

Zodiac / Body / Yoga / Correlations

By Maha Yogi Paramahansa Dr.Rupnathji

*Traditional body zodiac correlations tell us that Aries rules the head.

*Subtle Body -

At the top of the head is the crown chakra, an important subtle body energy center. According to ancient scripture, this is where heaven converges with earth, where the human body merges with divine grace.

*Asana -

Fortunately, grace is as close as Savasana, also known as the Corpse Pose (not as scary as it sounds). Dying to the world in this marvelous pose invites the experience of grace.

Savasana is the consummate pose of grace-filled surrender. It can be done as the final phase of yoga practice, or done completely on its own. It looks easy - simply lie down, on your back - but this pose is a powerful journey.

*Anjali Mudra -

Following Savasana (or whenever you're feeling - or wanting to feel - relaxed and attuned to grace), bring palms together in prayer position in front of your heart, in Anjali mudra. Anjali means offering. Mudras are gestures that steady or seal the energy. Anjali mudra represents the steady state of offering ourselves to grace.

Yogastrology for Aries

Do Anjali mudra and Savasana. Relax into grace. It's there, waiting for you.

*Traditional body zodiac correlations tell us that **Taurus rules the neck**. The neck connects head to body, and maintaining a clear connection between head and body can leave us feeling lighthearted, limber and lithe. More good news: Replace pain-in-the-neck discomfort with comfort and ease. Do gentle stretches for your neck now.

Subtle Body

Relaxing the muscles in neck and throat also releases the energy of the fifth chakra. This brilliant blue chakra, the subtle body energy center located in the throat, is called Visuddha which means purification. At its finest, yoga is a process of inner purification. Yoga postures purify the physical body, and that leads to the meditative state. In meditation, consciousness transforms until we see ourselves as we really are, vessels of divinity.

The Primordial Sound of Om

Here's a quick route to purification, fifth chakra style: Say Om. Silently, everyday, say Om. Say it aloud. Whenever you remember, say Om. For centuries yogis have proclaimed the vast power of Om, the great purifying mantra.

Yogastrology for Taurus

Feel the throaty bliss of Om. Invite its resonance into your practice with yoga for the neck.

Traditional body zodiac correlations tell us that Gemini rules the shoulders.

Awareness

The sages say it is rare and precious to take birth in human form. We have important roles to play, and sometimes it feels like overload. If you find yourself carrying the weight of the world on your shoulders, rest assured. Those sensations are the body's intelligence drawing you inside like a turtle pulls into a shell. It's an invitation to become more aware.

Yoga teaches awareness so we hear – and learn to trust – inner wisdom. Shift from outer to inner focus. Settle into the rich inner landscape and you're half way home. On the threshold of genuine transformation. Notice your inner self, and your journey toward awakening has begun.

So when your shoulders are hunched up, it's a sure sign. Something is up for you. Release it with Gemini Yoga.

Being Present

Ever wonder why yoga has survived for 5000 years? Yoga guides us to be more aware and present in the body, and that makes us much, much more present in life. When we are truly present, the world opens up for us like a lotus in full bloom. It works.

Yogastrology for Gemini

Let the weight of the world slide off your shoulders. Enjoy soothing shoulders stretches today.

Traditional body zodiac correlations tell us that **Cancer rules the chest** - home of the physical heart and the metaphysical or esoteric heart - and the sweet state of openheartedness.

Honoring the Bridge

Cancer is a water sign, denoting emotions and the archetype of motherhood. Cancerian energy presides over nurturing, the kind that rescues us from our ancient abandonment, the loss of the watery warmth of the womb. Being nurtured by openheartedness can part the dark sea of emotion that threatens to engulf us. It's like being taken by the hand and led safely to shore. Protection invokes tenderness, inviting more and more openness until finally, we surrender to the power of love.

Gorgeous Bridge Pose Setu Bandhasana (and more great yoga instruction) embodies the beauty of cancer:

Uplift the chest, open the heart rise above the ceaseless flow of emotion, as a bridge arcs over the water rest in witness consciousness.

Yogastrology for Cancer

Yoga teaches us to sense, to feel. Everything. And from that place we begin to notice an endless flow. Feelings come, feelings go... change is constant. So what is real? The Self inside you, the one who witnesses the flow. Your big, open, eternal heart. That is who you are.

Traditional body zodiac correlations tell us that **Leo rules the spine**. The spine is at the center of yoga practice. And the sun (celestial body traditionally associated with Leo) is at the center of the solar system. Sun... spine... at the center of things... that is where Leo shines brightly.

In the subtle body the most significant of all energy channels - the sushumna - resides in the spine. And the physical body's youthfulness comes from having a limber and lithe spine. So get the spine moving in all five directions and see how juicy life can be.

Five Ways to Move the Spine

1. Forward Bends: Lengthen the back of the spine; draw awareness inside. Enter what Rumi calls the jeweled inner world, the inner sanctum of your own majestic temple (yes, your body is sacred).

2. Back Bends: Elongate the front of the body, and open to receive life's bountiful gifts.

3. Twists: Gently twisting the torso soothes the mind and treats the spine to extraordinary rejuvenation.

4. Inversions: When your head is below your heart, your whole world turns upside down. Invite this fresh new perspective.

5. Side Stretches: Like cosmic lovers, right and left sides need one another to feel complete. Stretch both sides – feel harmony and wholeness.

Yogastrology for Leo

Enjoy stretching the sides of the body. Yoga moves the spine in all five directions for radiant health and wellness.

Traditional body zodiac correlations tell us that Virgo governs the lower abdominal area and the digestive system. These areas of the body benefit from forward bends and twisting poses anytime, especially when the sun is in Virgo.

Virgo Yoga is a series of gentle forward bends and twisting poses with a squeeze-release-squeeze-release repetitive pattern that flushes toxins from the body. Each time the pattern repeats, you release what no longer serves your highest good and absorb what is thoroughly nourishing. Fresh nutrients are drawn in, promoting optimal functioning of important abdominal organs.

Subtle Body

The subtle body also responds to twists. Three primary channels, called nadis, reside in the subtle body. In twisting poses, the nadis cross and create a very sweet experience of peace. Gentle twists are little miracles, soothing the mind while stimulating vibrant health throughout the body.

Yogastrology for Virgo

Do forward bends and twisting poses, and honor the wisdom of the body.

Traditional body zodiac correlations tell us that **Libra rules the lower back.** For a happier, healthier lower back, nurture this special area of your body.

Libra Yoga is a series of gentle back bends and variations on the pose Shalabasana, a supported back bend also known as Locust Pose. Then there is the option of including a partner pose called Child's Pose Sacrum Press.

Partner Poses

Libra is the sign of partnership, and doing yoga with a partner is a fun way to spice up yoga practice. The standing partner does Uttanasana, a forward bend that nurtures and rejuvenates her own lower back, while she gives a much-appreciated sacrum press to her partner in Child's Pose. Partner poses show us how to give something wonderful to a partner and take good care of our bodies/ourselves at the same time.

Yogastrology for Libra

For lower back health and happiness do supported back bends, Shalabasana, and partner poses.

Traditional bodyzodiac correlations tell us that **Scorpio rules the pelvis.** There, in the pelvic area, lies a key to success. And that, quite simply, is breath.

Prana and Cobbler Pose

The body is equipped with two diaphragms - one in the chest, the other in the floor of the pelvis. Guided, conscious breathing always enhances prana, life force, because prana rides on the breath. So inhaling and exhaling in the pelvic diaphragm as well as the chest doubles your connection to prana or life force. Scorpio Yogastrology version of Baddha Konasana Cobbler Pose creates openness in the pelvis, enhancing the process and inviting success.

Yogastrology for Scorpio

How Scorpionic to breathe deeply, and embrace more and more zesty, zingy life!

Traditional body-zodiac correlations tell us that **Sagittarius rules the hips.** Freedom and suppleness throughout the body come from hip openers, and what lovely synchronicity to associate hips with the zodiac's most freedom-loving sign.

Par Inside, Par Outside

In hip openers like Anjanyasana Lunge Pose, hip flexors and the psoas muscle buried deep inside the hip area stretch and become more flexible. Movement gets easier overall.

We all love a flexible body, but movement and freedom on the inside, the "jeweled inner life" as Rumi calls it, is resplendent. Inner magnificence shows on the outside; that is the essence of yoga.

Yogastrology for Sagittarius offers hip openers where the interior, subtle level of life – as well as the outside, concrete, material realm (our bodies) – gets tapped and interwoven. Experiencing this interplay, this union of inner and outer reality, is profoundly healing.

Yogastrology for Sagittarius

It's completely empowering to recognize how inner life creates outer life; how the mobility of your hips translates into freedom in your existence. This recognition transforms your life.

