



On Miracal Yoga - Part 3

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ABSTRACT :

There are three types of human bodies, namely, physical, subtle and causal. It is generally believed that yoga strengthens the physical body. But the yogic methods for the subtle body are very rare.

Considering this spiritual shortcoming, the author unlocks the hidden mysteries of hundreds of centuries old Tamil Siddhars Subtle yoga for the benefits of the whole humanity. Keywords: Mental health, physical health, pleasure, enlightenment

Arul Agam Veli (To get the Grace of Inner God) PART ONE

Stand comfortably facing the eastern side on a cotton mat. **Keep the legs at 45 degrees. Slowly inhale simultaneously opening the eyelids. Repeat this for fourteen times.** Then keep the right leg at the southern side and let the left leg face the eastern side. Then slowly bend down your body making L shape to the legs. Slowly keep the right palm on the right knee and the left palms on the left knee. Then slowly keep palms moving while slightly rubbing the legs until the right palm touches the right feet and the left palm touches the left side. Then slowly move the right hand towards the southern side and keep the palm on the floor. Similarly let the left hand and left palm touch the southern side. Both the palms should be on a straight line. Then slowly sit down on the mat keeping the left leg facing in front and right leg inside the left leg. This process is essential. Then close down the eyelids. Keep the palms on respective sides facing the sky. **Then slowly inhale simultaneously opening the eyelids. Repeat this for twenty six times.** After this practice, gently put the respective palms on each knee. Then slowly move the right palm simultaneously gently rubbing the right thigh until the palms touch the right buttocks. Then slowly move the palm to the southern direction and keep the palm on the floor. Now lift the left leg until it faces the sky. Let the left palm move from the left knee to left feet. Then gently and slowly move the left hand and palm to the southern direction and keep the left palm on the floor. Then lift the body while right palm touching the right knee and left palm touching the left knee. And then stand properly erecting the body straight.

PART TWO

Stand comfortably facing the eastern side on a cotton mat. **Keep the legs at 45 degrees. Slowly inhale simultaneously opening the eyelids. Repeat this for fourteen times.** Then keep the left leg at the northern side and let the right leg face the eastern side. Then slowly bend down your body making L shape to the legs. Slowly keep the left palm on the left knee and the right palms on the right knee. Then slowly keep palms moving while slightly rubbing the legs until the left palm touches the left feet and the right palm touches the right side. Then slowly move the left hand towards the northern side and keep the palm on the floor. Similarly let the left hand and left palm touch the northern side. Both the palms should be on a straight line. Then slowly sit down on the mat keeping the right leg facing in front left inside the left leg. This process is essential. Then close down the eyelids. Keep the palms on respective sides facing the sky. **Then slowly inhale simultaneously opening the eyelids. Repeat this for twenty six times.** After this practice, gently put the respective palms on each knee. Then slowly move the left palm simultaneously gently rubbing the right thigh until the palm touches the left buttock. Then slowly move the left palm to the northern direction and keep the palm on the floor. Now lift the right leg until it faces the sky. Let the right palm move from the right knee to right feet. Then gently and slowly move the right hand and palm to the northern direction and keep the right palm on the floor. Then lift the body while the left palm touches the left knee and right palm touching the right knee. And then stand properly erecting the body straight.

Health benefits of this practice

This simple but powerful practice activates each and every cell of the body. The eyes get powerful sight, the ears obtain natural hearing, the nostrils are purified, lungs are activated in natural ways, the heart beat becomes natural and normal, all the blood veins are cleaned and the blood moves without any troubles, the intestines are activated naturally and all the energy wheels are awakened. Besides this, all the endocrine systems are put to action and secretion. The endocrine system is a network of glands and organs that produce hormones to control and coordinate many functions of the body. The endocrine system includes the hypothalamus, pineal gland, pituitary gland, thyroid gland, parathyroid glands, thymus, adrenal glands, and pancreas. It also includes the testes in males and the ovaries and placenta (during pregnancy) in females. The endocrine system controls many important functions, including growth and development, metabolism, reproduction, energy levels, and response to injury, stress, and mood. The

endocrine system produces hormones that are released into the blood and travel to tissues and organs throughout the body. Receptors in organs and tissues recognize and respond to the hormones. The energy wheels are Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra and Crown Chakra

