



## SPIRITUAL LIFE AND PLANETS

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**Abstract:**

Human life is the most valuable one. He / She lives happily and he/ she makes others also happy. Soul is the first step to spirituality Ancestors worship Sun, thunder flash, cyclone, rain, winter and summer Sun is the main god. In astrology also Sun is the center planet for all. There are four methods followed by us to merge with god. There are sariyai, kiriyai, yogam and gnanam. Bhagavan Ramanar, Swami Vivekanantha and Vedathri Maharishi were guide us to reach god through spirituality. Brama muhurtha is the best time to worship god. At that time (4.30 to 6.00 am) our earth is fully covered with ozone. The time is very auspicious to do everything. We can see the Sun god only on our eyes. Sun namaskar is the very best yoga for health. Pathanjali yoga suthiram, (Attanga goga) helps us to reach god. There are so many kinds of meditations, fastings are connected with planets.

**Key Words:** Ancestors, Worship Native, Sun, Thunder, Flash, Cyclone, Sariyai, Kiriyai, Yogam, Gnanam, Ramanar, Vivekanandar, Vedathri Maharishi, Brama Muhurtha, Ozone, Best Time, Sun Namaskar, Patanjali, Attanga Yoga, Meditation , Fastings

**Introduction:**

Human life is the most valuable one. His/her uniqueness is he/she lives happily and he/she makes other also happy. He loves others. Our ancestors learnt their needs from animals. They were afraid to thunder, flash, cyclone. Heavy rain, winter and summer. So, he / she worshipped them and also Sun. Native is the first god to human.

**Sun:**

The first god of our ancestors was Sun. So, Sun is very very important.

**Four Ways to Merge with God:**

There are four types of ways to merge with god.

- Sariyai Marga (Bakthi)
- Kiriyai Marga (Pooja)
- Yoga Marga (Karmam)
- Gnana Marga (Meditation / Thavam)

**Ramana Maharishi:**

The father of yoga marga. Ramana Maharishi was born at Tiruchuli near Aruppukkottai. He told that the answer for the question who am I is the way to reach god. One should do self experiment. We are not bodies. We are not thoughts. We are not feelings we are not minds. Myself is the consciousness.

**Swami Vivekananda:**

He told that an ordinary man will go to paradise easily. One should see god from poor, weakers and patients. If we try to know the secrets of nature we should reach the god easily.

**Vedatri Maharishi:**

He was the founder of Arivu Thirukovil (Wisdom Temple). It's head quarters is in Azhiyar near Pollachi. He said that feelig the soul is our goal.

**Daily Prayers in All Religions:**

There are 6 times poojas done in Hindus temples. Evening aradhana in christmas churches. 5 times prayers in Muslims mosques.

**Brama Muhurtha:**

The time of brama muhurtha (4.30, 6.00 am) the earth was fully covered by ozone. The magnetic waves and prana energy reaches the earth at that time with high potency. At that time, in temples suprabhatham ritual is done. Mantras are uttered in mosques. At that time one should do homa, house warming and all positive functions very well. Similarly the Sun set timing around 6 pm Hindus do Santhiya Vanadana and christians do Arathana.

**Worship Sun:**

Sun cures so many diseases. It gives light to the world. It plays a vital role for humaning beings all plants and creatures. Vitamin D is received from Sun rays in the evening. Sun is the only god, directly we can visible it.

**Surya Namaskar:**

There are 12 steps to do this yoga.

- Pranamasana (Prayer pose)

- Hasta uttanasana (Raised arms pose)
- Hastapadasana (standing forward bend pose)
- Ashwa Sanchalanasana (Equestrian bend pose)
- Dandasana (stick pose)
- Ashtanga Namaskara (Salute with eight parts)
- Bhujangasana (cobra pose)
- Adho.Mukha Svanasana (Downward facing dog pose)
- Ashwa Sanchalanasana (Equestrian bend pose)
- Hastapadasana (standing forward bend pose)
- Hasta uttanasana (Raised arms pose)
- Tadasana (Mountain Pose)



#### Temple and Rituals for Sun:

In Tamilnadu Suriyanar kovil is the very famous temple for Sun. In odisha, Konark temple is the very famous temple for Sun. Ratha Sapthami is the famous day to worship the Lord Sun in the month of capricorn, the seventh day from new moon

#### Attanga Yoga by Patanjali:

In Sanskrit Ashta means eight, Anga means limbs. So, it means Eight limb path.

#### Yama (Principles or Moral Code):

- |                |   |                              |
|----------------|---|------------------------------|
| • Ahimsa       | – | A principle of non violence  |
| • Satya        | – | A principle of truthfulness  |
| • Asteya       | – | A principle of none stealing |
| • Brahmacharya | – | Continence                   |
| • Aparigraha   | – | A principle of non hoarding. |

#### Niyama (Personal Disciplines):

- |                     |   |             |
|---------------------|---|-------------|
| • Shoucha           | - | Purity      |
| • Santhosh          | - | Contentment |
| • Tapa              | - | Endurance   |
| • Swadhyaya         | - | Self Study  |
| • Eshwar prainidhan | - | Dedication  |

#### Asana (Yoga Positions):

A stable and comfortable posture which helps attain mental equilibrium

#### Pranayama (Yogic Breathing):

Extension and control of breath.

#### Pratyahara (With Drawal of Sences):

A mental preparation to increase the power of mind.

#### Dharana (Concentration on Objects):

Concentration of mind on one object and its field.

#### Dhyan (Meditation):

With drawing mind from all external objects and focusing it on one point and meditating on it.

#### Samdhi (Salvation):

State of super bliss, joy and mergine individual consciousness in to Universal consciousness. Union between jeevathma with paramatma.

**Kinds of Meditations:**

- Elements dyan
- 9 planets dyan
- Universal dyan
- Space dyan
- Alpha mind dyan
- Beta mind dyan
- Theta mind dyan
- Chakra dyan

**Purpose of Meditation:**

To activate the basic chakra, Sex chakra, navel chakra, heart chakra, throat chakra, third eye chakra and crown chakra is the purpose of Meditation.

**Fastings:**

Reduce food or avoid food is fasting. Fastings are connected with astrology and planets.

S.No	Fastings	Connecting God	Connecting Planet
1	Shasti	Muruga	Mars
2	Ekathasi	Vishnu	Mercury
3	Somavara	Shiva	Moon
4	Ratha Saptami	Shiva	Sun
5	Ashtami	Bhirava	Saturn
6	Navami	Rama	Mercury
7	Panchami	Serpent	Rahu / Kethu
8	Chathurthi	Vinayagar	Kethu

Fasting are followed by christianity During devamatha conception time christians follow 21 days fasting.

Muslims follow fastings on Ramalan month.

Budha people celebrated Buddha purnima.

**Types of Fastings:**

- Never Swallow Saliva
- Only drink cow milk
- Only drink honey
- Only drink tender coconut.
- Only drink water
- Taking only breakfast
- Taking only lunch
- Taking only dinner.

**Conclusion:**

Spirituality and astrology are never separated. Both of them help us to reach the external supreme god. The final moto of human life is to reach the heaven or paradise.

Heaven	Darma	Karma	Desire
Desire			Heaven
Karma			Darma
Darma	Heaven	Desire	Karma

So, in kalapurusha mandala 12<sup>th</sup> Sign pisces is assigned for heaven. There Venus gets exhaltation and Mercury gets debilitation. So, the real happiness or bliss is doing good karma to reach the heaven.

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