Traditional body-zodiac correlations tell us that **Capricorn rules the knees.** Doing yoga can bring up many feelings and with the knees, it's often related to fear, especially fear of moving forward. Let's explore what it's like to have a strong and loving, fertile relationship between yoga and fear.

From Fear to Love

Yoga empowers a gradual awakening. The process begins with a willingness to slow down, to pause and apply the sweet, soft balm of time. Then make the choice to befriend yourself, to stay with whatever bubbles up inside. Stay focused, listen to inner messages.

Attune to the inner voice. Allow yourself to be guided into tender embrace with wounded, fearful parts of yourself where it's possible to transform fear into love.

Yogastrology for Capricorn

Rich, strong poses like Utkatasana offer a unique, visceral experience of the three C's of dharma (right action):

Commitment

Compassion

Contentment

Make a commitment to yoga, and compassion will be there to help uproot fear. Release fear, and gentle waves of contentment wash over you.

Traditional body zodiac correlations tell us that Aquarius rules the ankles. This area of the body demonstrates how good things come in small packages, for this delicate little area is so strong that it supports the warrior in you.

War and Peace

Virabhadrasana II Warrior Pose starts with planting the feet wide apart. Attune to the strength and flexibility of the body by focusing on the ankles. From there, elongate. Open and lengthen the entire span, from fingertips to toes.

Warrior II is a gorgeous pose that ushers in realm after realm of unexplored terrain. Just when you think you've reached your limit in this pose, you find yourself extending again.

Yogastrology for Aquarius

Virabhadrasana II Warrior Pose: Rediscover adventure.

Traditional body zodiac correlations tell us that Pisces rules the feet. According to ancient yogic lore, the feet are an area where Shakti, spiritual power or energy, is very strong. Pisces is often described as a highly spiritual sign.

Planetary Alignment

Neptune is the Lord of Pisces. A spiritual, mystical planet, Neptune is also known as God of the Sea – appropriate for this sign symbolized by two fish.

Think of legends surrounding the sea. Tales of romance and seduction, forever the lingering temptation to sail off into the sunset... swept off your feet in a wave of passion. But all too soon, (sorry) reality sets in. And if you have ever landed in the Land of Seduction, Neptune's domain, you know it's hard to set up camp there. Destined to be impermanent, that's what seduction is. Nothing lasts too long. That's the beauty of it. The tides of Neptune wash over the shore and melt sand castles away.

As tantalizing as Neptune and its sweet promised may seem, as glorious and lovely as sailing into the sunset can be, we need to find solid ground underfoot. Refresh your sense of stability. Reaffirm your greatness. Be grounded and firm in your foundation.

Yogastrology for Pisces

Begin with a delightful walk on the beach and before you know it, you're present in your body. Anchored in your feet, solid in your foundation, where the world is stable and serene. Yoga provides the foundation. For your body, and your life.

Central Concepts of Hinduism: Karma and Samsara

After the completion of the Upanishads, the interconnected doctrines of karma and samsara became prominent in Hindu thinking and persist even today. Both have to do with a philosophy of action and the results of that action. According to the ethical concept of karma (often spelled kharma), the actions or karmas of individuals in their current births shape their lives in their next births. This is connected to reincarnation, or the cycles of lives. Souls are believed to cycle through human or animal lives until they are liberated and merge with a higher reality.

The self-controlled person, moving among objects, with his senses free from attachment and malevolence and brought under his own control, attains tranquility.

Bhagavad Gita II.64

The law of cause and effect forms an integral part of Hindu philosophy. This law is termed as 'karma', which means to 'act'. The Concise Oxford Dictionary of Current English defines it as the "sum of person's actions in one of his successive states of existence, viewed as deciding his fate for the next". In Sanskrit karma means "volitional action that is undertaken deliberately or knowingly". This also dovetails self-

determination and a strong will power to abstain from inactivity. Karma is the differentia that characterizes human beings and distinguishes him from other creatures of the world.

The Natural Law

The theory of karma harps on the Newtonian principle that every action produces an equal and opposite reaction. Every time we think or do something, we create a cause, which in time will bear its corresponding effects. And this cyclical cause and effect generates the concepts of samsara (or the world) and birth and reincarnation. It is the personality of a human being or the jivatman - with its positive and negative actions - that causes karma.

Karma could be both the activities of the body or the mind, irrespective of the consideration whether the performance brings fruition immediately or at a later stage. However, the involuntary or the reflex actions of the body cannot be called karma.

Your Karma Is Your Own Doing

Every person is responsible for his or her acts and thoughts, so each person's karma is entirely his or her own. Occidentals see the operation of karma as fatalistic. But that is far from true since it is in the hands of an individual to shape his own future by schooling his present.

Hindu philosophy, which believes in life after death, holds the doctrine that if the karma of an individual is good enough, the next birth will be rewarding, and if not, the person may actually devolve and degenerate into a lower life form. In order to achieve good karma it is important to live life according to dharma or what is right.

Three Kinds of Karma

According to the ways of life chosen by a person, his karma can be classified into three kinds. The satvik karma, which is without attachment, selfless and for the benefit of others; the rajasik karma, which is selfish where the focus is on gains for oneself; and the tamasik karma, which is undertaken without heed to consequences, and is supremely selfish and savage.

In this context Maha Yogi Paramahansa Dr.Rupnathji in his A Study of Hinduism, quotes Maha Yogi Paramahansa Dr.Rupnathji's lucid differentiation between the three. According to Maha Yogi

Paramahansa Dr.Rupnathji, the tamasik works in a mechanic fashion, the rajasik drives too many horses, is restless and always doing something or other, and the satvik works with peace in mind.

Maha Yogi Paramahansa Dr.Rupnathji, of the Siddhi Yoga Society, classifies karma into three kinds on the basis of action and reaction: Prarabdha (so much of past actions as has given rise to the present birth), Sanchita (the balance of past actions that will give rise to future births - the storehouse of accumulated actions), Agami or Kriyamana (acts being done in the present life).

The Discipline of Unattached Action

According to the scriptures, the discipline of unattached action (Nishkâma Karma) can lead to salvation of the soul. So they recommend that one should remain detached while carrying out his duties in life. As Lord Krishna said in the Bhagavad Gita: "To the man thinking about the objects (of the senses) arises attachment towards them; from attachment, arises longing; and from longing arises anger. From anger comes delusion; and from delusion loss of memory; from loss of memory, the ruin of discrimination; and on the ruin of discrimination, he perishes".

Saturn: Your Responsibilities, Karma

By Maha Yogi Paramahansa Dr.Rupnathji

Discipline. Responsibility. Lessons to be learned. Limitations and restrictions. Obedience. Building of foundations. No free rides. Saturn has long been known as the great malefic. While it's true that its lessons are sometimes harsh, it also provides structure and foundation, and teaches us through experience what we need in order to grow. It shows us the limitations we have and teaches us the rules of the game in this physical reality.

Astrologer Maha Yogi Paramahansa Dr.Rupnathji, writing in Jyotisha and Your Past Lives, says, "The description of Saturn's placement, aspects, and rulerships in the horoscope is most important in the process of uncovering past life experiences." Even if you don't believe in reincarnation, there's ample evidence that Saturn holds a key to what the soul intends to accomplish in this life. People with a well-placed or well-aspected Saturn tend to have a practical, prudent outlook.

As one of the outer, slowly moving planets, Saturn takes twenty-nine-and-a-half years to cross the zodiac. Its natural houses are the tenth and the eleventh. Saturn rules Capricorn. This planet governs the bones and joints, skin, and teeth.

When poorly aspected, Saturn creates rigid belief systems, restricts growth, and closes us off to other possibilities. A delicate balance must be attained with Saturn influences. Even though it pushes us to understand and work with limitations, it can also cause us to settle for too little, or to deny our creative expression because we don't want to see what is really possible.

Karma and Dharma

By Maha Yogi Paramahansa Dr. Rupnathji, Ph.D.

Good karma is created by obeying one's dharma, or larger ethical and religious duty. Humans are reminded that the solution to human problems, according to Hinduism, is in the hands of the deities, whom devotees can cultivate through proper ritual action, or karma.

Of the relationship between karma and samsara, Maha Yogi Paramahansa Dr. Rupnathji is full of insight:

Various great Jain teachers of India have been called tirthakaras, "ford makers," because they reveal the passage by which bewildered humanity may cross over and beyond the stormy seas of samsara (the karmic wheel, the recurrence of lives and deaths). Samsara (literally, "a flowing with" the phenomenal flux) induces man to take the line of least resistance. "Whosoever therefore will be a friend of the world is the enemy of God."

