



Siva Yoga Siddhantham



Thorough Babaji and eighteen siddha's grace the second world Thirumurai festival is going to take place in London. We congratulate the organisers of this event. As we all know, it is an uphill task to organise such an event. Let us all pray for the presence and blessings of Babaji and the 18-siddhas to make this a successful event. By their grace, let us all promote Siva yoga Siddhantham through the scientific art of Yoga. Yogi Ram Sunthar of UKBYS (Universal Kriya Babaji Yoga Sangam)

The great siddhar Thirumoolar says in these two lines:

“வளியினை வாங்கி .வயிற்றில் அடக்கில்
பளிங்கொத்துக் காயம் பழுக்கினும் பிஞ்சாந்.....

if one breaths in more and more air (that is: if one practices Breathing (Pranayam), using various techniques then even the body gets old (with narai, thirai and mooppu (old age, grey hair & disease)) one will feel always young. வளி means air. Then he sys:

ஏற்றி இறக்கி இருகாலும் பூரிக்குங்
காற்றைப் பிடிக்குங் கணக்கறி வாரில்லை
காற்றைப் பிடிக்குங் கணக்கறி வாளர்க்குக்
கூற்றை யுதைக்குங் குறியது வாமே.

people do not know how to breath propely. If they learn the ratio of proper breathing, ie: practicing pranayam correctly, then they can kick the lord of death (கூற்றை = yaman, the lord of death) that is to say they can live for many many years healthly.

One of the meanings for the word “VAASI” is breath. Vaasi Yogam is therefore, in yogic terms Pranayama or the scientific art of mastering the breath. Breath is life. One can live without food or water for days but without breath one cannot live even a few minutes. Pranayam is the most important way of increasing pranic energy and oxygen in the system, especially with today's sedentary life style it can be easily practiced anywhere. The Siddhas developed breathing exercises to energize the system, to calm the mind for meditation by regulating the prana (life force) and to activate the Kundalini Energy.

Prana or life energy is also known as Chi by the Chinese. Mana by the Polynesians, Orendo by the Amerindians and Od by the ancient Germans. Like electricity, prana travels along pathways called Nadis in the subtle or light body (Vital-Body) and is present in every cell of our body. Modern scientists are only just beginning to understand the different forms of energy within the microcosm and studies by a German researcher Dr Popp (1984), have demonstrated the presence of Bio-photon energy at a cellular level which seems to be Prana itself.

Dr Popp's study was particularly aimed at showing how a high raw diet which is packed full of life force can change energy emissions at a cellular level thus giving a scientific slant to the saying "You are what you eat". A good supply of Pranic energy from both food and breath is therefore necessary to maintain a healthy life-style. Siddha Roma Rishi in his works recorded that people were living to at least a hundred years of age.

Roma Rishi also observed that people were breathing 21,600 times daily– this is what the third and fourth lines of the verse say. If 21,600 is divided by 24 then again by 60 it gives a respiration of 15 per minute. These centenarians were breathing at a rate of 15 respirations a minute which is very close to the figure of 18 respirations a minute which today is considered a good rate of breathing by modern medical standards.

சித்தர்கள் கண்டயோகம்:

"ஓம் என்ற கெட்ட புத்தி மாணா கேளே!

உலகத்தில் மாணிடர்க்காம் ஆண்டு நூறே:

ஆம் என்றே இருபத்தோர் ஆயிரத்தோடு

அறுநூறு சுவாசமல்லோ ஒரு நாளைக்குப்

போம் என்று போனதனால் நாள்குறைந்து

போச்சு அது போகாவிட்டால் போவதில்லை;

தாமொன்று நினைக்கையிலே தெய்வம் ஒன்று

தான் நினைந்த தன்மைல்லோ விதிகள் தாமே"!

.....ரோம ரிஷி ஞானம் 13ம் செய்யுள்

Ulakathil manidarkkam aandu nurey

Aam entray irubathor aayirathodu

Arunuru suvasamello oru nalaikku

Pom entru ponathinal nal kurainthu

Pochuthu atu pokaviddal povathilai

Tham ontru nenaikkayile theivam ontru

Than ninaintha thanmai allo vithigal thame...

.....Romarishi song of wisdom verse no.....13

If a person breathes at the rate of 15 respirations per minute, his span of life is 100 years. As revealed by Babaji, the direct disciple of Agasthiar, the law of inverse proportion applies to the rate of breathing.

It means: "Greater the rate of breathing smaller the span of life; lesser the rate of breathing greater the span of life", If the rate of breathing is 5 respirations per minute then the span of life should be 300 years. This is how Siddhas lived for hundreds of years. Then in the fifth and sixth lines Sage Roma says:

"If it goes it goes; if it does not go it will not go"

That is to say, if the respiration per minute is 1 then the span of life is 1500 years. If a Yogi attains Samadhi, the breathless state of communion with God he will not die. This is called the state of physical immortality or Soruba-Samadhi in Tamil Siva Yoga Siddhantham.

One must learn to breathe slowly and deeply in order to reduce the rate of breathing from 18 breaths /minute to 15 breaths /minute to live a long and healthy life. To show one should breathe 21,600 times per day, the Siddhar, Thirumoolar advised the construction of the golden kopuram in Chidambaram

Nadarajar Temple (Thillai) with 21,600 tiles. If one breathes 21,600 times per day, the 72,000 major nadis (psychic channels) will be purified. Therefore, 72000 nails were also used in the construction of this kopuram.

On the top of Babaji Yoga Hall, a similar Nadarajar Temple kopuram with 21,600 golden tiles & 72,000 golden nails has also been constructed by "The Saiva Munnetra Sangam", UK, No 2, Salisbury Rd Manor Park London E12 6AB, UK.

Proper breathing (Pranayam) teaches one, how to re-charge the body and to control the mental state by regulating the Prana (life-force). Let us all practice Babaji's Kriya yogam to attain Immortality as said by the great yogi Bharathiar: "யோகத் திருத்திவிடு - அல்லாலென்றன் ஊனைச் சிதைத்துவிடு"

..... Yogi Ram Sunthar of UKBYS (universal kriya Babaji Yoga Sangam)