contains medicines which of a refresh the body. Many countries in the world have accepted this with a lake liking knowing its special features. They didn't are found in the Atharva Veda which is one among four Vedas. History conveys that its medicinal practice is dated back to 1500 BC this is very ancient and recorded evidences are 3 to prove it.

Ayurveda medicine is an extraordinary one following by generations after generations and teachers the complete medicinal method . this medicine gave man along life and healthy body. There are 140 poems in the Atharva Veda. Tells about the diseases the methods of cure physical check-up understanding types of diseases and advices to lead a better life.

It is not an exaggeration if we say that Ayurveda is the way of a standard life and a way of living along A period in this world.

Ayurveda medicinal method is finding the root cause of disease analysis the inner organs understanding the minute power of medicine, choosing the suitable medicines and destroying the harms of disease completely. Dhanvantaries analytical and resulted medicines have been followed by today's Ayurveda medicinal method. It has been a confirmed the

truth that as suitable places of research and Herbs in South India Sri Lanka and Himalaya Mountain slopes.

Philosophy of Ayurveda

Philosophy of Ayurveda is found in the book of Sargamsamhitha and Seetha Samhita. They say that the physical body is the connection of Panchabhoota. The fluctuation of punjagutas causes diseases and so we have to keep up their balance at regular functions. vatham, pittam and kabam should be kept in the proper ratio in the body. vatham means black bile. Pitham means yellow bile. and Kabam means phlegm. The increase and decrease of the balance causes diseases. There are many reasons that cause the imbalances. The quality of food, undesirable food habits breaking of the rules which leads to healthy life, whether changes trying to lead the body and mind on wrong path impure mental activities etc spoil the physical help.

UNANI

Whatever may be the madden signal methods all the methods AIMS at the enforcement of Physical health and the QR of diseases. Any medical method follows its specific basic philosophy as its source.

Unani medicine grew in the ancient history. It is started from 400 BC to 500 BC in Greece. It is based on the philosophy and teaching methods of hypocrites and gallon. Hypocrite says this is can be understood by the side effects found in the human body. The doctors who treat them should understand its speed and give medicines accordingly after Hippocrates arres total etc. contributed much to Unani medicine. Unani medicine bro wide based on the intellectual diseases by the Arabians. Unani accepted the best from naturopathy and Grew in China, Iraq Persia Syria and distant Eastern countries along with India. Unani also receive the best medicines are found in the central parts of Asia. The Unani medicine practice today in India is totally different from the ancient Greek medicinal practice. The growth changes and development of Unani medicines are connecting even today. The Unani Medicine Doctors apostate in India research the new varieties of medicines and approved them by test . does they have added many more

new medicines to Unani medicine. Till there is additional of more medicines. This method is very famous all over the world because it is wise and experiences the method.

The basic philosophy of Unani medicine

Unani medicine is called the philosophy of malignant influence and the theory of physical liquid. These malignant influences are four kinds they are blood Phlegm, yellow bile and black bile.

Among the four malignant Influences blood is very important. The temperament of Bloody is hotness and moisture. The pure blood is red in colour and smell less the taste of the blood is bitterness and soreness. The pure blood is produced with the moderate heat. Blood is produced by moderate food. Does the nutrients for the growth of the body is got from the blood?

Phlegm- the nature of phlegm is cold and moist. It cannot be normal or different. Healthy Phlegm taste sweet. It is more or less the characteristics of blood. It is needed for all parts of the body. It is taken by the blood to all parts of the body the unhealthy phlegm can we found by its taste. It will not have any taste like salty soreness or without any taste. Its nature is like victorious and solid water . it is created by moderate heat heating various food like solid cold wet and pasty causes phlegm. Insufficient maturation and nutritious food cause Phlegm.

The nature of yellow bile is hotness and dryness. This is produced in the liver and saved in the gallbladder. There are two types they are pure and impure yellow bile's. Pure yellow while is like form in the blood. This pure yellow while becomes impure when the liver is hot. The impure bile is of two types one become in pure by the things which comes to the body from outside. The other will come in pure by the change of inter form of yellow bile. The healthy bile is produced by moderate heat the character of yellow bile is formed by the light Vamp sweat and Greece like pointed things in the blood. The change happens in the yellow Bible. The nature of the Yellow by depends upon the nutrients feed to the body.

The nature of the black bile is called and dryness. The safe the sedimentation stagnant in the blood. The black bile is in of pure and impure categories. The pure black while has the taste in between sweet and astringent tastes. This purifies the blood and make it thick. The black bile becomes impure by the different chemical changes and the sedimentation. The black able is the solid and dry things changes into form. The state of the black bile is changed by the stagnation of sediments. This happens because of nutritious food. The physical aspects of man are decided by the quality of liquid in the body phlegm white bile and black bile.

The method of Unani medicines there are four kinds of methods they are;

1. Body cleansing method
2. Food is medicine method
3. Method through medicines
4. Surgical method

These are the best method which does not have any side effects when diseases appear in it is better to take natural medicines in order to eradicate the side effect. Medicines are available in Unani to eradicate the side effects also.

HOMEOPATHY

The father of homeopathy Doctor Christian Patrick Samuel Hahnemann brought a revolution in the medicinal field through his greatest book Organon of medicine. He introduced the world to the Homeopathy medicine, its excellent philosophy and its uses those who would like to learn the Homeopathy medicine truly properly and systemically they should first understand the basic explanation written in the book of organon medicine.

291 slogans are found in organon. Slogan ease of very few lines but it can't set are ocean like Thirukural . the philosophy of Homeopathy doctors miasmas the base of testing patients the base of understanding the symptoms of diseases, use of medicines, fasting undertaken by patients

methods of confirming medicines preparation of medicines the opposite method of allopathy medicines demerits etc. in detail in the book.

Philosophy of Homeopathy

The thing which is got in the nature is eaten by a person shows some symptoms in the body. The disease with the similar symptom is treated with the same thing as nuclear evidence. Then the disease is completely cured to stop this is called homeopathy philosophy. In order to get the symptoms in the patients the same symptoms created by the heart becomes the medicine. When using these hot they create an artificial disease and cure the natural one. The artificial disease is also cured automatically method or homeopathy.

