

# **UYIRE KADAVUL**

**(Towards Self-realisation)**

**GNANA GURU  
VENUGOPALA SWAMIGAL**



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## **PREFACE**

This book “Uyire Kadavul” was written by our Gnana Guru Venugopala Swamigal in Tamil language and was translated into English by Shri. Dr. T.M.J. Indiramohan, Professor, Chennai and Smt. Dr. K.Thamizharasi, Associate Professor, Salem.

The translated manuscript was computerized by Shri P. Muthuramalingam and Shri R. Thanumalayan, Coimbatore. Smt. Dhanalakshmi Kandasamy, Coimbatore deserves a special mention for being a catalyst in the fruition of this work.

Further, all efforts have been made to release this book by Shri M. Krishnan, Puthiya Bhoomi, Easwaraya Gurudhevar Thapovanam, Punjai Puliampatti.

We thank the above mentioned people for their sincere efforts and wish them and the readers of this book to gain spiritual enlightenment. Let them also get luminosity through the kind blessings and grace of our Gurudhevar and Gnana Guru.

**Administrators,  
Mamaharishi Easwaraya Gurudhevar  
Tapovanam Trust.**





**Gnana Guru  
Venugopala Swamigal**



Ohm  
Ohm Easwara Gurudheva

## **Gnana Guru's Benevolent Address**

With great love for humanity, I want to share, whatever my Master\* taught me in the form of visions and sensations and everything that I could perceive and experience through meditation, I started writing this book “UYIRE KADAVUL”, for the benefit and empowerment of world community through this meditation.

In today's scientific world, with the knowledge of science, the scientists wish to make people lead a healthy and happy life. By launching rockets in the firmament and blasting atom bombs on the Earth, they not only pollute the atmosphere but also spread atomic radiations by using atomic energy to operate machines, by spraying pesticides and insecticides in the air that we breathe, and make it poisonous.

Though man intends to follow the path preached by the Gnanis\* by doing good deeds and leading good life with the thought of attaining birthless state of luminosity, the toxic substances spread by the scientists are inhaled by the people and get mixed with the good cells, which

**\* Master – Easwaraya Gurudhevar,  
Gnana Guru Venugopalasamy's Guru**

**\* Gnanis – Men of mystical wisdom**

are responsible for creating goodness in them and spoil their goodness too. Even though man speaks with all good intentions and fine qualities, there is a pinch of salt in the expressions just like a nagging pain caused due to the sting of some poisonous insect. In the same way, unknowingly emotions like anger, jealousy, hatred and sorrow spring from one's mind. Apart from this, these feelings create suicidal impulse in one's mind right from the common man to the scientist.

The venom mixed in the air despoils even the souls that have departed from the body, disqualifies them to be born as human kind in the next birth and makes them born as venomous creatures.

“I wish you (people), who live in such a world of science to follow the path shown by saints through meditation and enhance your powers and receive the benign spiritual light from the “Saptharishi Mandalam”. Through your breath you can destroy the ills or the poisons accumulated in your body and live as real human beings, elevate your souls to attain divine status of light, and reach “Saptharishi Mandalam” and remain there blessed as just sixteen forever and attain immortal luminosity.”

Based on the true knowledge I received from the preachings of Gurudhevar, in the form of visions and sensations, and the higher truth I learnt from my experiences through meditation, I have been wishing and preaching that even simple folk in family life from children to adults can obtain spiritual powers through meditation and remove sufferings in their life through “Soul Cleansing” and make their soul attain luminous status. Listening to this, Mr. K.P. Krishnaraj from Chidambaram out of great desire to make the common public learn and practice





this in their daily life for a healthy and wealthy life wanted to publish my spiritual discourses in the form of a book and has been requesting me incessantly, so I wrote this book.

My blessings are showered on Mr. K.P. Krishnaraj for all his efforts in bringing out this book. Let him receive the blessings of the readers, who will gain spiritual enlightenment after reading this book. Let him also get celestial light and spiritual empowerment through the kind blessings and grace of our Gurudhevar and the great sages.

I wish Mr. S. Rudhramurthy, Chennai, the blessings and grace of Gurudhevar, the great saints, and my blessings too for his co-operation, proof reading and editing day and night and his speedy efforts to publish the book for the benefit of people.

I bless Mr. R. Palanisamy, Thambaram that he obtains celestial light and spiritual enlightenment through the loving grace of Gurudhevar and the great sages for having converted my script into the manuscript.

My blessings are due to Mr. M. Krishnan, B.A., for his unstinted co-operation by way of his visit every day, while I was writing this book. Through the grace of Gurudhevar, let him receive the benign light of the great sages and spiritual empowerment.

Obtain  **Good Health!**  
**Prosperity!**  
**Luminous Grace of the Maharishis!**

**VENUGOPALASAMY**

**Mamaharishi Easwaraya Gurudhevar Thapovanam,**  
**Punjai Puliampatti.**



Ohm

## **“Uyire Kadavul” (Explanation)**

### **Adhisakthi and Parabrahmam**

In the primitive stages, energy in the form of vapour was “Adhisakthi”. Such energy became clouds, clouds became dust, and dust became magnetic micro atoms. The magnetic micro atoms gathered energies of different attributes with themselves and transformed into various attributes of sensations and when mixed with each other became water. Water became vapour and such mixtures gave away hot magnetic micro atoms. All these mixed together and got the power of absorbing acidifying atoms, magnetic atoms, waves of sense perceptions, which were formed and found in the form of invisible atoms and waves in the cosmos with powers of disintegration, attraction and integration which took a shape in Cosmos as micro atoms of various energetic attributes. The incidents pertaining to the various formation, disintegration, mixing with each other, becoming a new force, and cultivating energy of atoms are classified as “Parabrahmam”.

**Note :** The magnetic circle of the Sun is one “Prabancham”. Within the magnetic circle of the Sun, the planets, stars and moon form a solar family.



The function of various energies mixing together to form a separate matter is “Brahmam”. The matter formed was “Sivam”. The energy which helps, “Sivam” to move and rotate in the Cosmos due to its heaviness is “Sakthi”. Thus when the matter is rotating as “Sivasakthi”, it gets heated and also heat the energetic atoms in the matter and such energy causing the matter to function is “GOD” (Kadavul).

Getting the shape of one small matter in the Cosmos, the matter revolving and functioning as “Sivasakthi”, absorbs various energies and attributes, magnetic atoms, atoms of sense perception, acidifying atoms, dust and dust particles and grows.

As stated above, growing for crores and crores of years it became planet, then star and then ultimately as “SUN” in its full development.

The Sun emits extra ordinary radioactive energy, solar energy, atoms with substances of various metals, magnetic atoms, dust and poisonous dust particles in Cosmos with the force of a tempest.

Out of the matter emitted by the Sun in the Cosmos, various planets and stars were formed. The planets formed began to revolve around the Sun within its magnetic circle while living and growing within the Sun’s solar circle.

The Sun brightens the planets, the moon, stars and the life atoms with its energy. As detailed above, the Sun acting as the life-atom of one and all of its formation is called “Sarveswara” and the energy while functioning is called “Sarveswari” by the “Maharishis” (the great sages).

The Earth while revolving around the Sun in the Cosmos attracts atoms floating in the air and substances

of various energies towards itself, growing by itself and the plants in its fold. The plants spread over the Earth the energy substances developed by them. Similarly substances of all matter that came to be grown in this Earth are spreading their energy in this Earth. The heat waves and various energies that got attracted from “Prabancham” remain spread over the Earth.

The life atoms attracted by the Earth from the Cosmos, absorb energy from the plants and various other energetic substances, get shaped in a body and continue to live and grow in the shape of a germ, worm, insect, bird, animal and ultimately man.

Maharishis called the Earth as “Parameswara” as its shape is distinct and within bounds in the Cosmos and the energy or force behind the movement of all matter in this Earth as “Parameswari”.

All energetic power and substances mingled with the air of the Earth constitute the soul of this Earth. **The Earth within a boundary is “Param”, the spirit or life-atom in a body is “Athma” and the Athma of Param is “Paramathma”.**

All the matter, materials, plants and living beings absorb energy only from Paramathma for their life and

*Note :* The micro atom is capable of growing into a life-atom, throbbing with life from a micro atom grown in the Sun, stars, the energetic substances from other planets, when they accidentally collide with each other. As the throbbing continues to remain in an atom, there is heat in the atom always. By circumstance if the life-atom falls on a plant, the life atom absorbs the essence of the same plant and the heat generated by the throbbing in the atom, activates the atoms in the substance of the plant to grow and become a worm.



growth. Similarly living beings when they die, their souls mingle with Paramathma. The substances of plants also mingle with Paramathma.

The extraordinary energy grown by the Sun, planets and stars which remain spread over the Cosmos, the micro atom from the Sun which is capable of growing into a life atom, the radio-active atoms of the stars “Karthigai and Revathi”, the energetic substances from the planets “Jupiter” and “Mars”, when they collide with one another, an atom throbbing with life is generated.

As stated above, the heat generated by the throbbing in atoms, activates the heat energy hidden in the worm and causes the growth and living of the worm and such heat energy in the life atom is “GOD”.

The food taken and energy absorbed while breathing grow in the body of a worm as micro atoms. Such micro atoms form the life atom of the worm and become its soul. After the death of the worm, the soul of the worm gets mingled in the “Paramathma”.

The soul of the worm already mingled in the Paramathma takes rebirth as insect. Thus the growth through various stages of worm, insect, bird, animal and finally man is in accordance with the intake of food and attributes at different bodies and various energies absorbed from the environment. Uyir (life-atom) which is responsible for the development of the process through various stages is called “Kadavul” (God). Therefore,

**“Uyire Kadavul”**

**“Thoughts conceived are - Iraivan”.**

**“Actions resulting from sensations are - Deities”**

Ohm Easwara Gurudheva

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Ohm  
Ohm Easwara Gurudheva

## **1 My Life and Meeting the Saint**

To introduce myself, I was born and brought up in an ordinary family at Palani, the heavenly abode where Saint Bhoga Mamaharishi, in the form of Lord Muruga, bestows his blessings and grace to the devotees.

My education was only up to fourth standard. Then I was employed in a spinning mill and I was also engaged myself in a small business viz. a cycle shop and a fire wood depot. I was earning sufficient money to lead my family life. One day, I found a man who looked like a lunatic. He used to wander around Palani. We met quite often. He used to offer me a cup of tea whenever we met. If I refused to accept it, he would abuse me in filthy language. He would often pull my shirt and drag me to his side and compel me to drink the tea.

I was embarrassed by his behaviour and chose different routes to reach my shop. But he always outwitted me and caught me enroute.

Sometimes, during my return from the factory he would suddenly appear near Shanmuga Nadhi (a holy river at Palani) and start speaking about something beyond my comprehension in a language that I did not know. This is how a sort of contact developed between us.

At times he would offer me a silver like ball and would say something which was only partly understandable. But I refused to accept the silver ball presuming that it was a part of his black magic and witch-craft. I was also terribly scared whether I would be reduced to his pathetic position if I kept the silver ball with me. From then onwards I tried to avoid him by taking different routes to reach my house, but I would be caught at the turn of the road itself and he would shout calling me “Thief! Thief!” This act of him rather put me in a state of embarrassment and forced me not to avoid him.

In the meantime, my business affairs made me go to Ahmedabad and I spent two years doing business there. To my great surprise, one day the same man that lunatic appeared before me. Even there, he used to compel me to have a cup of tea with him and I knew that he would abuse me nonetheless, if I refused. But I was watchful that nothing harmful was mixed or dropped in the cup of tea. So I refused to accept anything from him fearing that it would harm me. I was also scared to ask him, how he found out my living quarters in Ahmedabad, since he would abuse me in an unintelligible language. In this manner, I had contact with him for many years.

I was blessed with two sons and three daughters. My eldest daughter got married and my youngest son was about a year and a half old. My wife was totally indisposed. She lost her consciousness and was unable to move. She was taken to a nearest hospital, where the doctors suggested surgery, but unfortunately they could not perform it due to her bad health condition.

They prescribed some medicines to get her fit for the surgery, but her condition became worse. My wife was,



therefore, discharged from the hospital. She was brought home. She was in such a bad state that we expected her to breathe her last in a day or two. On the day when she was brought back home, my father-in-law, unable to bear the suffering of his only daughter, passed away.

The next day I was floundering to arrange for the obsequies of my father-in-law. When I went out on the street, I saw the lunatic and he compelled me to follow him to the tea shop to have a cup of tea with him. I refused his offer. Immediately he started shouting at me and I felt embarrassed as my relatives were with me then. Exasperated, I pushed him aside. He started beating me and tore my shirt saying he would not leave me that day even if I refused. People assembled there, persuaded me to go with him. I went with him, thinking that I could come back after leaving him at a distance.

He forcibly dragged me to the Tank\* of Periya Nayakiamman Temple at Palani. I said that I had to go to my house to attend to my work there, but he did not listen to me. There was no water in the tank and we reached the middle of the tank. I didn't understand what was happening. He stood there silently for some time. No one was there except ourselves.

He began to speak fluently in Tamil. He started narrating my past life and particular incidents in my life including my wife's health condition, her admission to the hospital and the opinion of the doctors that God alone would be able to cure her. Laughing loudly, then he told

**TANK :** It is a holy tank or pond (Theppakulam) attached to every big temple in South India, the water of which is considered holy and having a dip in it is a part of the worship in the temple.

me that God has saved your wife. Then he took me to a nearby shop, brought some lemons and “Vibhudhi”\*, gave them to me with instructions to apply the “Vibhudhi” on my wife’s body and to extract juice from the lemon and give it to her.

## **2 Not a Lunatic but a Saint**

I returned home wondering whether the lunatic might be a saint. I applied the “Vibhudhi” on my wife’s body and also made her to drink the juice of lemon. Next day she could move her toes. Later on, she became fully conscious and said that she was feeling hungry. This made me and my children very happy. I felt elated and restless to convey my wife’s recovery and our happiness to the saint whom I mistook for a lunatic so long. I could not find him anywhere. For a whole month I searched for him everywhere around Palani, but in vain. By this time my wife was completely cured. She was able to sit and move and attend to her daily chores.

One day, while I was standing at the corner of the bazaar street with an intense longing to meet the saint and convey the good news to him, I felt someone touching me and enquiring “Did you search for me?”. I turned back immediately. It was a pleasant shock for me and I was surprised to see the saint, for whom I had been searching a whole month, standing there.

*Vibhudhi* : “Vibhudhi” is offered to the people as a token of God’s blessing at Temples of Shaivite Cult in South India. The ash symbolizes that man will become ash one day after death. The ash or Vibhudhi is applied on the fore head with piety.



I was astonished, when he demanded a cup of tea from me, because in the past it was only he, who offered it to me. I bought tea and gave it to him. He asked me to provide tea for all those who were passing through the street. The tea shop-keeper who was witnessing the incident called the saint a “Scheming lunatic”. Immediately the saint became wild and pelted stones and damaged all the utensils in the tea shop. When the shopkeeper tried to attack the saint, I intervened and assured him that I would compensate his loss. Accordingly I settled the amount due to him.

### 3 The Teaching Begins

We both went to Periyamayaki Amman Temple Tank. The Saint sat there keeping silent for a while. Then he asked me “Do you trust me?” I replied “Yes, I trust you”. He enquired “Will you do as I direct you?”. I said, “I Will”. “You will not change your stand, Will you?”, He asked. I said “I will not”. “In that case follow me”, He said and took me to Venugopala Vinayaka Temple\*. Even though I had resided at Palani, I had not seen that little temple nor had I seen anywhere any other temple of Vinayaka of that name.

After revealing the significance of the Vinayaka Idol, he took me to Periyamayaki Amman Temple and explained

***Venugopala Vinayaka*** : Venugopala is one of the many names of Lord Krishna, who is an Avatar (Man by Birth) of Vishnu, the God Almighty of Vaishnava Cult. Vinayaka is god with elephant head, who belongs to Saiva Cult. Though Vaishnava Cult and Saiva Cult are parts of Hindu Religion, they are just opposed to each other in their means to attain the abode of God.

the connection between the Earth and Lord Dakshinamoorthy. He also explained the significance of every installation in that temple. He stood near the “Dhooba Kambam” (the Sacred Flag Post in front of the Sanctum Sanctorium) and explained to me the objective of its placement. He then took me to Bairava temple and Mariamman temple. He explained the significance of these temples and the idols placed therein.

That day at noon he bought me a packet of curd rice and asked me to eat it. He took me again and showed me evil deities and explained their good and bad aspects. It was 6:00 p.m., when our sojourn to various places and explanations came to an end, thus. He purchased seven laddus (sweet) for my children and then allowed me to go home.

Next morning, he came to my street and tapped the electric post with a stone shouting continuously “Telungu Rajyam!\* Come here”. I did not mind it because it was his usual practice to tap on the lamp post counting numbers and blabbering unintelligibly. When I came out of my house accidentally he shouted angrily at me saying “Hey Telungu Rajyam”. Then only I realized that he behaved like this only to call me. From then onwards he called me “Telungu Rajyam”, whenever he was angry, otherwise he used to call me by name.

Later he took me to Palani hills and spoke about the nature of that hill. Thereafter we went down to the Kodaikanal hills. There we sat under a tree and talked for a while. As I was talking in Tamil, he started speaking in a

*Telungu Rajyam* : The Nickname given to the author by his Guru, the saint.





different language, which I did not understand at all. He enquired in Tamil, whether I understood whatever he had spoken. I replied that I could not understand anything. He continued to speak in the same language, which I did not comprehend. After a while, the meaning of his speech automatically got decoded in my mind. Thus I started understanding his jargon.

Afterwards, he explained to me in Tamil the real facts about Mamaharishi Bogar, the materials used by Bogar to cast the idol of Lord Muruga and the reason for making the statue. Suddenly he asked, “Are you feeling hungry?” I said “yes”. Immediately he went into the forest and brought some herbal leaves. He asked me to eat them. I ate the leaves and drank some water. What a surprise! my hunger disappeared. I felt energetic.

Again he explained to me many important details connecting the Sun, Lord Palani Murugan’s\* idol and the devotees who worship Muruga. He depicted all these facts and the objective behind Bogar’s creation of the idol of Lord Muruga either as visions or emotional perceptions. Later he spoke connecting the people, the idol of Lord Murugan and Maharishi Bogar.

I understood how the real philosophy of Maharishi Bogar got concealed and was denied to the people. That evening he took me into the forest and asked me to smell several plants. I did not understand why he asked me to smell these leaves. I was afraid to ask him the reasons. But that night, while sleeping, I experienced inestimable happiness and bliss.

Next morning as usual he tapped on the lamp post. By hearing the sound, I came out of my house and saw that saint standing near the lamp post. As we walked crossing many streets, he pointed at some of the houses and asked me to notice them. Later we both went to the Shanmuga Nadhi and sat under a tree. He listed out the names of persons of the houses, which he had pointed out on our way. He said that they had approached him to learn the healing power from him by hook or crook. Some of them promised to provide him with accommodation containing all facilities for his permanent stay, if he taught them the method of his healing power.

The saint also told that when he treated a serious sick patient, the inmates of the house gave him warm welcome and extended hospitality to him. Once the patient was cured of the disease the same people ignored him. If he happened to visit the house next time, they would call him a lunatic and shut the door to avoid him. The saint pointed out that this is common human nature.

### **Mystic Experience**

In the place where we were conversing there was an anthill behind us. First I did not notice it. As I was sitting there for a long time my legs had become numb. While I was trying to stretch my legs, they touched the anthill. Several Ants started biting my legs. As I tried to wipe off, a few ants got crushed. Noticing this, the saint explained to me how the life-atoms of the ants immediately after the death got blended in my system through my breathing. He added further, “The ants became angry, while being removed by you and began to bite you and subsequently you became angry because of pain and crushed them.



Thus the feeling of the ants and yourself being in a parallel state of anger, the life energy of the ant enters your body, as you are alive. This in turn gets into your blood and ultimately your semen.

Your semen contains your life energy. The life energy of ants contains their own energetic atoms. The life atoms of the ants grow with that of your life energy in the semen and attain the state of taking birth as your children. He made me realize this by making me sit on the ant hill and visualize the aforesaid process taking place within me.

Similarly he made me understand various other incidents by way of vision and feeling. I was made to witness other surprising events as well. Then he decided to go home saying “It’s late now”; “Your wife may be scolding”. On our way towards home, he warned me: “Already I am acting like a lunatic. If you reveal either what you have learnt or what you will learn hereafter from me, people will pelt stones on you and brand you too as a lunatic”.

He also added “I will come and call you at 12 O’clock tomorrow night. You must come soon”. So saying he left me. I reached my home straight away. He went in a different direction. On the way, friends who had seen me going with my Master (The Saint) advised me that I should concentrate on my work and attend to my business. They also remarked that I was not at all concerned over my father-in-law’s demise. I told them that I had applied for leave. When I reached home my mother-in-law began to lament over the past events.

## 4 Accepting him as my Spiritual Master (Guru)

The following night he tapped on the electric post with a stone. I came out of my house. He took me to Vaiyapuri Tank, which was dry. The tank had a well in it. I knew that many people had fallen and died in that well. I had also heard that many people, who passed by that tank during night time had died out of fear. My master asked me to drop a big stone into that well and he stood a little away from me. Fear seized me and I stood stunned at his words. He reminded me of my promise to obey his orders, whatever they might be. Somehow I managed to lift the stone. As I started walking with the stone, I began to shiver and stood perplexed. I saw a white figure in front of me. I was taken aback. The stone fell down from my hand. Master was standing behind me. It appeared as though the phantom and my Master were struggling with each other. He shouted in a low voice “Save me”. I went near him. He asked me to warn the apparition by telling, “I will kill you”. Immediately on my saying so, the white apparition vanished.

