

AMAITHIYUM AROKIYAMMUM

முதுயுகத்தின் வழிகாட்டி

Amaithi -5

Arokiyamum - 4

November - 2017



**HOW TO GET
THE FREE LAW-ADVICE**

Thought Moulds Life

Understood half



X STD

Understood more



XII STD

Under stood totally



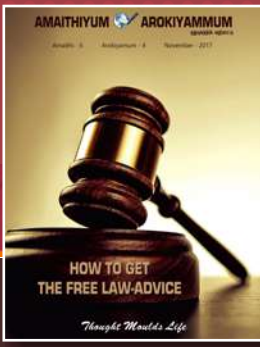
COLLEGE

Understood Nothing



LIFE

BANU HOME EDUCATION



AMAITHIYUM AROKIYAMUM

Monthly Magazine

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Editorial



Endear friends

Most of the people communicating me in order to perceive my consideration about the incidents whatever happened in either corner of this Globe. More over many persons are communicating through the watsap, face book, E-mail, and my office number and asking so many questions. I came to know one message very clear when I research about these questions.

I want to mention that most 90% of the questions have been answered through our five days camps which are conducted at our Coimbatore Camp. So the readers of this book can participate in our Coimbatore Camp. The persons who were not able to attend the meet can approach our office and buy the 5 days video caste from our office.

The audience may know very elaborative by means of studying the audios and videos. If the persons are not able to either participate in the class or purchase the audio and videos can send one requisition to the below mentioned e-mail address on other hand we would send all audio and videos for free of Cost. So my long time requisition is that everybody should know the complete things of the five days camp. The classes would explain very elaborative and give you the clairvoyance about us and our circumstances and environment.

I cordially invite all our friends who they read this magazine and who they have not participated in the five days Camp.

உதயர் பால்கர்



The Public Court- an Introduction

How to get the free law-advice

Healer Baskar

Founder, Anatomic Therapy

There are more mobile court is being conducted by the government at the most place of the India in favor of the public to clarifying the complication of the law.

If you want whatever judgments you want you can get whether you have registered or unregistered by way of approaching this Court.

If you want the instant judgment within the shortest period of hearing your approachable place is not the court ,is not the Advocates office, It is not the Police Station, It is not the politician`s house ,or the rowdies house, The where you should go is only the Public Court. The free assistances service centers of the law. The public Court is often assembled here.

The word loc refers that is Public as well the word Athalath means the public Court in Hindi. Nowadays It is coming to Public knowledge that the Tamil public Court is being conducted everywhere.

The National Public Court is called as the Loc Adhalok. Of course if you receive one judgment from the Public Court again you cannot appeal either the high court or the Supreme Court. If once the judgment is given that is given.

After the judgment you cannot change that judgment anywhere. Here after directly to the Public Court instead of wandering in the police station or the Court.

We describe about the below mentioned doubts what is the public Court? What are the benefits of that

Public Court? How this organization is activated?

What sort of judgments can be received from this Court? Whom we should communicate for these problems?

The whole public would be benefitted who read this Article. It will be very convenient to the people who are struggling with the cases and without having the judgment.

The persons who do not have the court cases also can have the knowledge of this Public Court .It will be helpful in future.

The Function of the Public Court
The public can have an immediate judgment from the Public Court by way of approaching the Public Court. One of the most important things is that how these people should know how to approach the Public Court.

First of all the person who want to approach the public court should write one complaint about his problems and report in the public Court. Of course your case is stagnated at the divisional court or high Court you can change that case through the Public Court.

The public Court itself organizes the lawyers in order to conduct the case. We need not pay any fees for that. The advocates would argue as our own advocates with free of cost.

The notice would be sent to the both plaintiff and filer who belong to the case. Afterwards they would take an intensive care to judge for that case.

The plaintiff would have to go to the public court often till the case over. But the hearings would be very less.

Here they won t drag the case for 7years or 10 years on the contrary they would give the judgment very soon.

When one lady is filing the case in the Public court there is no Income Tax for that lady.

Her case is filled with free of cost. When males are filing the case there is limitation for the Tax.

