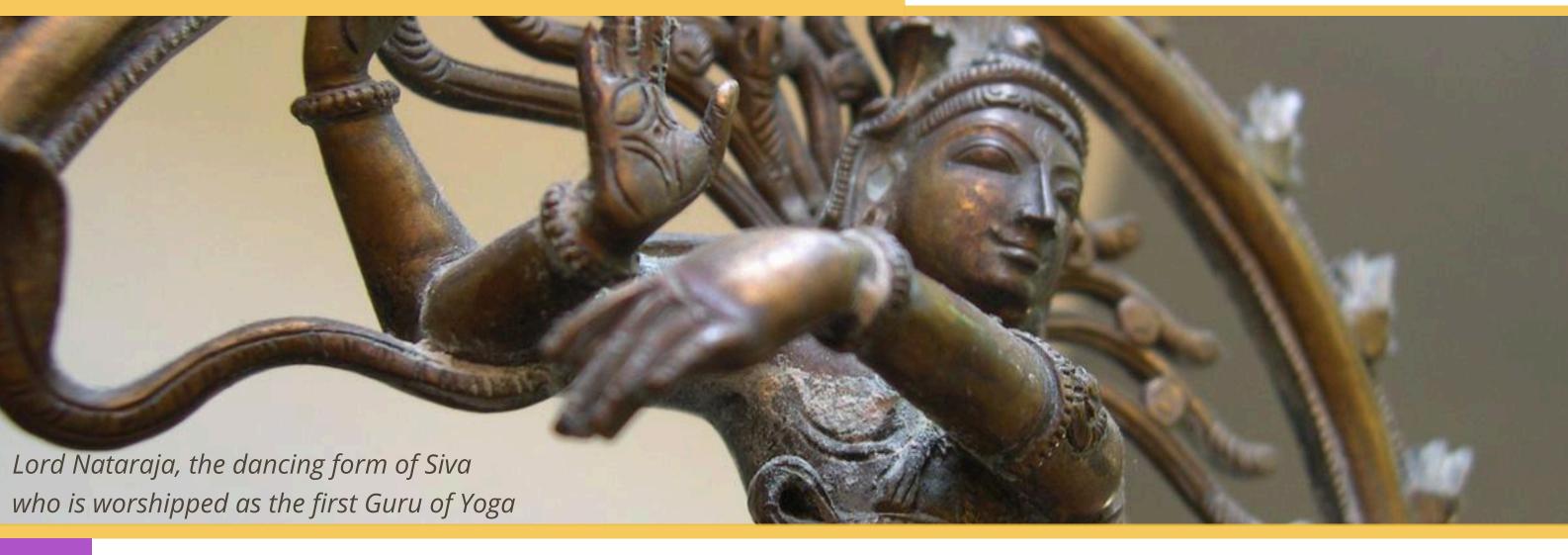
S

ANBE YOGAM

Prayer gafter practice

BREATHE BEND BALANCI



ஒம் ஒம் ஓம்

வானின் றழைக்கும் மழைபோல் இறைவனுந் தானின் றழைக்குங்கொல் என்று தயங்குவார் ஆனின் றழைக்கு மதுபோல்என் நந்தியை நானின் றழைப்பது ஞானங் கருதியே.

- திருமந்திரம், 30

Vaaninrazhaikkum mazhaipol iraivanum Thaaninrazhaikkungkol enru thayanguvaar Aaninrazhaikkum adhupol en Nandiyai Naan inrazhaippadhu jnanang karudhiye

- Thirumanthiram, Song 30 By Sage Thirumular Language: Tamil

Meaning:

As the Heavens draw the rains;
Even so will my Lord draw me to Him?
Thus, doubting, many ask.
But like a calf lowing for its mother
I cry for Nandi* for the sake of knowledge

*According to Saivite siddhantic tradition, Nandi is considered as the Chief Guru of eight disciples including sages Thirumular and Patanjali who were sent in eight different directions, to spread the Philosophy and Practice of Yoga.

Teacher: Anisha Manjeni

For: Kamaraj Schools, Vayalur