Master laughed and asked me how I, who had been afraid to drop the stone into the well at first, was able to drive away that ghost. We left that place and were walking beside the tank. Then we heard a girl’s screaming. Master asked me to listen to it carefully and began explaining the reasons for it. He told that it was from the girl’s soul, which was circulating at the same spot, where her blood was spilled, when she committed suicide long ago.



## 5 State of the Soul that had committed Suicide

The girl's emotive waves piled up and took the shape of an apparition. Master made me behold how the sound waves of her screaming reached me and how I heard them. He also showed me how the soul of beings, who had committed suicide, consisted of under developed tiny cells\*. They were like a swarm of bees.

He also showed me that a departed soul, which was fully grown and had lived for sixty years or above had a natural death consisted of well-developed cells. Such a soul is fit to be reborn as a human being.

If some women are depressed in life because of family problem and are overpowered by fear, the departed souls of likeminded people enter into their body and get mixed in the blood stream and reach the ovum in the form of tiny (immature) cells with suicidal impulse. When such women conceive, they will either have abortion or miscarriage. Often they will suffer from suicidal tendencies and maintain poor health. Such souls are unfit to be reborn as human beings. My Master made me understand these things clearly.

## 6 Consequences of Curse

Even though the parents undergo hardships by taking up several jobs to earn wealth, they want their children to lead prosperous lives with the wealth earned by them. With

*Tiny Cells : Invisible minute particles inside the cells*

a view to ensure a bright future for their children they take all troubles to provide them with all comforts and amenities. They pray to God to bless their children with a rosy future. These parents instead of bringing up their children with good practices like obedience to parents, developing positive thoughts and good healthy emotional perceptions, pray and 'pay' to God with an unflinching faith that the Almighty will take care of everything. But the children are influenced by the peers with whom they move. They are exposed to fear under certain circumstances. While they are in such circumstances they inhale air laden with evil or negative sensory waves. These affect their good qualities and they start indulging in evil ways. They do not pay heed to the advice of their parents. They even defy their parents. The grief stricken parents pray to God and curse their children for their rude and bad behaviour.

The souls of such parents or people, who curse others are thus unconsciously affected by painful feelings. Even if they die a natural death at a ripe age, these souls will not attain human form in the next birth. My master explained and showed me the following about the deficient soul: how the disintegrated soul, if attracted by another person suffering with a similar feeling of mental agony affects the other person also and leads him to death. Owing to the curse of the parents, the children also lead a miserable life, losing all the wealth amassed by their parents.

## **7 Showing Saptharishi Mandalam**

My Master told me, "There are many religions in the world. People belonging to these different religions worship



God and lead their lives according to their religious injunctions and principles. All these people believe that the God whom they worship will protect them and fulfil their desires to lead a good life. But I have shown you how people without their knowledge are affected by the outside evil forces due to circumstances, which are beyond their control. You are one among them. How are you going to safeguard yourself against this?"

With this question he stopped his speech. After sometime he asked me to look at the sky. He showed me the light waves emitted by the stars and taught me their nature. Small bright dots in various colours were circulating in the gravitational pull of the "Saptharishi Mandalam" (Ursa Major or The Great Bear). He asked me what they are. When I told him that I did not know, he started speaking like a lunatic and gave me a strong blow. I was taken aback. Then he made me comprehend them effortlessly, through his powers. In the past, great men, who attained spiritual powers by undergoing severe penance, managed to get the powers of the Cosmic Light by absorbing their breath and that mingled with their blood stream. Since they acquire the Cosmic Light in their bodies, they could conquer the bestial impulses and become "Gnanis". Through this transformation, they gained self-realization and became realized souls or great saints. The young cells which operated as souls became luminescent and merged with life-atom and finally became shining perceptible matter, which are now called twinkling stars.

**Note :** The soul obtains human form or animal form according to the perceptions accumulated through the body in each and every birth. It is carried out by the tiny cells which change their characteristics in each and every form of birth.

## 8 Instructed to see the Lightning

My Master asked me to have a deep look at the mountains, forests and plains. I was looking at them again and again. They appeared small dots, which were in different colours. Some were bright and others were brighter still. My Master was explaining their significance to me. He asked me not to close my eyes, when the lightning appeared. I got frightened. “Won’t I lose my eyesight if I fail to close my eyes? I enquired. Then he started speaking like a lunatic in an unknown language and then he made me understand through my perception.

“You had promised me to do whatever I said. Then why are you hesitating now?. Are you going to see it yourself? It is I who ask you to see it”, he said. I kept looking at the plains for some time. He said “The souls which had departed from human bodies are seen as small dots. The souls of those who had practised black magic and witchcraft are also seen as black spots. In all others, the tiny cells of the souls are seen. The souls of those people who had trusted God and had done good deeds without expecting anything in return and who had undergone immense difficulties are seen as light red dots. After these explanations, my Master asked me to keep on looking at the plains. Suddenly there were flashes of lightning repeatedly. In this series of lightning the tiny cells of those souls, which were of different colours became inactive. But their life-atoms remained imperishable.

The enlightened souls continued to shine even though they were caught in the flashes of lightening. These enlightened souls continued to roam in the Earth’s





gravitation and finally reached the sky eternally without taking rebirth.

If the bright cells of light emitted by these enlightened souls get attracted by the sensory perception of another human being accidentally, then the other person's power is developed and he becomes a self-realized soul. He explained that this is a rare occurrence in the world. Then he began to narrate the deactivated souls. The tiny young cells of the soul, which had been deactivated by lightening, remain as soul with life-atom though they become unfit to be reborn as human beings. These souls, which were deprived of human birth when they touch the plants due to the power of the plant's life-atom transform into new type of insects.

Next day, during the day time he asked me to look at the Sun and watch how the light rays emitted from the Sun spread. He separated an atom from the rays of the Sun and showed me how the throbbing within the atom ticked like a clock. He further added that it contained magnetic power and functions like a Mike. These atoms both absorb and magnify their powers to generate life, as they descend the sky and grow right from the body of a worm to that of a human being. He explained how the spiritually accomplished, complete man's soul is transformed into magnificent light and reaches "Saptharishi Mandalam" (Ursa Major or The Great Bear). After explaining all these things through vision and perception, my Master took me to the Kodaikanal hill ranges.

## 9 Method of Plants Absorbing Nutrition

My Master took me to the forests at the foot of the Kodaikanal Hill ranges. He took the plants and creepers in his hands and asked me to smell them. After I had finished smelling hundreds of plants and creepers, he began explaining me various things like the details of these plants and creepers, how these draw energy from the air, and how they grow from the energy absorbed from this process, and how they emit energy which mixes with other energies. Then he asked me to separate the energy emitted by the plants and creepers and combine it with some other energy. I kept quiet because I was afraid to tell him that I did not know how to do it. “I am asking, you are keeping mum?”, so saying he began to laugh aloud. After some time he took a packet containing twenty five Ganesh beedies (Cigars), lighted them and put them into my mouth and asked me to inhale.

At the same time he began to preach, whispering many things in my ear. I was able to experience the smell of plants and their powerful energy. When the beedies got exhausted he made me sit in meditation for some time. Then he was teaching me various truths to be perceived through vision. Then he took out a packet containing the Passing Show cigarettes and made me smoke 10 of them at a time. Again he whispered many things in my ear. Then he lighted a beedi and explained to me how the power of medicinal plants in the air could be separated and how these could be used to cure the patients suffering from chronic diseases. We spent the whole night in the forest.



Next day, he took me to the forest of Anamalais. He took me to various mountains, forests and made me understand and visualize numerous situations and true conditions.

## **10 Meditation at Kedarnath**

My Master took me to Kedarnath and asked me to remove all my clothes except the loin cloth and to start meditation forgetting the body.

How am I to forget the body? even with all clothes on, I was shivering in cold. When I removed my clothes, my heart started pounding. That's all. I was unable to speak. Seeing my condition, he started laughing at me loudly. Within a short spell I lost my balance. He whispered something in my ear and asked me to meditate. Afterwards I started feeling warm. At that time he made me experience in a subtle way, bliss and blissful states. When I got disengaged from meditation, I was unable to bear the cold. After these experiences we returned to Palani.

## **11 Obstructing Buses at Palani**

When we came to Palani, my Master asked me to obstruct the buses. He also asked to sit and write at the narrow passage of the road. If I stood terrified, he tore my shirt and said, "You promised to obey my words, haven't you! Do as I say". After a few days he made the people think that I was a lunatic. My family members hated me. My friends disregarded me. I was terribly pained with a distressed mind, I got into a state of dilemma, whether to

live or die. After managing this somehow, I explained the situation to my master and sought his permission to spend ten days in the house of my friend, Mr. Ramasamy Naidu (owner of Rice Mill) at Pappampatti, seven miles from Palani. He agreed to my request. I went to Pappampatti and stayed in the Rice Mill of my friend, Mr. Ramasamy Naidu. He suggested that we might stay at his house in the foot hills, for all the ten days. I also agreed to his suggestion.

## **12 Curing Cancer**

Next morning, Mr. Mahalingam, an astrologer came to see Mr. Ramasamy Naidu. He said that his nephew was suffering from cancer and that the doctor had advised that he might be taken to Chennai for treatment. Mr. Ramasamy Naidu requested me to try to cure that boy with the knowledge I gained from my Master.

After thinking for a while, I told them that I did not know what medicines to give to cure cancer. Mr. Ramasamy Naidu insisted that I might invoke the blessings of my Master and give “Vibhudhi” to the boy to mitigate his pain. I went to Mr. Mahalingam’s house, worshipped the Murugan portrait with milk, fruits and aradhana\*, meditated for the boy’s health and gave the “Vibhudhi” to him. But the boy experienced increased pain instead of being lessened. Simultaneously, he started suffering with dysentery along with the aggravated pain. On seeing this, Mr. Mahalingam and others got frightened terribly. They stared at me and started scolding me.

*Aradhana – worshipping by lighting camphor/lamp*



I was able to see my Master, who made his appearance in a vision and said, “I have given him medicine. Within three Nazhigais\*, the malignant growth of tumour in his stomach will come out. You keep on feeding him with water extracted from cooked rice, till the tumour comes out”. When I told these instructions of my Master nobody was prepared to hear my words. On the contrary, they expressed their anger and dislike towards me. Mr. Mahalingam, gripped by fear, was crying. Mr. Mahalingam’s son aged 14 and daughter aged 11 reported that my Master appeared before them also in a vision and told them too, that the tumour would come out if they kept on feeding the boy with cooked rice water. Then others present there, became calm after hearing this. A few minutes passed.

As my Master had told, the malignant growth of tumour came out and the boy was cured of stomach pain. But my Master told me to remain in that house for eight days and keep on feeding the boy every two hours with cooked rice water.

The next day the boy was found to be normal and happy. That’s all. The village people surrounded me. They narrated their ailments and wanted me to give them the “Vibhudhi”. At that time the whole village was affected with dengue fever. Those who took the “Vibhudhi” from me were all cured. Others suffering from fever flocked around me. At that time, Mr. Ramasamy Naidu came to see me. When he heard about the happenings here, he was taken by surprise. He told me that he would erect a hut in his farm and would take me there for my stay. He took my blessings and left. By this time, ten days had

*Nazhigais : A period of 24 minutes*

passed. The boy was alright. There was an increase in the number of people who were visiting me.

Suddenly, I had a vision of my Master before me and said, “Start immediately and come to Palani”. I was shocked. Mr. Mahalingam’s two children told me, that Master made his appearance to them too and told that I should start immediately for Palani. When I was preparing to leave, a huge crowd of people surrounded me hindering my departure. Somehow, I managed to reach Palani.

My Master used to come and sit upon the pyol at the Ganga Binding Shop around 2:00 a.m. regularly. Many people tried to learn from my Master about the art of performing miracles and curing diseases. So, I enquired the proprietor of Ganga Binding Shop the whereabouts of my Master. At that time four or five men, who had come to see my Master were waiting there. They laughed at my enquiry. They explained to me that my Master was wandering on the streets of Palani for the past ten days calling me, “Telungu Rajyam” and saying, that I was giving trouble to him.

They further added, “This morning he fell down since one of his legs and hands got paralyzed. We admitted him in the hospital. After being hospitalized he was shouting, rolling over and disturbing patients by pulling their cots here and there. Other patients came out gripped by fear. The doctors shouted and directed us to take him away. But we left him there and came out. Just now we were discussing about the incident and you have come”.



## 13 Attackers receive Blessings

I went to the hospital to see him, but I was informed that Master was lodged in a separate hut behind mortuary. Master shouted at me for my late arrival and ordered me to untie the bamboo partition and bring it to him. When I was hesitant, he reminded me of my promise to do whatever he asked me to do. When I brought the bamboo partition he ordered me to set fire to them. I was perplexed. But he began to shout. When I set fire to the bamboo, the doctors came running and caught me to be handed over to the police. When Master saw this, he began to shout louder. The people there, could not follow the language in which he was shouting. All of a sudden, the burnt bamboo thatti\* appeared as if it was not burnt. The doctor and the others were surprised and prostrated before Master and got his blessings. Then they left me with him.

## 14 Making an Auto which is Not in Working Condition Ply

After the doctor and the others left the spot, Master asked me to bring my friend's auto. He is a Muslim. When I approached him, he told that the auto is not in working condition and added if my Master had given me powers I could make it run. He also told that he was ready to come with us wherever we wanted to go without any fare for the auto, if it runs. He did not stop with that. He also jeered at me saying, "why do you have this mentality Sir, and entertain this lunatic leaving your family in the lurch"?. I

*Thatti* : Thatti in Tamil language means a well woven bamboo mat used for partitioning rooms or halls.

did not give up and asked him to start the auto. He refused to come saying so, "Since I do not have money to repair the auto I am keeping it without driving. How will it run?". I too did not relinquish and commanded him to run the auto. Then he tried hard and started the auto and it began to run. As he had already promised he came with me to the hospital without even getting money for petrol and both of us picked Gurudhevar from there and went to Papampatty. We got down at Mr. Ramasamy Naidu's rice mill there, and sent the auto to Palani.

## **15 Going to Ivar Malai**

Master asked me to take him to Ivarmalai (hill). Sugarcane crop was being harvested in the fields of Mr. Ramasamy Naidu, and the sugar factory was working. So Mr. Ramasamy Naidu said, "Let us take Master to sugarcane garden today and then to Ivarmalai tomorrow and before that I shall send servants to make proper arrangements". He took us then to his farm. We were provided accommodation in a shed near the factory. Around the shed, the crushed sugarcane sticks were spread for drying. It was around 1:00 a.m. that night. He rolled over from the shed and set fire to the crushed sugarcane. When he returned to the shed rolling very fast, he mentioned my name and shouted. "He (indicating myself) had set fire".

The fire began to spread fast. However much the servants tried to put out the fire, they could not stop the outbreak of fire. Master began to laugh loudly. The fire was about to reach and engulf the place where we stayed.





His laughter continued when others were screaming. I was struck dumb and blinking unable to do anything. He suddenly stopped laughing. The fire got extinguished itself. The people those cried now began to laugh. It appeared to be a miracle to the people there. Next day, we took Master in a car to Ivarmalai. Mr. Ramasamy Naidu left us at the hill and returned to Pappampatti. Master and I remained at Ivarmalai till 10:00 p.m. and he was giving a spiritual discourse to me. Then he asked me to go to bed and he also laid down.

## 16 Asked to Learn Miracles

About 4'o Clock in the morning I heard the voice of my Master from a hill top, which was a little away from the place where we slept. I woke up after hearing my Master shouting, "Save me" "Save me". My master was not in the bed beside me. I reached the place where from the shout came. There was moonlight. The place where he was found, appeared slippery and there was nothing to hold by. He continued saying "Save me". I took my dhoti, twisted it like a rope and dropped one end towards him and held the other end with me. But it did not stretch up to him.

Thinking for a while, I tied one end to my leg, laid down over the rock, slipped towards him to enable him to capture the other end. But instead of going towards him, I slipped down to the other side and was about to fall down. My Master who saw this remarked, "You said you would rescue me, but you are moving elsewhere".

He began to laugh aloud. Then he said, "I would perform a miraculous act now, you can also learn it". But

it was a question of death or life for me, as I was slipping into an abyss. I got myself scratched against the rocks and I was also bleeding. My Master said “Hear what I say, learn the miraculous acts”. I was replying in a feeble voice, “Within a short time after reaching the foot hill, I will learn the miracles”. But I felt that in a short while I would fall down the mountain and I do not know whether I would be alive at all to learn the miraculous acts. At that time my Master was preaching excellently. But I was unable to listen to them attentively. I was overpowered by the fear of death. My Master then came and stood before me and started laughing. He lifted me up giving his hands, took me to an even place and made me sit there.

Thereafter he started dancing like “Shiva”. Then he became calm and instructed me. He asked me to look at the sky. He made me understand the state of atoms in the atmosphere by vision and perception. Meanwhile it dawned, the Sun also started rising. Then he showed me how atoms throb and move due to the radiation of the Sun and how the energies of several atoms were getting mixed and a new atom was evolving. In this manner several atoms joined together and a new matter was formed. He said that this transformation or creation is called “Brahma”, which our ancestors figuratively referred to as “Brahma Creates”.

Crores of atoms joined and grew to form the nature of the Sun, the atoms grown by the Sun spread in the cosmos and formed as planets, stars and life atoms. As the Sun is operating all the other objects with its inexhaustible source of energy, people proclaimed the Sun as “Sarveswara”. The crores of atoms that are emitted by



Sun joined together, became one matter and then developed into prime matter as Earth. This was named “Parameswara”.

The energy atoms and life-atoms emitted by the Sun got entangled onto the Earth and diffused as air and remained as “Athma” and was named “Paramathma”.

The life-atom within the Paramathma is the cause for life cycle, which metamorphoses from worm to man. Hence they named that “Life-atom” as “Easwara”. My Master explained various things to me verbally and visually, wherein the life-atom on the termination of its body, gets into a changed figure in its re-birth in accordance with the effect of its actions attached with its soul, and physical body.

## **17 Carrying Master on my Back**

At about 7:00 a.m. in the morning, many monks started coming to our place and again Master acted as if he had been paralyzed. Then I lifted Master and carried him on my back to the place where we were staying. That evening at about 3:00 p.m. we had our lunch. Then he made me realize the importance of various incidents verbally and visually. Later, Master separated his soul from his body, showed me various wonders in subtle form and again got back into his original body. Then Master gave me various explanations by way of discourse.

## 18 Man's Life

In every man's life-atom, the energy of one star is dominant. Just like the Sun, which by its power of attraction is nurturing the planets, stars, moon, etc., in its compass and increases its own power, the life-atom of a human being also, considers the sensations of the soul enmeshed on its life-atom as the planets in the form of muscles, the tiny cells generated in the muscles as stars and the feelings or sensations of these tiny cells form the functioning of the soul. When this concept was being explained by Master, a ghost like image appeared in front of me. On seeing this I screamed with fear and my body was trembling. After sometime the trembling stopped and I became calm.

My Master asked me to observe and learn how it happens and he continued to speak as follows: "The same image will appear again before you. Witness at that time how the fear waves floating in the air are attracted by your eyes and dash against the magnetic waves in your body. The fear waves which are attracted by your body through your breath dash against the sensory feeling of your soul. This reaction of fear makes your body tremble and makes you shout unknowingly.

The feeling of fear which you inhaled from the fear waves gets mixed in your blood stream and the empty air rid of the feeling of fear is exhaled by you. When he has explained these things, the gory figure suddenly appeared before me. I could understand then, how the fearful feelings activated my body and how my thoughts and actions functioned automatically.



Thus in every man's life, different circumstances and environment play a vital part in generating the various feelings. By their upsurge, while inhaling the breath, the negative feelings of fear, anger, dejection, strain, etc., get decanted in the blood and are converted into muscles. The unpleasant reactions created in the muscles cause pain and illness in the body. The feelings first get mixed in the blood stream, then get frozen in the organs of the body and decanted in the bone marrow.

Let us take the example of a Guava tree, which comes into existence by virtue of its seed. Being sown into Earth it grows into a plant and then as a tree. In this process, with the assistance of gravitation, it takes the required energy or substance from the surrounding air for its growth and exhibits its specific fragrance as it breathes out.

Similarly, the latent feelings which remain frozen into the bone marrow and get automatically attracted on their own volition like the tree, get into our breathings, mix with the blood stream, convert themselves into tiny cells in the muscles and finally become grown cells attracted by life-atom as soul within 48 days. As soon as the feelings imbibed in our breath dash against tiny cells, feelings of thought, speech and action urge human beings to act accordingly.

After man's death, the developed tiny cells of his soul leave the body and blend in the air (Paramathma). Activated cells with a particular trait of the departed soul, which float in the air, get attracted by other bodies, which by circumstances are experiencing sensations of similar nature. These are inhaled by such bodies and get mixed in their blood stream and absorbed in their semen. These

cells then eventually grow into the shape and form of such body. Just like a wasp, which mixes mud with its saliva, forms a nest with this mud, keeps a worm in the nest, stings it and the toxin in the wasp's sting mixes with the tiny cells of the worm and the worm gets transformed into a wasp, the feelings cultivated in a developed human body are absorbed by either a goat or cow or any other animal with similar feeling, depending upon the circumstance in which they live and die, they get another body. I was thus made aware, the process of the change in life atoms, getting various bodies because of their feelings and resultant action.