The symptoms of two diseases cannot be seen in a body at a time. According to the unity theory the strong artificial disease removes the natural one then that also gets off by time.

The power of Homeopathy medicine

The force created by the nature of homeopathy medicines could not be seen through eyes. We can prove that every medicine shows as its benefits and its force that cure diseases by the special indications. The diseases are definitely from Roots and completely cured by homeopathic medicines which create the similar symptoms of the diseases increasing medicinal power. The increased potentials of homeopathy medicines have the power of purify the body functioning without disturbance and showing the symptoms clearly and quickly as the symptoms of natural diseases.

The natural diseases affect a person according to the weather conditions and heat. But the artificial diseases created by medicine affect any person at any time. So that official diseases are stronger than the natural one.

The artificial diseases cause the disease because it is stronger and more great similar symptoms like natural disease so we must understand that the disease which has different symptoms cannot cure the receipt. Homeopathy medicines are given as nuclear evidences so this does not have

any side effects. Suitable medicines given to specific symptoms and as it is more powerful it cures the chronic diseases at first doors itself. The diseases recipe immediately as the snow disappears at the sunlight.

The symptoms of natural diseases may increase within few hours according to their similarities. This is called homeopathic aggravation. So, we can believe that medicine controls the disease and cures the disease.

Homeopathy Medical System

The entire homeopathy medicines are given first to the healthy human being knowing the temporary results and the same medicines is given to human being affected by the same disease. Mind is affected when there is a disease in the body if the bodies affected when mind is disturbed. Medicines as specific doctors to treat diseases for different parts of the body Homeopathy medicine is totally different from all other method. In this method one doctor knows all diseases in all parts of the body. In this method in order to rectify the body and Soul the disease is found according to the patient's state of mind then choose the right medicines and given to them. This first replace the mind then the body is normalised.

This basis medicines based on proper measures potentialized by grinding and shaking. By the way of potential using the Power of medicines come out.

UNIT - III: REJUVENATION OF LIFE-FORCE

PHILOSOPHY OF KAYA KALPA

A few among the multitudes, born on this planet, have reached glorious heights in the form of scholars, seers, saints, and scientists. The attempts made by some of them to serve humankind, by finding ways to live long and in good health, by eradicating disease and other forms of misery have borne fruit. The research undertaken by them into the nature and functions of the body, mind and soul, have revealed close link among the three. They realised that the body, mind, and soul have to be in total harmony with each other for a healthy existence; in fact, even death can be postponed, if need be.

They came up with the practice of kaya kalpa for this purpose. Kaya kalpa is not a drug or medicine; it is an exercise which involves the body, mind and the soul. Kaya means physical body and kalpa means well-being, health. Strength; kaya kalpa therefore means a healthy and long life as the name suggests.

The purpose of kaya kalpa includes

1. A long life by postponing death,
2. Putting of old age and retaining youth
3. Good health

It is possible to live long by delaying the ageing process and retaining youth. The ways to achieve this was known to the siddha saints of yore, who left behind records of their research, in the form of poems; yet their secrets remained hidden for all for many centuries. In the words of Saint poet Shivavakkiyar “the life energy stored in the mooladhara when raised to the head, make even the old young; the body begins to glow. Vethathiri Maharishi, who under took a study of the methods of the Saint for nearly 40 years, was able to formulate the practices through which the energies could be raised as mentioned above, which he propagated amongst the people for the benefits of all. This method is the Jewel in the Crown of the system of simplified Kundalini yoga. Human body is made up of a physical body, the sexual vital fluid, life force, biomagnetism and mind.

1. The physical body comprises of millions of cells made up of life energy particles.
2. The food we eat transform into the seven constituents of the body. Sexual vital fluid is the seventh constituent.
3. Free energy particles that circulate within the body constitute the life energy. During the course of their circulation, they pass through the sexual vital fluid which rejuvenates them.
4. Formative dusts that makeup each energy particles are expelled during the course of their circulation within the body. This is biomagnetism.
5. Biomagnetism is utilised by the body for its formal functions. It also functions as the mind.

PHYSICAL BODY

The physical body is made up of medians of cells help Together by the biomagnetism circulating within the body. Any depletion in the quantity of biomagnetism affects the polarity between the cells weakness the body and affects the functioning of both the body and the mind adversely.

SEXUAL VITAL FLUID

The flow of electrons in a copper wire is called electricity; and similarly, the flow of the life energy particles all over the body is called the life energy circulation. The quantity of the electrons and the current generated by a battery depends on the quantity and to the quality of the acid and water it contains. In the same way the quality and quantity of the life energy particles depends on the quality and quantity of the sexual vital fluid in the body.

The quantity of the life energy particles both down when the quantity or the quality of the sexual vital fluid is affected. This intern effects the quantity of biomagnetism where by the functioning of the body and the mind are affected adversely. The sexual vital fluid is the basic component of the formation qualities development, functioning and effects of the human body. Just as a seed contains the blueprint of an entire free with a net the sexual

vital fluid contains at the entire structure and qualities of a human being within it. The quality of the tree depends on the quality of the seed; the qualities of the child depend on the quality of the sexual vital fluid of its parents.

LIFE FORCE

Irrigation which is a system of providing plenty of water to the crops, improves the yield. In the same way physical, mental and spiritual health improves when the life energy particles are in abundance within the body. A chronic reduction in the quantity of the particles produces weakness, followed by diseases, on set of old age and death. The body from which the life energy particles have departed is called a Corpse.

It is important to have an idea of the value of the life energy. Children are usually unable of the life force or its worth. Normally a person comes to understand about the existence and purpose of the life force only around the age of puberty. Miss you and wastage of the life energy led to decrease premature aging and even death. A human being can live up to the age of 120 through suitable practices, observing chastity and a disciplined life.

BIO-MAGNETISM

The physical body is made up of cells, each of which is endowed with a north and a south pole. The polar attraction between the cells keeps them attached to one another, firmly. Good health prevails only when the quantity of biomagnetism in the body is sufficient to maintain the polarity between the cells. In other words, the quantity of biomagnetism should be sufficient to set right any disturbance that may occur from time to time. This is important for the normal circulations of blood, heat and air in the body and also to maintain the harmony between the body and the life force. The quantity of biomagnetism should be sufficient at all times and does can be ensured only through the presence of sufficient life energy particles in the body. The life energy particles circulate all over the body providing the cell with sufficient energy at all times.