The benefits of the Public Court
You can receive the payments like document charges, whatever you paid at the High court, Supreme Court and district court or at the district court.

You can receive the judgment shortly.After received the judgment of

the Public court no one can appeal in the high court or the Supreme Court. You can't go for the next appeal even at the Supreme Court.

No unwanted expenses We can deal very elaborative by way of sitting casually at the Public court. You can boldly tell about your legal obligations. But either at the high court or the supreme courts your advocate only permissible to talk along with the Judge.

It is not usual to over talk in the court while the argument is going as well as in the Cinema. But in the Public Court you can speak like that.

There may not be delaying, the cases will not be dragging for long time. We can receive the judgment within some months.

We can postpone or block the complications whatever family, divorce cases problems we had at the foreign countries by way of approaching this public court.

Whatever cases are applicable at the Public Court

1. We can approach the public court if we have any problem of getting the school Certificate.

2. If we have the problems of receiving the ration card we may approach the Public court.

3. If either officer refuse to dispense the birth certificate for the baby which has been born at the house you may approach the public court.

4. The students who study at the schools and college can approach the public court in need of their Educational Assistance.

5. If either politician deprives your properties you can approach the public court in order to recover those properties.

6. We can take an intensive step against the persons who they have married India and confidentially marrying at the foreign countries can be punished through the public court.

Meanwhile we can take an intensive step against the couples who are disconnected and having an illegal communication each other through the Pubic Court.

7. Of course if the public are incapable of continuing their cases at the ordinary courts like high court and Supreme Court the public court would organize the advocates to argue on behalf the clients

with the free of cost.

8. The public can appoint a lady lawyer if she is in need of arguing for sake of the case of family welfare cases.

9. We can approach whatever cases A to Z Not only to these cases which above mentioned.

10. As well as we can approach the Public Court in favor of finding the solution for so many cases. That list has been provided in the below mentioned list.

The Loc adhaloth I functioning weekly once or Monthly once sometimes every day.

It would be very helpful to receive the judgments very soon. As well as we can stop the illegal judgments of the illegal activists through this Public Court.

We can take intensive steps through the Public court against the debtors who they have borrowed from the bank and dodging. If the manager of the bank complaint along with the proper proofs against the debtors who they have not paid the loan amount at the Public Court they would take step against them.

The public Court would have an enquiry along with the loan borrowers in an amicable manner whether they can provide the money or not.

The Public Court would receive the reasonable money which belongs to the bank if they say yes. As well they hand over the money to the costumers from the debtor`s money.

The Public Court is dealing all the outstanding cases of the Telecom Tele communication organization by way of verifying the mutual talk along with the concerning customers and bringing immediate conclusion through the mutual and legal judgment.

They do not behave strictly along with the customers who they have not paid the money to either the bank or the customers during the interrogation of the Public Court.

They always handle the mutual understanding by way of the practical implementation.

The public court is has been involving even with the great care of the prisoners of the jail. The group of this people directly involving in the consideration during their jail visit.

By chance if they come to know that any of the prisoner non-acquits and is remaining at the jail by having accused by the opponent the public court is helping to release him.

The public Court can release the non – acquits who has been punished by the opponent if his words are true. The public Court has released many persons who were in the pulazhal jail.

Every Sunday morning 7.30 the puthigai channel is broadcasting in respect of the public Court. Every week some efficient judges are participating and lectures. If you are necessary you may watch this channel.

We can get the judgment by way of approaching the Public Court. Nowadays these Camps are being conducted in every villages and districts. More over all sorts of efforts are being implemented in order to familiarize this Public Court.

If you want to apprehend more information about the Public Court you may communicate through the free cast of Telephone Communication.

We may know more information about the public court. The Toll free number 18000405244, Telephone no 044-25342834.

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As well as we have provided all the telephone numbers which considered to the Public Court and where about the Public Court. The whole details have been provided in the end of this article.

The persons who they are not able to go to the Public Court directly can lead the case through the letter communication.

We can send the complaints to the law assistance center of those corresponding cases.

The member Secretary, Madras High Court Building)
District Court, Sub. Judge Court
District Magistrate, District Munsif
You can register your problems through the postal communications by sitting at your house from the above mentioned address.

