

Classical Tamil Yoga

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I. NADANAM

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi.[Moola Prakriti, Primal energy] Recite this mantra minimum six times and maximum 21 times.

THIS VAALAI MEDITATION FORMS POSITIVE ENEGY WAVES AROUND YOU.

II. IDANAM

1) Preparatory movements

- a) Rotate only your face left side; then rotate your face to the right side. Then come back to normal/regular position.
- b) Slowly bent your face such that your body and head making L shape. Complete three full and slow breaths. Then by inhaling return to the normal position.
- c) Move your face in left side such that the head and left knee in a straight line position. Slowly keep moving down till your fore head touches your left knee. Breathe slowly, gently three times and then come back the normal position. Now repeat this movement in the right side and to the central side.

Perform this as many times as you desire. This practice makes you to forget everything. While performing you must experience enjoyment and not pain. Osho used to tell time and again that meditation is SITTING FORGETTING. My friend modified this that meditation is SITTING FOR GETTING. I interpret that meditation is SITTING FOR GETTING Samadhi state. Yes, this practice will make you to experience and enjoy Samadhi state.

2)

Sit comfortably facing the eastern side. Slowly turn your head to the left side such that your eyes and left knee are in a straight line. By exhaling the breath, move your head and body slowly to the downwards. Now stop moving and inhale and then do as mentioned earlier. Repeat this movement until your fore-head touches your left knee. Then five full breaths in and out. Then lift your head and body during inhaling your breath. Now stop. Exhale. Then repeat as stated above. Keep this technique until your body returns to the previous position. Repeat this technique with your right side. Do this yoga for five times

3)

Sit comfortably facing your body to the eastern direction. Keep your hand at the back of your body comfortably. Now lean slightly backward. Now keep moving your left and right legs simultaneously to up and down. Repeat this movement for ten times.

4)

a) Eye lids closed. By completely closing your mouth, inhale slowly. Then without retaining the breath, open your mouth and exhale THROUGH the mouth. Do this breathing technique 5 to 10 times

b) Close and open your eye lids tightly.

5)

a) Sit comfortably. Eye lids closed. Bent down your face by extending the tongue out side. Then go back to the previous position by taking back the tongue inside the mouth. Redo this yoga for five times.

b) Sit comfortably with eye lids closed. Open your mouth widely and then close. Redo this for five times.

6)

a) Keep the eye lids closed. Inhale slowly without reciting any mantra.. Exhale slowly reciting Vaalaipben mantra Imm. Repeat this yoga for FOUR times.

b) Now slowly open the eye lids. The eye lids should be opened only 25%. Now repeat as narrated in a)

- c) Now open the eye lids widely. And repeat the process as mentioned in a)
- d) Then close the eye lids only 25%. Repeat the eye movements as described in a).
- e) Now close the eye lids and repeat the yoga for 15 times.

7) Sit comfortably. Eye lids closed. Place your hands loosely on your thighs. Bend your head slightly such that your head and body lie in an L shape. Now rotate your head to the left side and keep on moving your head until it approaches left thigh. Inhale and exhale for five times. Then slightly move up your head such that your head and spinal cord lie on a straight line. Then bring back your head and body very slowly to the previous position.

Now, bend your head slightly such that your head and body lie in an L shape. Now rotate your head to the right side and keep on moving your head until it approaches right thigh. Inhale and exhale for five times. Then slightly move up your head such that your head and spinal cord lie on a straight line. Then bring back your head and body very slowly to the previous position.

You may repeat this yoga as many times as you may wish.

8) Sit comfortably. Eye lids closed. Keep your hands loosely on your thighs. Gently turn your head to the left side facing the head towards the left knee. Then keep moving your head to the right side and move down and then keep on moving to the left side and then raise your head and body to the previous position in the left side. Your movements must inscribe an equilateral triangle in the space before you.

Gently turn your head to the right side facing the head towards the right knee. Then Keep moving your head to the right side and move down and then keep on moving to the left side and then raise your head and body to the previous position in the right side. Your movements must inscribe an equilateral triangle in the space before you.

You may repeat this yoga as many times as you may wish.