Besides taking care of the needs of the physical body, biomagnetism also functions as the mind in the living creatures. The functioning of the body and the biomagnetism can be disrupted through internal and external factors. Neglect over indulgence or irregularity input, work, rest, sex and thoughts can affect the body adversely. Similarly, variations in the climate, accidents transits of the planet by they come into conjunction or opposition with one another, can also bring about changes in the level of the biomagnetism that affect the body and the mind adversely. The body is endowed with a natural ability to correct the problems with is called the immunity against disturbance. But when the problems exceed the level of immunity help is automatically affected.

MIND

Biomagnetism also transform into the mind in the living beings. In the words of Vethathiri Maharishi mind is the psychic extension of the living energy. It is a product of the waves given off by the living energy particles. The magnetic waves produced by the formative dust, when they are expelled from the life energy particles transform into the mind. Mind is not a permanent structure; it is formed from the energy waves that follow one another in close succession. The Mind alone is capable of perceiving the other transformations underground by the biomagnetism into pressure sound light, smell and taste.

ANTI-AGEING AND POSTPONING DEATH - KAYAKALPA

Kayakalpa-an explanation

The practice of the nerves in the genital area which are situated very close to the anal opening. The sexual vital fluid, which flows down from the brain, and is richly supplied with the life energy particles, is located here. During Ashwini Mudra the sexual vital fluid is shown churned thoroughly the life energy particles gather together and rise to the surface like butter in a failure of milk.

An Ojas breath, drawn at this time carries the life and Ajay particles and biomagnetism to the Brain, through the spinal cord from where it

spreads to all the parts of the body. The cell is provided with fresh life energy which is in addition to the normal supply received during the course of the life energy circulation. The body is rejuvenated and strengthened. Kaya kalpa exercise is to be performed in three postures like standing sitting and lying.

A change in the posture helps activate the organs in the body, increasing the circulation of biomagnetism everywhere. The exercise can be performed within 10 minutes every day 3 minutes in the morning 3 in the evening and three minutes in the eating times and one in the night, but the benefits last and entire lifetime. Can be performed before every meal or drinking a glass of water which only acts its benefits. Ashwini Mudra without Ojas breath can be performed to overcome fatigue. If the practice of Kayakalpa is commenced at a very early age it helps control the mind and regulate the sex drive.

Memory power increases. Sperm count improves in the case of men suffering from sterility, in women uterus problems are cured to a certain extent. Childbirth, in the case of pregnant women is made easy. Women are advised to do their exercises also, along with kaikalpa for relief from gynaecological problems besides warding off fatigue headache and abdominal cramps during the menstrual cycle. The body and the mind are rejuvenated which clears the way for peace and happiness. Is also called the anti-aging process. When the Ojas is raised to the Crown of the head and the mind focused here in meditation, Ashwini Mudra performed prayer to every milk and sexual Activity, the sexual vital fluid increases are warded off, youth retained and the quantity of the sexual by cell fluid and biomagnetism increases. The esoteric practice is Kayakalpa.

BENEFITS

1. Prevents on set of diseases, retain youth delay old age and postponed death.
2. Physical and mental health improve
3. Masculinity increases
4. Sex urge is controlled.

5. It is a gift for men and women involved in rendering service from a very young age as it helps to protect their health and chastity.
6. Knowledge improves and truth realisation becomes possible
7. cures even chronic diseases
8. Helps to get healthy and intelligent children
9. Cures menstrual problems in women
10. Memory improves.

SEX AND SPIRITUALITY

All people, born on the earth are the products of a sexual Union that took place between the paid and the process of sexual ejaculation, retention and growth in a human being, have all left imprints in the super conscious mind of the individual which expand in two thoughts and actions in time. The influence contains in the seeds of a tree Blossom, in keeping with the time and circumstances to give rise to another tree with branches leaves flowers and fruits. In the similar manner, the imprints contained in a reproductive cell of the parents Blossom into thoughts and deeds in the offspring during their lifetime.

The sexual Union of the parents leaves behind imprints which transforms into thoughts on attainment of puberty. Man is an ultimate product of the transformations by the divine state and the desire to realise the divine state Lurks within every human mind. Sex drive and spiritual aspirations are generally looked upon as things that are poles apart which is fallacious; they are closely linked into one another.

Let us take a look at the word sex and spirituality. The desire for the sex actress naturally the act itself being a process of excretes excess fluid from the body. Both birth and death take place through expression of the sexual vital fluid. The Desire of sex arises when the fluid is in excess and see release from the body. Knowledge regarding sex and its implication is essential for the Welfare of all.

The human race has to continue and childbirth is the only way to ensure preservation of the race. Pregnancy and childbirth are the result of the Sex act undertaken by a male and a female who are attracted to one another. The importance of giving birth to a healthy child and rearing it properly has to be realised. Sex Desire is an inevitable part of human nature and the wise men of an earlier Era took this into consideration when sitting out the rules regarding Chastity culture. But unfortunately, all information's regarding sex is treated as a dark Secret by the society today. When every other subject is being taught in a systemic manner and important subject like sex alone is not out properly in the educational institutions. Sex is still looked upon as a simple at never to be discussed in the open. Social and another problems crop on account of this. The Desire of sex is a natural feeling just like hunger or thirst and has to be apprised in a proper manner everyone has to realise this fact.

Sex gives temporary pleasure, whereas spirituality provides lasting happiness. Proper success education and spiritual education has to be provided to all. Book and magazines that deal with the subject are rare all aimed at titillating the minds of the readers and for commercial purposes. Judgement concepts written with the Welfare of human kind in mind, can be seen only in books on Siddha and Ayurveda medicines and not in the ones written today. It can be seen that the books available in the market deal with only two subjects Premier League poverty and the other is love the purpose of first is the emotions on the basis of imaginary economic despites and the other through relationship between the sexes. Such stories not only ruin the physical and mental health of the people but they also hide the real fact from the readers. It is there for important to have a knowledge about sex, for a feeling of responsibility goes hand in hand with true knowledge. And spiritual development is linked to both the birth and death of human kind.