The National Legal Service Authority this organization only serves to all the states of India and other union regions like Andaman and others.

So let us approach to the Public Court If whatever problems we have .let us have the legal judgment in the short tenure.

One thing is true because the judgment of the public Court is the final decision .we cannot appeal either the High Court or in the Supreme Court.

1. The Tamilnadu state level assistance is placed in the first place among India.

2. TheAcquits can be released through the Public Court of course if they are finishing their live time at the jail because of not rich enough to pay their penalty amount .

3. The public Court is often assembled at the premises of the jail. Either the acquits or the relatives of the acquits can solve their through the Public Court.

4. This Public Court is really a gift to the miscreant who they realized their mistakes and aspire to live in future by changing their attitude.

5. The Public are advised to care well regarding the information about the Lok Adthalath If any announcement either in the news paper or Television.

6. Later you can send the complaints after clarified through the Telephone communication when there are any doubts with regard to sending the addresses. You may contact through the High Court office Number.

7. Both the affidavit and the plaintiff can claim the case to change to the Public Court from either the High Court or the Supreme Court. The judge will make a correction in the Case file.

8. Nowadays most of the affidavits or the plaintiffs request the case to transfer in the Public Court.

The advocates are also recommending along with the judges to sanction the cases to the Public Court. so the late judgment is avoided.

9. as well as mostly the judges also transferring the cases to the Loc Adthalath in order to reduce the stagnation of the cases at the court. At the Court we have to maintain the rule and law very sincerely so the judgments are delayed. But it is not at the Loc Adthalath.



10. Though you send to the Tamilnadu law administrative they would post again to the free law services.

11. I thank to Mrs .jayalakshmi who is working as the member and making me to understand about the Lok Adthalath .





TAMILNADU STATE LEGAL SERVICES AUTHORITY

North Fort Road, High Court Campus, Chennai - 600 104. Phone : 2534 2834, 2534 3353, Fax : 2534 2268, Helpline No. 2534 2441, email : tnlsa@gmail.com, Web : www.tnlegalservices.tn.gov.in



CHENNAI DISTRICT

District Legal Services Authority

ADR Building, High Court Campus,
North Fort Road, Chennai 600 104.

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Taluk Legal Services Committee

Chief Metropolitan Magistrate Court Campus,
Egmore, Chennai 600 008.

Ph : 044 - 28592405, tsecmore@gmail.com

Taluk Legal Services Committee

Metropolitan Magistrate Court Buildings,
George Town, Chennai 600 001.

Ph : 044 - 25223128, tsegeorgetown@gmail.com

Taluk Legal Services Committee

Chief Metropolitan Magistrate Court Buildings,
Saidapet, Chennai 600 015.

Ph : 044 - 22350203, tseaidapet@gmail.com

District Legal Services Authority

District Court Buildings,
Coimbatore - 641 018

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Taluk Legal Services Committee

Sub Court Buildings,
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Ph : 04252 - 223040, tscudumalpet@gmail.com

Taluk Legal Services Committee

Sub Court Buildings,
Tirupur - 641 601.

Ph : 0421 - 2230442, tsetirupur@gmail.com

Taluk Legal Services Committee

Sub Court Buildings,
Pollachi - 640 001.

Ph : 04259 - 224315, tsepollachi@gmail.com

Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Metupalayam - 641 301.

Ph : 04254 - 227338, tscmetupalayam@gmail.com

DISTRICT

District Legal Services Authority

District Court Buildings,
Dindigul - 624 001.

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Taluk Legal Services Committee

Sub Court Buildings,
Palani - 624 601.

Ph : 04545 - 246647, tsepalani@gmail.com

Taluk Legal Services Committee

District Munsif Court Buildings,
Nilakottai - 624 208.

Ph : 04543 - 232321, tscnilakottai@gmail.com

Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Kodaikanal - 624 101.

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Vedasandur - 624 710.

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Natham - 624 401.

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Taluk Legal Services Committee

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Taluk Legal Services Committee

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DISTRICT

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DM-cum-JM Court Buildings,
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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Uthiramerur - 603 406.