9) Sit comfortably. Eye lids closed. Turn your head to the left side and keep on moving downwards and continue the movement to the right side and then rise your head and body to facing the sky. Then move your body and head to the left side. This movement should inscribe an imaginary square in the space before you.

Sit comfortably. Eye lids closed. Turn your head to the right side and keep on moving downwards and continue the movement to the right side and then rise your head and body to facing the sky. Then move your body and head to the right side. This movement should inscribe an imaginary square in the space before you.

You may repeat this yoga as many times as you may wish.

10) Sit comfortably. Eye lids closed. Turn your head to the left side. Slowly bow the head and make a serpent movement towards the left knee. Five full breathes. Then return back to the previous position slowly.

Turn your head to the right side. Slowly bow the head and make a serpent movement towards the right knee. Five full breathes. Then return back to the previous position slowly.

Slightly bow down your head in your center and make a serpent movement towards the floor.. Five full breathes. Then return back to the previous position slowly.

11) Sit comfortably with eye lids closed. Inscribe number 8 from left to right and then right to left. You may perform this yoga for twice.

12) Sit comfortably with eye lids closed. Inscribe with your head and body imaginary numbers 1 to 0. It is enough to perform this yoga only once.

III. NIDANAM

1)

- a) Keeps your left leg facing the eastern side and the right leg facing the southern side. Raise slowly your left hand above your head. Then move your right hand above your head. The palms must face the earth. Then move down your head, shoulders, stomach and hands simultaneously and touch the left feet with your hands. Five full breaths in and out. Then slowly move upwards and place your hands to the previous position.
- b) Put your right leg facing the eastern side and your left leg facing the northern side. Now slowly raise your right hand above your head and left hand also above your head. The palms must face the earth. Then move down your head, shoulders, stomach and hands simultaneously and touch the right feet with your hands. Five full breaths in and out. Then slowly move upwards and place your hands to the previous position

2)

Stand comfortably facing the eastern direction. Keep you left leg facing the northern side. Let your right leg faces the eastern side. Now lift your left hand to the sky and then fold the hand such that it touches your left shoulder. Then lift your right hand Above your head and fold the hand such that your palm touch your right shoulder

3)

Stand by keeping your left leg facing north and your right leg facing eastern direction. Now raise your left hand above your head and then fold your left hand such that your left palms touch your left shoulder. Repeat this movement with your right hand. Then return to the previous position. Re do this yoga for five times

4)

- a) Stand on the blanket. Eye lid closed. Slowly inhale and exhale thrice or four times.
- b) Slowly open your right eye lid. Then slowly rise up your right hand. The palms should face the earth. Then slowly close down your right eye lid. Then put back your right hand to the previous position
- c) Now slowly open your left side eye lid. Then raise your left hand up facing the palm towards the floor. Gently close your left eye lid and then let your left hand returns to the previous position.

5)

- a) Slowly open your right eye lid. Then gently raise your left hand to the sky. Now close the right eye lid slowly and then put back the left hand to the previous position.
- b) Now slowly open your left side eye lid. Then lift your right hand above your head. Now gently close down your left eye lid and let your right hand returns to the previous position.

6)

Stand comfortably facing the eastern direction. Lift your left hand and right leg simultaneously by inhaling the breath. Then put down your left hand and right leg simultaneously by exhaling the breath. And then lift your right Hand and left leg simultaneously by inhaling the breath. Then put down your right hand and left leg during exhaling the breath. Re does this yoga for five times

7) Stand comfortably. Eye lids closed while moving back your head and come back to the normal position by exhaling during. Repeat these three or four times.

8) Stand comfortably. Eye lids closed. Inhale and lift your left leg simultaneously. Then exhale and put down your left leg simultaneously. Inhale and lift your right leg simultaneously. Then exhale and put down your right leg simultaneously. Do this yoga four times.

9) Stand comfortably. Eye lids opened. Inhale and raise your hands up above your head simultaneously. And exhale and release your hands to the previous position simultaneously. Do these three or four times.

10) Stand comfortably. Eye lids opened. Breathe in and sit down while exhaling the breath through the mouth. Then inhale and raise your body to the previous position simultaneously. Do this yoga twice.

