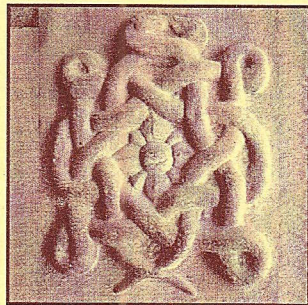




TRADITIONAL SIDDHA ASANAS FOR ACTIVATING ATHARAS (CHAKRAS)

Author : Aakikce N. EGILANE LEBEL

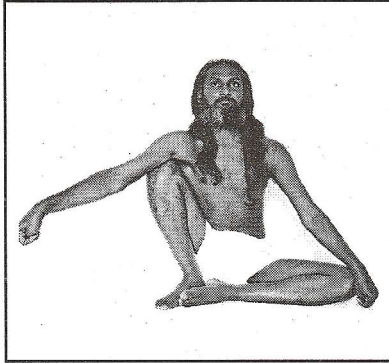
PREFACE

In Siddha tradition, Sithars have realised 64 Asanas for activating the Atharas (Chakras). They have utilised each of these Asanas in eight stages and attained Wisdom. We are here to introduce six of those streamlined Athara Asanas in the first stage, activation of Kundalini energy and their benefits.

When we adhere to the Iyama-Niyama rules sternly & practice the streamlined athara asanas, we would be able to achieve unification of senses, uniform functioning of the organs, disease free body and enchanted/enlightened wisdom. When the asanas become firm and meditation attains fulfillment, we would be achieving Ashtama siddhis and get unified with the universe and attain eternity. It is imperative that these Asanas should be practiced traditionally under the expert guidance of an experienced Guru by adhering to the principles of the Ashtanga Yoga.

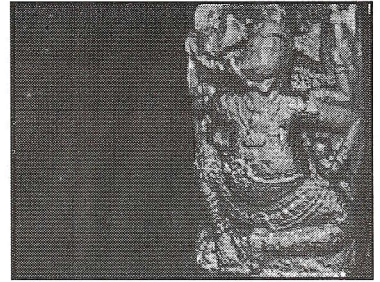
Practising of these Asanas in methods other than Guru tradition would definitely create undesirable side effects. The Author cannot be held responsible for such consequences under any circumstances.

Aakikce N. EGILANE LEBEL

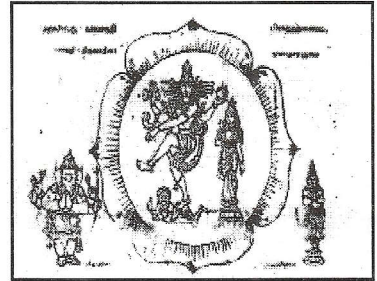


Sithar Patham

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Evidence



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SITHAR PATHAM - MOOLA ATHARA

METHOD

Sitharpatham is one of the important asanas to activate the Moola Athara (Chakra).

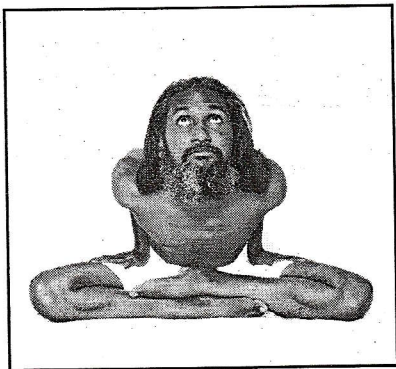
1. Sit relaxed on the floor.
2. Fold the left leg with the left thigh lying on the ground. The left heel should be tucked in so as to touch the region in between the lower end of the scrotal sack and the anus (Mooladharam)
3. Fold the right leg upright, perpendicular to the other leg, the right knee lodging under the right arm pit, the right foot pressed against the left sole, and the right sole resting on the ground.
4. Rest the left wrist on the left knee with the palm facing the ground.
5. The folded left leg, the body and the left hand should lie on the same plane.
6. Now, fold the fingers of both the hands in such a way that the thumb touches the base of the little finger and the remaining four fingers tightly enclose the folded thumb (Adhi Mudhra).
7. Erect the spinal cord, expand the chest and set face upright.
8. Gaze in between the eyebrows (Akkineya) and concentrate in the Moola Athara.
9. Remain in this posture for 6 to 12 minutes, breath in only through right nostril and breath out only through left nostril.
10. Slowly relieve and return back to normal position.