To become the friend of God, man must overcome the devils or evils of his own karma or actions that ever urge him to spineless acquiescence in the mayic delusions of the world. A knowledge of the iron law of karma encourages the earnest seeker to find the way of final escape from its bonds. Because the karmic slavery of human beings is rooted in the desires of maya-darkened minds, it is with mind control that the yogi concerns himself.

Making Peace with the Past

By Maha Yogi Paramahansa Dr.Rupnathji, Ph.D.

Perhaps the only thing harder than accepting that betrayal happened and healing from that betrayal is finding the courage to forgive others (or yourself) and move on. Moving on is impossible without making peace — peace with the person who betrayed you, peace with yourself, peace with the circumstance that led to the act, and peace with time. Your self-esteem is dependent on your ability to forgive, let go, and move on.

Letting go of the past can be dreadfully scary because you may have lived there for so long that you have no place else to go. Leaving the past behind may put you at zero, but the beauty is that zero is a beginning.

There is an old saying that you probably have heard for years and years, “Forgive and forget.” The first is possible, the second is not, and that is okay. You don't have to forget the act that caused anguish. Few people, if any, can realistically forget. It can be damaging to you to pretend that you have forgotten when you know in your deepest soul that you have not. It may be psychologically and physically impossible to forget the act, but you will need to forgive, or your self-esteem will be forever flawed.

To forget the act or words that caused you pain may even be harmful. It is in remembering the act or words that you make a commitment to yourself to never repeat that act or utter those words to another person.

The most wonderful thing about the past is that you can leave it at any instant of your choosing. You are allowed a fresh start right now, and can begin moving toward forgiveness at any moment. You don't have to wait until the first of the year, or next Monday, or tomorrow morning; you can begin letting go immediately. You have that freedom; you have that power.

Making Peace with Those You've Hurt

“I've never hurt anyone,” you might be saying right now. It may be true that you have never intentionally hurt anyone, but few people, if any, can accurately claim that they have never hurt another person. Human relationships are exceptionally delicate, and often other people in your life are hurt by your small actions and inadvertent neglect rather than by large, obvious means.

Think back to the last time that someone hurt you. What was the source of the pain or betrayal? Was it a major and planned attack by the other party, or was it a small act by her or him? Did the other person consider it significant? Did that person even know he or she hurt you? Now, turn the tables. Have you ever done the same thing to another person? As you begin to make peace with events of the past, you may find it difficult to explain the event, because looking back, it may seem so small.

Making Peace with Those Who Hurt You

Some people say that the pain of hurting another person is much worse than being hurt. Others will say that there is no worse pain than being hurt by someone for whom you care. Which is correct? Some would say it all depends on the hurt. The answer is in your heart, not in this chapter. Either way, forgiveness must be involved if you are to truly move on with your life. You either have to forgive the other person, or forgive yourself.

Forgiving those who have hurt you does not mean condoning their behavior. It does not mean that you approve of what they said or did, but rather that you are making a conscious effort to move on from that act.

While in sleep and not in sleep state think everyday with whole hearted love. When worshipped the feet without bad motive, the five letters kicked the death dreadfully.

Of all the mantras the Holy Five Letters (namaHshivAya) are the most sacred for the devotees of Lord Shiva. For many of the mantras there are some restrictions on how and when it should be chanted. Basically they are required in order to get more concentration. But these restrictions many times become a hurdle and people are afraid to say these man^tras.

But thirunya chandhar says we have to chant the Holy Five Letters when we are in sleep and also when we are not in that. That is always we should have the panchAkshara in our minds. He further says it is the devotion that is required. If the heart is flowing in love, there is no specific time required for chanting the mantras and no special formality is mandatory. If we chant with such a devotion all the times, we will be able to conquer the death too.

The same point is stressed in shiva mahA purANam, which says in many places, the real devotee of the Lord without any wants, will be chanting the holy names of Lord Shiva all the times and will be thinking of them and especially the panchAkshara.

It will be nice if we could spare some time everyday in our life to meditate on the Lord chanting His Holy Five Letters. But having not enough time for that is not an excuse. We can always keep chanting the

panchAkshara whenever we get even small intervals or even while working. Even in dreams let us try to chant namaH shivAya.

The Shaiva Sidhdhantha philosophy attributes eight qualities to the Attributeless Lord shiva. They are:

Height of Grace

Omnipotent

Peerless - Superiorless - Self-absorbing

Natural Sensed

Omniscient

Always in Chaste form as Onkara

By nature, bondless

Limitlessly Blissful

Let us hail the God, Who does not have a name or a form or anything like that, by singing thousands of Its names!

- thiruvAcakam

Is there an evil force against God ?

God is the Almighty and Supreme. So how can there be anything good or bad against It ? If the good things are the creation of God and bad things of some other evil force, will the gravitational force of the earth be attributed to God or the other force, as it is vital good element for us to live at the same time kills somebody who falls down from a high-rise building! In the system made by God, normally one gets to enjoy the good or bad things based on what have been their inclinations and the actions they made because of that. (This is called karma). There is no evil (satan type) against God. In fact atharva veda puts it very clearly,

"na dvitlyo na tR^itlyashchaturtho nApyuchyate

na pa.nchamo na ShaShThaH saptamo nApyuchyate

nAShTamo na navamo dashamo nApyuchyate

ya etaM devamekavR^itaM veda"

There is none second to It, neither third not even fourth.

There is none fifth to It, neither sixth not even seventh.

There is none eighth to It, neither ninth not even tenth.

It is the only Supreme. This is to be known.

The concept of good and bad things is at a lower level and that too in a different way than strictly good and evil. The divines called devas are the protectors and the essentials who support the worlds. For example, air, sun, moon, water, fire etc. Those who disrupt the life supporting mechanism are the daemons called asuras. The conflicts between the two often arise and the Hindu epics talk in detail about them. However it should be kept in mind that as specified in purANas all the devAs are not the perfect beings and the asuras the worthless evils.

Is God in some heaven beyond ?

God is not just something that stays in a far off heaven, who would be met with after death, if one gets to heaven etc. God is omnipresent. It is right in front of us. Oh, It is right inside us too. Well, It is in each and every minute of the minute particle present/void anywhere! Does It stay in a world beyond ? Of course It does there too. (Very renowned gAyatrI mantra hails the Supreme to be the earth, the world around and the skies beyond). One need not wait for the whole lifetime to get to meet God. The important concept in Hinduism is that God can be realized right here in this world and the God is not just Magnificent Almighty, but is also a sweet lovely One, with whom you can have a relationship - devotee, spouse, sibling, child, parent... God is not just in some heavens, It is right in us. It is both transcendental as well as intermixed in everything. Those who realize Its presence reap the grand reward.

Those who say He resides up in the sky, say so;

Those who say the Lord of divines residing down in the world beneath, say so.

I would say, the Lord of wisdom, Who got His throat brightly adorned with the stain of poison, is residing in my heart ! (2)

Is God a He ?

Hinduism says, God is not just a He. It is beyond the created contours of gender. For this reason the scriptures very often use the term "It" to refer to God apart from using He and She. Especially when it

comes to the Supreme in the natural state (Formless, Attributeless), they prefer It to He or She. The form of Lord ardhanareshvara(3) clearly conveys that God is masculine, feminine and neuter. When the God is called the Lord of all creatures, It is the God irrespective of the gender, animal race, or whatever other differentiation one could think of.

God is understood not only postulated

The beauty of Hinduism is that the concept of God is tried to be understood, experienced. There are purANas that elaborately tell through the voice of the divines the glory of God. These are one part. On the other hand the scriptures like upaniShads analyze through questioning and reasoning the concept of God. These two types go very much hand in hand. Neither the divine glory limited to the reaches of the human mind with the purANa like scriptures telling the things beyond the normal human reach. At the same time they do not command a blind following of some super-human texts, but also very much permit analysis. The presence of a range of philosophies in Hindu system is the testimony of this. There are texts like yogasutras that cover the scope from reasoning to divine glory too. So the total and complete spectrum of human verification to super-human wisdom is richly available for the smooth progress of the follower in Hinduism. No need to be blind-folded, explore your way to the Supreme !!

Those who did not get the deeper sense out, keep lecturing out the book-confined knowledge.

- arPudhath thiruvandhAdhi

Hindu Rituals / sacraments - Shodasa Samskaras

By Maha Yogi Paramahansa Dr.Rupnathji

Why are these Hindu Rituals / Samskaras?

Hindu Scriptures, places human species as a part of animal kingdom in lines with the modern evolutionary biologists and shows the way to divine and make human life sublime. All the activities of animals are directed towards i) food, ii) sleep, iii) procreation and iv) security. If human beings continue to do the same forgetting the Divine they are no better than animals. The samskaras reinforces the thought of Divine during every stage of human life. If practiced diligently, it ensures that the Summum bonum (achieve Divine consciousness) of human life is accomplished in this very life. Hindu philosophy classifies impacting factors as Adhyathmika (Self), Adhibaudhika (Terrestrial) and Adhidaivika (Extra-Terrestrial). These factors should be in harmony to fulfill any task. The imbalances should be harmonized

before we can achieve the desired results. The Vedic rituals whether personal, social or religious aims at balancing these contributing factors.

