



## On Auraa Yoga Part – 2

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### ABSTRACT

The ancient Kumari Kandam Seers classified four kinds of Brahman, viz. Nirguna Brahman, Saguna Brahman, Artha Brahman and Sabta Brahman. Nirguna Brahman is attributed less, all the incarnations are Saguna Brahman, Om light is Artha Brahman and Om sound is Sabta Brahman. During meditation, hearing ten types of Divine Sounds is Sabta Brahman, and seeing Om Light is Artha Brahman. To attain Samathi state during meditation is to merge with Nirguna Brahman. To become an incarnation is Saguna Brahman. If one meditates in depth, one's Auraa [ Divine Light ] forms around the meditator and this is also called as Auraa. In this short work, we introduce two types of Auraa techniques for the benefit of the entire humanity.

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### Technique – 1

Comfortably sit on a cotton mat facing the eastern side. Sitting facing the other three sides makes the body heat. Slowly close down the eyelids. Slowly raise your both hands sideways until the hands move on the top of the head. Then fold your palms. Now slowly open your eyelids. Then slowly bring your hands down until they reach before your eyes and pause a second. Now rotate the folded palms such that the palms lie parallel to the floor. Then let your thumb fingers be perpendicular to folded other fingers. Then slowly move your folded palms towards the front side as long as possible. Now pause a second or two and bring back the folded palms before your nose and pause for fifteen seconds. Then release the hands gently. **It is a must to gaze at your thumb fingers during t6o and fro movements of the hands.**

Now close your eyelids and open your mouth slowly and move out the inner air with a minute force. Then begin to meditate.

#### *Benefits of this technique*

The wavering mind puts at rest. The practitioner obtains peace of mind and bliss. The energy wheels and endocrines function naturally. The brain cells get more blood circulation. The lungs, hearts and the nervous systems function properly making the performer experience and enjoy Samathi status creating powerful Auras around the meditator.

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### Technique – 2

Sit comfortably on a cotton mat. Put your left leg on the right leg. Close down your eyelids. Gently open the mouth and exhale with a little bit force. Do this four times. Then hold your left leg thumb with your right hand index and thumb fingers. Close down the eyelids and meditate as long as possible.

#### *Benefits of this technique*

This simple technique purifies all the nervous systems of the left nostril and regulates the left nostril breathing.

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### Technique – 3

Sit comfortably on a cotton mat. Put your right leg on the left leg. Close down your eyelids. Gently open the mouth and exhale with a little bit force. Do this four times. Then hold your right leg thumb with your left hand index and thumb fingers. Close down the eyelids and meditate as long as possible.

#### *Benefits of this technique*

This simple technique purifies all the nervous systems of the right nostril and regulates the left nostril breathing.

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**Technique – 4**

Sit comfortably on a cotton mat. Gently and slowly close down the eyelids. During inhalation move your joined lips towards the inside of the mouth and while exhalation move back the joined lips. Perform this simple practice for five times . Then slowly open your mouth and let the inside air pass out with little speed. And then begin to meditate as long as possible.

***Benefits of this technique***

The breathing starts to move through the central nervous system making the performer attain peace of mind, bliss and enlightenment.

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**Discussion**

Nearly 15,000 years ago, the great Kumari Kadam Tamil Maha Muni Mayan found that the activation of the energy wheels and secretion of the endocrine glands are essential and inevitable for spiritual progress and growth. If the energy wheels and endocrine systems get activated, then both the physical and subtle bodies function naturally and normally make the brightness of Auras around the meditator. The above explained four techniques are the best candidates for Auras yoga.

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