VALUE OF SEXUAL VITAL FLUID

Even though the life energy particles are to be found all over the body they originate from the sexual vital fluid, which also act as the container of the particles. The physical body as well as the other constituent like blood,

flesh bone marrow and the sexual vital fluid are made of millions of tiny cells each of which is endowed with a North Pole and a South Pole. The polar attraction between the cells keeps them tightly together giving the entire body the appearance of a Single cohesive unit. The nature of the cells depends on the body constituent to which it pertains.

Once the secret behind magnetism, the life energies and the sexual vital fluid become evident the sold become a divine Elite to dispel the darkness produced by the sin in Prince. The level of the life energy particles and biomagnetism in the body should be significant to set right any disturbance in the arrangement of the cell s due to internal and external factors. The magnetic waves that rise from the life force particles during the force of their rotation are called biomagnetism the quantity of level of biomagnetism in the body should be sufficient to bind the cells together and set write any disturbance that may occur. The disturbance could be due to once on wrong doing or external factors. It can be corrected only when the level alive energy particles and biomagnetism in the body is sufficient.

Biomagnetism is present all over the body and transforms into pressure sound, light, taste and smell in keeping with the objects become into contract with. It also regulates the functioning of the body taking in nutrition and excreting the best according to the needs. The food we eat is converted into 7 constituents of the body among which the sexual fluid is the 7th one . insulation to the cells during the course of the transformation of biomagnetism into electricity within the cells. Besides does it also provide a protective covering to the life energy particles and helps in the creation of imprints in the body and the brain cells?

MARRIED LIFE

Progress achieved by a society depends on the quality of the family life of its individuals. Virtue is important in life. A man and a woman have to be united in wedlock before they comment physical relationship. Prayer to entering into wedlock they have to see the approval of their parents the society and the government. Marriage is an agreement entered into by 2 individuals after obtaining all the necessary approvals. It's provided security

in a marriage in any part of the world. The Kapil should leave and love and how many cooperating with and making sacrifices for the benefit of each other.

CHASTITY

It is the highest form of virtue to be observed by both the partners in a marriage. The relationship between a man and a woman reaches divine proportions when they are true to each other. It elevates their mind to very high levels. Preserving chastity and being loyal to each other paves the way for many other good qualities. Physical and mental health, a good life partner, prosperity in life etc can be achieved through observant of chastity. Chastity is important in any marriage of peace happiness and prosperity. Children born to chaste parent will be highly intelligent

A mistaken notion that chastity is applicable only to the women in the society has always been in existence. Most people have the wrong idea that the person who comes into their life as a life partner should be chaste, where as he himself need to be very sticky about it. Chastity has gone be practiced by both husband and the wife. But unfortunately, wrong concept always affects the women more than it does the man. Therefore, it is essential that women protect their chastity with the same seriousness, as they would leave lies. It is important for both the men and the woman. The fact that every action brings for the result of its own has to be remembered at all times and every deed Undertaker with full Awareness of the possible consequences.

Is natural for both the boys and the girls to feel the sex urge on attainment of puberty and it has to be balanced in proper ways. However, it is important to restrain such urge till the time for proper expressions through marriage arrives. Youth is an important part of life never to be frittered away thoughtlessly. It is to be utilised for developing once knowledge and skills essential for practicing A trade. Observe once of celibacy during the stage of one's life is the best. Sexual urge can be taken care of at the right age after marriage. When the husband and the wife are true to each other their relationship becomes one of the total commitments and sacred. Their Minds will be firm and Happy bereft of all complaints. On

the other hand, if anyone of them us it affects the other as well as the children. Childbirth and child have to be treated as the equal responsibility of both the husband and the wife.

FUNCTIONAL RELATIONSHIPS OF BODY, LIFE FORCE AND MIND

Human body is the result of a joint functioning of the self, the society and nature. The life energy present with in the body of every living creature is important because it keeps the organism alive and functioning. Yet, very few people are aware of the life energy, its functions, origins, nature, effects and the ways to keep it healthy.

It is important to have an idea of the value of life energy. Children are usually underwear of the life force or its worth. Normally a person comes to understand about the existence and purpose of life of force only around the age of puberty. Miss you and wastage of the life energy leads to disease premature aging and even death. A human being can live up to an age of 120 through suitable practices observing chastity and a disciplined life.

UNIT - IV - MIND

BIO-MAGNETIC WAVE

MIND

Biomagnetism also transform into the mind in the living beings. In the words of Vethathiri Maharishi mind is the psychic extension of the living energy. It is a product of the waves given off by the living energy particles. The magnetic waves produced by the formative dust, when they are expelled from the life energy particles transform into the mind. Mind is not a permanent structure; it is formed from the energy waves that follow one another in close succession. The Mind alone is capable of perceiving the other transformations underground by the biomagnetism into pressure sound light, smell and taste.

EIGHT ESSENTIAL FACTORS OF LIVING BEINGS

Every living thing is characterised by eight special features like,

1. Physical body
2. Life energy
3. Biomagnetism
4. Genetic centre
5. Brain
6. Soul
7. Mind
8. Sense organs

Even if one of the above functions is missing, it cannot be called a living organism.

Physical body- it is a combination Akash, air, fire, water, and Earth.

Life force- They are the free energy particles circulating with in the physical body.

Biomagnetism - The formative dust ejected from the energy particles transform into magnetic waves.

Genetic centre - The bio magnetism circulating with in the body produces a vortex in the centre of the body, under the principles of specific gravity. This vortex is called genetic centre.

Brain- The biomagnetism undergoes transformation into pressure, sound, light, taste, and smell in the sensory organs. These are converted into imprints and merged with the bio magnetic field by the brain. They into thoughts subsequently.

Soul- All the experiences undergone by a living thing are stored in its genetic centre in the form of imprints. Imprints of all events in a person's life as well as those experienced by his forefathers and passed on through heredity., are stored in the genetic centre. The sum quality of these imprints forms the soul of the individual.

Mind – All perceptions made through the sensory organs are converted into imprints and stored in the genetic centre by the brain. Mind is the sum total of these experiences. They are reflected as thoughts according to needs, habits and circumstances.