Your life is shaped by the atoms of the Sun, its action being controlled by the Sun, the accumulation of various sensations in the life-atom led to the evolution of the human body. The bodily sensations are in turn governed by the life-atom. Thoughts, deeds and the functioning of the body are all reflections of the energy currents of the sensations.

## **19 Uyire Kadavul**

The life-atom is God; it is the prime ruler of your body and the God in you. Thoughts that emanate from the energy due to the movements of your body become food for the growth of your body and thus become divine. Let us assume that you see copper sulphate. When you look at it, it does no harm. If you happen to consume it, the function of the body gets disturbed leading to vomit and stomach upset. The thought that you may die arises. Similarly if you have a look at chillies, nothing would



happen. But if you chew it, it makes you cry “Ah!”. The thought of mitigating the pungent taste strikes your mind and so you go in search of water. If you take sweets your mind feels happy. In case you take in excess, you take water to mitigate the taste. So also the feelings with which you take your breath become God’s action. You get occasions to move with many people possessing divergent temperaments and attitudes. Unexpectedly you may have a heated argument with a ruffian. You may say, “I will kill you”. The harsh nature reflected through your words is heard by the ruffian, it may cause a reactionary trait in his body leading to a thought to kill you with an added measure.

In this situation the emotions you breathe, mix with your blood constantly suggesting in your thought to kill the ruffian. The attributes of the ruffian get accumulated in your body and grow as Karma. They get merged and take the shape of tiny cells. At the time when your life-atom departs from your body, the instincts with which your life-atom is shaped, will in its rebirth imbibe the animalistic nature of killing another animal for its food. Master explained these various states through visions and impressions.

Once when I came to realize these aspects, I started getting scared. So, I prayed to Master for my word and deed to attain a state of doing good and not to trouble others. He laughed loudly and said:

YOUR LIFE-ATOM IS GOD.YOUR BODY IS HIS TEMPLE;  
YOUR MIND MUST PROTECT IT WITHOUT BEING  
ENGULFED BY DIRT.  
IT IS YOUR PRIME DUTY TO CLEAN THE DIRT  
ACCUMULATED INADVERTENTLY.

“Those good souls who during their life time as human beings extinguished the accumulated baser instincts by becoming one with the light of true knowledge which illumines the blissful nature of self, attained Saptharishi Mandalam (with the help of the waves emanating from Saptharishi Mandalam) invoke the blessings of the Maharishis and absorb their powers to mitigate the baser instincts you have acquired and thereby get your thoughts, words and deeds purified!. This is the service you do to the life-atom residing in your body and ruling you as God and get illumined”, thus blessed our Master.

## **20 Master in Subtle State**

After instructing in addition to various other states, he said that he will leave this body on Vaigunda Ekadasi (it is an auspicious day for Hindus in the month of December/January) for a blissful state. Master further told me, “You take me to the foothill of Palani and leave me at a place indicated by me. Do meditation at Ivarmalai (name of the hill) and return to Palani before Sunrise on Ekadasi. You sit in meditation at a secluded place without being perceived by anybody else. Before taking me, meet the persons referred by me and ask them to give me accommodation at their houses. They will refuse to provide me in my present state. These persons had approached me in their greed to amass wealth by learning certain occult practices. I am telling you to do this only to show you their real instincts and nature.”

As directed by Master I approached each and every one individually and requested them to keep Master in





their houses. They said, “Why don’t you keep him in your house?”. I replied “it is not convenient to keep him in my house”. “Why should I keep him in my house?”, “What favour did he do for me?”, asking this they laughed sarcastically. When I told Master all these details, he said, “Have you learnt now?” Leave me at the place where music performances are conducted at Palani foothills and return to Ivarmalai. I acted as per Master’s instructions and sat in meditation. Then as directed by Master, I remained in meditation at a secluded place at Palani foot hills on Ekadasi day in the month of “Margazhi”\*.

## 21 Knowing the Prime Deities

As foretold by Master, he approached me in subtle form leaving his physical body. Only the sound of Master was heard, “Go and invoke the blessings from your Prime Deities and return.” I was perplexed and was thinking, “Who the Prime Deities are”. Again the voice of Master was heard, “if you have not learnt this, then what else you are going to learn. Understand this. Your mother and father alone are the Prime Deities.” Then I was able to visualize the figure of Master.

“Go to your parents, tell them what I told you now; do “Padha Pooja” (obeisance - worshipping the parents by touching their feet and seeking blessings) for 48 days and get their blessings. Accordingly, I went to Rajapalayam to invoke their blessings. They refused. Master gave them spiritual vision to witness various miracles and made them

**Margazhi : One of the Tamil months corresponding to December & January**

agree to bestow their blessings. I did worship at their feet for 48 days and got their blessings. I was ordered to tour the villages on foot to gain various experiences.

Accordingly at the time, when I came to Karur during my tour on foot, my father thinking about my plight, died because of worry. Master made me aware of father's demise and asked me to go to Rajapalayam. Reaching there, I could not see even my father's corpse as it had been already cremated.

When the obsequies of my father were completed, my mother, told me angrily, "You take up the business of the cycle shop run by your father, establish it at Palani and take care of your wife and children". Having no other option, I took up the business and opened a cycle shop at Palani as directed by my mother. There was not even an income of one rupee per day. Two months passed in this manner.

When I was very much worried, Master appeared before me and asked "You promised to obey me, but now you are doing business", saying so he suddenly disappeared. From that day onwards I got an income of Rs.20/- per day.

## **22 Making a Dumb Person Speak**

Ten days hence, one of my friends brought a man aged about forty and said, "This man lost his speech after seeing an accident. Various treatments were given for almost a year and still he is unable to speak. Please do something and help him". I asked him to purchase a lemon and "Vibhudhi". At that time Master appeared before me



in a vision and instructed me to channelize my feeling into him. I did as Master directed. Next moment he began to shout, “Ah! Amma, Muruga! Muruga!”. That’s all a crowd gathered in front of my shop to witness this miraculous event. The man who was tossing was narrating the incident to the crowd as to how he became speechless. At that time I became conscious of Master directing me to give “Vibhudhi” to all. I gave the “Vibhudhi” to all those who were assembled there and asked them to swallow.

In a few minutes some people who swallowed the “Vibhudhi” were affected by purging of the stomach. They began to accuse me. “You have mixed poison in the ‘Vibhudhi’. That is why we are affected”. I had been happy for a short while. Soon after, I was overwhelmed by accusations. The crowd witnessing the incident began to increase in number. I sat worried. When Master appeared in the form of a spirit, I began to tell the people around in the manner of giving a presage.

The people, who felt sick, were instructed about the disease and about the restrictions of diet to be observed. Then they became calm. A person who was deaf reported that he was able to hear after taking the “Vibhudhi”. After hearing this, people who were accusing started praising and saluting me.

The following day more number of people gathered to see me. I could not attend to the cycle shop. Day after day people from villages began to gather as their ailments got cured, through the “Vibhudhi”. The crowd began to increase during the month.

## 23 Going to Thirupathi

After handing over my cycles to my friend, I reached Thirupathi (a famous South Indian Temple) as per Master's direction and proceeded to a place that was seven miles away from Papanasam. It was a thick forest infested with bears. He asked me to meditate there for forty eight days.

I reached Papanasam climbing Thirumalai. I remained at Papanasam that night and the next morning Master in subtle form took me to the forest. I reached the destination. There was a waterfall and a forest nearby. When I went there I saw a cave. I thought that, I could sit for meditation in the cave.

Suddenly Master appeared before me and said this place was unsuitable and so he directed me to another place for meditation. It was about 3:00 p.m. Then I placed the bag, which I carried with me there itself and went into the forest.

Very near the place where I intended to meditate, I saw fruits on some kind of trees. I took some fruits. They were tasty. Then he showed me some herbal leaves and asked me to take them also. I ate them and they were also sweet. Shortly, my hunger got appeased and I felt more energetic. Master said "On all the forty eight days of Meditation, you conclude your meditation by 12:00 noon. Take the fruits and herbal leaves shown by me and again sit for meditation by 3:00 p.m."

I returned and sat at the place where I left my bag. Within a short span of time various kinds of thoughts engrossed my mind. When I was thinking about my past



life and the type of life now being imposed on me by Master, I saw a frog that came leaping to protect itself. A snake came in pursuit to swallow the frog as its prey. When I saw this, my thoughts about my past and present life vanished.

When I witnessed the action of the snake and the plight of the frog, the frog cried in affliction. Within a short time the snake swallowed the frog. To my surprise, I was able to visualise the changes that were happening in the body of the snake. The soul of the frog, getting separated, entered into the womb portion of the snake. The muscles of the frog became food for the snake.

Master appeared in vision and explained the state of the snake. That is, the swallowed muscles of the frog become diluted as acid. The diluted acid is seen to get mixed with the muscles of the snake. Master then instructed me to sit in meditation and observe the process which takes place inside the body of the snake till dawn and then he disappeared.

At dawn, Master again appeared in vision, then I told Master about the process that occurred inside the body of the snake. Master began to explain thus: “The frog’s muscles serve as nutrition and food for the snake. The frog’s muscles get converted into snake’s muscles and grow as tiny cells in the snake’s muscle. Further it joins with the life-atom of the snake and becomes snake’s soul.

Nowadays with scientific knowledge, a new hybrid form is produced by the method of grafting; this is a patch work compound of two species propagated from the joining of tissues in a graft. Similarly the snake when it consumes the frog for its nourishment, the nutrients and

the essence of the frog's muscle which is diluted into acid mix with the muscle of the snake, crops up into tiny cells and such cells join the life-atom of the snake and become snake's soul. When the snake dies, the snake's soul gets merged in the atmosphere and is attracted by bodies with similar sensation and smell, grow in their womb and become one with the latter and take rebirth with the latter's body and figure. For example it takes rebirth as crocodile.

The frog's soul that was attracted into the womb of the snake, grows by absorbing the nutrients and takes rebirth as a kind of snake. For example, a wasp, with the aspiration to develop its species builds a nest of mud with its saliva brings a worm and places it in the nest, and injects the toxin into it, which is secreted in its body. The external part of the insect becomes dry. The muscles of the worm get diluted in the toxin and its soul begins to throb attracting the magnetic heat waves outside the nest. The soul of the worm gets converted into energy; the atoms of a wasp attain the figure of a wasp. Similarly the frog's soul getting absorbed into the reproductive organs of a snake, grows in the latter's womb with the characteristics of snake's atoms and get the snake's figure. In this way I continued my meditation till 3:00 p.m. Afterwards, I ate the fruits and herbal leaves suggested by my Master and again sat in meditation.

Shortly after sitting in meditation, thoughts about my wife and children, the uncontrolled life led by me spending on my own and roaming about with my friends, my present plight of getting entangled with Master and spending life in a forest like an orphan without proper food and clothes, taunted my mind. So I was not able to concentrate on



meditation. I opened my eyes within a short time. But my mind began to throb. In order to minimize the throbbing, I rose and began to walk. At that time a group of monkeys appeared. Thinking that I could calm down my mind by watching them, I went near the group, sat under a tree and witnessed the monkey tricks.

## **24** **Showed My Family in a Vision**

Then a ferocious monkey was driving and biting others rampantly. The younger monkeys ran and hugged their mother monkey and the mother monkey began running with its young one. When I saw this I got disturbed mentally longing to see my children. I became dizzy and fell in a stupor at the base of the tree. In that state, I was able to visualize the incidents in my family.

My first son was demanding money from my wife in order to purchase tyre and repair his lorry. He asked her to borrow money from somebody. While my wife was replying, “Where will I go for money?” He began to threaten her “Will you borrow money for me or not?”, then she replied “Get back to your father”. In return he threatened her to mortgage the house and give him the money. Helplessly crying she said, “You have lavishly spent the money you already got by mortgaging the agricultural land and cash in hand on non-productive activities and the only source of income will be from this house. If this house is mortgaged the whole family will have no security and shelter in future and thereby we shall have to take the extreme decision to commit suicide”.

My other younger children were crying and saying “Let father come, we will report to him”. My wife with my

last son and the two girls walked out of the house with an impulsive decision to fall in a water tank and die. At this juncture, neighbours around heard the commotion and began to abuse me for having deserted my family.

Having seen this in the vision, I got vexed with life. When I recovered from the delusion and sat down, I began to entertain the idea to commit suicide. Over powered with disgust I thought, “What is this life?” and began to walk towards the waterfalls.

At that time it was about 6:00 p.m. Suddenly Master appeared. “You said you would do what I say; now you say you are going to die” So saying he began to laugh. There was an end to my delusion. I became normal and I sat under a tree. Master began to instruct, remaining in the state of vision as follows:

The Sun generating heat energy, functions by itself and thereby controls the Cosmos. In the same way, the life atoms emitted by the Sun become self-vibratory and get spread throughout the cosmos. Such self-vibratory atoms attracted by the Earth’s gravitation, fall into the plants and absorb the substance of the plants and grow into micro-organisms or insects.

The tiny cells which are grown in the insect form its soul. When the insects die, the soul with the substance formed earlier takes its rebirth as a worm. In this way each and every life-atom according to the food and attributes gathered while living in a body passes through the life cycle of birth and death and evolved into snake, bird, animal, etc., up to the stage of human being due to the attraction of the throbbing life-atom as had already been explained.





Master continued, “You must understand that in your life, through the familial bond and affection towards your children, the feelings grown in your body were thrust forward and you were made to witness the family atmosphere. But by visualising the happenings in the family, your body attributes were aggravated by your breathing, you lost your capacity to appreciate and in a dejected mood you decided to destroy your body forgetting the love and affection of your children.

Similarly your body through your breath absorbs from each and every circumstance the happenings around you and accordingly your feelings get an upsurge to commit evil deeds and act abnormally. In such circumstances, “Why have you not followed the act of doing “Athma Suddhi”, which could guard you against all sorts of evils, taught by me to gain the normal state?”, so saying he disappeared.

As per Master’s advice, I sat in meditation. Time could not be gauged that night. Very near to the place, where I was sitting in meditation, I heard wild hogs with a grunting. Their grunting was heard very near for a short time. My body underwent emotions of fear. Then as advised by Master, I absorbed on my breathing an appropriate kind of feeling. Then my mind became normal and fear left me.

It was around midnight. A crowd of wild bears making a peculiar noise were coming near me. Hearing the noise very near, I opened my eyes and saw the wild hogs taking their food. Seeing them, the sensation of fear increased. Thinking of Master I began to meditate. After that I was not aware of what had happened around me till dawn.

At 12:00 noon, concluding my meditation, I ate some fruits and herbal leaves and slept under the tree. Waking up, I roamed about the forest. At one place small and big stones were stacked. When I went near the place, it appeared as if the stones were stacked by men. I peeped through the gaps to ascertain what was inside. Big bears with their young ones were inside. Perhaps they could have smelt me. They started to grunt. I did not panic. I slowly came away.

## **25 Curing the Sick through Perception**

After going round to see various other places, I came to the place where I began to meditate. Visions came to me. I saw how, long ago, in this rocky place, the tribals were living; how these people protected themselves by ascertaining the nature of approaching animals by their smells. In the same way when a person was affected with some disease, one among the tribes smelt the suffering patient, went into the forest and brought a herb having the same smell and cured him by administering the herb. Slowly, each herbal plant came to be identified for a particular disease. By following this method the tribes identified different herbs for different diseases and exchanged their knowledge among themselves and increased their powers.

Then I witnessed, in a vision, the fight between a snake and a mongoose. The mongoose bit the snake. The wounded snake angrily bit back the mongoose. Immediately the mongoose got extricated from the clutches of the snake and ran fast. Stopping at a place, it



breathed instinctively towards all the four directions, then it ran very fast in one direction and rolled over a herbal plant at a place and ate a little quantity of the herb. Then the mongoose became calm and went in search of its food.

“Didn’t you see this?”, “Who taught the mongoose to consume a particular herb and roll over to get rid of the poison from its body?”. When the snake’s venom entered the body of the mongoose, its vigorous feeling of the thought of neutralizing the venom took shape. It breathed vigorously on four sides. When it felt relieved by its breath on one of the four sides, it proceeded swiftly and when it neared the herb with the odour experienced already, it rolled over it. But it does not know how to teach all these to its off-springs. But while breathing vigorously its attributes and perception get mixed with its muscles. These grow into tiny cells and join with its life energy and soul. When it dies it gets a body with a protective make up during its rebirth. “Didn’t you see?” Thus Master explained and disappeared.

Thus Master was giving me instructions for all the 48 days and inculcated in me the knowledge about the real nature of matter and taught me the practice of “Athma Suddhi”. After 48 days Master asked me to go to Thiruthani on foot.

## 26 Going to Thiruthani

As directed by Master I began to travel. Leaving at 5:00 a.m. it took me three hours to reach the foot hills. Taking rest for a while, I took tea for 25 paise which was available with me and started walking towards Thiruthani. The summer was at its peak as it was the month of April. The Sun was scorching. I wore no shoes and had corn in

one foot. The Earth was also hot. Even a small pebble underfoot gave me immense pain. Somehow I could endure and I was walking.

On the corner of the road, I was able to see a mango grove from the branches extending beyond the fence. Tender mangoes had fallen on the path. I felt like having one. After eating a tiny mango, I felt thirsty and subsequently suffered from sore throat. To quench my thirst, I was on the lookout for water. But to my dismay there were no houses on either side of the road. After sometime I was able to locate a well. I took water from that well, but the water was tasteless. Further it did not quench my thirst and the throat pain was also not alleviated.

Without caring, I continued to walk. I could have walked for five miles. Due to the thirst the tongue became dry and without any thought I sat in meditation under a tamarind tree. Shortly after, I was motivated by a desire to pluck the tamarind leaves and eat. Concluding my meditation, I climbed the tree, plucked the leaves and when I ate them the thirst and sore throat disappeared. The body felt energetic. I filled up my bag with flowers and tender leaves of the tamarind tree and started walking.

Then I began to dwell upon the plight of crores and crores of poor people suffering and fretting. All these passed before me in the form of a vision. As I was munching the tamarind leaves I did not feel the effect of heat and hunger.

I walked through slowly till 8:00 p.m. I saw a mandapam (shelter) made of granite pillars and roof, at the corner of the street. No one was found inside, I ate some tamarind leaves and found the place suitable and sat there for meditation. At about 1:00 a.m. I fell asleep.



## 27 The Verdict of the Merchant

Waking up around 7:00 a.m. I finished meditation and then gathered leaves from a tamarind tree near the mandapam, ate some of them and then filled up my bag with those leaves. I started my journey, at about 10:00 a.m. While I was passing through a place called Puthur, a person came running to me. He held my hand and stopped me asking, “Don’t you know me?” He further said, “When I became speechless, by witnessing a lorry dashing against a child and all treatments for about one year had no effect on me, it was you who made me speak at Palani”. I said, “Now I could recognize you”. He insisted me to have coffee. I refused. But he did not bother to hear me. So I drank coffee alone. “I must go to Thiruthani; let me leave”, I said. “I must tell you some matters”, he said. “What do you do here?”, I asked. “I manufacture the products in our town and then bring them here and other neighbouring places to do business”.

“You told me that you want to tell me some matters. What are they?”, I asked. One hand and leg of one of my neighbours in my place got paralyzed. “Did I not bring him in a car?” You gave him a packet of “Vibhudhi” with blessings. Then rubbed the same on his hands and legs and put a little “Vibhudhi” in water to be drunk and also instructed him to do some exercises”. You also told him “If you act accordingly to my direction you will become alright”. He did as you directed. Now he is walking normally and attending to his duties as usual”.

“A man, who is known to the man who got cured, was suffering from illness. So, we three went to Palani in search of you. When we went to your cycle shop we found

the shop locked. We enquired about it. They said, “No one knows where he has gone”. Two months have elapsed. Everyday patients come here and enquire about him but return with disappointment and dejection. It is painful to see this”. The man continued “We three went to your house to enquire about your whereabouts”. When we enquired your wife, she replied crying “We don’t know where he has gone. Our last son is crying Naina\*, Naina, remembering his father”. We felt sorry for having come to your house and enquired. With tears in his eyes with a faltering tone, he asked “Sir, what problem do you have in your town? Please return at least for the sake of the children. He began to weep clutching my legs. Then I consoled him. “When my wife was lying on her death bed due to illness, it is Master who cured her. He asked for my word, “Will you do what I say” and I said “Yes” and gave him my acceptance. If I disobey the Master “Shall I not be instrumental for his anger. So I am going to Thiruthani, I said. “Let the bus come, so that you can go”, he said. I declined it and walked towards Thiruthani.

## **28 Curing Paralysis**

I reached Thiruthani around 5:00 p.m. The business man who saw me at Puthur was sitting on the first step of Thiruthani hill. On seeing me he invited me to a hotel so as to take coffee. Though I refused, he insisted on having a cup of coffee. I had to succumb to it. A man who was watching us came out of the hotel, took the merchant aside and enquired him. Then both came to me.