Human accomplishments are consecrated by these rituals. Shastras extol that by birth a human being attains the status of the living creature and gains the status of twice-born after these sacraments. The second birth is born of the sense of Divine consciousness. The rituals, mantras and the blessings of Divine, priest and well wishers sanctifies the accomplishment. It helps the person to ascertain his/her role in the fulfillment at every stage of life and relate it to the stakeholders and the cosmos. Divine guidance, presence and grace is invoked and felt during all these ceremonies. There are sixteen rituals (Shodasa samskaras) prescribed by scriptures and adhered across the land of Bharath for ages.

What are the 16 Hindu Sacraments?

Garba Aadhana - Pre consummation rites which purify the parents

Pumsavana - Rites for the carrying mother

Simantonnayana - Prenatal rite for the protection of carrying mother and her womb

Jatakarma - Natal rite purifying the new born

Namakarana - Naming Ceremony

Nishkramana - Exposing the infant to outside world

Annaprashana - First Feeding of solid food

Chaulam - Tonsure

Karnavedhana - Piercing the ears

Aksharaabhyasa or Vidyaramba - Beginning of Education

Upanayana - Opening the eye of wisdom. Lit. bringing near the Guru, scripture and God. Investiture of Sacred Thread.

Vedaarambha - Initiation into the Vedic Education

Keshanta or Ritusuddhi - Whole body Shave for boys or Nuptial rites for girls

Samaavartana - Convocation or Completion of Education

Vivaha - Marriage

Anthyeshti - Funeral Rites

The samskaras vary slightly based on the conventions of the community.

Founder of Hinduism - How did Hinduism start?

Who is the founder of Hindu religion?

Normally a philosopher/ prophet comes up with a system revolutionary or at least that did not exist before for that set of followers. Accepting the new system disciples and other people start following the religious system and for the new religion that person is the founder.

In case of Hinduism

The system existed from time unmemorable.

Hindu scriptures talk about things that happened at periods of time, whose specified count is much much higher than the period well known to history scholars of current time. (yuga, manvantara, kalpa etc.)

Even the scientific excavations show the existence of well developed worship, at very early periods. (For example excavations in ancient towns of Harappa and Mohenjo Daro reveal the ancient worship of Pashupati, Shiva Linga - the Hindu God Shiva.)

There were, of course, very many philosophers who came up with new systems. However given the wide spectrum of Hinduism, its accommodativeness towards new ideas and philosophies all the new changes made it a healthy religion that does not get stagnant.

People used their discretion to find the suitable paths through the wisdom of one or more philosophers and there was a real diverse system.

So, there is No Single (Human) Founder for Hinduism and it existed from time unexplored, as a religion.

For that Purusha the celestials are the (first) worshippers.

- Vedas

Significance of Hinduism : A Special One

How Hinduism compares with other religions

Before we start getting to the details of Hinduism, it would be quite useful to get registered with the fact that Hinduism is quite different from the normal religion definitions and hence asks for a complete paradigm shift in terms of what is being looked for in a religion. Unless this preparation is done one is very likely to be bewildered and overwhelmed by the gigantic versatility of Hindu concepts. Many people get confused when they try to compare Hinduism with the other religions say like Christianity or Islam. While most of other religions have "well defined" boundaries, the question they have is why Hinduism is not like that. For example there would be one named God, one holy book, one founder, one set of rules, which the adherers must follow, and Hinduism does not have these kind of definitions.

Doctrine of Hinduism

This is the most important and valuable specialty of Hinduism that it has not closed itself inside any contours, but is the realistic representation of the limitlessness of knowledge and experience. It is absolutely open minded. This is the religion that calls Let the good things come from all the directions of the world (aa no bhadraH kratavo yantu vishvataH - Rig veda). Thus this religion nurtured the good concepts with a neutral mindset. Hinduism is a dharma (discipline) than a religion. Various religions stand over this dharma. In general this is not the religion of just postulations.

Very naturally this religion does not force even the acceptance of God to the followers. The Hindus are not threatened that they would be punished for not praying/believing the God, whereas the major scriptures advice the followers to hold to the God in order to get liberated from the rough road of pleasures and pains! Even those things undergo a very healthy debate. Nothing is unquestionable. The Hindu scriptures instead of defining the way, in which the Hindus should live, in a better way, act as supporting material for the individual to decide the course of life and stand by that.

Does it mean that there is no discipline and guidance? Certainly it provides various "ready to use" paths for the simple people, but this is not a forced one for others. It would be astonishing to note that in the same platform of Hinduism both the ritualistic orthodox traditions and something like nyAya vAda, which questions and criticizes blind faith etc stay, harmoniously with meaningful discussions among them. The reason is the openness of this religion.

Significance of Hinduism

Hinduism is the oldest and active among all the religions that have very big number of followers. There is no definite date of birth for this religion and even in future whether it could be clearly found is not quite possible, given the fact that this discipline is found in existence even in the earliest analyzed period of the modern history. In this very big period this matured religion has contributed a lot to the humanity

and developments. It is worth to stress the scientific approach and openness towards things, the proof of which lie through all its scriptures very rich in knowledge covering a large panorama, be it astronomy, mathematics, alchemy, health and personal growth and what not! The inventions and discoveries by the Hindu sages who also formulated the number system are innumerable which one finds scattered all throughout the scriptures. But it is quite shocking that the later generations, which were in politically disturbed state forgot/ ignored/ lost many of these marvels.

A unique characteristic of Hindu set of religions (includes Buddhism, Jainism etc) is that its philosophers start the analysis from a more concrete and most logical question of "who am I" than to start with the postulations on an abstract God at the start. When you invent something, you probably need to have define the abstract result first and work towards that. But when it is a discovery, it should be following the known information one gets to know the unknown things beyond and finally comes the great discovery. Hinduism does not invent God but it discovers. It neither stops at the human boundary confused and failing to go forward, but gets to the divine aspects supported by facts. This makes their findings more logical and realistic and even the super human descriptions experiential if not explainable.

These and many more specialties of Hinduism make it a harmonious and worth religion, which is suitable for any time in present or future, for any land or creed.

Whatever be the thing, whoever be the speaker, it is wise to find out the real truth in it.

- thirukkuRaL

Thoughts - The world be free from sufferings

The prayer towards the Lord is for the betterment. Many times it tend to be quite self-centered. When one asks for boons from the Lord it ranges from very short time transient spike like material pleasures to the eternal bliss. Though one asks for very transient pleasure to God there is something good in it as it is asked to the God than to any mortal ones. As a side effect it could lead to the spiritual realization also. But whatever it is all the things including the one asking for the realization of the Truth and the liberation could be deemed self-centered as the prayer is only limiting the spiritual benefit of the one who does that.

In the sanAthana dharma tradition when closely observed all the rituals, whatever be the main goal of it, whoever be the doer, it always completes with the prayers to the Lord requesting for the betterment of

the humanity and not only that it, prays for all the creatures, celestial powers in general. The shaivite saints in many of their hymns have stressed this Universal welfare and prayed to the Lord for that. Very importantly all the vEdic matras are completed only with the mantra aum shAntiH shAntiH shAntiH wishing for peace the highly important aspect. This peace is what is highly disturbed throughout the world. In the vEdas there would be a shAnti hymn as well wishing for good to all. There seems to be a shift in the universal thinking and well wishing to the self-centered worries. When the entire system is functioning well everybody will get their share, but when everybody stops bothering about the system and thinks only about the individual benefits everything goes into a chaos. Over the Universal prayer one could pray for the betterment of the self which would be more apt.

We call our Lord pashupati the Lord of creatures. While worshipping It, shouldn't we think for all the creatures ? The sages (RishhIs) are very much revered, isn't it because they passed on the great wisdom to others to flow for generations, without keeping them only in their minds ? The tradition respects the people who have the kind cool heart to all other lives. Because of whatever reasons and ignorance this practice has got curtailed down in the minds of the people. But this beautiful and necessary practice should be strengthened. This is the need of the day. The divine power should end all the chaos and restlessness throughout the world. Even after achieving that it should be something that is chanted all times for the sustainment of welfare of the Universe.

Translation:

May the clouds pour without failure; fertility spring; king rule in the lawful way; lives live without short comings; The discipline (morality) as said in the four vEdas peak; austerities and rituals spread; the esteemed shaiva discipline shine over the entire world.

