

# Sidddyoga

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## Abstract

Siddhar meant realized persons, liberated souls, enlightened seers, controlled body and mind, can do any miracle, overcome time and space. They obtained these supernatural powers by yoga, breathing and meditations. Siddhars are countless. The Siddhars of Kumari Kandam which was swallowed by great Tsunami introduced easy postures, best breathing techniques and marvelous meditation methods. In this short work, we introduce some easiest yogic practices.

## 1. Kannagam

In Tamil language, Kan means eye and agam means inner side. The Tamil Siddhars found through their intuition and meditation powers that in the mother's womb, the origin of the first organ is the eyes. Although all the parts of the human body are essential, the eyes are more important for the Siddhars. Nearly 95% of the energy is wasted through the eyes. In order to obtain better mental and physical health, the eyes should be streamlined. Bogar formulated a number of yogic techniques for this purpose. Let us focus on three of those methods for eyes awakening!

### ONE

Sit on a cotton mat comfortably keeping your right leg in the front side. Keep your right palm on the right leg in between the right knee and right feet. Also, let your left palm rests on your left leg as explained in the previous sentence. Siddhar Bogar calls this as KANNAGA MUDRA. By slowly closing both of your eyelids, inhale slowly simultaneously opening the eyes. Detain the inhaled breath only for one second. Then exhale along with the closing down of the eyes.

### Perform this for thirty times. TWO

By sitting in the same position as interpreted above, do this reversely. i.e. While inhaling, close the eyes and during exhalation open your eyes. **Repeat this practice for thirty times.**

### THREE

By remaining in the same position and closing the eyelids, move both of your eyes from left to right. **Do for ten times.**

## 2. Kannaga Kaathagam

Comfortably sit on a cotton cloth. Insert your right hand thumb in your right ear hole and put your left thumb on your left ear hole. Let the thumbs be pressed in the ear holes. Now keep the other fingers horizontally and tightly on the head. Close your eyelids. Now inhale simultaneously closing down the eyes. **Repeat this practice for thirty times.** You can certainly experience and enjoy the DEEP BREATHING. You can hear the sound of your breathing. This **Kannaga Kaathagam** performance purifies the heart, lungs, and brain cells. Besides this, a strong positive energy is created in and around of the practitioner. Practicing this **Kannaga Kaathagam** technique during Brahma Muhurtha will be more beneficial and fruitful for the performers.

### 3. Oliyagam

Sit comfortably on a cotton cloth keeping Kannaga mudra which is explained in the first practice. Close the eyelids. Keep your index and central fingers on the eyelids. Then slowly tighten and go on pressing. You can see your inner light in various colors. Seeing golden light is the peak of this performance. **Do this only once a day..**

### 4. Koorga Paaragam

No cloth or other material is required to do this practice. Keep your left fingers on your left cheek and the right finger on your right cheek. Do not press or tight. Now close your eyelids tightly and very tightly. Then look at a paper containing very small letters, words or sentences. Now you can see the small letters too clearly without any difficulty.. **Do this only once.** This practice gives strong insight to the eyes. People working in the computer systems can do this practice once every two hours. This simple performance was tested with fruitful results without any side effects at several times on several occasions. The R&D proved ground-breaking results.

### 5. Kannaga Oothagam

Sit comfortably on a cotton cloth keeping Kannaga mudra. Slowly inhale simultaneously closing the eyelids. Then open the eyes and mouth simultaneously. Keep your left and right sides of the tongue in a folded position and exhale. Now you can feel the air moving out through the folded tongue; **Do this only five times.**

### 6. Meivarthana Oliyagam

Sit comfortably on a cotton cloth. Close the eyelids slowly while inhaling and open the eyelids during exhalation. Detaining the breath is not necessary. Stretch your legs in front of you. Lean slightly back and put the right hand on the right side and left hand on the left side comfortably without any strain. Close the eyelids slowly while inhaling and open the eyelids during exhalation.. **Repeat this for thirty times.**

### 7. Naanaga Kannagam

Sit in a cotton cloth remaining at Kannaga Mudra. Let your tip of the tongue your upper palate. Then close the eyelids slowly while inhaling and open the eyelids during exhalation. **Do this for thirty times.**