*Naina : Telugu word for Father*



The man who enquired narrated with tears in his eyes, "I am an agriculturist. Our village is situated 10 miles away from here. My wife is unable to sit, stand or walk". "The disease is not known. It is not amenable to any treatment. I do not know what to do. Sir, you must come to our place. Cure my wife and make her alright". To this I told, "I must sit in meditation here and then only I can come anywhere". "Whatever you may decide, we shall wait here until then and will take you", said the man.

Taking the merchant and agriculturist, I climbed up the hill and when the place mentioned by Master was reached, I asked both of them to come after four days. I sat in meditation at the place indicated by Master. I instructed the merchant not to let anybody in my town know about my whereabouts.

While I was under meditation for four days, various discourses were given through vision by Master. He also explained and instructed pertaining to all the visions. Then Master permitted me to go along with the agriculturist and then he disappeared.

On the fourth day, the agriculturist and the merchant came and took me to the house of the agriculturist. His wife lay bedridden due to paralysis. That night I was in meditation. At that time there appeared a vision. The mother of the agriculturist who was suffering from acute paralysis and pain was seeking help from her daughter-in-law. The mother-in-law said "It is painful on one side of my hand and leg, roll me over to the other side" To this, the daughter-in-law said, "Only when you die, I will feel relieved". Then she rolled over the mother-in-law to other side with disgust and frustration. Feeling the pain, the

mother-in-law breathed hard, prayed to lord Muruga with a vexed tone. The daughter-in-law became angry towards her mother-in-law and this way of approach caused the mother-in-law to resent the daughter-in-law's behaviour.

I could visualize the daughter-in-law's sense waves imbued with anger getting absorbed in the blood stream of the mother-in-law. Subsequently the mother-in-law's cursed sense-waves passed to the daughter-in-law. The abuse and counter abuse by the mother-in-law and daughter-in-law were events that happened every day for several months. The waves of mutual accusation grew and accumulated as attributes in each other's body.

The depressed mother-in-law's soul departed from her physical body resenting the nagging attitude of her daughter-in-law. When the daughter-in-law saw the mother-in-law's death, which she was expecting in earnest to happen, the soul of the mother-in-law got attracted by daughter-in-law's breathing and got mixed in her blood. In a few days the mother-in-law's soul began to act in the body of the daughter-in-law and she came to experience the same pain and illness as her mother-in-law.

Master appeared in a vision and asked me "What are you going to do for this?" and instructed the course of treatment. Then I concluded my meditation. I asked the agriculturist's wife "Did you and your mother-in-law abuse each other often?" She admitted "Yes". I said "The disease will be cured if you do what I say". They replied "We will do whatever you ask us to do".

All the members in the farmer's family were asked to sit in meditation. After the meditation was over, I asked





everyone to pray for the departed soul of the mother-in-law to get the grace of **Saptharishis** and get purified. As the people were made to sit in meditation and do as detailed above for ten days, the farmer's wife began to resume normalcy. Limitless joy prevailed in the farmer's family after this incident.

The daughter-in-law changed her way of living after the rapid recovery and prayed that she would not abuse anybody there after. I said "If you continue to do meditation, the effect of anger, malice, fear, etc., gathered unawareness in you will get relieved. You will live a life of peace and prosperity". After blessing them, I left to Thiruvannamalai as instructed by Master. But the agriculturist wanted to accompany me up to Thiruvannamalai and leave me there. "Since my Master had instructed me to go alone, nobody should come with me", said I and left the place.

I started my journey towards Thiruvannamalai. Every day I was walking alone for ten miles, taking rest for two hours, and sat in meditation at 8:00 pm under a tree. On those days Master made me realize various states by vision and perception. He would ask me to lie down at 11:00 p.m. Around 5:00 a.m. I would rise and walk. If I could see any tamarind tree on the way, I would pluck the leaves and fill up my bag and walk munching and eating a little.

Thus I walked about five days. On the fifth day around 3:00 p.m., I reached the foot hill of Thiruvannamalai where I found a monastery and sat there for a while and fell asleep.

**Note :** As Master instructed, I took diluted water of cooked rice once a day as food for all the ten days of stay at the agriculturist's house.

## 29 Saint Arunagiri's Attainment of Wisdom

At about 7:30 p.m. I woke up. Master took me to some other place. After reaching that place he began preaching with reference to the life history of Saint Arunagirinadhar.

Arunagiri, intoxicated with prosperity and in order to satisfy his sexual urge, resorted to the houses of prostitutes and thereby squandered all his wealth. He was affected by venereal disease that developed into leprosy and ultimately he lost his youth. Even while he had acute itching sensation due to his disease, his sexual desire did not subside. He continued to visit the houses of prostitutes. When they saw the infected body and disfigured appearance of Arunagiri, they spat on him, even the relatives and friends got disgusted with him. He lost all his property because of the upsurge of his sexual desire. But he was unable to control his lust.

As he had lost all his wealth, he sought the help of his sister to provide him with money to fulfil his sexual infatuation with the prostitutes. Because of her affection towards her brother, she got dejected when her brother, unaware of the implication, told her about his insatiable lust and asked her for money. She said "You want only to satisfy your sexual urge. Get yourself satisfied with this body". So saying, she lost her consciousness, fell down and died. Seeing the plight of his sister, Arunagiri came to detest his own life and began to think of committing

*Arunagiri : A mystic poet in Tamil. His collection of Poems "Thiruppugal" glorifies Lord Muruga. It speaks about the mystic experience.*



suicide. Accordingly he climbed over the temple tower. Just when he was about to fall down, he aspired “Let the soul that is leaving this body attain in its rebirth, a life with high principles”. In the state of his longing, the waves of perception of an exalted soul were attracted by his breath and got mixed with his blood. His consciousness was tuned to spiritual aspiration. So, changing his idea of falling down from the tower he attained wisdom and the power of singing spiritual songs.

Having got the soul of the exalted Gnani in the blood of Arunagiri, the waves of energy attracted by the soul of the Gnani got into the breath of Arunagiri and glided against his life-atom. He started singing songs with a spiritual bent of mind.

The waves of the Gnani’s prowess, when breathed, got mixed in the blood of Arunagiri. When blood passed through muscles and other parts of the body, cells of similar sense waves began to grow within. The tiny cells that were formed from the powerful waves of the Gnani, glided towards the life-atom of Arunagiri and therefore the soul moulded accordingly. The life-atom of the Gnani that existed in the blood of Arunagiri increased its powers.

As Stated above the life of Arunagiri along with the growth of energetic life-atom of the Gnani that was in his blood made the soul of Arunagiri to grow to the stage of becoming a Gnani.

As the body of Arunagiri was nourished with the energetic waves of the soul of the Gnani, his prowess was exalted and the knowledge and experience that he had gathered came to be reflected through his songs and sermons. He, thus began to go on a tour to the temples

situated in various places by glorifying through songs the power and attributes of the deity in the temples and thereby he educated the public also. When they heard the songs and the moralizing lectures, they began to cultivate respect and affection for Arunagiri.

The envious conjurors when they found that they were losing their status before the public, started troubling Arunagiri. Unmindful of their machinations and troubles Arunagiri continued to develop his soul to reach the state of enlightenment and left his body in the form of light. Master made me understand through vision all these details.

The soul of the great Gnani residing in the blood of Arunagiri manoeuvres the body of Arunagiri. It gets the magnetic energy emitted by the Sun, Plants, Stars and Saptharishi Mandalam. Having thus gained the extraordinary energetic waves, the soul perceived the real status of this cosmos and this knowledge was brought forth in the songs. Thus, the soul of the true Gnani remaining in the body of Arunagiri grew into extra ordinary energetic force and came out in the enlightened form and reached the revolving circles of Saptharishi Mandalam.

## **30 The State of Soothsayers**

Taking rest for a while, Master began his spiritual advice. In each and every village, there was a shrine dedicated to the guardian deity of the village. The villagers pray to the deity to rectify their worries, problems and the diseases which they are inflicted with through animal sacrifice followed by certain rituals and the playing of percussion instruments like Pambai, Urumi, Melam, etc.



All these sounds would create an atmosphere of delusion of deities coming in the body of persons.

The feeling of persons hearing the sound is surged. At that time, when the person expresses his grievances, affliction and his diseases under a state of dejection, those similar waves that are already loitering in the atmosphere are absorbed by them and get activated. Such people begin to act and speak thinking that their verdict is the word of God.

Such soothsayers suffer due to pain all over the body, as they have inhaled the sorrowful feelings of some soul with negative nature into their breath. They also begin to dance whenever they hear the music of percussion instruments and see the burning of camphor in temples.

The families of such worshippers get affected by afflictions. If they speak with anybody the person hearing him also gets disgusted. On each and every occasion in their life they breathe the sensation of anger, aversion, fear and grief. As a result, it paves the way for numerous diseases.

## **31 Necromancers and the World of Spirits**

The waves of sensation breathed by these soothsayers get mixed with their blood and transform into muscles and they cause various diseases. These diseased cells in the form of muscles grow as tiny cells, which have the innate potential for generating various negative thoughts. Attracted by the life-atom they begin to function under the energy of the soothsayer's soul.

When such persons die, their own soul and the soul mixed in their blood stream both become unfit to be reborn as human beings and so they wander about in the world of spirits.

When these souls are wandering in the world of spirits, necromancers create a being like “Itshini”. They chant mantras to bring these beings under their control and for monetary gain, instigate these souls not only to give trouble to others and use them to fetch articles but also for other evil purposes.

Similarly, these sorcerers utilize the power of such spirits to give relief to people who are affected by witchcraft. The sorcerers control the souls that die by committing suicide, when they enter into another body and give trouble. These sorcerers, when they die would lose the capacity to be reborn as human beings but roam in the world of spirits. If they happen to enter the body of others, they would create trouble and destroy good feelings in them.

The above detailed account was visually explained and clarified. Then Master asked me to do “Athma Suddhi” and lie down.

## **32 Going to Kumarapalayam**

When I got up early morning at about 6:00, I felt hungry. I plucked and ate the tamarind leaves. Then I sat for meditation. Master appeared in a vision and laughingly asked “Do you think I am troubling you?” “The agriculturist you met at Thiruthani will come and give you Rs.1000/-. You may receive the amount but retain Rs.100/- and return



the balance to him with your blessings". "Go to Kumarapalayam tomorrow and meet Avinashiappan, who is known to you". "You need not stay in his house. You stay at Pandari Koil Bajanai Mutt\*. While you are staying at Bajanai Mutt various patients and people who are overpowered by spirits and affected by deficiency of humours in the body will come. If you use your powers as I had instructed, you will be able to visualize the condition of their body. After ascertaining their ailments, cure them and make them happy. While you are thus engaged, the income earned by the sorcerers would minimize. So they will start harassing you. Advise them carefully and try to mould them by good advice so as to perform good deeds".

As foretold by Master, the farmer from Thiruthani came in search of me and offered Rs.1000/- as his recompense. As directed by Master I took only Rs.100/- and returned the balance to him with blessings. After a while, I sent the agriculturist back to his place with my blessings. The whole day I was at Thiruvannamalai and left the following morning to Kumarapalayam, by bus.

### 33 Curing Diseases at Kumarapalayam

As directed by Master, after reaching Kumarapalayam, I enquired about Avinashiappan. I was told that he was living at Chinnappa Naicken Palayam. On reaching there I met Avinashiappan and told him the details. He took me to Pandari Temple. There we approached the owner

*Pandari Koil : Name of a Temple.*

*Bajanai : Chorus songs in praise of God*

*Mutt : A place where Bajanai takes place*

of Pandari Temple and apprised the details. He accepted and allotted me a room. I began to stay there.

Next morning some patients came to get their disease cured. As revealed by Master when they were examined, I was able to visualize their state of ailments. In accordance with their ailments, I blessed them and gave “Vibhudhi”. When the disease got cured, various people from different villages started approaching me. Master was imparting me the various modes of cure then and there.

Everyday persons overpowered by spirits of various characteristics and stages were coming to see me. On seeing them I ascertained the manner in which the spirits were functioning in their bodies. I managed to weaken the power of the spirit that has got mixed in their blood by adopting the means taught by Master and advised them to follow certain methods. I said, “If you follow the methods, the spirits that reside in your body will become powerless and you will be cured”. I sent them giving “Vibhudhi” and lemon with blessings. In about four months the crowd increased multifold.

## **34 Troubles caused by the Sorcerers**

The sorcerers there, on seeing this, became envious. Some sorcerers came to me and threatened “You have come from some where and are duping everyone, doing various tricks”. They scolded me with vulgar words. At that time the people around there became silent out of fear. The sorcerers threatened, “If you don’t leave before day break tomorrow, do you know what will happen?” and left the place. “Had you spoken anything, they would have beaten you”, said the people with dejection and departed.





I was glad in a way as I got an opportunity to visualize the action of the “Itshini” spirit in their bodies, while they were threatening me. Master remained laughing seeing them all. “The incidents that took place today proved to be an opportunity for you to understand them. If they can threaten you like this, what won’t they do to ignorant villagers?”, Master asked.

Hearing the threat of the sorcerers, Avinashiappan, Sakthivel and his father, the owners of Pandari Koil, Sundarraj, Narayanan and others came and consoled me saying “We are here, you need not worry”.

Next morning around 5:30, I got up and opened the door. On the footsteps outside the door, a skull with a sheet of “Yantra” inside had been placed. Removing that, I went to the river Cauvery to take bath. There, one of the sorcerers with an open knife came towards me and ordered me to stop. I proceeded to take bath in the river, laughing within. After this, I continued my routine, blessing the people, who came to meet me.

Every day the sorcerers began to trouble me. Knowing this, various friends joined together and came to me. They said “In the next street Narayan’s house is vacant. If you come and stay there, it will be a protection. It will also be convenient for us to take care of you”. I said “I will consider and let you know”. They requested and insisted, that I must stay at Narayanan’s house. Master permitted and I too accepted. I began to stay at Narayanan’s house.

**Yantra** : a metal sheet on which some mantras are inscribed to disable the power of good – an act of sorcery.

## 35 Going to Mangalore

As usual people thronged at Narayanan's house and sought blessings. One day Sundarraj came to me and requested, "My aunt is at Mangalore. She is not doing well. It is not possible to bring her here. So you please come over to Mangalore and cure my aunt". After Master's approval, I asked him to arrange for the trip to Mangalore. Next day Sundarraj and I left for Mangalore.

Travelling by night, at about 3:00 a.m., we reached his aunt's house at Mangalore and stayed there. After finishing the morning routine, I sat in meditation. After my meditation, I offered the "Vibhudhi" with blessing to the patient. Later we had breakfast and then sat on the sofa. At that time Sundarraj's father-in-law Mr. Subramaniam was narrating his difficulties. Then Mr. Narayanaswamy and Mr. Srinivasa Rao came and enquired about the ailment of the patient.

Later everyone was eager to know the details about me. I was telling them about myself in my own way. Asking me to take rest Mr. Narayanaswamy and Mr. Srinivasa Rao went to their house.

Next day as usual I gave "Vibhudhi" with blessing to the patient after meditation. Then Mr. Narayanaswamy and Mr. Srinivasa Rao came. Blessing them all I gave "Vibhudhi". We sat for a while after breakfast. We were talking about the nature of diseases in general. Then I revealed many details about my Master. When I said, that my Master sometimes used to speak of Goraknath, Machendranath and Solanginath, Mr. Narayanaswamy intervened and said that there was a place in Kadiri near



his house, where Samadhis (Tombs) of Goraknath, Machendranath and Solanginath were situated. They took me to Kadiri to see the Samadhi. Reaching there, I sat in meditation for an hour. Master appeared in a vision and gave me a detailed explanation.

While Mangalore was being ruled by Queen Mangala Devi, she brought Machendranath under her spell. Goraknath released his Master Machendranath through his mystic powers. Thus I was apprised of the details of the place by my Master through vision. Then I completed my meditation. Afterwards Mr. Narayanaswamy took me to his house. After lunch and a little rest we went to the house of Mr. Srinivasa Rao and finally reached the house of Mr. Subramaniam.

## **36 Meditation at Kollur**

Mr. Sundarraj's aunt regained normal health within a week. Mr. Sundarraj and I returned to Kumarapalayam. Staying at Mr. Narayanan's house, I was giving "Vibhudhi" and lemon, with blessings to the patients. After some days, Master ordered me to go to Kollur (the place where Mookambika temple is situated) and so I informed this to my friends at Kumarapalayam. They did not feel happy to send me to Kollur. They sent me off with reluctance and with a request that I must return soon to Kumarapalayam.

I went to Mangalore from Erode by train. At Mangalore I alighted from the train and was walking down the platform. At that time Mr. Subramaniam saw me. As he was doing business in dairy products, he used to come to the railway station to collect the milk cans and so he had

an occasion to meet me there. When he took me to his house, he sent word for Mr. Srinivasa Rao and Mr. Narayanaswamy and when they came, I told them that I had been directed to go to Kollur, by Master. So I must go to Kollur. “Let us also come along with you to Moogambika temple. After staying here for one day, we shall go tomorrow”, they said.

Next day we all left for Kollur by bus. There we worshipped Moogambika. Mr. Narayanaswamy, Mr. Srinivasa Rao and Mr. Subramaniam all the three bade good bye and left for Mangalore. I reached the spot directed by Master and sat for meditation.

## **37 Knowing the Ascetic Strength of Kolama Maharishi**

Monsoon had set in resulting in torrential rain and I got completely drenched while meditating. Master appeared in vision, laughed and then began to instruct me with reference to Kolama Maharishi’s ascetic strength and his prowess. At that time I was able to visualize the revolution of the Earth. The North and South Poles appeared cloudy. The consolidated and concentrated cloudy matter while reaching the Earth’s surface gets hardened as ice rocks. Heat is found on the spherical path of the Earth. Due to the revolution of the Earth, on the borders of the Earth’s orbit, stones of small and big sizes are seen floating. Master explained the nature of the floating stones as follows :

*“The energy, dust and particles coming out from different planets, stars and the Sun by*



***circumstances join and gather together and form rocks. Within that rock like matter, energetic atoms with different attributes exist.”***

When Earth revolves, heat is generated, due to motion; the rocky matter melts and vaporizes the atoms. Due to revolution of the Earth, the atoms spread uniformly over the Earth's atmosphere. In this manner, the sound of “Ohm” emanates, when heat is generated due to Earth's rotation. The subsided heat appears in the movement of atoms with various energetic attributes and the sound “MM.... MM.... MM....” is generated once again when the heat waves spread and settle through the Earth's atmosphere.

The incessant heat waves existing in subsided form continues to drift along with Earth's gravitational pull and is responsible for the maintenance of heat both inside and outside the Earth. This nourishes heat in all objects inside the Earth, plants and living beings on the Earth. In the same way Earth's heat helps the ice cubes in the poles to melt into water and mix with the sea.

The natural happenings on the Earth realized by Kolama Maharishi were highlighted to me by my Master through visions. Similarly Kolama Maharishi's soul got illumined and his knowledge thus gained was taken as an example by the successive generation. This also paved the way for even illiterate people to absorb the Cosmic powers and therefore a deity of Mookambika was installed to represent the philosophy symbolically.

## 38 The True Significance of the Pranavam “OHM”

The heat waves emanating due to the generation of heat during the Earth's revolution, cause the sound of “OH...” and spread into “OHM KAARAM” subjected to gravitational pull, the sound gets reduced and settles as “MM... MM...” As the process is continuous the sound of “OH... M..., OH... M...” is repeatedly created. “OHM” the “Pranavam” is the root for all atoms. This is the reason to add the prefix “OHM” while uttering the names of deities in the temples.

If the stones, rocks and poisonous particles circling around the Cosmos fall down over the Earth by the gravitational attraction at enormous speed, they will create a serious danger to the lives and the articles. These objects are named “Ashuras” meaning “Demons”. The stones, rocks and poisonous particles are caught within the circumference of the heat waves created by the revolution of the Earth and are reduced to the state of vapour, dust, atoms, etc.,. (i.e.,) the sound created from the exorbitant heat is named “OHM Kaaram” and the heat energy is termed as “OHM Kaara Kaali”. The resultant effect created in the Cosmos is described as “The demons are destroyed by OHM Kaara Kaali to save us”. The process of heat generation and its functions in nature have been rendered figuratively into epics to make us understand these clearly.

*Pranavam OHM* : The cosmic vibrant sound that exists eternally from which all living and non-living things originated.



## 39 Nature of Divine Characteristics

Heat waves generated within the revolutionary circle of the Earth, when get spread under Earth's gravitational pull, get reduced and the reduced heat waves cause the movement of atoms and other matter on the Earth. This ingenious state of happening is termed "Para Sakthi". The function or movement of all matter living and non-living things over Earth caused by the reduced heat waves is given the name "Para Sakthi".

The process of heat waves that got spread over Earth settling down in waves of perception and atoms, get magnetized. Such magnetized waves and atoms get mixed together and grow as a combined matter. This state of happening being the essence for the growth of the matter in this Earth and this process is named "MahaLakshmi".

All products, trees, plants, living beings generated in this Earth have smell, attribute, taste, etc. Margosa/Neem leaves, when smelt reveal a bitter smell. When tasted it makes us to feel the bitter quality. When swallowed, we feel nausea creating an aversion. Just by seeing a Margosa plant, we feel that it is bitter and it would create a vomiting sensation, leading one to hate it. The state of awareness is Gnanam (Knowledge) and the decision arrived at is Maha Saraswathi. Just like Margosa tree, all trees, plants and living beings grow in accordance with the essence of perception, attributes, smell, etc. Do we not act with the knowledge of the attributes according to the emission by each? Such resultant actions are called "Maha Saraswathi".

