



## On Miracle Yoga Part 2

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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

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### What are the benefits of doing miracle yoga?

*The regular practices of Miracle Yoga yields the practitioner the activation of the following energy wheels:*

1. The Muladhara, [ **Root Chakra** ] located at the base of the spine
2. The Swadhishtana, [ **Sacral Chakra** ] located in the spine a little less than midway between the base of the spine and the area opposite the navel.
3. The Manipura, [ **Solar Plexus Chakra** ] located in the spine at the point opposite the navel.
4. The Anahata, [ **Heart Chakra** ] located in the spine opposite the midpoint of the sternum bone.
5. The Vishuddha chakra, [ **Throat Chakra** ] located in the spine opposite the hollow of the throat.
6. The Talu chakra, located at the root of the palate (opposite the tip of the nose).
7. The Ajna chakra, [ **Third Eye Chakra** ] located at the point between the eyebrows—the “third eye.”
8. The Nirvana chakra, located in the midst of the brain: opposite the middle of the forehead, directly beneath the crown of the head.
9. The Brahmrandhra chakra, located at the crown of the head
10. **Crown Chakra (Sahasrara)**

*The regular and proper practices of Miracle Yoga will yield the following Super Natural powers:*

1. *Anima*: Reducing one’s physical self to the size of an atom
2. *Mahima*: Growing one’s physical self to incredibly large size
3. *Garima*: Making one’s physical self so heavy as immovable by others
4. *Laghima*: Becoming almost weightless
5. *Prapti*: Being able to go/travel wherever one wants
6. *Prakamya*: Being able to obtain whatever one wants
7. *Istva*: Possessing lordship
8. *Vastva*: Being able to control the minds of others

***The following code of conduct is essential to achieve the above siddhis:***

*Anima*: Reduce the ego and be humble in front of elders, parents, teachers, and gurus.

*Mahima*: Think big, and aim for large goals.

*Garima*: Be immovable and unshakeable in values and principles.

*Laghima*: Don't take everything in life too seriously. Have some lightness and laughter in life..

*Prapti*: Focus mental energies on achieving the goal.

*Prakamya*: Always speak the truth, and don't be afraid to express aims and goals.

*Istva* and *Vastva*: These two siddhis are attainable by focused on the power of leadership, respect, and love .

But one's karma plays an important role in this practice. People who have bad karma cannot succeed in this practice. But they can certainly attain peace of mind, bliss, spiritual enlightenment.

**What is the spiritual meaning of nirvana?**

In Buddhism, nirvana is the highest state that someone can attain, a state of enlightenment, meaning a person's individual desires and suffering go away. The origin of the word nirvana relates to religious enlightenment; it comes from the Sanskrit meaning "extinction, disappearance" of the individual to the universal

Actually there are 114 chakras in the subtle body. The above are the prime wheels of energy.

Activating the energy wheels is the foundation stone for attaining Asta Siddhis. By hard working one can attain these super natural powers. But, please note that this is not a guarantee to obtain LIBERATION [Motsha, Mukthi ]. More elaborately putting, Moksha also called vimoksha, vimukti, and mukti, is a term in Hinduism, Buddhism, Jainism, and Sikhism for various forms of emancipation, liberation, nirvana, or release. In its stereological and eschatological senses, it refers to freedom from saṃsāra, the cycle of death and rebirth.

One can normally witness that some astrologers advise VIPs and VVIPs to do a number philanthropic actions such as offering food and clothes to the poor people, constructing temples, donating lands and cows to spiritual masters, etc will release from issues, problems , sorrows, and even miraculously heal physical and mental complaints. But that is not the truth. These deeds will add more and more good karma but one cannot get rid of problems.

To attain LIBERATION [Motsha, Mukthi ]. One's good and bad karmas should be neutralized. Explaining in a lay man's words, there should neither good nor bad karma. There should be zero balance of good karma and also zero balance of bad karma. Then only Liberation is possible. There are a number of evidences in spirituality that some practitioners who utilized the above Asta siddhis for evil purposes ruined their liberation.

**Conclusion:**

So, one should very cautious about these Asta Siddhis. The author repeats that the above mentioned codes of conduct are essential and inevitable to get these super natural powers. A spiritual practitioner's prime purposes should not be to experience, enjoy and use these powers.

**Suggested Readings**

## Publication

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