RESULT

- ◆ By doing so, heat is generated in the Moola Athara and Sootchama Nadi gets untied and arouses and spins the Kundalini energy.

BENEFIT

- ◆ Sitharpatham arouses Kundalini energy, revitalises all the 72,000 nadis and nerves arrests the cell destruction, energises the body and gives an endless life.

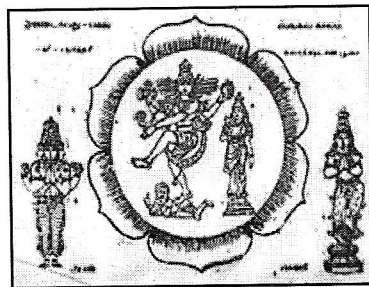


Sivapadam

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SIVAPADAM - SWATHISHTANA

METHOD

Sivapadam is one of the important asanas to activate the Swathishtana Athara (Chakra).

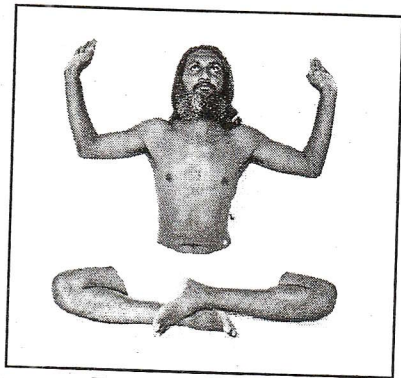
1. Sit relaxed on the floor.
2. Fold the right leg by placing the heel close to the abana, facing upwards and the right sole touching against the inside of the left thigh
3. Fold the left leg by placing the left heel over the right heel facing the navel.
4. Keep both the palms on the respective thighs close against the abdomen, hands as close to the body as possible with fingers pointing the knee.
5. Now, straighten the spinal cord, expand the chest and lift the chin to the maximum and inhale deeply.
6. Slowly exhaling, gently bend forward by pressing the navel against the left heel as far as possible without altering the head position.
7. Gaze in between the eyebrows.
8. Remain in this position for 6 to 12 minutes and repeat deep breathing through both the nostrils.
9. Slowly relieve and return back to normal position.

RESULT

- ♦ By doing so, Pranic energy is generated due to pressure exerted on the lower abdomen and navel, which activates the Swathishtana Athara (Chakra). Thereby, vital fluid is heated up and Kundalini energy raises to Manipuraga Athara (Chakra).

BENEFIT

- ♦ Genital, testicles, intestine, urinary bladder and anus are revitalised. Besides, abana activity tones the urinary and excretory systems.

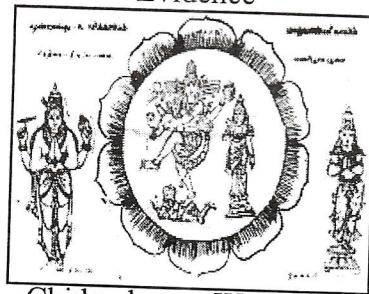


Panchendiram

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PANCHENDIRAM - MANIPURAGA

METHOD

Panchendiram is one of the important asanas to activate the Manipuraga Athara (Chakra).

1. Sit relaxed on the floor.
2. Fold the right leg with heel pointing towards the genital organ without touching it and place the folded left leg with left heel resting over the right heel forming a cross at the ankle.
3. Lift both the hands on the sides of the body in "V" posture such that the open palm points towards the sky at the level of the ear.
4. Keep the spinal cord erect and chest in expanded position and neck in erect position.
5. Remaining in this posture, take a deep breath through both nostrils and accumulate in the lungs. Keep the breath within the lungs as long as possible (Kumbagam) while exhaling completely through both the nostrils pull the navel towards the spinal cord by contracting the abdomen muscles (Uddiyana Bandha). In this position do breathing for 6 to 12 minutes within the lungs without allowing air into the abdomen.
6. Slowly relieve and return back to the normal position.