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
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District Legal Services Authority

District Court Buildings,
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Taluk Legal Services Committee

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Ph : 04651 - 251028, tsepadmanabhapuram@gmail.com

Taluk Legal Services Committee

Sub Court Buildings,
Kuzhithurai - 629 163.

Ph : 04651 - 264543, tsekuzhithurai@gmail.com

Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Eraneli - 629 802.

Ph : 04651 - 220220, tseeraneli@gmail.com

Taluk Legal Services Committee

Judicial Magistrate Court Buildings,
Boothapandi - 629 852.

Ph : 04652 - 281017, tscboothapandi@gmail.com

Taluk Legal Services Authority

Combined Court Buildings,
Karur - 639 007.

Ph : 04324 - 255966, 255080, diskarur@gmail.com

DISTRICT

COMBATORE

Taluk Legal Services Committee

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Valparai- 642 127.

Ph : 04253 - 223040, tscvalparai@gmail.com

Taluk Legal Services Committee

JM Court Buildings,
Avinashi - 641 654

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District Legal Services Authority

District Court Buildings,
Cuddalore - 607 001.

Ph : 04142 - 284512, dlsacuddalore@gmail.com

Taluk Legal Services Committee

Sub Court Buildings,
Chidambaram - 608 001.

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Taluk Legal Services Committee

Sub Court Buildings,
Virudhachalam - 606 001.

Ph : 04143 - 232177, tsevirudhachalam@gmail.com

Taluk Legal Services Committee

Sub Court Buildings,
Pannur - 607 106.

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Taluk Legal Services Committee

Sub Court Buildings,
Neyveli - 607 803.

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Portonovo - 608 502.

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
Tittagudi - 606 106 .

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Taluk Legal Services Committee

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Kattumannarkovil - 608 301 .

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Taluk Legal Services Committee

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Taluk Legal Services Committee

Sub Court Buildings,
Bhavani - 638 301

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Taluk Legal Services Committee

District Munsif Court Buildings,
Kangayam - 638 701.

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Taluk Legal Services Committee

Sub Court Buildings,
Sayamangalam - 638 402.

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Taluk Legal Services Committee

Sub Court Buildings,
Perundurai - 638 052

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Taluk Legal Services Committee

DM-cum-JM Court Buildings,
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Taluk Legal Services Committee

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Taluk Legal Services Committee

Sub Court Buildings,
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Taluk Legal Services Committee

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Taluk Legal Services Committee

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KARUR

Taluk Legal Services Committee

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District Legal Services Authority

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Taluk Legal Services Committee

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Taluk Legal Services Committee

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Taluk Legal Services Committee

Sub Court Buildings,
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Taluk Legal Services Committee

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Taluk Legal Services Committee

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DM-cum-JM Court Buildings,
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Taluk Legal Services Committee

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Pappireddipatti - 636 905.

Ph : 04346 - 247433

KRISHNAGIRI DISTRICT

KANCHIPURAM DISTRICT

The 64 Arts

Part 2

Already we have seen about the Art of writing out of the 64 Arts

.Somebody may question why again they are talking the same T? Let us understand the meaning of that and go for the Grammar.

The letter is the infrastructure of each language.

If we consider the Grammar of the letter as primary class we may assume the Grammar as the High School Education. This is the difference between these letters of the Grammar or the Grammar.

When we study at the primary schools we learn everything gradually meanwhile when we study the same education we study very elaborative and deeply.

Likewise the difference between the primary education and the Higher education is.

The Art of the letter Grammar is educating us about the tenses like Present Tense Past Tense and Future Tense and the placement and the pronunciation of the letters like R,r,NA,na,LA,la,.The Grammar an Art which is teaching us how to use the language and where to use the letters . If we have known these Grammar we could have became an expert of the Language. He can become an orator of composing the lyrics and music. Unless he is an expert of the Grammar then only he can know how to use the Vedic words. If wants to learn the eleventh art of MANTHRA CHANTIG he should have known the Grammar.

For an example the words like VALAM,GUNAM,PANAM,NALAM are thewords when theis joined theshould be joined. So when we felicitate we should bless pronunciation Panathudan, Kunathudan, Nalathudan .

