



Light Vision beyond the Body

Harinath K* and Parthiban T

Department of Philosophy, Tamil University, India

*Corresponding author: K Harinath, PhD Researcher, Department of Philosophy, Tamil University, Thanjavur-613 010, Tamil Nadu, India, Tel: 98844 34126; Email: aummtrusthari@gmail.com

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Abstract

Light vision beyond the body in this research paper it is given how the ten nadis work in the body through the activities of the five senses. The ratio of the Agni, Solar and moon regions and unbalanced times prescribed foods details. It is recorded that one should gain light vision with the senses and keep the body safe for that. Practitioners follow the various training methods for Suksuma, causal body experiences. Darshan by gazing between the eyebrows two practices of Kapalapati Pranayamam are suggested to be helpful for this.

Keywords: Physical body; Subtle body; Causal body; Arutperunjoyothi; Brahmarantram; Vatham; Pitham; Kapam; Lunar breathing; Solar breathing; Akaram; Ukaram; Makaram

Introduction

The food we eat, the water we drink and the air we breathe should be clean. Food becomes one part energy, another part feces, and another part energy of the mind. One part of the water we drink becomes urine, another part becomes nutrients for the body, and another part becomes prana. Similarly, the air we breathe is partly transformed into Pranavayu, another part into carbon dioxide and another part into the energy of Prana maya Kosha [1].

The Bodies are Three

Our human body is made up of three bodies namely the gross body, here gross body means our Physical body. The subtle body and the causal body. Here gross body is the fleshy body which includes head, hands, feet, eyes and nose. The subtle body is the mind, intelligence, siddhi, and ego which are hidden within the gross body. It is also called Linga Sariram (Linga body). The causal body is the seed of the gross and subtle bodies and causes birth and death [2]. The same Ramalinga Vallalar mentions in Agaval that the human body has three bodies. Our body is threefold: pure body, pranava

body, and wisdom light body.

Mutthiral Vadivamum Munniyanku Eithurum

Atthiral enakkarul arudperumjothi: Our body should dissolve in Arutperunjoyothi and get transformed and come back again. Our body should become a great flame. All material and spirit should be transferred from Lord Arutperunjoyothi. Then come back again. The way for this is to work with the top hole vithruthi called God's way. This is where the body and soul are transformed into the Lord's body. It is also called the living body. This multi-body is composed of billions of universes. Being productive every second. It is called as howling [3]. Lady Saint Avvayar Aphorisms said that they are capable of perceiving the benefits of the body through the senses.

Let thinkers understand that all Sense Perceptions are due to Embodiment.

Nerves in the body are associated with sensations [4]. In Gada Upanishad this body has eleven gates which are two eyes, two ears, two nostrils, mouth, navel, genital, anus and

brahmarantram on the scalp. This brahmarantram is the way to reach God called God way. God enters by splitting through the scalp. It is the abode of bliss. Its name is Vidruti [5]. So ensure this physical body should be safe. In this connection saint thirumula nayanar song at sarira siddhi upayam.

Udambinai Munna Mizhukken Rirunthen

----- (Thirumanthiram
song. 2) [6]

Zones are Three

In the human body, from the feet to the navel, there should be four times Agni zone and this is called Vatham region. From the navel region to the throat region should be two times the solar system and is called the pitha region. The area from the throat cavity to the top of the head should be one time of the Lunar region. It is called Kapam. The ratio of the Agni, Solar and moon is four : two: one (4 : 2 : 1).

When the food we eat is digested, it is first separated by head moon part (Kapha), then solar (Pitta), and then agni (Vada). The essence of food is divided into taste. The unused portion is excreted as feces and urine. The rasatata part is blood, blood is flesh, flesh is fat, fat is bone, bone is marrow, and marrow is sperm. Nadis travel through the human body with various shapes and colors mixed through these seven minerals. Out of the seventy two thousand Nadis in the human body, thirty thousand Nadis are called Purusha Nadi. It is mean male. Thirty thousand Nadis are called Stri Nadis, It is mean female. and twelve thousand Nadis are called Ali Nadis, It is mean Transgender.

Female nadis are located on the left side of the human body and male nadis are located on the right side of the human body. One of the important nadis is NapumSha. The most important of them are the thirteen Nadis. Pranavayu, the first and foremost of the ten gases, circulates through all the nadis.

When there is a decrease in the ratio of vada, pitta and kapha, diseases called doshas occur. Left nostril breathing is called Ida Nadi Breathing, Lunar (Kathi) Breathing, Right Nostril Breathing is solar (Bingala Nadi) Breathing and Chusumuna Nadi (Shuzhimuna) is Agni Breathing. Lunar system Breathing promotes vitality. Solar system respiration is neutral, neither increasing nor decreasing. Agni region breathing destroys life. Out of the ten nadis in our body, the three nadis, Ida, Bingala, and Shuzhimuna, go upwards. Gandhari, Asthi, Jihkva, Poosha and Payashvinee are the four nadis that cross the body. The three nadis, Alambusa, Guku and Sangini, go downwards. These ten nadis extend to all the

organs in the central part of the body [7].

The book Nadi Sastram, consisting of hymns by twelve Saints including Saints Agathiya Munivar and Thirumula Nayanar, explains how changes in important ten Nadis and ten gases explain the symptoms of disease. According to the Nadishastra, it is best to have Vathanadi in the morning work, Pittanadi in the afternoon work and Kapanadi in the evening. And the Collected Nadi Shastra book explains that sour should be added to Vada, Bitter should be added to Pitta and Sweet should be added to Kapha. It should be added prescribed level [8].

Beyond the Physical Body

Dwarapalaka is the light in the five holes of the ears, eyes, mouth, nostrils, and above the eyes. All the five Bhutas that is earth, water, fire, wind and fire condense in the Shuzhimuna nadi. Ongaram is buried in Anagatham. Rising in the vortex. The mantra was born in the Shuzhimuna nadi. At the Shuzhimuna nadi, the three Akara, Ukara, and Makara stands together.

Akaram shines like lightning in the navel. Ukaram burns like fire in the heart. Maharam shines like the sun on his neck. If the semen shines like the moon in the middle of the eyebrow, if you practice it daily, the body will become camphor. If it goes three inches beyond this, the body will disappear like smoke. If you pass three fingers over it, the natham shines like a jewel and shines like a million lightnings at the top of the natham, that is the eternal blissful moksha house [9]. Many methods for subtle, causal body visions. Continuous training causes the practitioner to secrete melatonin in the pineal gland of the brain. Serotonin is secreted daily by regular meditation. Scientists have found that this serotonin fluid is abundant in the Bodhi tree air where the Buddha was enlightened. Serotonin is a meditative substance. After Serotonin is secreted a substance called Dimethyltryptamine (DMT) is secreted through these. Thus memories of previous births arise. After secretion of these three substances, nectar is secreted. Elixir increases life and adds vitality. It is also called Nayanatharai [10].

Conclusion

Collectively this article view, we need to safety our body all the ways. Because through this body we may get the enlightenment experience. In this enlightenment experience originally occurred with the help of knowledge senses eyes, ears, nose, tongue, skin. So need to manage our Physical body. Many methods for subtle, causal body visions, I recommended Kapalapathi Pranayamam two methods. The same my own experience in ajalamarkam twenty five plus

years.

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