11)

Stand comfortably. Eye lids opened. Raise your left hand and close your left eye tightly with your left palms. Then lift your left hand by inhaling and release both your left hand and left leg simultaneously. Raise your right hand and close your right eye tightly with your right palms. Then lift your right hand by inhaling and release both your right hand and right leg simultaneously.

12)

Stand comfortably. Eye lids opened. By lifting left leg utter the word Haaa. By releasing the left leg to the floor utter the word Hooo. By lifting right leg utter the word Hooo. By releasing the right leg to the floor utter the word Haaa.

IV. ODANAM

1)

Stand comfortably facing the eastern side. Move a step forward with your left leg and then make a movement with your right leg and keep your right leg touching your left foot. Then again move a step forward with your left leg and then make a movement with your right leg and keep your right leg touching your left foot. Continue this leg asana for five times.

2)

Stand facing the eastern direction. Move your left leg to the northern side and then move your right leg touching your left leg. Then repeat this movement for five times. Lastly, move your right leg to the southern side and then move your left leg touching your right leg. Then repeat this movement for five times.

3)

Stand facing eastern direction comfortably. Lift your left leg and turn it 45% to the left side and place down on the earth. Repeat this with your right leg. Keep moving forward by doing this movement continuously for five times. Now turn facing your body to the western side. Lift your right leg and turn it 45% to the left side and place down on the earth. Repeat this movement with your left leg. Keep moving forward continuously by repeating this movement for five times.

4)

Raise your left leg by inhaling and put down your left leg by exhaling. Then start this movement with the right leg. By doing this yoga, march forward. Do this yoga for five times.

5)

a) Move your left leg to the left side. Then move your right leg to the left leg. Repeat this yoga for ten times.

b) Move your right leg to the right side. Then move your left leg to the right leg. Repeat this yoga for ten times.

6)

Stand comfortably facing the eastern direction. Lift your left leg as above as possible and then move forward. Then repeat this with the right leg. Do this yoga for ten times.

7)

Stand comfortably facing the eastern direction. Eye lids opened. Put forward your left leg by moving your left hand in front of you and parallel to the earth by loudly uttering Haaa. Then immediately, put forward your right leg by moving your right hand in front of you and parallel to the earth by loudly uttering the word Hooo. Repeat this walk five times. Then turn your body to the western direction. Put forward your right leg by moving your right hand in front of you and parallel to the earth by loudly uttering Hooo. Then immediately, put forward your left leg by moving your right hand in front of you and parallel to the earth by loudly uttering the word Haaa. Repeat this walk five times. Utter the words Haaa and Hooo loudly.

8)

Stand comfortably facing the eastern direction. Eye lids opened. Move forward your left leg and your left hand by uttering the word Haaa. Then move forward your right leg and right hand by uttering the word Hooo. Then sit down on your heels by exhaling. Then stand up by inhaling. Then continue this walk for another four times. Then turn your body to the western side.

Move forward your right leg and your right hand by uttering the word Hooo. Then move forward your left leg and left hand by uttering the word Haaa. Then sit down on your heels by exhaling. Then stand up by inhaling. Then continue this walk for another four times.

9)

Stand comfortably facing the eastern direction. Eye lids opened. Inhale , lift your hands above your head and utter the word Haaa loudly. Exhale, put your hands to the previous position and utter the word Hooo simultaneously. Do this yoga for five times.

10)

Stand comfortably facing the eastern direction. Eye lids opened. Walk and inscribe an imaginary eight [8] by uttering loudly the word Haaa. Then walk

by uttering the word Hooo loudly and inscribe an another imaginary eight
[8]

11)

Stand comfortably facing the eastern direction. Eye lids opened. Bow down your head such that your head and boy make an L shape. Put your hands down before your knees. Then move forward by uttering the word Haaa Hooo. Do this yoga for five times. Then turn your body to the western side. . Eye lids opened. Bow down your head such that your head and boy make an L shape. Put your hands down before your knees. Then move forward by uttering the word Haaa Hooo. Do this yoga for five times

12)

Stand comfortably facing the eastern direction. Eye lids opened. Move forward by rising your hands above your head and clapping your hands uttering the word Haaa Hooo Do this walk for another four times. Then turn your body to the western side. Eye lids opened. Move forward by rising your hands above your head and clapping your hands uttering the word Hooo Haaa Do this walk for another four times.