Because of the gravitation of Earth, the Margosa/Neem tree stands fixed in the Earth. With the help of

gravitational pull, it absorbs the ground water, the subdued heat waves, its kindred waves of feeling and perception and the essence of similar waves mixed in the air. By the operation of the subdued heat waves, the essence taken from the atmosphere gets mixed with water and while attaining the state of growing into a Margosa/Neem tree emits attributes of smell, taste, etc., of a Margosa/Neem tree.

|                                                                                                                                                     |                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| Power and energy of Heat involved in the growth of Margosa/Neem Tree                                                                                | “Heat”- Para Sakthi                                 |
| Essence perception of Margosa / Neem tree growing in the magnetic state with its attributes.                                                        | “Magnetic absorption”<br>Tranquillity- Maha Lakshmi |
| Margosa/Neem tree grown with its power of essence perception emitting its smell, attribute and taste.                                               | “Gnanam” Knowledge-<br>Maha Sarawathi               |
| The power of heat waves activating rocks and other matter.                                                                                          | “Heat” - Para Sakthi                                |
| The ability to grow into magnet, rocks and other objects from the essence of various attributes.                                                    | “Magnetic absorption”<br>Tranquillity- Maha Lakshmi |
| The power of knowledge through which rocks and other objects know their ability to grow, emit and experience their own smell, attribute and tastes. | “Gnanam” Knowledge-<br>Maha Sarawathi               |





|                                                                                                                                                                        |                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| The power of action for a body by attracting heat waves generated by throbbing of life-atom.                                                                           | “Heat” - Para Sakthi                                   |
| The ability to grow body in tranquillity with the sense perception and energy acquired through the movement/action generated by throbbing of life.                     | “Magnetic absorption”<br>Tranquillity-<br>Maha Lakshmi |
| Due to throbbing of life, depending upon the food taken and sense perceived the body grows with corresponding attributes and develops the ability to attain knowledge. | “Gnanam” Knowledge-<br>Maha Sarawathi                  |

As detailed above, attributes act under three states pertaining to each and every matter in this Earth. They are: Action, Growth and Knowledge and represent states of Sakthi, Lakshmi and Saraswathi.

Kola Mamaharishi termed these three powers which help themselves mix with one another and complement the growth and life of these attributes as “Moogambika”.

As hot magnetic atoms remain mixed in various attributes of feeling, vaporised clouds and various powerful waves of feeling, when they dash against each other emanate heat which is termed as “God”. Due to heat, the vapourised clouds, the various attributes of feeling and magnetic atoms combined to form a matter, that incident was called “Brahma”. When the formed matter grew with

the attributes of smell, characteristics and taste, it was called “Saraswathi”(Gnanam).

The action leading to formation of matter is “Brahma” and the state of knowledge concerning matter is “Saraswathi” – “Gnanam” and so Saraswathi is termed the wife of Brahma.

As said above, the Earth which has grown from matter of small size to bigger size became “Paramporul” and so was termed as “Shivam”. The heat waves causing action or movement of the earth in its sense perception are called “Sakthi”.

For example, body is “Shivam”. The heat waves causing the energetic waves in our body to act and grow; in this way the Earth acts as Siva Sakthi. i.e., various energetic powers join one another to form Shivam. One form acts with various powers. Thus a Shivam acts as various Sakthis.

The heat generated by revolution of this Earth is “Vishnu”\*. The revolution of Earth is personified by the “Chakra”\* in one hand of Vishnu and the sound generated by heat during the revolution of Earth is personified by “Chank”\*, conch shell in another hand to denote the state of heat formation. A red tilak is found in the middle of Lord Vishnu’s forehead flanked by white vertical lines on both sides. The magnetic waves coming out of Earth’s rotation rub against the magnetic waves in the atmosphere resulting in heat which is denoted as “Namam”\*.

***Vishnu*** : Hindu God of Vaishnavite cult, the saviour of beings

***Chakra*** : Wheel in Vishnu’s right hand.

***Chank*** : Conch Shell in Vishnu’s left hand.

***Namam*** : a red tilak mark worn on the forehead bordered with white vertical lines on both the sides, joining at the red bottom.



When the heat generated by revolution of Earth spreads as heat waves in the gravitational sphere of Earth, they settle in the substance of various energetic waves and such settled powerful waves are the cause for the growth of sand, soil, stones, rocks and hills. The substance from the waves of perception emanating from sand, etc. act as base for the growth of mushroom, grass, shrubs, climbers, trees, etc.,

The substance coming out of plants and vegetation is attracted by life atom and they grow with such substance into a body with life such as maggot, worm, insect, lizard, snake, bird, animal till human being. The causative factor for the substance settling down to grow as detailed above and the tranquil growth of energy is “MahaLakshmi”, who is the consort of Vishnu.

|                                                                                                                                                   |               |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Clouds formed of vapour, magnetic atoms, energy with various attributes and various dust.                                                         | “Adhi Sakthi” |
| Clouds formed of vapour, hot magnetic atoms, energy with various attributes, gathered by small movement rub against one another generating heat.  | “God”         |
| Energy created by the incident of the heat being caused by the collision of substances of clouds magnetic waves and various energetic attributes. | “Brahma”      |
| Earth which has grown from matter small size to bigger size became “Paramporul”                                                                   | “Shivam”      |

|                                                                                                                                                                   |                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Earth's motion                                                                                                                                                    | "Sakthi"       |
| Earth seen within bounds in stratosphere                                                                                                                          | "Parama Sivam" |
| Power causing movement of various energy in the Earth, "Parama Sivam".                                                                                            | "Para Sakthi"  |
| Heat generated within the circle of rotation, when Earth rotates.                                                                                                 | "Maha Vishnu"  |
| Power generated from heat waves settling upon substances spread over Earth, such energetic substances growing and joining one another due to power of attraction. | "Maha Lakshmi" |

The greatest fact as to how Kolama Maharishi by the strength of his penance came to know the extra ordinary power of planets and how he got the energy in him and shaped his "Athma" into light was made known to me by vision and perception.

When my meditation was brought to an end, I perceived that some leeches were sucking blood from my body. The leeches got bloated up by sucking my blood and lay strewn over the floor. Blood was oozing out from the places bitten by leeches. Seeing this, my body bristled. I had not seen such leeches before. On seeing this I was surprised. At that time Master laughed and said, "The blood sucked by leeches from human beings, grows into micro atoms in the bodies of the leeches. The micro atoms being absorbed by the life energy of leeches by attraction becomes soul with its life. When the leech dies, the soul of the leech floats in the air with the smell and attributes



of man and finally entering into man's body mixes with blood and then semen".

For example, when a wasp, injects its toxin into a worm, the toxin gets mixed in the body of the worm to form micro atoms, which grow and take the shape of a wasp, similarly the soul of the leech getting combined with the semen of man, grows to become an embryo of man. Thus, the embryo growing in semen floats in the atmospheric air when the man dies. The embryo thus gets into the body of seven men and slowly grows in each and in the body of the seventh man it becomes fully energised to take birth as a man. He then blew in my ear and those leeches that sucked blood from my body dropped down. Rain was also drizzling at that time.

Master asked me to have bath and come back. I went to the nearby river, took bath, ate two dates, drank water and returned to the same place and sat in meditation.

He began instructing the principles on which the body of man shapes in action by the three providential occurrences namely Vishnu, Brahma and Shivam.

## 40 Vishnu Protects

The throbbing nature of life energy makes the cells of perception in man hot. The heat makes the body to move. Because of the movement of body, while breathing, the sound "So....ham, "so....ham" arises. That is, while inhaling, the sound of "so...." gets into the body. While exhaling it is changed to "ha...." and ends in "m" by the throbs of life energy. The action and movement due to heat were termed as "Vishnu". The three states of heat,

movement and sound, which make man live was explained as “Vishnu Protects” by my master.

## **41 Brahma Creates**

The intake of food and the essence of various perceptions breathed by the body mix with the blood and transform into muscles, and the tiny muscles are shaped into body by heat. The process that takes place to form the body through the growth of muscles is stated as “Brahma Creates”.

## **42 Shiva Destroys**

The sensations perceived by the body are hidden inside it. The intake of food is assimilated into the body. The flavour, taste, colour and other attributes born out of food and the perception are assimilated into the physical body. The intake of food can be visually seen but the digestion process and the perception cannot be seen. The above abstract processes of destruction done by various digestive mechanisms inside the body are symbolised as “Shiva”.

Master helped me to understand the nature of the three fold functions of life – creation, protection and destruction (Brahma, Vishnu and Shiva) through visions and direct perception of the process.

It is my ardent desire that all the people who read this book should be benefitted by learning the method of practising meditation in the same manner as it was taught and preached to me by Gurudhevar, my Master. Therefore it is appended here with all explanations.



## 43 Dhuruva (Polar) Meditation

The great sage Agathiar having controlled the poison or negative energy within his body, absorbed the celestial energy into his body through the North Pole. Agathiar, during his life time on this Earth, identified higher powers of nature and absorbed them in his body. He was able to increase divine powers within himself thus.

Agathiar was gracious enough to pass his divine powers onto his wife. He wanted his wife to get self realization. Through this he hoped that his wife would get enlightened. Agathiar wished that with the help of true knowledge, his wife should gain the powers to overcome ignorance and get illumination by converting the poisonous instincts in her into divine luminous thoughts.

Having received the graceful wisdom from her husband, Agathiar's wife was able to understand the state of real bliss. She was grateful to her husband for his spiritual help; she cherished and grew such thoughts as extension of the exalted spiritual status for both herself and her husband, through which she could attain greater grace and elevate herself. She merged her consciousness with that of her husband and both of them fostered the Polar powers within themselves.

Agathiar and his wife by converting their sensations into a singular emotion, quietened down the poisonous instincts in them and held dear the illuminating emotions. By merging both their souls into one, they absorbed the Polar energy and became the Dhuruva (Pole) Star as a light being of just sixteen forever.

Divine energies emitted from the Pole Star reach the Earth everyday from 4:30 AM to 6:00 AM. If husband and wife sit together and meditate longingly upon the divine energies during this time they could easily overcome their difficulties in life.

- ✓ To ward off misfortunes in your life
- ✓ To develop the ability to execute actions with right perception
- ✓ To attain birthless state
- ✓ To foster Polar powers within yourselves and
- ✓ To lead a meaningful spiritual life based on Dharma

the method of Dhuruva Meditation is given below: I shower my blessings upon you to experience eternal bliss!

## **44 Soul Cleansing Method**

Those who do meditation should do “Athma Suddhi” (Soul Cleansing) as follows:

“With the blessings of our mother, father, Gnana Guru and Satguru (Spiritual preceptor) bless us Easwara! to get the supreme grace and supreme light of the Dhuruva Star (Pole Star)”, so saying with longing one should keep one’s eyes opened for a minute and then close the eyes and pray to Easwara, “bless us to get the supreme grace and supreme light of the Dhuruva Star to permeate all over our body and pass through the blood vessels sanctifying the various living souls (Jeeva Anmakal) and living cells (Jeeva Anukkal) in our blood stream”.





## **45 Method of Doing Dhuruva Meditation, Group Meditation, Full Moon Meditation, Family Meditation**

“Ohm Easwara Gurudeva” (Say three times)

### **PRAYER SONG**

***Mother and Father are first known Gods;  
Worshipping them daily is our prime duty!***

*By thy grace, I will get Guru's grace!  
By Guru's grace, I will understand the world!  
Oh.. Mother! .. Father!... I thank thee  
For having blessed me with this form  
To receive the gracious light of Maharishis!*

***Mother and Father are the first known Gods;  
Worshipping them daily is our prime duty!***

*I gained knowledge of my life-atom in my body!  
I have known my consciousness as Athma (Soul)!  
I do learn, the form of Athma, the embryo is  
an act of my body!  
I wish my life consciousness become  
pure light consciousness!*

***Mother and Father are the first known Gods;  
Worshipping them daily is our prime duty!***

*Following my Guru, I shall get the gracious light of  
great Maharishis!  
In this birth, I shall become holy!  
To get illumined, I shall sanctify my consciousness!*

*By the grace of Guru, I shall purify my consciousness!  
Being illumined, I shall receive the Supreme light!  
By the grace of Guru, I shall receive the Supreme light!*

***Mother and Father are the first known Gods;  
Worshipping them daily is our prime duty!***

## **GURU ARUTPAA**

*Ohm Easwara! Gurudheva! Thou merciful!  
Take me into thy fold and grace me with thy compassion!*

***Ohm Easwara! Ohm Easwara!***

*Easwara, recipient of Aadathi Sakthi's Grace! Gurudheva!  
Take me into thy fold Gurudheva! Thou merciful!*

***Ohm Easwara! Ohm Easwara!***

*It is thou who sing'st in my music!  
Let me cherish thee in my memories!  
I have surrendered my thoughts to thee to get your grace!*

***Ohm Easwara! Ohm Easwara!***

*I am no more in this world, without thee!  
To remember all that I learnt of thee  
Bestow thy grace upon me Easwara!*

***Ohm Easwara! Ohm Easwara!***

*Singing only the song without realization  
Let me not be lost in numerous thoughts  
Bestow me with well-balanced discretion, Easwara!*

***Ohm Easwara! Ohm Easwara!***



*To control my wandering thoughts and growing  
egoistic desires*

*Dwell in me forever Easwara!*

*Ohm Easwara! Ohm Easwara! Ohm Easwara!*

***Ohm Easwara Gurudeva!***

## MEDITATION

(While the meditation Guru says, the following prayer statements, the meditators, with closed eyes, should contemplate the words with a deep sense of longing at least for three minutes.)

1. Oh! Lord Easwara! Sanctify us to get the blessings of our parents!
2. Oh! Lord Easwara! Bless us to get our Guru's grace!
3. Oh! Lord Easwara! By the grace of our parents, Guru, Great sage Easwaraya Gurudhevar, bless us to get the Supreme Grace and Supreme Light emitted from the Dhuruva star, which emanated from Agathiar to Dhuruva, Dhuruva to Dhuruva Maharishi and to Dhuruva Star.
4. Oh! Lord Easwara! Dhuruva star's Supreme Grace and Supreme Light should permeate our entire body, flowing through our blood vessels, mixing with all the ***"Jeeva Aanmaakal" and "Jeeva Anukkal" (souls & cells)*** and bless them to receive Dhuruva Star's Supreme Grace and Supreme Light. ("Dhuruva Star's Supreme Grace and Supreme Light should permeate through our body so that the cells, which are responsible for the creation of each and

every organ of our body should receive Dhuruva star's Supreme Grace and Supreme Light", so saying, we should bring the sense of our eyes into the parts of our body, let us meditate for two minutes with longing).

5. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our ***Small intestines and Large intestines*** so that the cells, which are responsible for the creation of small intestines and large intestines receive Dhuruva star's Supreme Grace and Supreme Light.
6. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our ***Pancreas*** so that the cells, which are responsible for the creation of Pancreas receive Dhuruva star's Supreme Grace and Supreme Light.
7. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our ***Liver & Spleen*** so that the cells, which are responsible for the creation of Liver & spleen receive Dhuruva star's Supreme Grace and Supreme Light.
8. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our ***Lungs*** so that the cells, which are responsible for the creation of Lungs receive Dhuruva star's Supreme Grace and Supreme Light.
9. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our ***Kidneys*** so that the cells, which are responsible for the creation of kidneys receive Dhuruva star's Supreme Grace and Supreme Light.



10. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Hearts** so that the cells, which are responsible for the creation of hearts receive Dhuruva star's Supreme Grace and Supreme Light.
11. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Pupils & Eyes** so that the cells, which are responsible for the creation of pupils & eyes receive Dhuruva star's Supreme Grace and Supreme Light.
12. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **nervous system** so that the cells, which are responsible for the creation of nervous system receive Dhuruva star's Supreme Grace and Supreme Light.
13. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Skeletal system** so that the cells, which are responsible for the creation of skeletal system receive Dhuruva star's Supreme Grace and Supreme Light.
14. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Bone marrow in our chest bones**, so that the cells, which are responsible for the creation of ribs/ chest bones and bone marrow receive Dhuruva star's Supreme Grace and Supreme Light.
15. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Muscular system** so that the cells, which are responsible for the creation of muscular system

receive Dhuruva star's Supreme Grace and Supreme Light.

16. Oh! Lord Easwara!, sanctify us with Dhuruva star's Supreme Grace and Supreme Light to penetrate our **Skin** so that the cells, which are responsible for the creation of skin receive Dhuruva star's Supreme Grace and Supreme Light.
17. May Dhuruva star's Supreme Grace and Supreme Light permeate throughout **our body** and mix with our blood stream so that they eliminate all the toxins accumulated unknowingly from the body and cure us of all sorts of diseases and pains.
18. May Dhuruva star's Supreme Grace and Supreme Light penetrate into the bodies of **our parents**, mixing in their blood streams and the "**Jeeva Aanmaakal**" and "**Jeeva Anukkal**" in their bodies so that they receive Dhuruva Star's Supreme Grace and Supreme Light.
19. May Dhuruva star's Supreme Grace and Supreme Light permeate over all **members of our family** and all the members of our family receive Dhuruva star's Supreme Grace and Supreme Light.

***Ohm Easwara Gurudeva!***

(While the person who leads the meditation say the following words, the people who meditate shall think over the departed souls in their own families and meditate upon them).

May the supreme grace and supreme light emanating from Saptharishi Mandalam (Great Bear) permeate our entire body and flow through the blood vessels purifying



the “*Jeeva Aanmaakal*” and “*Jeeva Anukkal*” (souls & cells) mixed in our blood (say the above prayer once).

***Ohm Easwara Gurudeva!***

Oh. Lord Easwara bless the souls of our departed forefathers who are considered to be our family deities, to merge with the light waves emanating from Saptharishi Mandalam (Great Bear) to attain the birthless state and remain in the form of light. (say the above prayer three times).

Oh. Lord Easwara blesses the souls of our departed relatives and friends, to merge with the light waves emanating from Saptharishi Mandalam (Great Bear) to attain the birthless state and remain in the form of light.

(say the above prayer three times).

***Ohm Easwara Gurudeva!***

May the supreme grace and supreme light emitted from Saptharishi Mandalam (Great Bear) should permeate through out our body and flow through the blood vessels purifying the “*Jeeva Aanmaakal*” and “*Jeeva Anukkal*” mixed in our blood.

***Ohm Easwara Gurudeva!***

After completing the above meditation, the person who leads the meditation say the following words and the participants shall repeat the same :

1. The great sage Agathiar’s divine energy, the sage Dhuruva’s divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should permeate the meditators’ bodies and flow through the blood vessels purifying our “*Jeeva*

Aanmaakal” and “Jeeva Anukkal”; Our unintentionally committed sins, curses, the ill effects of our past deeds, all types of diseases and defects should be nullified; and we should be blessed with physical well being, mental health and spiritual health; in addition to that in our family, enable us to remove all ignorance and poisonous impulses by gaining perfection and positive vibration to lead a gracious life, growing in wisdom, flourishing in business and agriculture, gaining excellence in all spheres of life with a clear stream of reason and jubilant emotions we should lead a life filled with grace and wisdom; Bless us to gain all these Easwara!

2. The great sage Agathiar’s divine energy, the sage Dhuruva’s divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should permeate the whole house and the great sage Agathiar’s divine energy, the sage Dhuruva’s divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should permeate the mediators, tenants and visitors and bless them with the ability to remove all ignorance and poisonous impulses in their families by gaining perfection and positive vibration to lead a gracious life Easwara!
3. The great sage Agathiar’s divine energy, the sage Dhuruva’s divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should permeate the families of those





who meditate and bless them to ward off their unintentionally committed sins, curses, the ill effects of their past deeds, all types of diseases or defects, and bless them all to remain in the benevolent circle of the Maharishis and obtain physical fitness, mental well being and spiritual health; enable the husband and wife to live emulating the noble lives of sage Vasishta and Arunthathi; respecting each other like Nalayani; complementing and identifying each other as one, like Savithri; removing ignorance and poisonous impulses in family life by gaining perfection and positive vibration to lead a gracious life acquiring the ability to attain true knowledge, clear stream of reason, and happy disposition. Through their vision, their children be blessed with the ability to gain ultimate knowledge both in education and worldly affairs, the ability to execute their actions with right perception and grow as saviours of the world, Easwara!

4. The great sage Agathiar's divine energy, the sage Dhuruva's divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should permeate all over the Earth and eradicate the toxins mixed in the atmosphere; and the people living in this world derive the powers of Maharishi's and give up religious differences, sectarian feelings, language differences and attitudinal differences and develop brotherhood and human kindness, Easwara!
5. Let the great sage Agathiar's sacred energy, the sage Dhuruva's divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme

grace and supreme light of Saptharishi Mandalam (Great Bear) permeate on the expectant mothers and foetus in the wombs and bless the mother to bring forth children with wisdom like Maha Saraswathi, the great powers of creation and protection like Parasakthi and absorption like Maha Lakshmi. Let these children be born and grow as saviours of the world, Easwara!

6. Let the great sage Agathiar's sacred energy, the sage Dhuruva's divine energy, the supreme grace and supreme light of Dhuruva Star (Pole Star) the supreme grace and supreme light of Saptharishi Mandalam (Great Bear) permeate over the clouds and bring forth good rainfall; let the lakes and ponds be full of rain water resulting in good irrigation for the abundant production of good grains; Oh. Lord Easwara, by your grace the whole world should enjoy good health and great prosperity.