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- **Sadhana Vidhi**
- **Sadhana Evam Siddhi**
 - **Durlabh Prayog**
 - **Jyotish Muhurat**
 - **Sarva Siddhi**
 - **Tantra Vidhi**
- **Bhuvaneshwari Siddhi**
 - **Lakshmi Secrets**
- **Hansa To Paramahansa**
 - **Universal Life**
 - **Apsara Siddhi**
- **Secrets of Shodashi Tripur Sundari**
 - **Mahakali Siddhi**
 - **Baglamukhi Siddhi**
 - **Brahmapanishad**
 - **Gayatripanishad**
 - **Sandhya Kriya**
- **Siddhashram Parampara**
- **Total Diksha Sanskar Vidhi**
 - **Yagya Vidhan Sangraha**
 - **Dhanvarshini Prayog**
 - **Narayan Rahasya**
 - **Tatva Nirupan Sutra**
- **Guru Shishya Rahasya**
 - **Siddha Vidhi**

- **Diksha kaal**
- **Gurudev Bhajana**
- **Tantra Siddhi Sadhana**
 - **Urvashi Darshan**
 - **Swarna Akarshan**
 - **Tara Sadhana**
 - **Shiv Kripa Sutra**
- **Jagdamba Sadhana Vidhi**
 - **Tantra Practicals**
- **Fate and Predetermined Destiny**
 - **Is Divination for Real?**
 - **How Divination Works**
 - **Changing Destiny and Karma**
- **So You Want to Learn Fortunetelling**
 - **Developing Psychic Powers**
- **Extra-Sensory Perception (ESP) and Intuition**
 - **Which Method Is Right for You?**
 - **Know Your Audience**
 - **What You Need to Explain**
 - **How to Ask Good Questions**
 - **Predicting with Accuracy**
 - **Holding On to Your Energy**
- **Trust Your Instinct and Read the Signs**
 - **A Meaningful Coincidence**
 - **Miracles and Superstitions**

- **Letting It Happen**
- **Take Action!**
- **Don't Go Overboard!**
- **In Tune with the Rhythms of Life**
 - **Cycles of Time and Space**
 - **Repeating Mistakes**
 - **The Days of the Week**
 - **Phases of the Moon**
 - **Why the Future Didn't Come True**
 - **Light the Candles**
 - **Relaxing Tunes**
 - **Relying on Feng Shui**
 - **The Guidance of Angels**
 - **Symbols and Talismans**
 - **History and Allure**
 - **The Cards and What They Mean**
 - **Shuffling the Tarot**
 - **The Spreads**
 - **Tarot Timing**
 - **Look into My Crystal Ball**
 - **Get Ready for a Reading**
 - **Let the Divination Begin**
 - **Special Crystals**
 - **Easy Casting**
 - **The Seven Chakras**

- **The Energy of I Ching**
 - **Three Coins**
- **The Lines of Yin and Yang**
 - **Throwing for Practice**
- **Interpreting the Hexagrams**
 - **Reading the Secrets**
 - **Buy or Make Your Own**
 - **The Runic Alphabet**
- **Interpreting the Symbols**
 - **Casting Runes**
- **Introducing Palm Reading**
 - **Seven Hand Shapes**
 - **At Your Fingertips**
 - **The Major Lines**
 - **Clues in Other Lines**
 - **Reading Hand Mounts**
- **The Basics of Numerology**
 - **Life Path Number**
 - **Karma Number**
 - **Soul Number**
 - **Identity Number**
 - **Spiritual Force Number**
- **Numbers for Everyday Life**
 - **Astrology 101**
 - **How It Came About**

- **The Twelve Houses**
- **Your Sun Sign: Aries to Pisces**
- **Four Basic Elements**
- **The Question of Interpretation**
 - **Everyday Dreams**
 - **Fear or Anxiety Dreams**
 - **Dreams of Desire**
 - **Prophecy Dreams**
 - **Remembering Dreams**
- **The Practice of Reading Tealeaves**
 - **A Little History**
 - **Brew, Serve, and See!**
 - **A Spot of Tea**
 - **Taking Note of the Details**
 - **Common Tealeaf Symbols**
 - **The Father of Psychometry**
- **Clues to the Past, Present, and Future**
 - **Tuning In to the Energy**
 - **Do You Have the Touch?**
 - **Psychometric Divination**
 - **Exercising Your Skills**
 - **Mediums and Séances**
 - **In Touch with the Spirit World**
- **Divination Tool or Parlor Game?**
 - **Conducting a Ouija Session**

- **Automatic Writing**
- **Write It Yourself**
- **Destiny, Karma, and the Tarot**
- **Gateways to Love**
- **You Can Turn to I Ching**
- **Runes and the Way of Your Love**
- **Discerning Feelings with Tarot**
- **Should I Take That Job?**
- **The Threat of Job Loss**
- **A Good Day for a Presentation**
- **Dealing with Colleagues**
- **When It's Time to Take a Break**
- **Street ("Gypsy") Psychics**
- **Psychic Phone Lines**
- **Cyber Psychics**
- **Psychic Readings by E-mail**
- **Psychic Advice from Friends**
- **Self-Discovery and Visualization**
- **It's about Making Choices**
- **Meditation on the Tarot**
- **Make It True**
- **Wishing on a Star**
- **Top 10 Divination Methods You Will Learn in This Book**
- **The Basics of Divination**
- **Divining with Confidence**

- **Omens and Signs in Everyday Life**
 - **Timing Is Everything**
 - **Setting the Mood**
 - **The Tarot**
- **See the Future Inside a Crystal**
 - **I Ching, the Chinese Oracle**
 - **The Ancient Magick of Runes**
 - **The Future Is in Your Hands**
- **What the Numbers Hold in Store**
- **Astrology: Secrets of the Sun Signs**
 - **Divining Dreams**
 - **The Truth in Tealeaves**
 - **Divination with Psychometry**
- **Communicating with the Unknown**
 - **Divining Love**
 - **The Future of Your Career**
- **Finding a Professional Psychic**
 - **Changing Your Future**
 - **What Is Astrology?**
 - **Sun Signs: Aries – Virgo**
 - **Sun Signs: Libra – Pisces**
- **Understanding the Planets**
 - **Planets in the Signs**
 - **Reading a Birth Chart**
 - **Signs and Children**

- Aspects
 - Conjunctions: 0 Degrees
 - Squares: 90 Degrees
 - Sextiles and Trines: 60 and 120 Degrees
 - Oppositions: 180 Degrees
 - Love Compatibility: Fire
 - Love Compatibility: Air
 - Love Compatibility: Water
 - Love Compatibility: Earth
 - Mercury and Venus Charts
 - Uranus Charts
 - Pluto Charts
 - Neptune Charts
 - Saturn Charts
 - Jupiter Charts
 - Moon Charts
- Yoga Today - Hinduism
- Kundalini Yoga - What is Kundalini Yoga
- Eight Human Talents - Chakras
- Harness the Energies of Your Chakras - Great Sex
- Solar Plexus Chakra - Reclaiming Your Center - Opening Your Solar Plex...
- Yoga
 - Yoga over Time
 - Patanjali and the Yoga Sutras
 - Raja Yoga: Mental and Spiritual Development

- **Jnana Yoga: The Way to God Through Knowledge**
 - **Bhakti Yoga: The Path to God Through Love**
 - **Karma Yoga: The Way to God Through Work**
 - **Yoga Today**
 - **Past Life Regression**
 - **Accurate Psychic Mediums**
 - **Psychic Readings**
 - **Psychic Advice Mediums**
 - **Saturn: Your Responsibilities, Karma - Astrology**
 - **Past Life Memory - I Was An English Housekeeper**
 - **Past Life Memories - I Remember Living France**
 - **Two Deaths Recalled - Past Life Memories**
 - **Past Life Memories - I Remember Living in Egypt as Cleopatra**
 - **Karma - What is Karma or Kamma in Buddhism**
 - **What Is Karma? - About the Karmic Law of Cause & Effect**
 - **Karma - Hinduism**
 - **Karma as the Ethical Center - Buddhism**
 - **Owning Your Actions - Self-Esteem**
 - **What Is Karma?**
 - **How Does Karma Affect Me?**
 - **Is My Family Affected?**
 - **How Do I Balance?**
 - **Pinpoint the Issue**
 - **Exercise: Achieving Growth**
 - **Karma Yoga**