Normally, these energy wheels [Chakras] do not function properly and naturally. The root chakra is inactivated. This practice awakens and activates the energy wheels and affords physical and mental wellness of the body. Good functions of energy wheels are essential and inevitable for spiritual growth, bliss, enlightenment and emancipation/liberation.

Naa Naasi (Cooling Inner Organs)

Stand comfortably on a cotton mat. Keep your feet at 45 degrees. Eyelids closed. Inhale through nostrils and exhale while opening mouth and stretching tongue. Practice for ten times.

Health Benefits

Albert Einstein's special relativity predicts that the moving mass is greater than the rest mass. This has been experimentally verified several times. Whenever we rest, our mass may be x . But when we start a work or move, this mass will be $x + a$ where a is an arbitrary constant. Whenever we practice any yoga, the body produces heat. According to Tamil yogic systems, this should be avoided. This Naa Naasi (Cooling Inner Organs) prevents the body from overheating. Also, this simple practice prevents side effects and maintains the body temperature natural and normal.

Agam Koopputhal (Inner Purification)

Stand comfortably on a cotton mat. Raise both the hands sideways and lift them above the head. Join the palms. Move back your head. Look at the palms. Close down eyelids and open after a second. Then release the hands to the previous position.

Health benefits of this practice

All the cells in the head, hands, neck, throat, eyes, nostrils, ears, lungs, heart shoulders, spinal cord, buttocks and legs are activated and blood travels through these organs smoothly without facing any obstacles.

Parimala Agam (Fragrance of inner organs)

Sit comfortably on a cotton mat as explained earlier. Move your left palm slightly rubbing the left buttock and also move your right palm gently rubbing the right buttock. Do this practice simultaneously with both the left and right palms. This is very important. Then move down your head and body making L shape with the legs and thighs. Slightly lift your head upward and simply open and close your eyelids. Then come back to the initial position and release the hands.

Health benefits of this simple practice

The hands, the palms, the joints, the thighs, the legs, digestive organs, the inner cells of the brain, ears, eyes, lungs, hearts and nostrils get activated and function normally. This is one of the best remedies to relieve constipation and gas troubles.

Kaaya Kalippu (Enjoyment of the body)

Stand on the cotton mat interpreted earlier. Stretch both the hands sideways. Keep chin mudra on both fingers. Then move your body, shoulders, neck and head towards left side and move back your head. Gently close and open your eyelids. Then return to the previous position with the chin mudra and turn towards right side. Lift your head up. Slowly close and open your eyelids. Now come back to the previous position. Release the mudra and release the hands.

Health benefits of this practice

The hip, spinal cord, lungs, heart, hands, legs, joints, shoulders, face, head, the entire organs of stomach, eyes, ears and nostrils gets enough blood circulation for the natural functioning of the entire body organs.

Nilai Nila (Alignment of the entire body)

Comfortably stand on the cotton before the chest mat. Simultaneously raise both hands before the chest and stretch them facing the chest. Rotate the palms such that they look at the sky. Keep chin mudra and stretch both the hands to the front side and slowly close down eyelids and open. Then bring the hands towards the chest and keep one palm on the other palm. Then slowly move down the palms slightly rubbing the stomach and up to the upper part of the genitals.

Health benefits of this practice

This practice activates the nervous systems of palms, hands, joints, chest, eyes, ears, stomach, head and nostrils.

Saantham (Happiness)

Comfortably stand on the cotton mat. Slowly close down the eyelids and open gently. Stretch both the hands straightly but below the stomach palms facing the sky. Keep chin mudra and bring back the hands below the chest touching the stomach. Release the mudra and keep moving the hands up to the central part of the stomach. Then gently close down the eyelids and open slowly. Let the hands move down till they touch the upper side of the genitals.