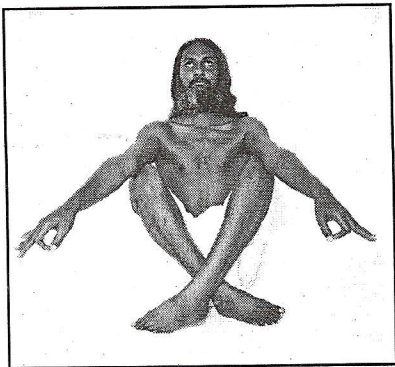
RESULT

By performing this asana:

- ◆ The spinal nerves synchronize with the Manipuraga Athara (Chakra) and spread the Kundalini energy to the organs and its associated systems, to strengthen them.
- ◆ Three main nerves merge into one astral nerve and project the Kundalini energy into the navel.

BENEFIT

- ◆ Streamlines the navel and abana system and optimizes the functioning of kidney, liver, gallbladder, pancreas and uterus. The coherent functioning of these organs helps in activation of the Manipuraga Athara (Chakra).

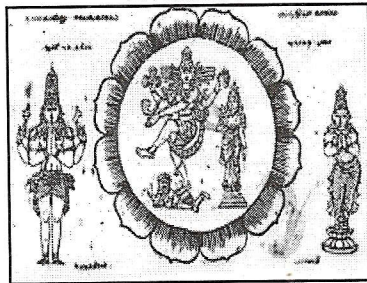


Iyyapadam

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IYYAPADAM - ANATHAGA

METHOD

Iyyapadam is one of the important asanas to activate the Anathaga Athara (Chakra).

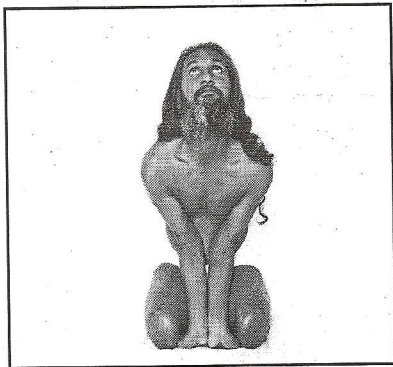
1. Sit relaxed on the floor.
2. Fold the right leg with knee upright, foot drawn towards the genital organ without touching it. Similarly fold the left leg over the right leg such that the legs form a cross with the left and right sole resting completely on the ground.
3. Erect the spinal cord and set the neck upright.
4. Now place both the elbows on the knees of respective legs, pointing the open palms to the ground by joining the thumb and index finger in Sinmuthra.
5. In this posture, after deeply inhaling and exhaling completely, stop breathing as long as possible. Remaining in this posture, activate the Anathaga Athara (Chakra) with the internal prana.
6. Remain in this posture for 6 to 12 minutes performing deep breathing on both the nostrils.
7. Slowly relieve and return back to normal position.

RESULT

- ◆ By performing this asana, Anathaga Athara (chakra) creates the kriya energy which dissects the Kundalini energy gathered in the Manipuraga Athara and raises to the Anathagam as bio magnetic energy which gets distributed to the whole body through thoracic region. This results in the unification of body cells.

BENEFIT

- ◆ Sustains the rotation of heart and streamlines the functioning of heart valves and enables smooth blood circulation from head to toe. The generated body temperature is regulated and maintained through out the body to strengthen the immune system.

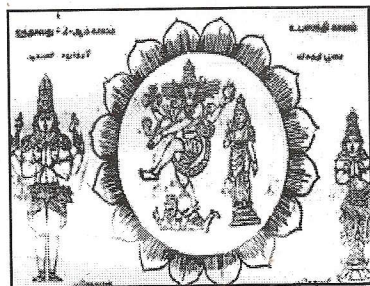


Bairava Asnam

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BAIRAVA ASANAM - VISUTHI

METHOD

Bairava Asanam is one of the important asanas to activate the Visuthi Athara (Chakra).

