

Meditation Techniques In Tamil

Transcendental Meditation movement

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The Transcendental Meditation movement (TM) are programs and organizations that promote the Transcendental Meditation technique founded by Maharishi Mahesh Yogi in India in the 1950s. The organization was estimated to have 900,000 participants in 1977, a million by the 1980s, and 5 million in more recent years.

Programs include the Transcendental Meditation technique, an advanced meditation practice called the TM-Sidhi program ("Yogic Flying"), an alternative health care program called Maharishi Ayurveda, and a system of building and architecture called Maharishi Sthapatya Ved. The TM movement's past and present media endeavors include a publishing company (MUM Press), a television station (KSCI), a radio station (KHOE), and a satellite television channel (Maharishi Channel). Its products...

Dhyana in Hinduism

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The various concepts of dhyana and its practice originated in the Sramanic movement of ancient India, which started before the 6th century BCE (pre-Buddha, pre-Mahavira), and the practice has been influential within the diverse traditions of Hinduism. It is, in Hinduism, a part of a self-directed awareness and unifying Yoga process by which the yogi realizes Self (Atman, soul), one's relationship with other living beings, and

the Ultimate Reality. Dhyana is also part of other Indian religions such as Buddhism and Jainism. Several other traditions introduce unique aspects and context to Dhyana, and mutually influence each other.

The term...

Pambatti Siddhar

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Pambatti siddhar was one of the 18 siddhars, a lineage of monks or sages who lived at various time periods in India, mainly southern India. Some of his poems, roughly around 600 lines of text are available today. His poems are written in Tamil and he is famous for finishing his poems with the term 'Addu Pambe' which literally means 'dance, o snake'. Even his poems are addressed to snakes. Some of his poems also addresses his spiritual teacher or guru. Pambatti siddhar comes from the line of saints who are believed to have possessed siddhis or supernatural powers through rigorous meditation and other spiritual exercises. He is also believed to have caught snakes and sold them for living before he ventured into his spiritual quest.

Sri Pambatti siddhar had attained the eight supernatural powers...

S. K. M. Maeilanandhan

organization founded by Vethathiri Maharishi involved in the education of yoga and meditation techniques. The organization conducts welfare programmes covering

S. K. M. Maeilanandhan, is an Indian industrialist from Erode, Tamil Nadu. He is the founder of S. K. M. group of companies. In 2013, he was awarded Padma Shri, the fourth highest civilian award by the Government of India for his contributions to social service.

Southern Esoteric Buddhism

monastery in the U.S. Samatha Trust - British meditation organization teaching samatha-vipassana techniques. Meditation 101 On-Line Dhammakaya Meditation Center

Southern Esoteric Buddhism and Borān Kammaṭṭhāna are terms used to refer to a collection of esoteric practices, views, and texts within Theravada Buddhism. Often known as Esoteric Theravada or Tantric Theravada, these labels highlight its parallel with tantric traditions—though it does not employ actual tantras—and it is also sometimes referred to as Traditional Theravada Meditation.

L.S. Cousins defines this phenomenon as "a type of Southern Buddhism which links magical and ritual practices to a theoretical systematisation of the Buddhist path itself."

In the West, the study of Southern Esoteric Buddhism was pioneered by professor François Bizot and his colleagues at the École française d'Extrême-Orient. Their research, especially focusing on material discovered at Angkor, has been instrumental...

Japa

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Japa (Sanskrit: जप) is the meditative repetition of a mantra or a divine name. It is a practice found in Hinduism, Jainism, Sikhism, and Buddhism, with parallels found in other religions.

Japa may be performed while sitting in a meditation posture, while performing other activities, or as part of formal worship in group settings. The mantra or name may be spoken softly, loud enough for the practitioner to hear it, or it may be recited silently within the practitioner's mind.

Kundalini yoga

samādhi), tantric visualization and meditation techniques of laya yoga (known as samsketas). Laya may mean either the techniques of yoga or (like Rāja yoga) its

Kundalini yoga (IAST: kuṇḍalinī-yoga), (Devanagari : कुण्डलिनी योग) is a spiritual practice in the yogic and tantric traditions of Hinduism, centered on awakening the kundalini energy. This energy, often symbolized as a serpent coiled at the root chakra at the base of the spine, is guided upward through the chakras until it reaches the crown chakra at the top of the head. This leads to the blissful state of samadhi, symbolizing the

union of Shiva and Shakti. Most yoga schools use pranayama, meditation, and moral code observation to raise the kundalini.

In normative tantric systems, kundalini is considered to be dormant until it is activated (as by the practice of yoga) and channeled upward through the central channel in a process of spiritual perfection. Other schools, such as Kashmir Shaivism...

Kanniah Yogi

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Kanniah Yogi : Yoga Maharathna Doctor Pandit G Kanniah Yogi Tamil: கண்ணிய யோகி was one of the extraordinary Acharyas in the field of yoga, vedanta, yantra, mantra and tantra in Chennai.

Vethathiri Maharishi

Kundalini Yoga and taught him philosophy and meditation techniques. At the age of 23, he married Logambal. He engaged in multiple businesses till his late 30s

Vethathiri Maharishi (14 August 1911 – 28 March 2006) was an Indian yoga guru, philosopher and spiritual leader. He founded the World Community Service Centre (WCSC) in Chennai and established the Temple of Consciousness (Arivu Thirukkoil) at Aliyar near Coimbatore. He promoted the practice of yoga and meditation as a means of achieving spiritual awareness and thereby the development of mankind for the furtherance of human brotherhood and world peace. He evolved a simplified Kundalini Yoga combining yoga with meditation, simple exercises, and traditional medicinal practices which enabled him to teach it to the common people.

Samadhi

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Samādhi (Pali and Sanskrit: समाधि), in the Indian religions, is a state of meditative consciousness. In many such traditions, the cultivation of samādhi through various meditation methods is essential for the attainment of spiritual liberation (known variously as nirvana, moksha).

In Buddhism, it is the last of the eight elements of the Noble Eightfold Path. In the Ashtanga Yoga tradition, it is the eighth and final limb identified in the Yoga Sutras of Patanjali. In Jain meditation, samadhi is considered one of the last stages of the practice just prior to liberation.

In the oldest Buddhist sutras, on which several contemporary western Theravada teachers rely, it refers to the development of an investigative and luminous mind that is equanimous and mindful. In the yogic traditions and the...

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