Instead of saying Valga Valamudam we should say Panathudan VALGA. Mudan means MUTAL SO we should say Udan separately.

Herby learning the language along with the Grammar is called VEYAKARANAM.

7. The Scripture of law

The Scripture of law is the deception from the saints and the scientist who they educated the particular society and particular community.

That a scripture which has been modified as from their speech how a man should live? And how a man should not live? What are good what are bad? What to be followed? What not to be followed?

For an example we may say the Thirukural as the law-book. Lord

Thiruvalluvar has described and taught in so many ways in so many Topics which are good which are bad.

I have given only 3 instances for sake of this law book. Here by don't conclude that these only Three examples.

Likewise there are so many saints and scientists have composed the law books in every different country.

There is difference between the law and the Dharma. The seven Art is the Art of law. The ninth art is the Dharmam. We would come to know the difference between the 7th ART and the 9th ART.

Dr.Basloor Rahman is my GURU .He has spoken so many good things .If we compose all his perceptions that also a law-book.

As well as my Guru Mr.Rangaraj has been speaking so many good things which should be followed by us. If we compose those advises that also a law -book.

I am Helar Baskar also speaking and training the People like The

Anatomic Therapy treatment and the smell of the mind. These features are also the law book.

Therefore whatever makes understand the humanity to differentiate the good and bad also the law books. But there may be some difference among the law books.

For an example Dr.Helar Baskar would say to eat the non-vegetarian but Mr.Rangarajan would say not to eat the Non-vegetarian..I do not accept their words as it is in spite of they are my GURUS.

If whatever they say I would accept only the favorable things and leave the unwanted things.

The law of scripture is consists of the rules and Regulations of the life style which was designed in accordance to the situations and circumstances of the people who lived in that course of time.

There is the chance of law conversion in accordance to the situation and circumstances.

When the law books are consists of an individual person`s dogmas and doctrines there may be some controversies .we should understand.

So instead of blaming each other and scolding one another or disgracing each other it is advisable to grasp some valuable points from them and benefit out of it.

So it is more important to teach about the law and the essence of the law to our Children.

Astrology

Astrology is an art and it is real. But the truth is that we don't have an appropriate persons to predict and benefit us Most of the people have been speaking different kind of opinions concerning the Astrology both positively and negatively. Really Astrology is a nice method of mathematics.

When the baby emerges from its mother`s womb to this universe that second is calculated as the child`s birth. But many people have different opinions regarding this child`s birth.

Somebody say that when the embryo appears in the mother`s womb that is the child`s birth time somebody say that the disconnection of the novel thread is the birth time.

somebody say that when the child comes out of the mother`s womb is the child`s birth time.

Likewise predicting about the merits and demerits and the fluctuation of the five elements in the child's birth according to the date, time, place of the child`s birth is called Astrology.

For an example a child feels about the situations and circumstances around the child later it develops a print inside of the subconscious that this energy is going to be permanent.

Having under stood that Environmental energy and capacitate its body, mind, soul to live for long life.

But there is an external change at the Planets, stars, and the Seasons like new moon day, Full moon day, day, night and the sun is ascending and descending the earth.

During these kinds of natural changes that reflecting even in the childs body and soul then the child falls in the diseases like pleasure, distress, and profit and loss too.

The features of the Astrology calculating about these Astrological Changes.

For an example the child who has born at new moon day would not get moon power. so the child is preparing its body to live without the moon power.

The same body which has born on that new moon day would be appearing on the day of full moon day powerless. That movement is considered as the disease on account of its inadequate moon energy.

As well as when they involve in the business they would not have any profit during that full moon day.

Let us have another example who they have born in the Full moon day, that child would be so energetic on occasions of the full moon day. But on occasion of the New moon day that

would be so dull.

The persons who they have born on that full moon day would be so energetic. When contemplate about the most important issues they can decide very shortly.

As well as all activities which belong to the business, marketing would be nice. The total calculation of this is called Astrology.

1. The Dharma Sasthra

The ninth art out of 64 arts is the Dharma scripture. First of all we should know the difference between the Dharma Sasthra and the Nethi Sa sthra.