### 8. Kaluththaga Kannagam

Sit comfortably on a cotton cloth keeping Kannaga Mudra. Slowly close your eyelids. Inhale simultaneously opening your eyelids and moving the head back side. Then exhale simultaneously closing down the eyelids and moving the head to the previous position. **Do this for ten times.**

### 9. EEEM Meditation

Comfortably sit on a cotton cloth. Let your right leg in the front side and left leg at the back side of right leg. Keep your left palm on your right thigh and place your right palm on the left palm. Bogar calls this as **UNIVERSAL MUDRA**. Close your eyelids and remain silent for a while. Then slowly open your eyelids. After three normal breathings, inhale simultaneously closing your eyelids. Then slowly exhale reciting the EEEM mantra silently simultaneously opening your eyelids. Do this practice for thirty times. Then place your palm without altering Universal Mudra on your left thigh and repeat the same practice

for thirty times. Finally place your palms in between the right and left legs. Then do the same practice for thirty times. This eye posture cum breathing and chanting arrests and calms the mind and transforms the practitioner to ONENESS with the Divinity.

#### **10. Aatral Nilai** (Aatral = Energy, Nilai = Posture)

Continue the same position and lean back keeping your palms comfortably at your back side. In this position you should not encounter with any stress but you must enjoy pleasure and comfort. Now practice the reverse process of the eye breathing mentioned above. i. e while inhaling open your eyelids and during exhalation close your eyelids slowly. Do this reverse eye breathing for only fifty times.

#### **11. Aatral Nilai** (Aatral = Energy, Nilai = Posture)

Sit comfortably on a cotton cloth. Close your eyelids for a while and remain silent. Then open your eyelids slowly. Keep your left hand palm on the center of the head and slowly keep moving without pressing the body organs along forehead, left eyelids, left neck, left shoulder, heart stomach, left thigh, left knee, left leg and left feet. Then slightly rub the left feet with the left palms and fingers twice. Then move back to the left knee, thigh and finally keep the left hand fingers above your sexual organ. Then let your four fingers except the thumb push that particular place. Repeat this thrice. Then keep the left-hand palms and fingers move back on the same path up to left side cheek and stop there. Now let your left palms and fingers face your nostrils. Please note that your fingers SHOULD NOT touch the nostrils. Do this only once.

**Then repeat this same practice with your right hand palms and fingers.**

This easy and simple posture energizes your body. You can experience and enjoy freshness and calmness for the entire day

#### **12. Inbam Nilai** (Inbam = Bliss, Nilai = Posture) 0

Sit comfortably on a cotton cloth. Slowly move your body to the front side and back to the previous position very slowly. While moving front slightly bend your head and neck and while moving back slightly keep your head and neck to the upper side facing the sky. Repeat this practice for only ten times

#### **13.. Ontriya Nilai** (Ontriya = Unification with Divinity, Nilai =Posture)

Sit on a cotton cloth comfortably. Keep your right palm on your left palm. Let your right palm go up and come down on the left palm very slowly. The yields should be closed during this simple practice. Repeat this practice for twenty times. The practitioner can certainly feel bliss and enlightenment. Naturally, without any of your efforts and attempts, the speed of your breathing slows down. The mind is put to total silence and the practitioner naturally attains oneness with the Cosmic Space. [Vetta Veli]

**Then do this practice by keeping your left palm on your right palm.**

The above easy practices transform the practitioner into NIRVIGALPA SAMADHI

This is a state in which the mind dissolves with the energy. Spiritually speaking this is ONENESS with God.

#### **Discussion**

The Tamil Siddhars gave much importance to the eyes. That's why Siddhar Bogar formulated the much powerful **NOKKU VARMAM**. Nokku Varmam means focusing and concentrating the bioenergy at the



eyes to defeat the enemy. This traditional knowledge of Tamil Siddhars was imparted to the Chinese by the Kanchipuram Tamil Prince Dhaamu. It is one of the prime pillars of modern Kung Fu. The various Kannaga practices revealed in this paper awakens and streamlines each and every cell of our human body