Senses- They are the organs that perceive the transformation of biomagnetism into pressure, sound, light, taste, and smell. whereas living things as well as non-living things are the result of an association of the energy particles., living things are endowed with the 8 special features, which makes them distinct. Mind is one of the special features found in living beings.

MENTAL FREQUENCY

Beta brainwave frequencies range from 13 to 60 pulses per second in the Hertz scale. "Alpha" is the second brainwave and is accessed when we are in a state of physical and mental ease, with frequencies of 7 to 13 pulses per second. Our brainwaves occur at various frequencies. Some are fast and some are slow. The classic names of these EEG bands are delta, theta, alpha, beta, and gamma. They are measured in cycles per second or hertz

(Hz). The EEG (electroencephalograph) measures brainwaves of different frequencies within the brain. Electrodes are placed on specific sites on the scalp to detect and record the electrical impulses within the brain. A frequency is the number of times a wave repeats itself within a second. Generally speaking, low-frequency waves are linked to “delta” and “theta” states which can boost relaxation and improve sleep. Higher frequencies reportedly boost your brain waves into a “gamma” state which may make you more alert, focused, or better able to recall memories. During meditation, the brain shows theta waves predominantly. These waves are associated with a relaxed state of mind as compared to alpha waves, which are associated with an aroused state of mind.

FUNCTIONS OF MIND

The mind is two like condense and expand. All experience us are converted into imprints in the form of characterized knots, are sorted in the genetic Centre; the imprint they expand to reflect as thoughts according to the needs. For example, the transformation of biomagnetism into light in the eyes enables us to see an object; the imprints of the experience subsequently expand into thoughts which help us to recall the object in detail. Records of all our experience content in the map bio magnetic field expand into thoughts in keeping with the needs habits and circumstances.

FIVE LAYERS OF MIND

Mind function at 5 levels, they are;

1. Annamaya kosam
2. Manomaya kosam
3. pranamaya kosam
4. Vignanamaya kosam
5. Anandamaya kosam

The life force is also referred to as the soul our ancestors, aware of the powers as well as the limitations of the soul divided into 5 levels based on its nature and function. The soul wraps itself in a sheath made of the

imprints of its actions and experiences restricting itself to the boundaries of this sheath. Depending on the nature or quality of the sheath the soul is in a state of contracted forgetfulness or expanded awareness throughout the life of an individual. They are the courses kosha means a sheet or cover . the mind is located at the centre of these 5 covers and imprints occurs here.

Annamaya kosam

The Mind reminds restricted to the needs of the physical body being in contact with the objects in the external world through the organs and census and experience in sensations of pleasure and pain. Actions like eating and assuage the feelings of Hunger protecting the body from heat and cold and excreting the waste, which balance is the needs of the body are performed at the Annamaya kosam level. The Mind functions as the conscious mind and the imprints are produced in the organs of the body.

Manomaya kosam

The mind is in an expanded and emotional state influenced by the sensations of pleasure and pain and ruled by the six temperaments of greed, anger, misallies Immoral sexual passion vanity and vengeance. It is now in a forgetful state. This takes place at the level of the subconscious mind. At this stage of sensory perceptions are expanded into thoughts by the mind. The mind is evolved in some actions and this is called Manomaya Kosam.

Pranamaya kosam

When the mind ceases to expand and shrink into the life energy for realisation of the self and achieves perspicacity it is pranamaya Kosam.

Vignanamaya Kosam

When the mind begins to realise the connection between the body and the life force the life force and the universe the nature of the energy particles that form the basis of all the stars and planets and the Order of function in everything it is in the Vignanamaya kosam level

Anandamaya Kosam

When the mind comes to understand the truth, the basis of the energy particles as well as the divine state through meditation, it is at the super consciousness level. This stage is responsible for the production of quality imprints in the sexual vital fluid. The realisation that everything in the universe including the self, is a manifestation of the divine state which is the force behind all the events in the universe blow sums this is Anandamaya kosam.

The kosas can be called the boundaries of the mind. For example, the mind is in Annamaya Kosam, when it thinks about food when pondering over something it is in Manomaya Kosam. During meditation when the mind is evolved in inner travel it is pranamaya Kosam. When in an expanded state its Quantum plates the sun moon stars and the entire Universe it is in Vignanamaya kosam. When the mind travel beyond the universe to become one with the absolute it is Anandamaya Kosam. Perfection is journeying from Annamaya Kosam to Anandamaya Kosam. This can be achieved through the practice of Thuriyatheetam meditation.

TEN STAGES OF MIND BENEFITS OF MEDITATION

The 10 stages of mind are;

- | | |
|----------------|----------------|
| 1. Sensation | 6. Need |
| 2. Zeal | 7. Action |
| 3. Result | 8. Enjoyment |
| 4. Experience | 9. Research |
| 5. Realisation | 10. Conclusion |

Fluctuations in the level of bio magnetism leading to a loss of polarity between the cells in any part of the body produces an electric shot circuit which the mind cognises as pain. Sensation is the first stage where the consciousness situated in the centre of the life energy particles begins to function as the mind.

When the need becomes, intense effort is made to satisfy the need this is zeal. Mind coordinates the efforts.

Action follows efforts where the body and Limbs are used to satisfy the needs. Action is where the body and the mind work together to fulfil a need.

Every action is followed by a result according to the order of function in nature result can be in the nature of pleasure pain happiness worry etc...

Enjoyment is a feeling of pleasure or pain derived from the result. It is the process of conversion of the life energy in the body. Enjoyment and experience are different enjoyment is what happens at the present and experience is recalling A past enjoyment. The entrance of enjoyment lying in the bio magnetic field expands into thoughts and memories. This is experience. We recall the taste of something we eat a week ago which is experience. Experience is the results of enjoyment.

Research is an analysis of the actions and the result that has come out of it. Further actions are decided on the basis of research.

Conclusions comes next. conclusions are arrived at on the basis of the present circumstances, the past experience is and the possible outcome.

Thus sensation, need, effort, action, result, enjoyment, experience, research, realisation, and conclusion are the function of the soul all these together constituent The Mind which is referred to as the psychic extension of the soul.