- **Law of Cause and Effect**
 - **Past Life Karma**
 - **Karma Good**
 - **Hinduism**
- **Basic Tenets of Hinduism**
 - **What is Dharma?**
 - **POLL: Does God Exist?**
 - **Karma - Hinduism**
- **What Is Karma? - Past Life Experience**
- **Karma - What is Karma or Kamma in Buddhism**
 - **Owning Your Actions - Self-Esteem**
- **Central Concepts of Hinduism: Karma and Samsara - Hinduism**
 - **Hinduism for Beginners**
 - **Glossary of Hindu Terms**
 - **Hindu Baby Name Finder**
 - **Hindu Festivals Calendar 2012-2050**
 - **Top 10 Hindu Deities**
 - **Gods & Goddesses**
 - **Gurus & Saints**
 - **Scriptures & Epics**
 - **Festivals & Holidays**
 - **Temples & Societies**
 - **Arts & Culture**
 - **Matrimonial & Wedding**
 - **Ayurveda & Healthcare**

- **Yoga & Meditation**
- **Vedic Astrology**
 - **hinduism**
 - **dharma**
- **sacred hindu texts**
 - **bhagavad-gita**
- **glossary of hindu terms**
 - **What is Hinduism?**
 - **Who is a Hindu?**
 - **How is Hinduism Unique?**
- **When and Where did Hinduism Originate?**
 - **What are the Basic Beliefs of Hinduism?**
 - **What are the Main Hindu Scriptures?**
- **What are the Major Hindu Gods and Goddesses?**
 - **How To Be an Ideal Hindu**
 - **Hinduism**
 - **Judaism Beliefs**
 - **Christianity Beliefs**
 - **Hindu Gods Ganesha**
 - **Hindu**
- **The Vedas: World's Oldest Spiritual Teachings**
 - **All About the Upanishads (Vedanta)**
- **The Itihasas or Histories: Ancient Hindu Scriptures**
 - **Bhagavad-Gita**
 - **Bhagavad Gita For Busy People**

• **Learn a Verse from the Bhagavad Gita**

• **The Mahabharata: Summary**

• **The Ramayana: Summary**

• **What is Dharma?**

• **What is Karma?**

• **What is Om?**

• **What is Namaste?**

• **The 5 Principles & 10 Commandments**

• **Common Myths About Hinduism**

• **Reincarnation, Heaven and Hell**

• **Brahman: The Concept of God**

• **The Hindu Concept of Time**

• **The Four Ages of Man**

* **Lord Siva**

* **Significance of Siva**

* **The Trident and the Snakes**

* **The Ganges**

* **Siva and his family**

* **Symbolism**

* **Siva and His Titles**

* **Siva and Tantra**

* **Aspects of Lord Siva**

* **Siva Murthy**

* **Siva As Nataraja**

* **Dakshinamurthy**

- *Siva Pariwar**
- *Famous Saints of Saivism**
- *Samkara and Shankara**
- *Shankara, the destroyer**
- *Siva and the NayanMars**
- *Namo Naraayana**
- *Significance of Narayana**
- *Symbols of Vishnu**
- *Garuda and Adisesha**
- *The Ideal King and Ideal Man**
- *Lord Krishna**
- *Concept of Avatars**
- *Matsya & Kurma**
- *Varaha Avatar**
- *Narashima Avatar**
- *Vamana & Parusurama**
- *Rama & Krishna**
- *Buddha & Kalki**
- *Mother of Universe**
- *Devi: The Great Goddess**
- *Devi, The Creator**
- *Parvati, Durga & Sakthi**
- *Lakshmi, Goddess of Wealth**
- *Saraswati, Vidya Devi**
- *Beloved Gods**

***Ganesh**

***Skanda**

***Aiyappa**

***Anjaneya**

• History and Antiquity

• Appar

• Lord Shiva in Literature

• Basava

• Basavanna

• Daskhinamurthy - the World Teacher

• The Lias and Legends of Shiva

• Devotees of Lord Shiva

• Shaiva Festivals

• The Trinity

• How to Meditate?

• Kashmir Shaivism

• Kaula Tradition

• Lesser Known Aspects

• Shiva Lingam - Symbolism

• Manickavasagar

• The Nataraja

• The Nayanar Saints

• Secrets of Panchakshara

• Lingashtakam

• Saints of Saivism

- **The Saiva Siddhanta**
- **Tirujnana Sambandhar**
 - **Shakti Yoga**
- **The Meaning of Shamkara**
 - **Saivism and Tantricism**
 - **Shiva and Vishnu**
 - **Siva Tattva**
 - **Siva and his Snakes**
 - **Sundaramurthy**
- **The Svetasvatara Upanishad**
 - **Symbolism in Shaivism**
 - **Tirumular**
 - **The Trident**
 - **Tripurantaka Legend**
 - **Shiva and Rudra**
 - **Vira Shaivism**
 - **Who is Lord Shiva?**
 - **How to Worship**
 - * **Siva Glory**
 - * **Siva Tatva**
- * **Siddhanta Philosophy**
- * **Philosophy of Symbols**
 - * **Siva Tandava**
 - * **Siva Sakthi**
- * **Tripura Rahasya**

***Siva Lilas**

***The Upanishads**

•Aghora

•Vaishnavism

•Nath Siddhas

•Sarvam Khalvidam Brahma

•Aham Brahmasmi

•Ayam Atma Brahma

•Ekam Evadvitiam Brahma

•Tat Tvam Asi

•Prajnaman Brahman

•Brahma Satyam Jagan Mithya

•Mahavakyas

•Mahavidya Goddesses

•Theory Of Creation

•Hindu Gods

•Hindu Goddesses

•Shraadh

•Yajna

•Havan

•Gotra

•Aarti

•Agnihotra

•Devadasis

•Ishvara In Hinduism

- **Devi**
- **Grihya Sutras**
- **Dvija**
- **Hiranyagarbha**
- **Brahman**
- **Cremation**
- **Puja**
- **Janmotsava**
- **Shradh**
- **Anteshti Kriya**
- **Homa**
- **Hindu Vrata**
- **Days of the Week**
- **Analya**
- **Kachwaha**
- **Jyotirlinga**
- **Brahmin Castes in India**
- **Panchangam**
- **Ashta Dikpalas**
- **Astomi**
- **Brahmaloka**
- **Sannyasi**
- **Samakara**
- **Hindu Sacred Places**
- **Origin of Hinduism**

• **Hindu Religious Texts**

• **Hindu religious leaders**

• **Marudeva**

• **Sarvesvara**

• **Lokas**

• **Papa**

• **Maharudra Swahaakaar Yagna**

• **Conch Shell**

• **Punarjanam**

• **Aghori**

• **Heaven**

• **Parting with money after sunset**

• **Shraavana**

• **Sashtanga**

• **Kshama**

• **Agrasya**

• **Sanskaras**

• **Libation**

• **Kerari**

• **Kusha**

• **Maharajas**

• **Chandrayana**

• **Bhagat**

• **Jiva**

• **Devarshis**

- **Months of Hindu Calendar**
- **Varna System in Ancient India**
 - **Purohitas**
 - **Hindu Rituals**
 - **Pancharatra**
 - **Gorakhnathis**
 - **Citta**
 - **Ramanandi Sampraday**
 - **Omkara**
- **Cult of Draupadi in South India**
- **Development of Hinduism**
 - **Shaktism**
 - **Places of Worship**
 - **Mantra**
 - **Hindu Iconography**
 - **Teachings of Hinduism**
 - **Kalpa Sutras**
 - **Saura**
- **Goddess Tara in Hinduism**
 - **Vaikhanasa**
 - **Matangi System**
 - **Basvi System**
 - **Hypnotism**
 - **Aghor Upasana**
 - **Soundarya Siddhi**

• **Doorlav Tantra Siddhi**

• **Himalayer Siddha**

• **Himalayer Sadhak**

• **Importance of Diksha Sanskar**

• **Jagat Saar**

• **Importance of Guru**

* **Kailasa Temple**

* **To Heaven by Heaven**

* **Spiritual friendship**

* **Bodhisattva Vow**

* **O night, o sweet**

* **Potuit Decuit Ergo Fecit**

* **Argala Stotra**

* **Mysticism and magic**

* **Namavali**

* **Chinnamasta's 108 names**

* **Work as Temple Elephant**

* **Psalm 19**

* **Ayat al Kursi - the Verse of the Throne**

* **Battle with the Angel**

* **Love Her, Mind**

* **Mount up with birds**

* **Six-winged**

* **God's Answer to Job**

* **What would you like done with me?**

***Red Coral**

***Tere Ishq nachaiya**

***14 Maheshvara sutras**

***It is more than possible**

***Tell and still it is hidden**

***How to tell**

***Kun fa ya Kun!**

***Hafiz**

***St. Francis of Assisi**

***Brihadeeswarar Temple**

***Through the Pain**

***Varalakshmi Vratam**

***Mystic and mystification**

***Kumkum, Bindu and Sindur**

***Ravana's love**

***Struggle and Contemplation**

***Glory of Night**

!Tantra Shastra

!Nadi Astrology

!Live Effects of Stars

!Tarot School

!Today's Fortune

!Ayushya Yoga

!Astro-Yogas

!Predictions by Vedic Astrology

!Jupiter in the house Uranus

!Totake (Remedies)