V.BADANAM

1)

Move your body, head and hands towards earth and then sit comfortably. Then keep you right hand at your right side and lay down slowly. Join your legs and let them face the sky. Now fold your hands and move your body to the left and right sides continuously for five times.

2)

Move your body, head and hands towards earth and then sit comfortably. Then keep you right hand at your right side and lay down slowly. Now erect your legs such that your knees face the sky. Now place your right leg on the left leg. Keep moving left and right for five times. And now release your legs. Now erect your right leg such that the leg faces the sky. Place your left leg on your right leg and keep moving left and right for five times

3)

Move your body, head and hands towards earth and then sit comfortably. Then keep your right hand at your right side and lay down slowly. Now keep your legs to move front and back alternatively. Do this for five times. Then bring both of your legs to touch each other and then remove moving outwards. Redo this movement for five times.

4)

Lay left side. Stretch your right legs to and fro. Repeat this for five times. Now lay on the right side and stretch your left legs to and from for five times. Then lay facing the sky.

5)

Lay down comfortably. Keep your fingers in Adi Mudra. Facing the sky, let your fingers move up and come down for ten times. Then slowly lift your buttocks up and down very slowly. Practice this movement for five times.

6)

Lay comfortably. Lift your buttocks and keep it to the left side. Then keep it and place down at the right side. Repeat this movement for five times.

7)

Lay comfortably. Eye lids opened. Rise your hands upwards by uttering the word Haaa. Then release your hands by uttering the word Hooo. Do this yoga for five times. Then rise your hands upwards by uttering the word Hooo. Then release your hands by uttering the word Haaa. Do this yoga for five times.

8) Lay comfortably. Eye lids opened. Fold your legs facing the sky by uttering the word Haaa. Then release your legs by uttering the word Hooo. Repeat this yoga for five times.

9)

Lay comfortably. Eye lids opened. Lift your legs by uttering the word Haaa and release down your legs by uttering the word Hooo. Do this for five times. Then lift your legs by uttering the word Hooo and release down your legs by uttering the word Haaa. Do this for five times.

10)

Lay comfortably on left side. Eye lids opened. Move to and fro your right leg uttering the words Haaa Hooo. Lay comfortably on left side. Eye lids opened. Move to and fro your left leg uttering the words Hooo Haaa.

11)

Lay comfortably facing the body to the sky. Eye lids opened. Open your mouth by uttering the word Haaa and close your mouth by uttering the word Hooo. Do this yoga for five times. Then, Open your mouth by uttering the word Hooo and close your mouth by uttering the word Haaa. Do this yoga for five times.

12)

Lay comfortably facing the body to the sky. Eye lids closed. While inhaling utter the word Haaa and while exhaling utter the word Hooo silently. Do this yoga for five times. Then , While inhaling utter the word Hooo and while exhaling utter the word Haaa silently. Do this yoga for five times.

VI.BIDANAM

1

1a) Close and open your eye lids very very slowly for five times.

1b) Then close your eye lids and begin to meditate.

1) During meditation recite the following five mantras slowly:

- i. Salutations to the earth. [Five times]
- ii. Salutations to the water. [Five times]
- iii. Salutations to the fire. [Five times]
- iv. Salutations to the air. [Five times]

v. Salutations to the space. [Five times]

2

2a) Sit comfortably facing the eastern direction. Slowly close and open your eye lids one by one. i.e when you close your left eye lid, your right eye lid must open. Repeat this eye breath for five times.

2) Eye lids closed. Meditate by reciting the following each mantra five times one by one.

- i) Oh, Sun salutations ii) Oh Moon salutations iii) Oh Mars salutations
- iv) Oh Mercury salutations v) Oh Jupiter salutations vi) Oh Venus salutations vii) Oh Saturn salutations viii) Oh Rahu salutations ix) Oh Kethu salutations

3)

3a) breathe in while opening your eye lids and breathe out during closing your eye lids. Repeat this eye breathing for ten times.) Sit eye lid closed. Open your mouth widely and push your inside air strongly.