IMPORTANCE OF MEDITATION

Meditation is a practice undertaken to realize the greatness characteristics and functions of nature. The frequencies of the mind waves are brought down to near static levels during meditation when even the innermost secrets of nature are late their before it. Emotional when the consciousness is hemmed in by the forces of needs habits and selfish considerations or overcome by the sensations of pleasure or pain. This is the state of Maya or illusion the state of total forgetfulness . the mind has to free itself for the shackles of Maya through the practice of meditation.

A wandering mind fails to achieve a progress and the practice of meditation is essential for regulating it. The vessels used in cooking are cleaned immediately and kept ready for future use; in the same way the mind and kept tidy through meditation constantly.

Noble souls like Buddha Christ and prophet Mohammed have realised the truth through the practice of meditation and spread their message of goodwill among people. All great discoveries are the result of their concerted effort of the scientist and philosophers made when their mind waves where at very subtitle frequencies . there are also other ways to focus the mind like the chanting of mantras concentrating on and ideal or picture or watching once breath acid floors in and out of the body. Some of the practices take time to produce results while others come in the way of a normal family life. Some even preclude women from practicing them.

BENEFITS OF MEDITATION

1. A reduction in the frequency of the mind waves makes it tranquil.
2. The ability to concentrate improves and the mind becomes keen. Integrity and honesty become the qualities of the individual
3. Sensory perceptions and the working of the mind are halted during meditation as a result of these biomagnetism is conserved . for example water in a vessel that is heated over fire is converted into steam and escapes from the vessel Leaving The vessel empty after sometime. But if the steam is collected cold and then taken back into the vessel through pipes the level of water in the vessel does not deplete as fast as it normally does. In the same manner when the mind remains focused on the life energies during meditation bio feedback takes place and biomagnetism is conserved.
4. Localities of perspicacity, Magnanimity, Adaptability, and creativity are improved.

Perspicacity

Acuity is the ability of the mind to probe, and the disqualify improves with the practice of meditation enabling it to develop into the inner most Secrets of the universe. Perspicacity is the awareness which allows a person to foretell the possible outcome of any deed, the acumen which enables him to judge all actions in the light of the past experiences, the present circumstances and the possible outcome. It comes out of the capacity of the mind to expand and encompass everything in the universe. Perspicacity improves knowledge connect to the past with the present and the future and also takes into consideration the working of the principles and course and effect all the times . when human nature and needs go together without dissent , things work smoothly. The flair to do everything methodically and in moderation grows and every deed is performed judiciously, without becoming a recent for pain for anyone physically or mentally anytime. Success follows the individual everywhere.

Magnanimity

Meditation provides and inside into the origin of the universe and the realisation that all living things are a manifestation of the divine state. Differences based on notions of religion cast language and nationalities vanish. The evil of ego disappears and love and compassion become an inheritable part of life. It becomes natural to repay even Evil with good.

Every individual has to attend perfection realize the greatness of nature and become one with the divine state. This is the purpose behind all Human birth the recent Y nature has endowed man with 6 senses. Path of perfection is paved with problems mysteries and other hurdles it is for the individual to surmount them and achieve the purpose of life. All actions should be Noble, aimed at reading the soul of the impurities. The words or beads of the others should not disturb or disturb the individual in any way.

The Mind should remind focused on the path to be followed constantly. The words of the others should be analysed for their worth and

accepted, if need be. Magnanimity is an ability to be generous and forgiving even to an enemy.

Receptivity

Every event in the universe takes place in accordance with the law of nature and failing its application. When something happens which is contrary to our expectations, we are so early disappointed and ill feelings like anger misery and Vengeance fill the mind to our own detriment. But the regular practice of meditation helps us overcome such feelings and provides with the string to look up on our disappointments as a lesson imported by nature to correct us mould us and guide us on the path of perfection this is receptivity.

Pre conceived notions often a part of the human mind comes in the way of accepting the ideas of the others depriving us of the wisdom in their words. We react to their suggestions and ideas with the result the failed to accept our words also making them futile. Receptivity enables supporting to listen to others patiently studying their words for their worth and accept them gracefully. Receptivity broadens The Mind develop stations and the ability to analyse leading to success in life.

Adaptability

It is the ability to adapt oneself to the circumstances avoid unnecessary praise our criticism and accept both good and bad equanimity . circumstances change during the life of every individual and cleansing to certain values habits or Customs inimical to change US can lead to problems. It is important to accepted changes in keeping with the place people and situations. Cooperation and Goodwill go a long way in establishing peace and harmony immense to the people. One should always be ready to assist the others through suitable words deeds or any other manner according to their needs. Service is the noblest form of help a person can render. To the needs and circumstances and living with the Welfare of the others in mind constantly is the greatest form of existence.

UNIT V - MEDITATION

GREATNESS OF GURU

Mother, father, Guru, king and God are the five important persons in the life of an individual. Just as the mother identifies the father to the child, the Guru reveals God to him. It is not possible to attain God realization without the guidance and help of a Guru. It is said that when a genuine desire for Gnanawells up in the mind of a person, a Guru automatically seeks him out. In the words of Saint poet Thayumanavar "divine Grace is impossible without the grace of a Guru". Guru also means a teacher, a person who removes ignorance, doubts, fears, and inhibitions from the mind of a person, replacing them with confidence and strength.

TYPES OF MEDITATION

9 types of meditation are practised under the system of simplified Kundalini yoga. They are;

1. Agna yoga
2. Shanti yoga
3. Thuriya meditation
4. Thuriyatheetham meditation
5. Panchendriya meditation
6. Panchabootha Navagraha meditation
7. Nice centre meditation
8. Nithyananda Meditation
9. Divine state meditation

We comment the meditation by focusing The Mind on the life energy, the purpose of which is to free The Mind from the census and bring down the frequency of the mind waves. This is followed by meditation on the divine state, the source of the life energies. It is a long journey with the Guru guiding the aspirant through every step till the divine state stands revealed to him.

Blood circulates within the body with the heart as its centre and air circulates with the lungs as its Centre. Mooladhara Chakra forms the centre for the circulation of life energy in the body the first step in Kundalini meditation is raising the centre from the Mooladhara Chakra to a point between the eyebrows and by the aspirant can feel the movement of the life energy in his body.