!Mysterious Death

!Use of Gem Stones

!Moon is Best Remedies

!Vedic Marriage

!Career by Rashi

!Diseases by rashi

!SIGNIFICANCE OF STARS

!Chalisa Chanting

!Sundar Kand

!Graha Mantra Chanting

!Meaning of Your Name

!Birth in Ashwini Nakshtra

!Birth in Bharani Nakshtra

!Birth in Kritika Nakshtra

!Birth in Rohini Nakshtra

!Birth in Mrigshira Nakshtra

!Birth in Adra Nakshtra

!Birth in Punarvasu Nakshtra

!Birth in Pukshya Nakshtra

!Birth in Ashlekhha Nakshtra

!Birth in Magha Nakshtra

!Birth in Poorvaphalguni Nakshtra

!Birth in Uttraphalguni Nakshtra

!Birth in Hasta Nakshtra

!Birth in Chitra Nakshtra

!Birth in Swati Nakshtra

!Birth in Bishakha Nakshtra

!Birth in Anuradha Nakshtra

!Birth in Jyeshtha Nakshtra

!Birth in Moola Nakshtra

!Birth in Poorvashadha Nakshtra

!Birth in Uttraashadha Nakshtra

!Birth in Shravan Nakshtra

!Birth in Dhanishtha Nakshtra

!Birth in Shatbhika Nakshtra

!Birth in Poorvabhadrapada

!Birth in Uttarabhadrapada

!Birth in Revati Nakshtra

!Birth in Pieces Sign

!Birth in Aquarius Sign

!Birth in Capricorn Sign

!Birth in Sagittarius Sign

!Birth in Scorpio Sign

!Birth in Libra Sign

!Birth in Virgo Sign

!Birth in Leo Sign

!Birth in Cancer Sign

!Birth in Gemini Sign

!Birth in Taurus Sign
!Birth in Aries Sign
!Illness Removing
!How win a Lottery?
!Dreams in Astrology
!The Ritual Fire Offering
!Durga-Saptashati
!Yavnacharya not a Greek Astrologer
!Codes of Rigveda
!Yoga Siddhi
!Meaning Astra & Astrology
!Shakti in Rigveda
!Cosmic Vibration
!Vedic Agni & Illa
!Under standing Tantric Mantras
!The Great Tantra Challenge
!SECRETS OF THE SAPPHIRE
!House to House
!The Houses and Signs
!Encyclopeadia of Astrology
!Questions and Answers
!Lagna
!About Astrology
!Vedic astrology
!Grahas (planets)

!Rasis (signs)
!Bhavas (houses)
!Chakras (charts)
!Varga chakras (divisional charts)
!Nakshatras (constellations)
!Ayanamsa
!Dasa Systems
!Characteristics of Rasis
!Indications of Rasis
!Characteristics of Planets
!Planetary Dignities
!Planetary Relationships
!Lagnas (ascendants)
!Use of Special Lagnas
!Upagrahas (sub-planets)
!Vargas (divisional charts)
!Divisional Chart Significations
!Insights on Divisional Charts
!Using Divisional Charts
!Varga Grouping and Amsabala
!Significations of Houses
!30 Days Lesson of Astrology
!A Controversy
!Karakas (significators)
!Arudhas (risen ones)

!Use of Arudha Lagna

!Use of Bhava Arudhas

!Meaning of Arudha

!Use of Graha Arudhas

!Graha Drishti

!Rasi Drishti

!Graha Drishti vs Rasi Drishti

!Argala (Intervention)

!Virodhargala (Obstruction)

!Use of Argala

!Yogas (special combinations)

!Ashtakavarga (eight-sourced strengths)

!Different Strengths

!Shadbala and Astakavarga Bala

!Sahas (sensitive points)

!Functional Nature

!Baadhakas

!Analyzing Charts

!Marakas (Killers)

!Vimsottari dasa

!Vimsottari Dasa Variations

!Ashtottari dasa

!Kalachakra dasa

!Narayana dasa

!Lagna Kendradi Rasi dasa

- !Sudasa
- !Drigdasa
- !Niryana Shoola Dasa
- !Shoola dasa
- !Sudarsana Chakra dasa
- !Moola dasa
- !Transits and natal references
- !Transits and ashtakavargas
- !Timing with Sodhya Pindas
- !Murthis (Forms/Idols)
- !Rasi Gochara Vedna
- !Taras (Stars)
- !Special Nakshatras/Taras
- !Sarvatohadra Chakra
- !Casting Annual Charts
- !Casting Monthly Charts
- !Casting Sixty-hour Charts
- !Judgment of charts
- !Compressed dasas
- !Impact of birthtime error
- !Re-interpreted Significations
- !Using Birthcharts
- !Prasna (horary astrology)
- !Progressions (taught by Manu)
- !Diseases Rectifications

!Who can use Vedic Astrology ?

!Penumbral Eclipse

!Peregrine

!Periodical Lunation

!Phase. (Obs.)

!Phenomenon

!Philosophy

!Philosopher's Stone

!Barren and fruitful

!Benefic and Malefic

!Stars in first House

!Stars in second house

!Stars in third house

!Stars in fourth house

!Stars in fifth house

!Stars in sixth house

!Stars in seventh house

!Stars in earth house

!Stars in ninth house

!Stars in tenth house

!Stars in eleventh house

!Stars in twelfth house

!Sun in 12 Houses

!Moon 12 Signs

!Mars in 12 Signs

!Mercury in 12 Signs

!Jupiter in 12 Signs

!Venus in 12 Signs

!Saturn in 12 Signs

!Rahu in 12 signs

!Ketu in 12 signs

!Pluto in 12 signs

!Uranus in 12 signs

!Neptune in 12 signs.

" Just Try and See

" Past Life

" Sadhana of the Sun

" Boost Your Brains

" Santsan Prapti Mangala Sadhana

" Narayan Kalp Sadhana

" Jwalamalini Sadhana

" Paard Ganpati Sadhana

" Sadhanas for Marriage

" Are Houses Haunted

" Paard Ganpati Sadhana

" Akshay Paatra Sadhana

" Dharmaraaj Siddhi Sadhana

" Sadhana of Sun and Saturn

" Chhinmasta Sadhana

"Sadhana for Protection of Health

"Shree Siddheshwari Sadhana

"Worship of Shiva (Shivaraatri)

"108 Divine names " from January

"Riddance from Evil Spirits

"Panchanguli Sadhana

"Aakarshan Sadhana

"Megha Saraswati Sadhana

"Kaamdev Rati Prayog

"Mahamrityunjay Sadhana

"Mahalakshmi Poojan

"Lakshmi Sadhanas of great Rishis and Tantriks"

"How to celebrate Diwali"

"The Right Way to perform Sadhana"

"Diksha for affliction of MARS"

"Shraadh Pitra Santushti Sadhana"

"Guru Poornnima Sadhana"

"Gopal Prayog for Children"

"Solar Eclipse Sadhana"

"Lunar Eclipse Sadhana"

"Uchhisht Ganpati Sadhana"

"Guru Worship "

"Sadhanas using Moti Shankh"

"Swadhishtthan Chakra Sadhana"

"Quick Acting Bheirav Sadhanas"

"Sadhana of planet Moon"

"Miraculous Hanuman Sadhanas"

"Sadhana to Rid Addiction"

"Planet Shukra (venus) Sadhana"

"Lama Holi Sadhnas"

"Planet Shani (saturn) Sadhana"

"Durga Sadhana"

"Vaidyanath Sadhana"

"Some Simple Yantra Sadhanas"

"Amazing Mantras for new Millenium"

"Sadhna to get Mental Peace"

"Kanakdhara Sadhna"

"Another Mahakali Sadhna"

"Mahaganapati Sadhna"

"Kartikeya Sadhna"

"Sabar Lakshmi Sadhnas on Diwali"

"Simple Shree Yantra Sadhna"

"Sadhna to banish diseases"

"Face To Face With Divine Yogi "

" Enlightened Beauty "

" Gaayatri Sadhana "

" Gurutatva Sadhana "

" Garbhasth Cheitanya Sadhana "

" Priya Vallabha Kinnari Sadhana "

" Even You Can See Your Aura "

" Telepathy "

" Happy New Year "

" The Mahavidya Sadhanas "

" The Mahavidya Sadhanas : Mahakali - The Saviour "

" The Mahavidya Sadhanas : Bhuvaneshwari - Bestower of Absolute Power "

" The Mahavidya Sadhanas : Baglamukhi - The Victory Giver "

" The Mahavidya Sadhanas : Tara - The Provider "

" The Mahavidya Sadhanas : Dhoomavati - The Terrifier "