The justice is explaining what is right what is wrong? But Dharma is what is right and what is wrong in accordance to the situation and circumstances? There are more difference between these justice and Dharma.

The people who knew only the law will be blaming always they would not live happily. They themselves won't live happily and won't leave others to live happily. But the people who knew the both the justice and Dharma wont

blame others. They would understand everything and behave decently.

For example I have got one video post to my watsapp .But I could guessed that is a print which has been taken from the foreign animal zoo. A lady missed her child in the area of which belongs to the Gorilla's soon as the Gorilla coming towards the child and plays with the child.

Dragging and scratching through the claws .by watching all these horrible situations the parents and the spectators are reporting with the volunteers of that zoo. As soon as heard the scream one of the Guards of that zoo is shooting that Gorilla and save the Child.

The justice is that shooting the animal by Gun is an offence. But that is a Dharma killing that gorilla which has been cherished by them in favor of saving that child. So let us understand the difference between the justice and Dharma.

Let us glance another one example I knew one lady who she has been working in an organization which

is persuading not to kill any creatures .If she comes to know that anyone is killing the little ant she would advice them not to kill that, because killing insects is a sin. Likewise one day a big snake entered into her house.

The entered snake paused nearby the child. But the lady killed that snake with a stick by reason of the fear where the snake would kill If she delays at least a single movement. Why the lady killed the snake who she was preaching that killing is sin. Because it is Dharma.

So whoever always criticizing against others has only known the Sasthras not the Dharma. There is a proverb that

.....
.....
.....

The criticizers should analyze and realize from others stage then only they would know what about their pain before they blame others. Then only they would know the justice and the Dharma.

We are necessitated to handle the one day class in order to make understand the people to know the difference between the Justice and Dharma.

Nowadays we are unable of educating our children because of not knowing the difference between the justice and Dharma. But in that course of time the main education of the Gurukulam was educating the difference between the Justice and Dharma.

In favor of educating the difference of Dharma and justice our ancestors used to say the moral science indirectly through moral stories, and scriptures because of not able to say more good things directly.

We are going to publish one article along with so many anecdotes as if explaining the difference between the Dharma and justice in an elaborative manner very shortly.

What is an important announcement to the Courts, judges and the village councilors is that they should know the difference between the

Dharma and the Justice and provide the jurisdiction.

On the contrary it is not good to provide the jurisdictions just only focusing the justice rather than the Dharma.

For an example every police Inspectors, Advocates are judging favorably in favor of their kith and kinds and family persons, but judging others severely in accordance to the judgments.

we should entirely change this attitude. If the judgment is provided according to the Dharma that would be acceptable. So Let us educate our children about the Dharma and make them to live prosperously.

The scripture of Yoga

Generally everybody think that yoga means just some postures which are done by just stretching the legs and hand .But Not only that is Yoga. Yoga consists eight features like 1.yamam,2.niyamam,3.Asanam,4.prana yamam,5.prithyakaram,6.Dharana,7.Diy anam,8.samadhi Let us glance one by one gradually.

1.Yamam

First of all we should find out and stop the activities whatever would decrease the energy from our body, mind and soul. The yamam is that which teach us the education about the soul and life. Just imaginative that our body is just like a pot.

What would happen if we there is more holes inside of the pot? The enormous energy is being wasted from our body, mind and soul on account of many bad habits. Every day we practice yoga, Breath Exercise, physical Exercise and Meditation and multifying the power of the body, mind, soul. But all those energy is being lavished through the senses of the body. So the first job is that blocking the holes.

Nowadays we happened to heard very frequently that I am going walking, practicing yoga, breath practice, and meditation in order to maintain the body health. Besides of all these practices I am not well.

The reason of this energy loss is on account of lavishing their energy by way of doing illegal activities. So we have to do only the good activities

which would give energy to the body. So we should stop all the bad activities as possible as sooner. The yamam is that which teaches us how to save the energy .we should teach to our children to follow the yamam.

2.Niyamam

Learning the art of increasing the energy in the body, mind, knowledge and performing those activities consequently is called Niyamam.