Agna meditation -The life energy situation in the Mula Tara Chakra is raised to a point between the eyebrows when its present in the body becomes evidence. The pituitary gland is the activated during meditation.

Shanti yoga - the life energy is broad back to the mooladhara Chakra for the purpose of meditation.

Thuriya Meditation- The life energy is raised to the Crown of the head for meditation purposes. The Pineal gland is activated during meditation

Thuriyatheetham Meditation - the life energy transcends the body to blend with the universal field. It then Travels further to become one with the static state.

Panchendriya meditation - meditation on the five sensors like skin tongue nose eyes and ears for regulating them and conserving biomagnetism.

Panchabhoota Navagraha meditation - meditation on the 5 States of matter like earth water fire air and Akasha as well as the nine planets like Sun, mercury, Venus, moon, Mars, Jupiter, Saturn, Rahu, and ketu for establishing harmony with the planets and boarding of any evil effects

9 Centre meditation- meditation on the seven chakras or energy centres like mooladhara, Swadhisthana, Manipooraka, Vishuddhi, Anahata, Agna, and Thuriya within the body besides the universal field and the static state

Nithyananda meditation- It involves spreading the biomagnetism all over the body during meditation.

Divine state meditation- Recapitulating the transformations underground by the divine state culminating with man and becoming one with it.

AGNA MEDITATION

The first step in the practice of kundalini yoga is meditation on the Agna Chakra, get it between the eyebrows. The Mind reminds for custom the life energy to the Agna Chakra, during meditation. The life energy normally situated in the mooladhara Chakra is a raised to the Agna through the spinal cord with the help of the Guru. Process of initiation called Sparsa Deeksha, can be compared to the way in which a hen hatches the eggs by brooding over them. Initiation becomes a turning from point in the spiritual life of an individual. The Guru makes use of his energy is to raise the life force of the aspirant from the Mooladhara Chakra to the Agna chakra and place it there. The aspirant can feel the moment of the life force at the Agna Chakra immediately after initiation. The consciousness is awake and by the actions of the Guru and propelled towards perception.

When the life energy start functioning from the Agna Chakra the mind which till then was evolved with the sense organs and the world outside turns in word and begins to observe itself and the life energy. The sensory organs fee their functions and all sensory perceptions except touch come to a halt . the mind finds peace and the frequencies of the mind waves come down to the alpha level of 8-13 cycles per second . the pituitary gland is activated; awareness increases, the temperaments are controlled and the five cardinal sins disappear.

The four steps in meditation designed by the four fathers are;

1. **Pratyahara**- the mind is freed from the environment with the census and the external object.
2. **Dharana**-the mind is focused on a specific object or area in total awareness
3. **Dhyana**-the mind is brought to a focus on the life energy from which it has originated
4. **Samadhi**-the mind perceive the divine state as explain by the Guru and becomes one with it.

The aspirant is able to feel the movements of the life force immediately after initiation. The three aspects of yoga practice like Pratyahara dharana and dhyana form a part of Agna meditation. The consciousness is able to exercise mastery over the senses freeing it from the sensory pleasures. Concentration improves when the mind merges with the life energy; Peace and mental acuity increases and biomagnetism is conserved.

BENEFITS OF AGNA MEDITATION

1. Attachment to material things is eradicated.
2. Self- realisation becomes possible.
3. The ability to tread the path of righteousness grows.
4. Desires are controlled and greed avoided.
5. Constant awareness is developed.
6. Conscious mind is strengthened.
7. Senses are controlled.
8. Adamant nature, unreasonable anger etc are eradicated and the senses are at peace always.
9. The mind learns to restrict itself to a single sense.
10. The sub-conscious and conscious minds work in harmony and concentration is improved.
11. Frees the individual from Akarma karma.
12. The ability to do anything into consideration the past experiences, the present circumstances and the possible future outcome increases.

Simplified Kundalini yoga can be practiced by the people of either sex who have attained puberty.

SHANTHI MEDITATION

The Mind during Shanti yoga remains focused on the Mooladhara Chakra situated on each above the anal opening and very near to the sex gland. It is also called as Shanti meditation. From the Mooladhara during Agna meditation travels up to reach the brain cells resulting in headache and a heaviness in the head in some cases. Shanti yoga is performed to alleviate this and prevent any evil effects.

The excess life energy particles that have reached the head during meditation flow back to the mooladhara Chakra during Shanthi yoga. Many people who practice Agni meditation along without wearing aware of security provided by Shanti yoga open face difficulties on account of the accumulation of energy in the head. This can be cuboid through the practice of Shanti yoga even for a single day. Shanti yoga involves bringing the life energy down from the Agna chakra to the Mooladhara by the master who initiate the aspirant. This meditation is called Shanti because it to reduces the intensity of the energy and provides tranquillity the body and the mind. It is an important part of simplified Kundalini yoga.

Practice of Kundalini yoga was a difficult one in the earlier days not easy for all. Only those who had spent themselves through retention of the sexual vital fluid or attend the sublimation where taught or allowed by practice Kundalini yoga. Besides this people who had attend the sublimation through the practice of Pranayama asanas and kriya yoga alone were considered fit for the practice. Women had to be past their menstrual cycle for becoming eligible for the practice of Kundalini yoga. Shifting of the functional centre of the life energy from the Mooladhara to the Agna Chakra produced certain changes which only the physically and mentally strong could bear . on an account of this only certain peoples were initiated into the practice of meditation in the early days.

Some people had to face many problems unable to adjust themselves to the wakening after Kundalini power. Mental and physical problems even lead to the ultimately death of many. It was under such circumstances that

sum of the master's game up with the idea of Shanti yoga to control the power of the Mighty Kundalini which put an end to the problems.

The aspirants been aware of Shanti yoga in the earlier day's meditation would not have been dangerous and problems like delusion and insanity could have been avoided. However, these are now things of the past and the excess energy formed and account of meditation food habits transits of the planets and the thoughts can be controlled and the transformed into physical or mental energy through the practice of Shanti yoga.