(While doing meditation as stated above, the meditators should pray, 'Let there be good rains' (after uttering the words, 'Ohm Easwara Gurudeva!' three times). The meditation process is completed.

## **46 Benefits of Group Meditation**

During the rainy season, little drops of water make floods, which sweeps dust, dirt, etc. Similarly when more people gather around with oneness of thought, in one place for Dhuruva Meditation, they get the supreme grace and supreme light of Dhuruva Star (Pole Star) in full measure. The meditators would get rid of evil forces and wicked feelings gathered unknowingly. Therefore,



unsteadiness disappears and the meditators get peace of mind; Good thoughts and feelings get strengthened. The Athma or the soul achieves the power to attain the state of luminosity.

Therefore group meditation is quite necessary at least once a week. An individual, who finds it difficult to overcome fickle mindedness can join the group meditation. By doing so, they can make their unsteadiness disappear and get peace of mind. When we look at others they also get peace of mind. When we give commodities touched and blessed by us to others, their business flourishes. With a calm mind, one can do his work thoughtfully and carefully. The Athma (soul) is able to achieve the state of supreme light.

Each and every person is endowed with the power of one star. As all group meditators have a deep sense of longing to get the supreme grace and supreme light of Dhuruva Star (Pole Star) each meditator is able to acquire the power of all the 27 stars like the Sun, which absorbs the light energy of the 27 stars.

Group meditation for us is very useful to protect ourselves from the evil influences of planetary transit.

## **47 Benefits of Full Moon Meditation**

Following our Guru's instruction or guidelines, if hundred thousand (one lakh) spiritually united persons do meditation together during Full moon days, each person will acquire the power of one lakh persons. At this time, our powers increase to a very great extent. When you do meditation, I am also engaged in meditation as

per our Guru's instruction, and so, I can help you get more energy and power by praying to your soul.

Now take for example, a flower plant on the Earth. It is able to absorb the kindred waves of fragrance present in magnetic waves and as it grows, it is able to spread its fragrance on the Earth. Similarly our great sages, who had lived once have disseminated their divine energies and powers, which are found in the atmosphere even now for the benefit of man. In the same way, when we (I) meditate upon the moon, the divine energies emanating from the Dhuruva star (Pole Star) and Saptharishi Mandalam (Great Bear) reach the Earth, when we meditate. This is how I am able to help you to get those divine energies with our Guru's guidance. Therefore, without missing the opportunity, do Full Moon Meditation as I too can help you get more divine powers.

Full moon meditation makes you grow wise with a sense of right direction. As you get the supreme grace and supreme light of Dhuruva Star, the cells of our soul receive such light and such bright cells get multiplied. We help our fore fathers to get effulgent body. At the same time, we become qualified to receive the supreme grace and supreme light of Saptharishi Mandalam (Great Bear).

## **48 Benefits of Family Meditation**

Though we have happy life at home, we in the external life, have to face unexpected difficulties. When we are angry and feel hatred, we feel disturbed and lose our thinking power. Others also look at us with hatred. These bad qualities affect our occupational life. In our business life,



the goods that we touch and sell carry our vibrations of hatred. So the buyers, affected by the bad vibrations go away without buying. When business is dull the mental agony increases leading to blood pressure and many other diseases.

Though we have affection for our parents, wife and children, we get angry with them, when we find a fault in them. Due to these differences among the members of the family crop up and the power of goodness disappears. As these bad qualities have an upper hand on us, we cannot get peace of mind even in a temple. Therefore to get relief from such unknown sorrowful sensations, family meditation will certainly help us to get rid of our bad feelings and get hold of good feelings.

People, who practise family meditation, enjoy peace of mind. The waves of restlessness which permeates our home disappears and there is happiness in the family. Children become very obedient to their parents and study well. Business will be brisk and peace will prevail in the workplace. People can get name and fame. Tiny cells of the soul get the power to be resplendent. **Therefore a house holder can get self realisation and reach the birth less state, the state of effulgence by making use of your own ability.**

## **49 Kalasam (Consecrated Metal Pot) and Meditation**

Things required to place Kalasam :

1. Coconut
2. A mini pot/vessel with a narrow neck (copper, brass, stainless steel and silver)
3. Raw rice

4. A plate (copper, brass, stainless steel and silver)
5. Yellow cord
6. Mango leaves – 5 leaves
7. One rupee coin
8. Lemon – 1
9. Fragrant flower – one cubit
10. A piece of turmeric

## **50 Method of Placing a Kalasam**

Fill the brass plate with required quantity of white raw rice and draw “Ohm” on it. Afterwards, fill half of the brass pot with pure water. Put five mango leaves over the pot. A ripe coconut should be smeared with turmeric solution and marked with sandal paste dot and vermilion powder dot. Afterwards the coconut should be placed on the decorated pot. Praying to Satguru, a one rupee coin should be dropped into the pot. A piece of turmeric should be tied in a piece of cord soaked in turmeric solution. The yellow cord should be tied around the neck of the pot and the coconut should be garlanded.

The consecrated pot (Kalasam) may be kept in a Puja room (shrine). Otherwise, it may be put in a box fixed to the wall at such a height beyond the reach of the children or it may be kept in a shelf. Members of the family should focus their attention on the life-atom which is situated between the two eye brows considering it as Easwara. They should be confident of enjoying good health and great prosperity. They should long for a minute to get the grace of sage Dhuruva. They should pray to Easwara to get the supreme grace and supreme light of Dhuruva Star.



With such a longing for grace they should go near the consecrated pot, looking at the pot they should pray for the spread of Supreme Grace and Supreme Light of Dhuruva Star. They should remain in the state of meditation for five minutes. Meditation helps the whole family to get the supreme grace and supreme light of Dhuruva Star. You should believe that **‘the intensity of your feelings will definitely protect you’**. May you be blessed with good health and great prosperity!

After pronouncing the benediction, with closed eyes feel intensely for ten minutes and pray, “I should get the Supreme Grace and Supreme Light of Dhuruva Star”. After opening your eyes meditate with a longing to get the blessings of Dhuruva star for a minute. Again with closed eyes, you should pray that your Jeevatma (Soul) should get the Supreme Grace and Supreme Light of Dhuruva Star. This feeling should run through your entire body for a minute. After opening your eyes, both the husband and wife should look at each other’s forehead, (i.e) the wife should look at the forehead of the husband and pray that her husband’s soul should get the Supreme Grace and Supreme Light of the Dhuruva Star. The husband should look at his wife’s forehead and pray that his wife’s soul should get the Supreme Grace and Supreme Light of Dhuruva Star. Afterwards the meditation ends.

While distributing prasadam (the offerings made to Sages/God) to the children, we should pray that the children should get the Supreme Grace and Supreme Light of Dhuruva Star. While receiving the prasadam, the children should pray to Easwara and do obeisance to their parents to get their blessings. By doing this, the children would grow with affection for their parents without any drawbacks.

## 51 Method of Meditation for Husband and Wife

**“Ohm Easwara Gurudeva”**

Grace us to receive the blessings of our parents,  
Easwara!

(When you utter the word “Easwara” consider the life-atom present in the space between two eyebrows as God.)

Oh! Lord Easwara! Bless Us to get the grace of our Guru (Master)... !

By the grace of our parents and Guru (Master), we should get the grace of the great sage Agathiar, the grace of the great sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva Star and the Supreme Grace and Supreme Light of Saptharishi Mandalam (Great Bear) Easwara... !

Now both husband and wife should close their eyes and meditate uttering the following prayer mentally. “The supreme grace and supreme light of Dhuruva Star should flow through our blood vessels and permeate the entire body purifying our “Jeeva Aanmaakal and Jeeva Anukkal Easwara!”.

“The supreme grace and supreme light of Saptharishi Mandalam (Great Bear) should flow through our blood vessels and permeate the entire body purifying our “Jeeva Aanmaakal and Jeeva Anukkal Easwara!”.

**“Ohm Easwara Gurudeva”**





Now the husband should pray that his wife should get divine energy, divine wisdom and higher powers and the wife should pray that her husband should get divine energy, divine wisdom and higher powers.

## **52 Method of Meditation by Husband for the Welfare of his Wife**

Focussing thoughts on his wife, for a few minutes the husband should pray that his wife should get the grace of sage Agathiar, the sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva star and Saptharishi Mandalam (Great Bear), and be endowed with ultimate wisdom, a happy fragrant life like a flower and she should live and grow in the grace filled circle of the great sages.

## **53 Method of Meditation by Wife for the Welfare of her Husband**

The wife, focussing her thoughts on her husband, should meditate and pray in the following manner; “My husband should get the divine power of the grace of sage Agathiar, the sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva star and Saptharishi Mandalam (Great Bear) and prosper in his profession or business. He and the people who come into contact with him should be blessed by the sages to lead a happy and fragrant life like a flower”.

**“Ohm Easwara Gurudeva”**

Now the husband and wife should think of their parents, meditate and pray that their parents should get higher powers.

## 54 Method of Meditation by Husband and Wife for the Welfare of their Parents

The husband and wife should pray that their parents receive the grace of the great sage Agathiar, the sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva star and Saptharishi Mandalam (Great Bear). Further they should join the grace filled world of great sages and live a life of bliss and permanence. With the help of their grace filled glance at us and their blessings, we should become perpetually good, highly sagacious and get higher powers, Easwara!

Afterwards the husband and the wife should long for the Supreme Grace and Supreme Light of the Great Bear, with the blessings of Easwara.

Then they should pray, “the departed souls of our fore fathers should merge with the light waves of Saptharishi Mandalam (Great Bear) dissolving their desire for rebirth i.e. body consciousness. They should reach the birth less state and the state of imperishable effulgence”. The departed souls of their ancestors should be made to merge with the Supreme Light of Saptharishi Mandalam (Great Bear), through the process of “Vin Seluthudhal”\* at Thapovanam.

Once again, praying with a longing to receive the Supreme Grace and Supreme Light of Saptharishi

**“Vin Seluthudhal”** : The method of praying for the departed souls of our fore fathers to merge their Souls with the light waves of Saptharishi Mandalam (Great Bear), also called as Heaven.



Mandalam (Great Bear) by the grace of Easwara, meditation should be completed.

***“Ohm Easwara Gurudeva”***

One should say the following prayer and the other should repeat it with great longing :

1. The grace of the great sage Agathiar, the sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva Star and Saptharishi Mandalam (Great Bear) should permeate our entire family. All of us in our family should become intelligent, our children, by the grace of the sages should become knowledgeable, wise, and acquire all the practical skills needed for happy living, Easwara!
2. All people who come into contact with us and all the people who are known to us should get the grace of the great sage Agathiar, the sage Dhuruva, the Supreme Grace and Supreme Light of Dhuruva Star and the Supreme Grace and Supreme Light of Saptharishi Mandalam (Great Bear). They should be endowed with good physical health and mental health, a mind like the fragrance of a flower with happy disposition. By the grace of the sages all the members of their families should lead a benevolent life enjoying great prosperity, Easwara!
3. The grace of the great sage Agathiyar, the sage Dhuruva, the Supreme Grace and Supreme Light of the Dhuruva Star and Saptharishi Mandalam (Great Bear) should permeate our workplace and endow the place with the fragrance of a flower, lasting happiness and flourishing business/profession, Easwara!
4. All our customers should get the grace of the great sage Agathiar, the sage Dhuruva, the Supreme Grace

and Supreme Light of Dhuruva Star and Saptharishi Mandalam (Great Bear) and lead a very prosperous life Easwara!

*“Ohm Easwara Gurudheva”*

## **55 Meditation for Husband and Wife before sleep**

The husband and wife should sit face to face and focus their attention on the space between two eye brows, (i.e) their life-atom which is “Easwara”, with a deep sense of longing for two minutes. Then with closed eyes, they should meditate and pray to the Supreme Grace and Supreme Light of Dhuruva star, permeating the benign power of Dhuruva Star all over the body. Afterwards, with both eyes open, they should look at the forehead of each other and mentally pray for the Supreme Grace and Supreme Light of Dhuruva Star to bless each other. Then, they should go to sleep.

Even if the husband is away from home on some mission, the wife should do meditation and say the above prayer. The wife’s intense feelings will protect the husband. The husband should also meditate and pray like his wife, so that husband’s intense feelings protect the wife.

For instance, when one remembers one’s friend’s help, one gets hiccup though the friend is far away. Similarly, the husband and wife who have acquired the power by doing meditation are able to help each other. When the wife thinks deeply that her husband should get the Supreme Grace and Supreme Light of Dhuruva Star, the husband is able to overcome any obstacle. Likewise,



when the husband prays for the welfare of his wife, she is able to get the divine protection.

## **56 When you are Angry with Children**

When the children are obstinate or mischievous or when they weep we are angry and scold them. Our scolding not only spoils the good nature of children but also ruins their health. Even our unintentional curses or scoldings cause gnawing pain in our limbs. Eliminating our anger, we should make 'Athmasuddhi' (soul cleansing) immediately or after sometimes. We should think, 'whatever the children do hereafter should be good'. By doing so, the bad vibrations get removed and the children get our blessings, which will help them to develop a healthy mind.

## **57 For the Pregnant Women**

The pregnant women should do 'soul cleansing' and as stated above with closed eyes, they should pray intensely that 'the child in the womb should get the Supreme Grace and Supreme Light of Dhuruva Star'. Each day they should think and pray atleast three times in this manner. Before going to bed this should be practised. This will result in the birth of a wise child with divine powers. They will become very famous for their captivating speech and influential personality.

## **58 For the Infants**

At the time of feeding with milk or any other food the infant, first the mother should do "Soul Cleansing" and

pray saying, “My child should be blessed with the divine energy of the great sage Dhuruva, Easwara! If the child refuses to eat, the mother should ask the child to look up at the sky, pointing to sage Dhuruva and encourage the child to eat, so that the child will become a sagacious person soon. The child’s character will develop without blemishes.

## **59 Training Children to Meditate**

The mother after doing “Soul Cleansing”, should get the child seated on her lap (up to the age of five) and point to the consecrated pot (Kalasam) or pictures of gods or Kuthu Vilaku (oil lamp with a pedestal) and ask the child, “Look at the picture! Look at sage Dhuruva! He will give you grace and wisdom”. The child should be persuaded to see the sage at least for two minutes. The meditating mother’s speech will make a very good impact on the children’s mind, as their words are blessed. The repeated powerful words of the mother gets registered in the child’s mind. Therefore, the influence of the mother makes the children acquire the skill of good execution. Whenever the child cries, if the mother persuades the child to see Dhuruva, the power of her words as said above will certainly make the child grow in wisdom and goodness.

## **60 For Grown-up Children**

Though some children are mischievous or disobedient or dull, as parents you show affection for them. If they don’t return home in time you will be anxious and you may feel that something bad may have happened. Your fear may affect the feelings of the children and the



worst thing may happen. Children who do not have good memory are afraid of teachers. When they study at home they get tired very soon. If the parents compel them to study, they begin to hate their parents. When the mother is not satisfied with the behaviour or performance of her children, she develops negative feelings which cause gnawing pain in her limbs. She loses her peace of mind. To correct it, light a lamp before the concentrated pot or picture of a God and keep milk and holy water in containers at 6:00 p.m. or 7:00 p.m. After doing 'Soul cleansing' children should be made to sit in front of the pot or picture of a God. They should gaze at the light or pot. You should pray with longing and say, "you will get the Supreme Grace and Supreme Light of Dhuruva Star! You will study well, you will become good children and you will have good memory!" So saying make the children look at the light. Meditate for 5 or 10 minutes and complete the meditation by saying together "Ohm Easwara!". Do this regularly and you will find how good your children become due to your influence. Afterwards while distributing milk and holy water, pray that the children should get wisdom. Children should touch the feet of the parents in reverence and pray that they should grow wise and get the blessings of their parents and then they should receive 'Prasadam' (the sacred offerings made to the deity).

Before starting meditation read these instructions to the children. Ask them to read these instructions daily.

## **61 For the Well Being of Children**

Before going to school, the children should seek the blessings of parents by doing obeisance (touching the feet as a way of reverence) to achieve excellence in studies.



As soon as they reach school and occupy their seats they should do 'Soul cleansing'. Before they begin to learn They should pray longingly, "I they should remember all the lessons well by the grace of the parents Easwara!". It will help them to have good memory.

They should develop the habit of doing 'Soul cleansing' as soon as they return home also. This is to escape from the bad influence of other children, who are mischievous. When a child looks at the other children who indulge in mischief, the mischievous spirit gets registered in this child's body and he/she also begins to do mischief. Not only this, the child would have been frightened on account of something or somebody would have cast his/her eyes on the child with jealousy. This may lead to slackness in studies or diseases. Therefore it is essential to make the children do 'Soul Cleansing'

## **62 While Cooking**

Before beginning to cook food 'Soul cleansing' should be done. Since you pray for the blessings of Easwara, that 'all those who eat the food should get good health, great prosperity and wisdom', the prayer will make the food very tasty. Those who eat this food also become hale and healthy.

## **63 While Serving Food**

Before serving food 'Soul Cleansing' should be done. Pray that 'all those who eat the food should enjoy good health Easwara!' As the food is served after prayer, it will bring good health to your family members.





## **64 While Hearing the Sufferings of Relatives**

When you listen to the sufferings of the relatives, you are very much affected and you will feel the same agony. Even after they go away, you feel the pain and you become restless throughout the day. At such times, your breathing gets disturbed and feeling of agony enters into your blood stream. As a result of this, pain-giving cells get produced in your body. Therefore, when you have to speak about sufferings or listen to the sufferings of others, you should do 'Soul Cleansing' within 10 minutes and pray, 'the relatives should enjoy good health and prosperity Easwara!' By doing so, you can avoid the feelings of agony entering into your blood stream and also help your relatives by praying for their welfare.

## **65 As we Nurture Loving Thoughts**

In today's scientific world we are able to see as well as hear through Television and Radios wherein they pick up certain frequencies transmitted by the station in the atmosphere thereby making us to select certain frequencies by way of band of channels to hear songs from radio or see various programmes through television in our house. In the same way the waves of feelings of love and kindness that are spread throughout the atmosphere merge with man's frequency by the magnetic attraction in our body as various characteristic qualities are registered in our mind. The life-atom which operates and directs the "Jeeva Anukkal" in the body resides in-between the eyebrows. The source of all qualities, feelings present

in our human body originates from the life-atom, which is responsible for rebirth according to our Karma.

When we tune our mind towards affection and love, the waves of feelings of such nature floating in the air get attracted through the magnetic attraction in our body and impels or dashes against the life-atom in a manner that makes us behave diligently and politely. At that time the saliva secreted from the gland is soft in nature and easily digests the food we eat and gets converted into blood. These waves of soft feelings spread throughout the body in the form of micro atoms are absorbed in the blood. The air that is exhaled is also soft. Our mind and body experience happiness.

The essence of the food eaten with kind feelings and the micro-atoms of kind feelings from the atmosphere are found mingled in the blood stream. When these two form the muscles of the body due to the actions of life-atom, the muscles and the body become very happy.

## **66 While Hearing the Hardships of Others**

Say for instance, you move with your friend with love and affection, and he/she reciprocates it with a similar kind of feeling for you. At that time, your friend has incurred loss in business due to unexpected circumstances. The consequences have put his family into trouble. He narrates the incident with mental dejection. You listen to him closely as you are very fond of him. Under such circumstances the power of magnetic attraction in your body absorbs the waves containing feeling of dejection. As you breathe such air, your pious outlook is surfaced



and you are weakened and you begin to feel tired. Your mind gets worried and the saliva hardens the food taken by you resulting in stomach disorder. The energy got from such food when decanted in blood includes, the waves created by feelings of dejection and worry. The quality of your blood undergoes a change and when this blood is converted into muscles at night, pain is developed in the muscles followed by insomnia.

For example, if you happen to own a textile business, you will be showing the dress materials to customers and telling the price of each material. Since you have breathed the depressed waves of feelings exhibited by your friend, such depressed feelings get mixed with that of yours. So, when you say the price of a particular cloth in a dejected mood to the customer, the dejected feelings in you get reflected in the purchaser and he simply turns away without purchasing. Because of this happening your mood of dejection is accelerated. Thus a dull atmosphere pervades throughout the day's business. In order to forget this, when you go home and begin to caress your child with loving words with a dejected mood, the child's health gets affected in a short time by your dejected sense wave. Then the child begins to cry. Having done no mistake, you become depressed solely due to circumstances.

## **67 While Seeing Sorrowful Conditions**

You may be leading a pious, charming life conjoined with an attitude of love, affection, passion, wisdom, courage tranquillity etc. Suppose you happen to witness a person being troubled by another, you attract through the sense of perception of your eyes the feeling of anger.

This gets embedded in the magnetic attraction of your body. The body attracts the waves of anger in the air which enter into your body while you breathe colliding against your life atom. The thought emerging with anger kindles you to speak or enquire harshly. The characteristics of your saliva gets changed at the time and mixes with the food consumed developing a burning sensation in the stomach. Any food taken then will be devoid of taste. Therefore the quantity of food consumed is reduced and there is every reason to become tired. The blood decants the effect of sense waves and when the muscles are formed with such food, it results in a burning sensation in the body and insomnia.

