



On Miracal Yoga

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ABSTRACT :

According to Merriam Webster English dictionary, a wonder is a rapt attention or astonishment at something awesomely mysterious or new to one's experience and a miracle is defined by an extraordinary and welcome event that is cannot be merely explained by natural or scientific laws and is therefore attributed to a divine agency. The two words astonishment and extraordinary are more or less equal to miracle. In spirituality, the most powerful and great incarnations like Lord Buddha, Lord Jesus Christ, Moses, Lord Krishna, Lord Hanuman, Lord Krishna, Siva and others performed a number of MIRACLES. In the Hindu philosophy it is called LEELA. In this brief work, we are going to introduce some miracle techniques of postures, breathing techniques and meditation methods.

1. Ullankai Agaam :

Comfortable sit on a cotton mat. Close down the eyelids and inhale and exhale slowly for twelve times. Then Close and open the fingers of palms/hands slowly but fully. Perform this for for ten times.

2. Ullankaal Agaam :

Similarly as explained above, contract and release the fingers of both left and right foots. Practice this for ten times.

3. Ullankai and Ullankaal Agam :

By remaining in the same position, continue the above two postures simultaneously for ten times.

4. Kai Thattal :

Clap the hands for ten times. Clap left palms with right foot for ten times. Do this with the right palms with the left foot.

Health benefits of the above four postures

In the Christian churches, it is one of the routine practices to clapping during worship. The Kumari Kandam Monks found in practice that applause is the best posture to awaken all the nervous systems of the palms and hands. Modern science also verified and confirmed this. This applies to the foots also. Besides this the Monks found while in their meditative state that the above postures activates and regulates both sympathetic and parasympathetic nervous systems. The natural functioning of these nervous systems maintain the anatomy free from both mental and physical complaints. Needless to say, the above four postures perform wonders and miracles to the body and mind.

5. Adiththal :

Gently and slowly beat the energy wheels the base of the spine (root chakra), the seat of the soul (sacral), the solar plexus, the heart, the throat, the third eye, and the crown ten times.

Health benefits of the above practices

The energy wheels are the paths knots and the blockages prevents energy flow. The above simple practices un locks the knots and passages and make the flow of energy throughout the body. The awakening and activation of these energy wheels is necessary for the welfare of general health and spiritual progress.

6. Oivu :

Close down the eyelids and watch the breathing for twelve times.

Benefits of this practice

The tissues, every organs and the respiratory systems take rest and breathing gets streamlined.

7. Thadavuthal :

Raise your right hand and put the palm at the crown center. Scratch crown center, forehead, throat, heart, naval, solar plexus, sacral and root wheels one by one. Then rub the feet.

Benefits of this practice

This simple practice activates the above energy wheels miraculously.

8. Amaithi :

Sit comfortably on the cotton mat. Close down eyelids. Twelve slow inhalation and exhalation. Now slowly open your mouth and exhale with little speed. Then meditate. First watch your left nostril for one minute. Second watch your right nostril for one minute. Third watch your third/central nostril for two minutes.

Benefits of this practice

All the postures and breathing techniques are the foundation stones for a successful meditation. When the disciple asked the spiritual master what is beyond Om the master responded without any pause or thinking: SILENCE. Only silence and meditation can elevate the spiritual aspirant. This nostril meditation puts the practitioner in the miraculous state of ONENESS with the Divinity.

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