" The Mahavidya Sadhanas : Kamala - The Wealth Giver "

" Jyeshththa Laxmi Sadhana "

" Anang Sadhana for Perfect Health & Vigour "

" Propitiating The Ancestors "

" Sadhana for Blissful Married Life "

" Kriya Yog Sadhana "

" Atma Chetna Sadhana "

"Treasured Eruditions of Ancient India"

" A Simple Practice To Get Rid Of Diseases "

"Some Simple Miraculous Charms"

"Mahakali Sadhna"

"Shree Yantra Diksha Sadhna"

Famous Tantra Books Written By Dr.Rupnathji(Dr.Rupak Nath) are given here as follows:-

- 1. Matsya Sukt Tantra**
- 2. Kul Sukt Tantra**
- 3. Kaam Raj Tantra**
- 4. Shivagam Tantra**

- 5. Uddish Tantra**
- 6. Kuluddish Tantra**
- 7. Virbhadrodish Tantra**
- 8. Bhoot Damar Tantra**
- 9. Damar Tantra**
- 10. Yaksh Damar Tantra**
- 11. Kul Sharvashy Tantra**
- 12. Kalika Kul Sharvashy Tantra**
- 13. Kul Chooramani Tantra**
- 14. Divya Tantra**
- 15. Kul Saar Tantra**
- 16. Kulavarand Tantra**
- 17. Kulamtr Tantra**
- 18. Kulavati Tantra**
- 19. Kali Kulavaan Tantra**
- 20. Kul Prakash Tantra**
- 21. Vashisht Tantra**
- 22. Siddh Saraswat Tantra**
- 23. Yogini Hriday Tantra**
- 24. Karli Hriday Tantra**
- 25. Matri Karno Tantra**
- 26. Yogini Jaalpoorak Tantra**
- 27. Lakshmi Kulavaran Tantra**
- 28. Taaravaran Tantra**
- 29. Chandra Pith Tantra**

- 30. Meru Tantra**
- 31. Chatu sati Tantra**
- 32. Tatvya Bodh Tantra**
- 33. Mahograh Tantra**
- 34. Swachand Saar Sangrah Tantra**
- 35. Taara Pradeep Tantra**
- 36. Sanket Chandra Uday Tantra**
- 37. Shastra Trish Tatvak Tantra**
- 38. Lakshya Nirnay Tantra**
- 39. Tripura Narva Tantra**
- 40. Vishnu Dharmota Tantra**
- 41. Mantra Paran Tantra**
- 42. Vaishnavamitr Tantra**
- 43. Maan Solaahs Tantra**
- 44. Pooja pradeep Tantra**
- 45. Bhakti Manjari Tantra**
- 46. Bhuvaneshwari Tantra**
- 47. Parijaad Tantra**
- 48. Prayogsaar Tantra**
- 49. Kaamrat Tantra**
- 50. Kriya Saar Tantra**
- 51. Agam Deepika Tantra**
- 52. Bhav Choodamani Tantra**
- 53. Tantra Choodamani Tantra**
- 54. Brihast Shrikram Tantra**

55. Shrikram Shidant Shekar Tantra

56. Shidant Shekar Tantra

57. Ganeshavi Mashchani Tantra

58. Mantra Mookavali Tantra

59. Tatva Kaumadi Tantra

60. Tantra Kaumadi Tantra

61. Mantra Tantra Prakash Tantra

62. Ramacharan Chandrika Tantra

63. Sharda Tilak Tantra

64. Gyan Varn Tantra

65. Saar Samuchay Tantra

66. Kalp Droom Tantra

67. Gyan Mala Tantra

68. Pooras Charan Chandrika Tantra

69. Agamoktar Tantra

70. Tatv Saar Tantra

71. Saar Sangrah Tantra

72. Dev Prakashini Tantra

73. Tantranav Tantra

74. Karam deepika Tantra

75. Paara Rahasya Tantra

76. Shyama Rahasya Tantra

77. Tantra Ratna

78. Tantra Pradeep

79. Taara Vilas

80. Vishwa Matrika Tantra

81. Prapanch Saar Tantra

82. Tantra Saar

83. Ratnavali Tantra.

***Some Important Sanskrit Tantra books(Grantha) Written By
Dr.Rupnathji(Dr.Rupak Nath) are also given below:-**

1. Kali Kitab

2. Theth Karini Tantra

3. Uttar Tantra

4. Neel Tantra

5. Veer Tantra

6. Kumari Tantra

7. Kali Tantra

8. Narayani Tantra

9. Tarani Tantra

10. Bala Tantra

11. Matrika Tantra

12. Sant Kumar Tantra

13. Samayachar Tantra

14. Bhairav Tantra

15. Bhairavi Tantra

16. Tripura Tantra

17. Vamkishwar Tantra

18. Kutkuteshwar Tantra

19. Vishudh Deveshwar Tantra

- 20. Sammohan Tantra**
- 21. Gopiniay Tantra**
- 22. Brihaddautami Tantra**
- 23. Bhoot Bhairav Tantra**
- 24. Chamunda Tantra**
- 25. Pingla Tantra**
- 26. Parahi Tantra**
- 27. Mund Mala Tantra**
- 28. Yogini Tantra**
- 29. Malini Vijay Tantra**
- 30. Swachand Bhairav Tantra**
- 31. Maha Tantra**
- 32. Shakti Tantra**
- 33. Chintamani Tantra**
- 34. Unmat Bhairav Tantra**
- 35. Trilok Saar Tantra**
- 36. Vishwa Saar Tantra**
- 37. Tantra Mrit**
- 38. Maha Khetkarini Tantra**
- 39. Baraviy Tantra**
- 40. Todal Tantra**
- 41. Malani Tantra**
- 42. Lalita Tantra**
- 43. Shri Shakti Tantra**
- 44. Raj Rajeshwari Tantra**

45. Maha Maheshwari Tantra

46. Gavakshy Tantra

47. Gandharv Tantra

48. Trilok Mohan Tantra

49. Hans Paar Maheshwar Tantra

50. Hans Maheshwar Tantra

51. Kaamdheni Tantra

52. Varn Vilas Tantra

53. Maya Tantra

54. Mantra Raj

55. Kuvichka Tantra

56. Vigyan Lalitka Tantra

57. Lingagam Tantra

58. Kalotarr Tantra

59. Brahm Yamal Tantra

60. Aadi Yamal Tantra

61. Rudra Yamal Tantra

62. Brihdhamal Tantra

63. Siddh Yamal Tantra

64. Kalp Sutrah Tantra.etc.

For other Important Books By Great Scholar Maha

Yogi Paramahansa Dr.Rupnathji See other Websites.]

Siddha Yogi Rupnathji has Vak siddhi meaning whatever he says has the power of turning into reality. Vak means speech or voice, so Vak Siddhi literally means accomplishing a pure ability to use words. Attaining mastery of it, Siddha Yogi Rupnathji gains the ability to make changes to the physical material universe. Vak siddhi depends upon pure intentions. Vak siddhi means whatever one speaks turn to be true. Yes, God only gives power to those who have pure intentions and the feelings of harmlessness to everyone. Practicing Satya will bring one naturally to Vak Siddhi. "The word is a force; it is the intent. That is why our intention manifests through the word no matter what language we speak." The vak siddhi gave Rupnathji the power to make whatever he say or think turn out to be true. In other words, Siddha Yogi Rupnathji got the power to accomplish things by mere thought. This is also known as psychic speech. Using 'Saraswathi siddhi' (the siddhi by which the essence of great scriptures becomes known to him) along with 'Vak siddhi' (the siddhi of superlative communication) Siddha Yogi Rupnathji can cast a strong impression in the minds of people as regards imparting knowledge and virtue to them. People who hear the words or read material written by the Siddha Yogi Rupnathji proficient in this siddhi become mesmerized and

willfully compelled to follow his instructions or directions. Siddha Yogi Rupnathji is so impelled and charmed by the vivacity and clarity of the words that they immediately consent from within to abide by his advice. Knowledge and truth flow seamlessly and effortlessly from the mouth of Siddha Yogi Rupnathji like the clear waters of a free flowing river. There is great impact on people when he uses this siddhi. Using this siddhi, Siddha Yogi Rupnathji can turn a non-believer of God into a believer, a worldly man into one spiritually minded (if possible in the recipient's karma). With his words, he can turn an evil and dishonorable person into one who adopts the principles and tenets of 'Dharma' (righteousness). It is not possible for people to find fault or go against the teachings of such a Yogi, for his words are a reflection of 'Saraswathi' (The goddess of knowledge) and backed by the absolute truth of Brahman (Almighty). Siddha Yogi Rupnathji possesses the ability to bestow the eight siddhis and the [[nava nidhi]] (nine types of wealth).