The activities like having the food unless feel like hungry and having the food grinding by teeth without separating the lips as well as going to bed earlier then practicing yoga, Meditation, breathing exercises and living the life with complete divine consciousness we can particularize more and more.

All of our ancestors have described whatever activities are valuable. We have to follow the activities whichever we like.It is called Niyamam.so our responsibility is learning the Niyamam and teach to our children.

3. Asanam

Generally we consider that yoga is a kind of Exercise which we do by stretching and folding our hands and legs bending the body front and back . Many people trumpeting by having practiced only some asana and as if they have practiced yoga. Yoga is the Third part of the order of Astana Yoga. Having learnt these yoga asana and teaching to our children would bring the peace of mind and hygienic health.

4. Pranayama

The practices which are regularizing the breath are called Pranayama. There are so many classifications like pulse cleaning, pranayama, Agnichar, sudharsan kiriya, pasthrika,aduloma,and miduloma Kapalapathy.

These practices are only educated by different masters in different ashrams nowadays. Learning either kind of Exercise and practicing day to day would benefit our body and mind. so let us learn the pranayama and teach to our children.

5.Prithyaharam

When we are unconsciousness of

our five senses is called Prithyahara. It means that we are forgotten all the noises which we hear, we are forgotten of all the visions what appear in our eyes, and become unconscious of we are breathing is called Prithyaharam.

Some time when we are walking on the street we would be thinking something as if we are unheard of the horn of the vehicle which is coming back to us.

During that time either the vehicle driver or the spectators of that place would question don't you hear the voice or not? Meanwhile we would answer that I was thinking something. This stage is called

Prithyahara

Sometime somebody would have crossed in front of us and we would have seen that but that will not be in our mind. That is called prithyaharam. Some times when we are contemplating deeply we would be unaware of somebody touches our shoulder. We are in that deep contemplation we are as if unknown of the feeling of touching. This is called prithyaharam.

As well as when we are unconscious of those five senses totally instead of the senses are separated is called Prithyaharam. If we want to access this stage first of all we should stop all the unwanted activities. We should follow the yamam.

Neatly we should follow the nitamam which is developing the good habits. Thirdly we should practice the asanas and pranayama then we have to practice the practice prithyaharam. Let us learn this and teach to children.

6.Dhaarana

Tharana is contemplating only one matter in the mind. It means that we will be sitting in the state of Prithyaharam as if unconscious of the five senses. But the mind will be thinking something even that time. The one step above the prithyahara is called tharana.

When we are unconscious of our five senses in the state prithyaharam it is called Tharana. If we should attend this stage first of all we should be matured in the state of Prithyaharam. Let us practice the state of Tharana and teach to children.

7. Dhiyanam

Dhiyanam means If we able sit minimum 12 seconds unconscious of the five senses and concentrating only one thought is called Meditation. In the state of Prithyahara we will be unconscious of five senses only but the mind will be thinking more things but in the next stage we Tharana we will be practicing to think only one thought. When we forget even that thought that state will be considered as Meditation. When we sleep we forget completely our intelligence when we forget our intelligence automatically our mind would quench. When that time we are in asleep. but when we are in the state of forgetting the intelligence while we are conscious that stage is called Meditation. Let us practice the state of Meditation and teach to children.

8. Samathy

Samadhi is not death. Meditating for continuously 2 hours is called Samadhi. How we unconscious of five senses, and deleting all thoughts and forgetting the intelligence while we are sleeping that stage is called Meditation or Samadhi.

The body of the mediators who access this stage frequently would smell like the sacred ashes. So the mediator who attained the stage of Samadhi need not say that he has attained the stage of Samadhi automatically his body would blow the fragrance of white ashes. Let us practice till we attend the state of Samadhi and let us teach to our children about the Meditation.

The yoga consists of this 8 stages .we may learn these 8 stages through different GURUS and books and yoga teachers. We should not blame the teaching if whoever teaches we should learn our possible and favorable and practice and benefit.

My cordial thanks to Mr.Manikandan who made me to understand about 64 Arts.



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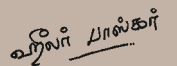
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