Let us assume that you have prepared the land, sown paddy and the saplings have begun growing. The other unwanted seeds that are floating in the air fall down in your field and begin to grow as weeds along with the paddy. If you do not remove the weeds, the paddy will become affected in growth and quality. Similarly, breathing air containing waves of anger through sense perception causes pain while your muscles grow. The increase of such cells in blood paves the way for body pain, tiredness and inability to carry out any work briskly.

Let us assume that you are reading newspaper to know the world events. When you read a news item like this, “When the inmates of a house were taking food at 8:00 p.m. thieves entered the house suddenly, beat up the inmates causing severe injury and took away all the articles in the house”, you become susceptible to fear by your breathing that gets mixed with your blood. When you lie down on your bed peacefully or reading some other



book that night, if you happen to hear a noise caused by a door of the window unexpectedly, the body bristles with a feeling of fear and breathing simultaneously the air containing waves of fear, your body becomes prone to entertain a growing fear complex. If you experience similar instances often, your approach to do any kind of business is over-shadowed by a fear complex.

For example, you walk down the street to attend to some work. It so happens, when you go near the turning of the street, a speeding car is seen turning, about to dash against you. The sensory nerves of your eyes begin to attract the waves of fear and inject them in your body through magnetic attraction. Your body acts in a hurry while trembling with fear. Though you save yourself, when you see the driver in extreme fear, you become angry and you breathe waves of anger. These waves of anger coupled with waves of fear dash against your life-atom. All the sense perceptions become active leading you to speak and act angrily.

Those who have seen you escape from the danger of accident may console you saying that owing to your charitable disposition, God saved you. But the cells generated by extreme fear and anger get mixed in your blood and ultimately in your muscles.

In the carefully cultivated field of paddy, some unwanted seeds of weed in the air also fall down and grow. Similarly, if you breathe air containing unexpected waves of fear and anger, they get mixed in the blood stream and get converted into muscles which grow as cells containing fear and anger. These cells containing the impulse of fear and anger form acid in the muscles, the acid attracts the

nerves and the bones magnetically attract and absorb the essence of the acid. All these happen ending with the decantation of such energy into the bones in the form of bone marrow. The wise men termed it as “UzhVinai”\*.

For example, let us take the neem tree. The seed becomes potent by absorbing the essence of various energy, and when it grows into a plant it takes the power of magnetic attraction contained in the substance of the seed, water from the land, and subsequently absorbs the substance of its own kind from the atmosphere and grows into a neem tree by the absorption of required energy generated by heat.

In the same way, with the pulsation of the soul, the bones absorb the feelings of excessive fear and fury from the atmosphere easily because such feelings of fear and fury are already found decant in the bone marrow. Just like the neem tree which grows attracting the bitter taste and exhibiting the same bitter taste makes the people who smell it distort their faces, the feelings of fear and anger attracted by the body while you breathe makes you scowl.

If you eat neem leaves, the bitter taste acts in the stomach and you begin to entertain a thought combined with fear that you may vomit. Similarly when the body attracts feelings of fear and anger while breathing, it gets mixed up in the blood, and the waves of fear and anger in the blood grow into micro atoms leading to diseases like blood pressure. Due to blood pressure, your body bristles

***UzhVinai*** : It is also called as ‘Karma’ which refers to the deeds done in the previous birth.



with fear if you hear the noise of something falling down. So whatever you attempt to do, you become restless and angry without being aware of it. Even impediments may cause angry thoughts. In this condition, blood when converted into muscles grows cells with the impulse of fear and anger paving the way to paralysis of body limbs and muscles. The acid formed in the muscles is attracted by sensory nerves leading to rheumatism etc.

For example, a plant has its natural growth process of begetting flower, tender fruit, ripe fruit and seed. Such seed when sown grows into a healthy plant. If insects attack some plants and eat the essence of the plants, they cannot properly flower and their seeds thus generated will not and happen grow since they are not properly formed and get reduced to being used as manure. Similarly the cells generated in the parts of the body due to the perception of virtuous qualities, react to the attraction of life atom and function as a good soul. Therefore when it leaves the body, owing to old age, it takes rebirth as a human being.

Even when living a normal life with perfect health and good nature, if you happen to breathe unexpectedly waves of fear, anger, annoyance, hastiness, malice, weariness and fickleness, the good aspect in your health becomes weak, generating diseases in your body. The micro atoms that grow because of the illness are pulled towards the life atom and when such a partially grown soul departs from the weak body, the soul loses the power of rebirth as a human being.

As detailed above, in the body of every human being, while speaking in accordance with the growth of good disposition, good sound waves come out in the spoken word and float in the air, correspondingly bad impulses

are also found floating in the air, expressed by those who have developed evil disposition. For example, let us assume that four hundred crores of people live in this world. Among them, the scientists by virtue of their extraordinary intelligence and by their constant desire are able to absorb, by their sense perception especially through their eyes and ears, the highest energy of finer feelings. The energetic finer feelings thus gained by them are expressed through their speech in the form of sound waves which are floating in the atmosphere.

Though the scientists, live and let others live a life of contentment with creative powers, when they become victims of circumstances and happen to inhale waves of anger through their sensory perception (i.e.) their eyes and ears, then the waves of anger, and the effects of anger grow in their body. At extreme stage, this tendency makes one malicious and develops thoughts to destroy one's enemies or neighbouring countries too. These waves of anger and malice not only affect the body in the form of diseases like rheumatism, blood pressure, etc., but also paralyse the mind.

The cells grown in the body due to illness get attracted by life-atom and get merged in the soul. While leaving the body the soul attains the status of being born as a worm, insect or animal, in the next birth and remains floating in the air.

The physicians can cure only diseases caused to the people through the absorption of their sensory perception, waves of anger, malice, extreme fear, etc., But the same physicians are unable to change the growth of micro atoms in the body, which are attracted by life-atom, which





got embedded in the soul and function accordingly. Scientists can protect human bodies. But they are unable to convert the soul which rules their bodies into the one emitting light.

Gnanis and Maharishis thought that their strength of thapas and meditation are able to gauge the real state of extraordinary powerful waves spread over in the firmament. They, by their knowledge of sense perception, meditation and thapas, store the extraordinary energy in their bodies. They are thus able to destroy the bad effects due to breathing of waves of anger, malice, etc., caused by the circumstances and grow their waves of extraordinary powers and convert their souls into luminous state. Besides, they are spreading their luminous status through the sound waves, by their speech and action. They then reach the atmosphere in a luminous state and function as Saptharishi Mandalam. The powerful light and sound waves emitted from Saptharishi Mandalam are spread in the atmosphere.

I am preaching you the above details as they have been preached to me by our Master.

Our Master instructed us to imbibe the powerful sound waves released by the Maharishis and the sound and light waves emitted by Saptharishi Mandalam which remain spread over in the air. With the help of the magnetic energy emitted by the Sun which is conserved through meditation, and the extraordinary power circulating in the air emitted by Saptharishi Mandalam, are absorbed to destroy the bad waves of anger, malice, weariness, etc., which have entered our body through our senses without our knowledge. Our Master instructed us to follow the

procedure of 'Athma Suddhi' (Soul Cleansing). I am desirous of your getting the same instruction and I pray that your souls attain luminous status by destroying the bad effects of anger, malice, etc., by adopting the procedure of 'Athma Suddhi' which is detailed hereafter.

## **68 While Going Out**

Before leaving the house one must practice 'Athma Suddhi', by meditating upon the following words:

"May the words spoken by me and deeds executed by me remain pure and helpful to others Easwara!"

"I pray that those who see me and myself remain good and entertain good thoughts; Let my path be always good Easwara! Grace me with your remembrance always Easwara!"

## **69 At Work Place**

Before resuming your work in the office do 'Athma Suddhi'. Bring in your thought the effect of the following:

"Let the words spoken by me and the deeds executed by me get sanctified Easwara. Let my expressions and breath help everyone in the world and make them all remain peaceful Easwara!"

## **70 For the Merchants**

Every day before you begin your business do "Athma Suddhi" and bring in your thought the effect of the following:



“Let the words spoken by me and the deeds executed by me get sanctified, let my expressions and breath make the people in the world remain peaceful, and let the customers who come here acquire the benevolence of Saphtarishis and gain good health, wealth, welfare and prosperity in their lives, Easwara!”.

## **71 While Reading News Papers**

When we read news papers and magazines unpleasant waves reach us unwittingly. Therefore, we should do “Athma Suddhi” after reading the newspaper and make a conscious request to Easwara that all the happenings of tomorrow should be good.

## **72 While Visiting Homes of Friends and Relatives**

When you visit your relation or friend’s house you must do “Athma Suddhi” and then pray for the welfare of the family with the following words:

“Let the powers of Dhuruva Star be showered on each and everyone in this family and they all gain good health, wealth and prosperity in their lives, Easwara!”.

## **73 While Attending Weddings**

When you go to a wedding, you have to do “Athma Suddhi” and bless the couple by focusing your mind on them to attain the following powers in their marital life :

“Let Dhuruva Maharishi’s benevolence, Saptharishi’s benevolence and the magnetic power of light emitted by Dhuruva Star and Saptharishi Mandalam be received by the married couple. Both of them become one in mind, thought and deed like Vasishtar and Arundadhi and must respect each other like Nalaayini and their mind’s perception become like Savithri and continue to live with the secured blessings of their parents, with strength of mind and body, successful business, prosperity, social status and mental peace, Easwara!”.

## **74 While Seeds are Sown**

While sowing seeds, one must do “Athma Suddhi” and bring in one’s thoughts the effect of the following:

“Let the powers of Dhuruva Maharishi, Saptharishis, Saptharishi Mandalam, Dhuruva Star, spread over the field and by the grace of Saptharishis, the seed sown grow properly and the persons who take the food get good health, Easwara!”.

“Athma Suddhi” should be done while putting manure to the land also. Apart from this, whenever you go to the fields, do “Athma Suddhi” and look at the crops and wish for the flourishing growth of the crops.

## **75 While Meeting Sick Persons**

When you meet a sick person say “Ohm Easwara Gurudeva” by thinking upon your life-atom, and say to him/her, “By the grace of Saptharishis you will regain



normal health, hereafter you will be free from all grievances and diseases”.

## **76 To Ward off Uncomfortable Feelings**

If you happen to hear someone scolding you or anybody else, immediately practise “Athma Suddhi” and think that “from then onwards he/she must gain strength to speak good words with good thoughts, Easwara!”

## **77 While Seeing Accidents or Unexpected Events**

When you happen to see an accident, it is extremely necessary to do “Athma Suddhi” within five minutes. After practising “Athma Suddhi”, you should think of the affected person and pray to your life-atom saying, “Let the affected person get the power of Saptharishis and gain normal health, Easwara!”.

## **78 While going to Condolences**

When you happen to visit a person in bereavement, immediately do “Athma Suddhi” and meditate for a few minutes to gain the powers of Saptharishi Mandalam by praying to your inner mind as follows:

“Let the soul that has departed from the body merge with the light waves of Saptharishi Mandalam and get illumined, Easwara!”.

## 79 Method of Worshipping Family Deities

Parents, who gave birth to you, face a lot of hardships to bring you up. It is their innate desire to lead you in the good path and make you prosperous. Worshipping the parents who brought you to this world and our ancestors who passed away due to ageing is termed as “Worship of family Deities” by the great sages.

All the members of the family joined together and worshipped the parents keeping the dress worn by the parents and the important things used by them. They also prayed considering the good feelings of their parents about their welfare and prosperity as God, they sought the blessings of their parents that all the members of the family should cherish the same divine qualities, which their parents longed for them and they also prayed for the souls of their parents to reach the heavenly abode. This prayer got transformed into the worship of family deities later.

Those who do meditation regularly receive the blessings of their parents. They also perform “Soul Cleansing” and protect themselves against unexpected feelings of fear and distress.

When we do family meditation once in a week, while the parents distribute “Prasadam” their grace filled look helps the children remove their diseases and misfortunes. Since we pray longingly for the supreme grace of “Saptharishi Mandalam” and the great Maharishis during meditation, the vibrations of the same consciousness gets strengthened in our bodies.



All the members in the family, with the divine powers they have accumulated can perform family meditation once in a week and at the end of meditation, the head of the family (husband or wife) should say “The souls of our ancestors, who are considered our family deities, should reach and merge with the supreme light of Saptharishi Mandalam, Easwara!”. All the others should repeat the same. As all the members of the family say so with oneness, the departed souls of the ancestors reach the sky and merge with the supreme light of Saptharishi Mandalam. Be aware of the fact that this is the prime duty you perform to your parents and your ancestors.

## 80 Method of Worship in a Temple

Whichever temple you visit, the first deity to be worshipped is “Lord Vinayaka”\*. While praying to “Lord Vinayaka” first of all you should think of your “Uyir” (life-atom). Looking at the firmament say, “Let me get the blessings of the Maharishis, who brought all these to us Easwara!”. After longing for a few minutes in this state, close your eyes and pray that your “Jeevaanma” should get the benign grace of the great sage “Dhuruva”. With the same feeling, think of your body, open your eyes during “Dheepa Aradhana”\* with the thought that you should get enlightenment and wisdom. Then looking at the flowers and fruits, you should say “Let me be blessed with

**“Lord Vinayaka”** – In Hindu temples, Lord Vinayaka is depicted as the principal deity of the temple, treated similarly as the highest gods of the Hindu pantheon. Vinayaka’s elephant head makes him easy to identify

**“Dheepa Aradhana”** – lighted lamp or camphor waved before the image of God as a completion of ritual worship.

a fragrant life like the flowers; sweet words and deeds like the fruits here, Easwara!". Make an earnest prayer that all those who visit that temple should be blessed with wellness and prosperity by the grace of the great Maharishis.

For instance, you go to "Meenakshi Amman Temple"\*, Madurai. According to the legend associated with this temple, if we worship Meenakshi Amman regularly, she will remove all difficulties in life, bless us with happiness to our heart's content, and lead us towards divinity. All these abstract ideas are figuratively concretised in the form of epics and "Puras"\* , so that even the illiterates can understand the purpose for which Temples are instituted. Idols are installed to represent good qualities; flowers are showered/strewn to represent the fragrance associated with good character or deeds, fruits are offered to God to represent the sweetness associated with our speech and actions. All these, which are kept in darkness, come to lime light when camphor or oil lamp is lit and this act symbolises removal of ignorance (light dispels darkness in the minds of people). This is the way shown by the great sages and "Siddhargal"\* for all the people including the illiterate to attain self-realisation.

*"Meenakshi Amman Temple"* - is a historic Hindu temple located on the southern bank of the Vaigai River in the temple city of Madurai, Tamil Nadu, India. It is dedicated to Parvathi, known as Meenakshi, and her consort, Shiva, here named as Sundareswarar.

*"Puras"* – are ancient Hindu texts eulogizing various deities, through divine stories, representing goodness and divine powers.

*"Pragaaram"* – any of the paved ways around the sanctum sanctorium

*"Siddhargal"* – yogis who seek to attain enlightenment





All those, who practice meditation should, therefore, visit the temple of “Lord Vinayaka” first. Next you should come in front of the temple tower, look at the tower and think that you should cherish higher thoughts. With the same feelings, you should go around the “Pragaaram” without talking to anyone. Then look straight at the sanctum sanatorium from the stupa (flag post) for a minute through your “Uyir” (Soul) with your eyes focused towards the sky and long to have godliness in you. While looking at the sky you should meditate with intense longing as follows :

“Bless me Easwara! to obtain the grace of the great sage Dhuruva, who granted this godliness” and then closing your eyes pray that the Divine grace of Dhuruva Maharishi should permeate through your body. After this open your eyes and go inside the temple.

Go around the pragaaram\* with the celestial feeling and pray that your words and deeds should exemplify the divinity within you when you come in front of the deity in the sanctum sanctorium.

During ‘Dheepa Aradhana’ look at the light and wish to attain light hood through enlightenment. At this juncture the light reveals flower adornment and the fruits offered to the deity. Now pray intensely to Easwara to have the fragrance of the flower in your being and sweetness of the fruits in your words and deeds. With longing for grace, close your eyes for a while, pray intensely as follows: “My ‘Jeevanma’ should attain this divine status, Easwara!”. So saying, permeate the same feeling throughout your body. Now, open your eyes and say “all those who come here should get godliness, Easwara!” and come out of the

chamber of this deity. Get seated in a calm place somewhere inside the temple and meditate for five minutes; then open your eyes. Considering the bodies of the devotees as temples and the souls “Uyir”, which govern the bodies as God and pray saying “Let all the Uyirathmakal (Souls), who come here be blessed with welfare, prosperity and the grace of the great sage Dhuruva, Easwara!” and spread this gracious feeling throughout the temple.

If you worship following this method in temples, the benign vibrations emitted by the great sages and ‘Maharishis’ merges in your Athma (soul). Therefore, your Athma (soul) attains Godliness. Since you meditated in the temple for the welfare and prosperity of all the devotees, who come to the temple, your waves of breath spreads in the temple and helps all the devotees to attain the same.

Though we are good, do good and do no harm to others, certain circumstances make us feel frightened. For instance, we meet a friend who tells us about his misfortunes in life with distress. When we listen to such a narration, the feelings of agony gets into our body and makes us also feel the pain. Thus, though we do not commit mistakes, we suffer due to a lot of troubles and negative feelings, which surround us without our knowledge. Only to redress the sufferings of humanity the great Gnanis helped to establish temples in those days.

**Therefore, do not complain about your troubles and misfortunes in the temples. Though you complain inadvertently, the waves of sufferings will make all those who come to the temple suffer.** Hence, whenever you go to the temples consider the bodies of the devotees as temple and their Uyir (life-atom) as God and pray as follows :



**“Let all the devotees who visit this temple be blessed with the qualities of this God, well being and prosperity in life, Easwara!”**

After reaching home from the temple, sit and meditate for five minutes as follows:

“All the people at home should get the qualities of Gods! All those who visit our homes should get the qualities of Gods! All those who have business or professional contacts with us should be blessed with welfare and prosperity in life! Our business should flourish to a great extent Easwara!”

After uttering the above prayer, put the sacred ash and flowers brought from the temple in a mug containing water and spray the holy water in all portions of your house. When you do like this all evil waves or negative energy will be removed and positive vibrations will permeate the house.

**Home becomes Temple!**

**Your thoughts become Divine!**

**Your Soul becomes God!**

Let all those who do family meditation as stated above obtain the grace of the great sage Dhuruva, perform “Athma Suddhi” (soul cleansing) regularly; get peace of mind, strengthen their thoughts, words and deeds, have influential words and position and thereby get their words and deeds cleansed, so that their business or professional contacts enjoy welfare and prosperity, their speech and actions help the well-being of the world, thus.

Let your words and deeds spread kindness and refinement in your work place. Let your words and the waves you spread help to sanctify those who visit the temples. Your words and vibrations attain divinity.

**May you (husband and wife) owing to the power of meditation be blessed with the grace of the great sage Dhuruva and your “Athma” (soul) merge with Uyir (life-atom), become Light being and attain the blessed state of birthlessness; thus I pray to my master, who is omniscient and omnipresent.**

Be blessed with well-being and prosperity!

Be blessed with the Supreme Grace and  
Supreme Light of the Dhuruva Star!

## **81 Vinayaka Chathurthi – A Philosophical Elucidation**

Let us see how the great sages have explained “Vinayaka Chathurthi”. The life-atom, which originated in the firmament got attracted into Earth’s fold, captured the energy emitted by plants and created a body in the form of a worm. The day on which the life-atom got a form, “the body called Sivam” is celebrated as “Sivan Rathiri”. Light waves, which became “Uyir” developed consciousness of the plant energy within itself and with this energy grew around the “Uyir”, became a worm and that day is “Sivan Rathiri”. As Sakthi (energy) is transformed into Sivan (bodily form) this day is being celebrated.

The life-atom depending upon the attribute it has acquired originates as a worm at the beginning of



evolution. After evolving into the form of a worm, the life-atom finds out and eats the same leaves of the plant from whose smell and energy, it developed its attribute and originated as a worm.

After the leaves of that particular plant is eaten away by the worm, it moves in search of the same plant. During locomotion, the worm searches through the sense of smell for the leaves of the plant with which it grew and quenched its hunger. At the same time it feels pain in its body and hunger makes it to look at the direction of the plant which provided food with a longing.

Though the worm looks with a longing, it has no eyes. Still it moves wistfully with the awareness of smell. For instance, trees grow by absorbing and internalising the kindred energy, which is mixed in the air for their growth. In the same way the worm also conscious of its kindred smell goes in search of the same leaves.

The worm has no eyes to look at, but perceives only through the sense of smell. The longing to quench its hunger forces it to be desirous of vision and the worm looks with a craving at the sky. The feeling accumulates in the body of the worm as deeds and merges with the “Uyirathma” (soul) along with the features of the deeds. After the “Uyirathma” (soul) departs from the worm, in its next birth it is born, according to the deeds accumulated in its body in the previous birth, as worm with eyes.

The worm without eyes is reborn as worm with eyes according to the centrality of the actions accumulated in its previous birth. Therefore, the great sages referred to this action as “Vinayaka” (Hero of actions). Though the

**“Vinayaka”- Hero of actions – who is responsible for all actions.**

worm got eyes according to the features and actions it accumulated, to make us understand the power and functions of the eyes the sages preach that “Kannan”\* was born on “Ashtami”\*.