It is important to teach a person the position and the use of a break when teaching him about the accelerator in a driving class. In the same way it is important to teach the uses of Shanti yoga when initiating the aspirant into the practice of meditation. It is initially performed with the help of a master and then can be practiced by the aspirant independently. Shanti meditation has to be taught to the aspirant within 3 days of Agna initiation in case of headache or other problems it can be taught to him even earlier. Regular practice of Shanthi yoga helps spread the energy to all the parts of the body.

BENEFITS OF SHANTI YOGA

1. The molar Chakra represent Earth concept among the Panchabhoota, Meditation on the mooladhara Chakra helps research connected with the earth.
2. Energy is transformed into physical energy improving the health and immunity power.
3. It your problem like body pain fevers in digestion and constipation.
4. functioning of life energy in the body improves.
5. Reduces body temperature. Nerve problems are cured.
6. Shanti yoga retains the sexual vital fluid in the sex glands where by physical energy can be converted into mental energy and vice versa as per the needs of the individual.

THURIAM MEDITATION

Thuriya Meditation is performed at the Crown of the head it is also called as Brahmarandra meditation, where the point at thuriyam is considered the Gateway on the path of Brahman. The imprints of the animal acquired through heredity and past on through millions of generations are to be found in every man. To be rid of these imprints the function of the brain has to be regulated and brought under our control failing which the entrance reflects as thoughts again and again prodding the body into action. Polarity between the cells of the brain should be improved through meditation at Thuriyam regularly regular regularly. Saint poet Tirumoolar in one of his poem's planes how meditation thuriyam cleans one of the imprints of the past and the present lifetimes.

The flow of the life energy through the individual cells of the brain can be felt as a pleasant sensation during Thuriya Meditation. The constant circulation of the life energy to the Brain cells helps to improve the polarity between the cells besides franking the mind. The body and the Limbs follow the instructions and the mind completely. It is for this reason that Thuriya Meditation is also called Raja Yoga.

The entrance acquired through heredity as well as during the lifetime of the individual can be eradicated through the practice of Thuriya Meditation. Removing a veil reveals objects behind it., in the same manner when the veil of sin imprints is removed the divine state stands are revealed. This is the reason why Thuriya is also called as the Brahmarandra and Haridwar - the gateway to Hari. Popular believe that the gates to Heaven are left open on vaikunda Ekadashi day Falling In The Tamil month of margazhi, reveals among the people; early to mean is that the particular month is ideal for opening the brahmarandara through meditation.

Good intentions are often overloaded and evil deeds performed on account of a lack of harmony between thoughts and beads . habits and wisdom remain at variance with each other. This should be avoided and habits should follow the path of wisdom. Thuriya Meditation provide some mental strength to achieve this the master who initiated the aspirant into

acne Meditation by touching the Agna Chakra with his fingers finger now initiate him into Thuriya Meditation by gazing into his eyes . this process is called Nayana Diksha aur Chakshu Diksha. It can be compared to a fish that inspires the hatching of its by transferring energy from its Eyes.

During Agna meditation the mind withdraws itself from 4 of the censuses and perceives the life energy through the Census of touch. During Thuriya Meditation even this sensory perception is done away with and the mind no longer in its expanded state blends into the life energy. The life energy reminds in its original form and ready's itself for merging with the divine state.

The human brain is made up of 1000 of tiny Chambers many of which going to actions simultaneously when a thought arises. Thousands of these Chambers are activated during Thuriya Meditation. This point is called Sahasrara Chakra

BENEFITS

1. It is ideal for eradication of the imprints in the soul.
2. As this meditation is performed from the level of the sub- conscious mind, the consciousness begins to rule it. The ability of the mind to expand increases.
3. Noble thoughts that emanate from us reflect themselves in the minds of the other people.
4. Auto suggestion and blessing work better.
5. Become stronger and subtler. Emotions cannot overcome the mind easily.
6. Practices like introspection, analysis of thoughts and eradication of worries improve through the practice of Thuriya meditation.
7. Imprints of Prarabdha karma are eradicated.
8. Blemishes in the body and the soul are removed.

THURIYATHEETHAM MEDITATION

Thuriyattheetham meditation is the last of the three types of meditations where initiation is required. Thuriyattheetham is the ultimate state of Kundalini meditation. At the Thuriyattheetha level of meditation the life energy releases its origin and transform into it. Though the stands formation it becomes the divine state or Brahman. this is Thuriyattheetham meditation.

Thuriyattheetham meditation is invaluable to humanity for it contains everything in IT. Samadhi state is Where The frequencies of Mind waves are at the lowest levels the state where the secrets of the universe are laid there before the human mind. This forms the union between the jeevathma and the Permathma . it is the Homecoming of the wondering soul.

The aspirant is initiated to the Thuriyattheetha state by the master through the use of his mental powers. This is also called as Gnana Deeksha, mental Diksha aur Kurma Diksha . this process can be completed to a turtle that Lays its eggs on the Shore and then goes back to the sea. While lying in the water, its thoughts continue to hover around the eggs and this provides the impetus for the X to hatch. In the same way the master mingles his life energies with that of the aspirant and take it beyond the universe up to the static state this is why the process is called kurma (tortoise) Diksha

BENEFITS OF THURIYATHEETHAM MEDITATION

Even though certain benefits acquire through the practice of every meditation, Thuriyattheetham meditation provide everything that is a required in life. The consciousness attains perfection by acquiring a clear knowledge regarding the connection between the living beings and the divine state as well as the qualities and functions of the body the life force the consciousness and the universe. Duty consciousness improves through realisation. The importance of once duties and the role it places in the development of the individual besides providing strength happiness contentment and peace become evident. It provides the inspiration for using it for the Welfare of human kind. Realisation of the divine state fills the mind

with love and compassion and the Virtuous qualities of morality duty and charity become a part of life of the individual. The soul is purified and the purpose of life achieved. The genetic Centre is purified the cycle of birth and death becomes to a close, true salvation of the soul.

1. The Mind merchant into the divine state.
2. Perfection is achieved.
3. Sin imprints are dissolved. Sanchita Karma is eradicated
4. Ego Illusion and imprints are eradicated totally
5. Unification with the life energy of the Guru is attained
6. Perspicacity develops. Trikala Gnana becomes possible
7. The cycle of birth and death come to a close.