3) Then meditate. Whenever you experience any difficulty, Open your mouth widely and push your inside air strongly. And then go on meditating focusing your thoughts at the center of the fore-head between the eye brows.

4)

- a) Sit comfortably. Eye lids closed. Keep fingers in Adi Mudra and place the hands in the respective thighs.
- b) Raise the right hand and close the right nostril by the right thumb finger and inhale. Pause for a second and exhale through the left nostril. Do this for seven times.
- c) Keep again the right fingers in Adi Mudra for a second. Then close the left nostril by the right hand second finger and inhale. Pause a second and exhale through the right nostril. Do this for seven times
- d) Keep the fingers in Adi Mudra and place the hand on the respective thighs.

- e) Inhale and exhale through the left and right nostrils simultaneously fastly and deeply for seven times.
- f) Put the hands respectively on the thighs and pause for a second or two.

g) Close the right nostril by right hand thumb finger and inhale through the left nostril. Now remove the right hand finger and close the left nostril by the left hand thumb finger and exhale through the right nostril.

h) Repeat this for seven times.

This breathing purifies and activates all the cells and nervous, heart, lungs, and all, other parts especially the brain cell of the body.

- 4) Sit in artha *padmasana i. e right thigh and legs on the left thigh*..Close the right palm of the right foot by left hand and left palm of the left foot by right hand. This is called foot Mudra. Breathe too slowly. While inhaling recite the mantra Sooooooooooooo and during exhalation recite the second part of the mantra hummmmmmmmm. This is called So-Hum meditation proposed by the Tamil seers nearly 30000 years ago. Ten minutes of practice will put you in perfect Samadhi.

5)

5a) Open your mouth while breathing in and close your mouth during breathing out. Do this for ten times.

- 5) Slightly bend your face. Inhale and contract the anus and stomach as long as you can do. Then come back to the previous position. Then slowly exhaled the inhaled breath through your mouth. Then sit in meditation as long as you can perform.

6)

6a) Inhale part by part very slowly and exhale part by part too slowly.
Do this yoga for five times.

6) Inhale by reciting silently Om and exhale by reciting/chanting Imm.
Meditate thus for five minutes.

7)

7a)

Sit comfortably on the floor. Press the left ear with the left thumb finger and press the right ear with the right thumb finger. Then with the help of the remaining four fingers press the left and right eyes with left and right fingers respectively.

7) Sit comfortably eyes closed. Slowly inhale by reciting humsum.
Then exhale by reciting Humsum. Do this for five minutes.

8)

8a) Sit as gentle as possible. Keep your body normally and loosely. Avoid all the tightness. Slowly open your eye lids by thinking OH MY BIRTH STAR. And too slowly close your eye lids by thinking BLESS ME. Repeat this yoga for ten times.

8) Sit comfortably and eyes closed. Breathe in and out too slowly.
Recite Hari Ohm.

9)

9a) Slowly raise your hand above your head by inhaling and put your hands to the previous position by exhaling. Repeat this for five times.

9b) Close your eye lids and meditate. While inhaling recite Hara Hara and during exhalation recite Hari Hari. Meditate thus for five minutes.

10)

10a) Eye lids closed. Inhale and exhale by folding your lips 80%. While exhaling a sound like uuuuuuuuuuuu should be heard. Do this for ten times.

10b) Eyes closed and meditate. While inhaling recite Arohara. While exhaling recite imm. Do this for five minutes.

11)

11a) Sit comfortably. Eye lids closed Bent down your body bay uttering Aaaaaaaa. Raise your body and head by loudly pronou8ncing Uooooooooooooooooo. Repeat this for seven times.

Then meditate for five minutes by reciting any one of the mantras:
a) Namasivaya b) Masivayana c) Sivayanama d) Vayanamasi and
F) yanamasiuva

12

12a) Sit comfortably. Bent down your body bay uttering Uooooooooooooooooo Raise your body and head by loudly pronouncing Aaaaaaaa. Repeat this for seven times.

12

Sit comfortably. Eye lids closed. Meditate uttering silently Aaaaaaaa Uooooooooo while inhaling and Uooooooooo Aaaaaaaa while exhaling. Do this meditation for five minutes.

VII. UDANAM

1) To 12) To be continued