“Ashtami” also refers to the energy inherent in eight planets from which the plants derive the necessary energy for their growth. These plants grow absorbing the magnetic radiation of the Sun also. The power found in the eight planets are dispersed into various atoms and these atoms are reunited, remixed and develop into multifarious atoms forming different types of plants. As it follows, when the “Uyiranu”(life-atom) inhales the characteristics of the plant and gets its body, the mixed energy of the eight planets, the thought registered in it, the magnetic radiation of the sun absorbed by it are responsible for the formation of its body with eyes, at this juncture.

The life-atom gets a chance to obtain a form (body) for itself, when it recollects the thought/feeling of longing to get a body (worm with eyes) (i.e.,) the process of “Sivan Rathiri”. The power of vision is personified as “Kanna”. It is also referred to as “Parandhama” because the ‘eyes’ called Kanna could make and register anything and everything perceived by it in the outside world, as its own.

According to **Bhagavad Gita**, Kannan is born on “Ashtami”. He is also portrayed as a chariot driver. In the same way our eyes direct us in our path and make us understand everything. When we see someone doing a mistake, we

**“Kannan”** - The Hindu God also called as Lord Krishna, created by Sages to make us understand the function and power of our Eyes.

**“Ashtami”** - Eighthday after new moon and full moon.



are aware of the mistake, but the impact of the mistake gets the same into our body and the energy arising out of the feelings kindled accumulates in our body as deeds.

We realise that someone is doing a mistake but the essence of the feelings of mistake get mingled in our body and grow as evil deeds in us. Similarly, everything that comes within the purview of the eyes accumulates within the body, in the form of various aspects such as safety measures, features longed for the conception of thoughts, and sense perceptions inhaled. These result in the evolution of the soul through innumerable forms or bodies according to the actions performed in each birth and finally eventuate in the evolution of human form.

The action or deeds accumulated in our “Uyir” as a hero, determined the evolution of species and got the bodies accordingly. A metamorphosis takes place in this manner right from a worm to human being. For instance, the worms get their colour and attributes according to the plants, which they eat. The same is the case with all forms of beings.

Our “Uyir” is called “Adimoolam”, as it accumulated all the attributes and characteristic features it has absorbed to protect itself; all these attributes develop within “Uyir” in the form of actions in each and every birth and these actions accumulated in the Uyir in their turn brought forth the features/organs longed for by the “Uyir” in its next birth/form. This process of evolution through various stages has resulted in the formation of human being by the grace of the “Easan” (God) called “Uyir”.

**“Adimoolam” - life-atom, the primary source of origin**

“Vinayaka Chathurthi” is the name given to the above process. All forms of life from worm to a higher animal have eaten only the products of nature. But after getting the human form, we eat cooked food. For instance, the pungent taste of a particular plant is removed after it is cooked. Then we make this food tasty too by adding some ingredients. In the same manner, the ability to make the different ingredients of life by putting them together in right proportion and learning to make life meaningful is called “Vinayaka Chathurthi”.

Though “Uyir” has grown taking into its fold, the energy of the plants derived from the products of nature until the stage of an animal, when it becomes human it learns to cook or decide the course of life for itself through actions and thoughts, which have been accumulated in its body so far. “Vinayaka Chathurthi” is shown as an example for us to make us understand and use the power of discretion to decide what deeds or actions should be accumulated.

On the day of “Vinayaka Chathurthi”, we make “Vinayaka idol” in clay and worship it by offering sugarcane, sweets, “Kozhukattai”\* and fruits. Then we immerse and dissolve the idol in water sources. The inner meaning of this action is that for the past, say one year, we have accumulated inadvertently, all evil qualities like boredom, confusion, embarrassment, hatred, hurry, anger, fear and so on, even in some of our actions, which we believe to be good. All these qualities bring only disaster to us. Hence, **“Vinayaka Chathurthi” is a day which makes us discard all evil forces within us and cultivate/accumulate good deeds and goodness within us.**

**“Kozhukattai” - a dish made of rice flour and jaggery.**





To remove all sorts of evil deeds, which have been accumulated within ourselves, we offer all the tasty food prepared and pray intensely longing for the grace of the great sages, who made us realise the great truth. The day on which we remember the fact that all our actions carried out with the gracious thoughts of the sages will become delicious, is called “Vinayaka Chathurthi Day”. If we eat the essence of plant food, our thought waves and their actions and purposes will be determined according to the same essence of plant food.

Now we have learnt to cook food deliciously by adding various ingredients and enjoy eating such a food, in the same way, we have stopped the previous stages of evolution, we have reached a position of a human being to acquire sweetness in our actions and the blessings of the great sages. So, this Chathurthi day is a reminder for us of our ability to obtain illumination or luminous body.

We find someone beating another, when we are on our way. We are irritated to see the man who is beating and pained to see the other man, who is screaming. These two feelings instigate the same within us and dash against “Uyir”, which is the God within us and the same waves get into our body and make us commit an irritating wrong deed by us too. The actions of irritation get merged in our body called “Sivam”.

The irritable anguished condition stated above gets transformed into diseases within us. The purpose for which we make “Kozhukattai” today is to make us understand the concept of removing the impact of all evil deeds through the addition of good powers. If we happen to look at the mistake or misdeed done by someone, we

should protect ourselves against the misdeed getting accumulated in our body. To ward off such evil, we should meditate saying, “Ohm Easwara!, Let us receive the grace of great Maharishis. Let my “Jeevaanma” receive the grace” and inhale the same waves and spread the thought that our “Jeevaanma should be blessed”. When this is being done with the gracious light of the sages, we are able to protect ourselves against the irritable misdeeds and are able to remove the qualities of evils and include goodness within us. Vinayaka Chathurthi” is a fine day, which reminds us of this idea.

Similarly, we wish that our children should learn well. If the children do not study well we become anxious, sorrowful and angry. These feelings or emotions that we have inhaled and thought, create the same condition and pain for us. Though our real intention or longing is the welfare of our children, we do not inhale this feeling or thought for a long time. We inhale or think of the good feeling only for a short time, whereas we think of the bad feeling, i.e., the fear about the future of the children, and add up feelings of pain and woe for a long time and then transmit the same negative energy on our children.

As has been clearly explained in the meditation process, we can change everything by practising “Athma Suddhi” (Soul cleansing). Standing in front of the Kalasam (consecrated pot) focusing our mind on our children’s academic excellence, we should meditate,

***“Ohm Easwara!, Let me be blessed with the grace of the great sages;***

***Let my “Jeevaanma” too get the same blessings!”***,



Then we should pray for our children thinking as follows:

**“Our children should receive the blessings of the great Maharishis. They should receive higher powers, become sagacious, following the path of great sages and should achieve academic excellence”**

Meditating as stated above, we have to increase the power of these good vibrations and transmit this positive energy on to the children. Ultimately “Vinayaka Chathurthi” is a day, which reminds us to develop the ability to increase our powers and thus get luminosity.

May I conclude, praying and blessing you to obtain the gracious light of the great sages each and every minute into your body, to remove all the evil influences, which you have imbibed unknowingly and thereby paving the way for physical well being, mind power, flourishing occupation with the grace of the sages. May your speech, actions and breath help the world community get welfare and prosperity.

With blessings,  
*Venugopalasamy*

**Be blessed with well being!**

**Be blessed with prosperity!**

**Be blessed with the supreme grace and  
Supreme light of Dhuruva Star!**

\*This is an address on “Vinayaka Chathurthi Day” at Thapovanam.

**Ohm Easwara! Gurudheva!**

## 82 Gnana Guru and Thapovanam

Following the gracious path of his Master, our Gnana Guru visited various parts of India, recognised and realised the true meaning and status of Astronomy, Geography and Biology. With great love for humanity, he transmitted the highest truths which he learnt, to the people in the form of preachings and meditations. Similarly our Divine Mother, following the benign steps of Gnana Guru, showers meditation practices and her blessings to all.

“Mamaharishi Easwaraya Gurudhevar Thapovanam” has been established by Gnana Guru at Vadugapalayam, near Punjay Puliampatty, Sathyamangalam Taluk in Erode District and it imparts true knowledge through “MeiGnana Dhiyana Valarpu Thiruchabai”\*. Our Divine Mother is the one who leads Thapovanam after Gnana Guru’s luminary status.

At the Thapovanam when we meditate looking towards the Pole Star, during Full moon days Samy Amma (our Divine Mother) helps, the devotees, following the path of Gnana Guru, to receive the benign and sagacious powers from the Pole Star, Saptharishi Mandalam (Great Bear) and the firmament.

The significance of Full moon day Group Meditation is that it elevates the spirits of our ancestors who are considered our family deities, friends and relatives who are dead and gone, reach the region of the Great Bear and attain birth-less state. The devotees who participate in the group meditation on that day are abundantly blessed with supreme powers by Samy Amma (our Divine Mother).

*Note : “MeiGnana Dhiyana Valarpu Thiruchabai” - a congregation to heighten spiritual and meditation practices.*



This Full moon day meditation, through the blessings received, provides us with an opportunity to absorb supreme powers from the Sky, the Pole Star and the Great Bear. Members of the Thapovanam from different places, from different states and people from the nearby villages take part in the Full moon day meditation and gain the blessings of our Divine Mother.

Lodging and boarding facilities are provided at Thapovanam for the benefit of the devotees, who wish to learn meditation practices and listen to spiritual discourses of Samy Amma.

“Thapovanam” is situated three kilometres away from Punjai Puliampatty on the way to Sathyamangalam. Bus facility is available frequently on this route. Buses bearing numbers 6, 6A and N6 ply through Thapovanam. One can reach Vadugapalayam (Thapovanam) through various roads from various places like Coimbatore, Erode, Avinashi and Punjay Puliampatty to Sathyamangalam.

A monthly spiritual magazine “Uyire Kadavul”, carrying the spiritual precepts and sagacious discourses of GnanaGuru, is being published by “Thapovanam”. It’s annual subscription is Rs. 100/- and it’s life subscription is Rs. 500/-. By paying Rs.1500/- one can become a life member of “MeiGnana Dhiyana Valarpu Thiruchabai”.

As stated above those who become life members and life subscribers of “Uyire Kadavul” are presented with “Arul Gnana Chakra”\* and blessed directly by our Divine Mother.

### Administrators

**Note :** “*Arul Gnana Chakra*” : A Copper sheet in which the supreme powers emitted by Maharishis is inscribed with the blessings of the Guru and presented to the devotees.

## **TO RESCUE OURSELVES FROM SCIENTIFIC DISASTERS**

We live in a scientific world now. Science will bring about disasters to humanity. Terrorism increases in the form of religious and racial wars and frighten people. To rescue humanity from such disasters, we should follow the compassionate path shown by our Guru and imbibe the Supreme Grace and Supreme Light of Dhuruva Maharishi in the form of Dhuruva Star within us. When we grow such powers within us the perceptions, which merge with “Uyir” become the perceptions of the Supreme light and enable us to attain birthless luminous status after this birth.

**“GnanaGuru”**



## **THE IMPORTANCE OF MEDITATION UPON THE ORGANS OF OUR BODY**

Our atmosphere is full of pollutions. As has been shown in our “Puranas” through “Varaga Avathar”, we should remove the toxins in our atmosphere/ surroundings and grow receiving positive energy in us.

Just like a “Robot which functions with the help of electrical, electronic and computer programmes could caution its owner about the lurking dangers in the field in which it is employed, I help you to receive positive energy to all the organs of your body. It is your duty to absorb and cultivate this positive energy into yourselves for your welfare.

**“GnanaGuru”**

## தபோவன வெளியீடுகள் “ஞானகுரு அருளியவை”



1. உயிரே கடவுள்
2. முருகனும் போகனும்
3. விநாயகத் தத்துவம்
4. உணர்வுகளின் இயக்கங்கள்
5. உணர்வுகளின் பெருக்கமும் உயிரின் இயக்கமும்
6. வினை நீக்கும் விண்ணின் ஆற்றல்கள்
7. எண்ணத்தின் தோற்றமும் எண்ணத்தின் இயக்கமும்
8. மெய்ஞான உணர்வும் விஞ்ஞான உணர்வும்
9. பேரண்டமும் பெருவீடும்
10. மகா சிவன் ராத்திரி
11. அகத்தியர் அருளிய குரு வழி தியானம்
12. ஞான பொக்கிஷம் பாகம் - I
13. ஞான பொக்கிஷம் பாகம் - II
14. குரு வழியில் ஞானகுரு - I
15. குரு வழியில் ஞானகுரு - II
16. மனித உணர்வுகளால் வரும் நோய்கள் நீங்கும் வழி
17. கீதையின் சாரம்
18. ஆத்ம சுத்தி
19. ஆத்ம ஜோதி
20. நாராயணனின் அவதாரம் பத்து
21. அருள்ஞான பொக்கிஷம்
22. மாமகரிஷிகள் அருளிய பேருண்மைகள்
23. பேரின்பத்தைத் தரும் பேரொளி
24. कृपा ज्ञान कोष (ஹிந்தி - புத்தகம்)
25. ஞானகுரு உபதேசித்து அருளிய மூலக்கூறுகள்
26. துருவ தியானமும் ஆத்ம சுத்தியும்
27. Treasure of Wisdom





28. Divine Revelation on
29. தன்னைத் தான் அறிதல்
30. குருவிடம் பெற்ற அனுபவங்கள்
31. துருவ தியானம்
32. Liberation of Soul
33. தெளிந்து வாழ்ந்திட குருவின் அருள்ஞானம்
34. தியானப் பயிற்சியும் பலன்களும்
35. சற்குருவின் அருள் ஞானம்
36. குருவின் மெய்வழி
37. காளிங்கநாதரும் போகமா மகரிஷியும்
38. தவம்
39. ஆன்மாவின் நிலைகள்
40. அருள் ஒளி பெறும் அருள் வாழ்க்கை
41. அருள் ஞானம்
42. தியான அருட் பயிற்சி
43. அருள் ஞானப் பொக்கிஷம்
44. குரு வழியில் வாழும் வழி
45. துருவ தியான விளக்கம்
46. மெய்ஞானப் பாடல்கள்
47. விநாயகனை தியானிக்கும் முறை
48. உயிர் உடல் இயக்கம்
49. ஆலய வழிபாடு
50. வாழும் வழி முறை
51. அருள் வாழ்க்கை
52. ஞானகுருவின் மருத்துவக் குறிப்புகள்
53. ஆத்ம சுத்தியும் தியான பயிற்சியும்
54. விஷ்ணு தனுசு
55. அகச்செல்வமும் அருட்செல்வமும்
56. அருள்ஞான வழி
57. அகத்தியர் - 1



58. உயிரே கடவுள் (தெலுங்கு)
59. அகத்தியர் - 2
60. அகத்தியர் - 3
61. கோலமாமகரிஷி - பாகம் - 1
62. பிருகு மகரிஷி
63. கோலமாமகரிஷி - பாகம் - 2
64. கொல்லூர் உபதேசம்
65. ஞானகுருவின் அருளுரைகள் - 1
66. குருவழி
67. அத்திரி மாமகரிஷி
68. வான்மீகி மாமகரிஷி
69. அருள்ஞான முத்துக்கள்
70. மாமகரிஷி ஈஸ்வராய குருதேவர் - பாகம் - 1
71. மாமகரிஷி ஈஸ்வராய குருதேவர் - பாகம் - 2
72. வியாச பகவான்
73. காளிங்கநாதர்
74. சற்குருதேவரின் தபோவனம்
75. அருள்ஞானப் பொக்கிஷம் (தெலுங்கு)
76. ஞானகுரு வெளிப்படுத்திய உண்மை நிலைகள்
77. சப்தரிஷி மண்டலமும் ஒளிச்சரீரமும்
78. ஞான காண்டம்
79. அகத்தியம்
80. கொங்கணவ மாமகரிஷி
81. உயிர் வழி சுவாசம்
82. மகரிஷிகள் வெளிப்படுத்திய உண்மை நிலைகள்
83. ஞான அருள்
84. உங்களை நீங்கள் நம்புங்கள்





**ஞானகுரு வேணுகோபால சுவாமிகள் அருளிய  
ஒலி, ஒளி தட்டுக்கள், மாமகரிஷி ஈஸ்வராய  
குருதேவர் தபோவனம் டிரஸ்ட் வெளியீடுகள்**

### **ஒலித் தட்டுக்கள் (AUDIO CD)**

| வ.எண் | பெயர்                                  | விபரம் | எண்ணிக்கை |
|-------|----------------------------------------|--------|-----------|
| 1.    | துருவ தியானப் பயிற்சி                  |        | 1         |
| 2.    | மெய்ஞானப் பாடல்கள்                     |        | 1         |
| 3.    | ஞானப் பாடல்கள்                         |        | 1         |
| 4.    | அருள் ஒளி பெறும்<br>அருளுரை பாகம் - I  |        | 1         |
| 5.    | அருள் ஒளி பெறும்<br>அருளுரை பாகம் - II |        | 1         |
| 6.    | மருத்துவக் குறிப்புக்கள்               |        | 1         |
| 7.    | துருவ தியான விளக்கம்                   |        | 1         |
| 8.    | உயிர் உடல் இயக்கம்                     |        | 1         |
| 9.    | விநாயகனைத் தியானிக்கும் முறை           |        | 1         |
| 10.   | ஆலய வழிபாடு                            |        | 1         |
| 11.   | வாழும் வழி முறை                        |        | 1         |

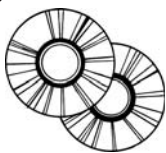
### **ஒலி, ஒளித் தட்டுக்கள் (VCD)**

| வ.எண் | பெயர்                   | விபரம்        | எண்ணிக்கை |
|-------|-------------------------|---------------|-----------|
| 1.    | முதல் குரு பூஜை பாகம்-1 | காலை 10 மணி   | 2         |
| 2.    | முதல் குரு பூஜை பாகம்-2 | காலை 10 மணி   | 2         |
| 3.    | முதல் குரு பூஜை பாகம்-3 | இரவு 7 மணி    | 2         |
| 4.    | 2-வது குரு பூஜை         | காலை 10 மணி   | 3         |
| 5.    | 3-வது குரு பூஜை         | காலை 10 மணி   | 3         |
| 6.    | 6-வது குரு பூஜை         | காலை 10 மணி   | 4         |
| 7.    | 7-வது குரு பூஜை         | காலை 10 மணி   | 4         |
| 8.    | 8-வது குரு பூஜை பாகம்-1 | துருவ தியானம் | 3         |
| 9.    | 8-வது குரு பூஜை பாகம்-2 | காலை 10 மணி   | 3         |
| 10.   | 9-வது குரு பூஜை         | இரவு 7 மணி    | 3         |
| 11.   | 10-வது குரு பூஜை        | துருவ தியானம் | 2         |
| 12.   | 10-வது குரு பூஜை        | இரவு 7 மணி    | 3         |
| 13.   | 10-வது குரு பூஜை        | காலை 10 மணி   | 3         |
| 14.   | 11-வது குரு பூஜை        | காலை 10 மணி   | 3         |

|     |                              |                              |       |
|-----|------------------------------|------------------------------|-------|
| 15. | 12-வது குரு பூஜை பாகம்-1     | இரவு 7 மணி                   | 3     |
| 16. | 12-வது குரு பூஜை பாகம்-2     | துருவ தியானம்<br>காலை 10 மணி | 2     |
| 17. | கடனா நதி 1999-ம் வருடம்      |                              | 2 } 4 |
| 18. | கடனா நதி பாகம்-1             | 1, 2                         | 2     |
| 19. | கடனா நதி பாகம்-2             | 3, 4                         | 2     |
| 20. | கடனா நதி பாகம்-3             | 5, 6                         | 2     |
| 21. | கடனா நதி பாகம்-4             | 7, 8                         | 2     |
| 22. | கடனா நதி பாகம்-5             | 9, 10                        | 2     |
| 23. | சிதம்பரம் உபதேசம்            | 1, 2                         | 2     |
| 24. | கீதையின் சாரம்               | 1, 2                         | 2     |
| 25. | விநாயக சதுர்த்தி             | 1, 2, 3                      | 3     |
| 26. | அண்டமும் பிண்டமும்           | 1, 2, 3                      | 3     |
| 27. | தன்னைத்தான் அறிதல்           | 1, 2, 3                      | 3     |
| 28. | பௌர்ணமி தியானம்              | 1, 2                         | 2     |
| 29. | பௌர்ணமி உபதேசம்              | 1, 2, 3                      | 3     |
| 30. | சாமி அம்மாள் உபதேசம் பாகம்-1 | 1, 2                         | 2     |
| 31. | சாமி அம்மாள் உபதேசம் பாகம்-2 | 3, 4                         | 2     |

வெளியீடு :

மாமகரிஷி ஈஸ்வராய குருதேவர் தபோவனம்  
பஞ்சை புளியம்பட்டி - 638 459 ஈரோடு மாவட்டம்



**MP3**

**ந**மது ஞானகுரு அவர்கள் 1986-ஆம் வருடம் முதல் 2002-ஆம் வருடம் வரை உபதேசித்த அருள்ஞான உபதேசங்கள், MP3 வடிவில் CD-யாக மாற்றப்பட்டு உள்ளது. அதனை தலைப்பு வாரியாக தொகுத்து அட்டவணைப் புத்தகம் தயார் செய்யப்பட்டு தபோவன அலுவலகத்தில் உள்ளது. தேவையான CD விபரங்கள் அதற்குண்டான தொகையை தபோவன அலுவலகத்தில் செலுத்தி உரிய MP3 CD-க்களை பெற்றுக் கொள்ளும்படி கேட்டுக் கொள்கிறோம்.

- நிர்வாகிகள்