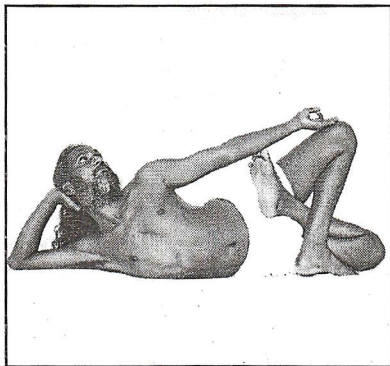
1. Sit in Vachiraasan posture by folding the legs under the thigh with knees resting on the floor and buttocks resting on the heels.
2. Place both the palms on the floor close to the knee with fingers placed in-between the knees and pointing towards the body.
3. Now raise your chin upwards as far as possible and expand your chest. Inhale deeply. Then slowly bend forward while exhaling and bend both the elbows back towards the body so that they may touch the navel. The chin should be always in the raised position.
4. Gaze in between the eye brows.
5. Remaining in this posture, arrest the breath passage in the neck and do slow breathing upwards within the skull without allowing the breath to pass down the neck, for 6 to 12 minutes.
6. Slowly relieve and return back to normal position.

RESULT

- ♦ The prana gets intensified and transforms into light energy and then the conscious mind gets controlled and subconscious mind surfaces out. The distributed Kundalini energy at the Anadhaga Athara (Chakra) now transforms into enlightened energy at Visuthi Athara (Chakra)

BENEFIT

- ♦ The functioning of the Thyroid glands gets toned up which ensures consistency in body weight and enhances the life force. The salivary glands are rejuvenated and improve the digestive system. The long and short sightedness in the eyes are rectified.
- ♦ The sensory nerves in the nostril get mutated and start absorbing the encoded messages enshrined in the atoms present in the prana. Pharynx is also strengthened.

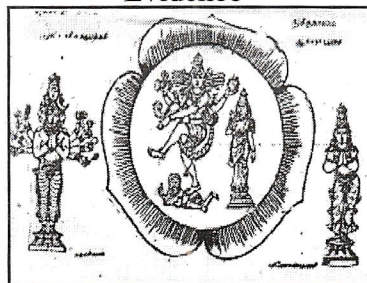


Badmanatham

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BADMANATHAM - AGENEYA

METHOD

Badmanatham is one of the important asanas to activate the Agneya Athara (Chakra).

1. Lie down straight on the floor side ways with right arm on the ground and left arm placed on the left thigh.
2. Fold the right leg at the knee and place the right foot over the left thigh close to the hip joint. Similarly place the left foot on the right thigh, forming a cross at the ankle and resting left sole on the floor. (Padmasana)
3. Raise the head looking straight, fold the right hand at the elbow and support the head above the right ear using the palm.
4. Straighten the left hand and rest the open left palm facing the sky on the folded left knee by joining the thumb and index finger (Sinnuthra).
5. In this posture, without mobilizing the eyeballs, concentrate in the Agneya Athara (Chakra).
6. The hands, body and folded legs should be in a straight line.
7. Slowly relieve and return back to the normal position.

RESULT

- ◆ The atharas from Moolatharam to Sirasasaram get vitalised through gurunadi and synchronise all the organs in the body and generate extreme light energy in the Agneya Athara.
- ◆ In this state, the pituitary gland stops functioning and pineal gland starts the functioning through gurunadi from Moolatharam to Sirasasaram. This raises the Kundalini energy throughout the body and stops the cell destruction and merges the intelligence, life-force and soul and blends to a unicell and gives endless life.

BENEFIT

- ◆ The optimum functioning of the atharas enables the internal organs and the body to remain youthful.
- ◆ All the five senses are controlled naturally, increases the memory and gives wisdom of the seer and makes omnipotent.



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