Health benefits of this practice

This simple practice makes all the organs of the body in full peace

Valip Pullanam (Rest of the body)

Gently move to and fro on the mat twice.

Health benefits of this practice

This slow walking rests the entire organs except legs.

Mei Sudar (Light all over the body) Part One

Stand comfortably on the cotton mat. Close down the eyelids slowly and open them gently. Then sit on the cotton mat as shown in part one of (1) Keep the left palm near the left thigh and right palm near the right thigh. Let the palms face the sky. Close down the eyelids and breathe seven times. Focus on the breath. Then stand to the initial position as explained in Part One of (2)

Part two

Sit down as explained in part two of (1). Keep the left palm near the left thigh and right palm near the right thigh. Let the palms face the sky. Close down the eyelids and breathe seven times. Focus on the breath. Then stand to the initial position as explained in Part One of (2)

Health benefits of this practice

Both the body and mind obtain calmness, peace and happiness. Moreover, all the cells get free and sufficient blood circulation.

Practices (2) to (9) are extraordinary Miracals***Moochu Iyakkam (Dynamics of Breathing)***

Comfortably stand on the cotton mat. Slowly close down the eyelids and open them slowly also. Then sit down on the mat as explained in Part Two of (1).

a) Thuyil (Sleeping)

Keep the palms as explained above at the adjoining sides of the thighs. Close down the eyelids and inhale and exhale slowly for seven times.

b) Iru Vazhi (Two Sides)

Eyelids closed. Block the right nostrils by the right thumb and inhale through the left nostrils. Now release the right thumb and block the left thumb by the left thumb finger and exhale the detained breath. Repeat this same technique once again.

c) Amar Naasi (Highest Breathing)

Close down the eyelids. With your right hand thumb finger, block your right nostrils. Inhale and close the left nostril by left thumb. Now release the right hand thumb finger exhale. Now inhale through the right nostril and block the right nostril with your right thumb. Then release the left thumb and exhale through the left nostril. Redo this once again.

Health benefits of the dynamics of breathing

The mind calms down and remains at oneness. The wavering thoughts are erased and the mind becomes free from fetters of negative thoughts. The body experiences enjoyment. The speed of breathing per minute decreases consequently obtaining long lifespan and healing both mental and physical ailments.

This is advanced Miracal

Iyarkai Irai Vazhipadu (Natural God Prayer)

Stand from the previous sitting position as explained in practice (1). Stand comfortably on the mat. Close down the eyelids and open slowly. Then sit down on the mat as shown in practice (1). Gently and slowly raise the hands before your chest and keep your right palm moves on the left palm slowly. Now join the palms slowly. Move the folded palms above the head and bend back the head and look at the palms. Then close down the eyelids and chant as follows:

Nakaaram, Makaaram, Sikaaram, Vakaaram, Yakaaram.

Now return the head to the previous position. Also let the folded palms come down and rest facing your chest but in front of your chest. Close down the eyelids and chant:

Nakaaram, Makaaram, Sikaaram, Vakaaram, Yakaaram.

After this slowly keep the palms moving in front of you and let the palms move before you until they touch the floor.. Then let the palms face the sky. Now bring back the palms and hands towards chest and then fold the palms. Close down the eyelids.

Then chant OOOOOOOOOOOOOO MMMMMMMMMMMMMMMMMMM OOOOOOOOOOOOOO MMMMMMMMMMMMMMMMMMM
OOOOOOOOOOOOOOO MMMMMMMMMMMMMMMMMMM

Health benefits of the Natural God Prayer

All the endocrine systems, all the energy wheels and all the cells of the body are activated for proper and natural functioning. The endocrine systems secrete and the practitioner attains bliss and enlightenment. The regularly regular practices heal every physical and mental ailments and the performer obtains longer lifespan.

This is infinite Miracal.

Suggested Readings

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