

ISSUE 3

WEEKLY MAGAZINE

FEBRUARY 28 2025

BRAHMATHEERTH

SAINT SUNDAR'S ELIXIR OF DIVINE WISDOM

*The Making
of a YOGI*

Dear Readers,

I welcome you all to a new journey through this magazine which will be life changing as we begin to unlearn the hidden spiritual wisdom from the beyond. Brahma-theerth is the rarest of the rare magazine to guide us in the path of self-realization/moksha written by Saint Sundar, a living saint; a self-realized master of our times; and God in human form. To a person in real search of himself or truth, this magazine is a treasure to cherish since no other book can actually help to understand the ultimate truth/reality. Without the guidance of a realized master, one can never understand truth and it would take years of tapas or sadhana to actually progress in the journey of self-realization. But Saint Sundar wants this knowledge to be spread across the world and hence has been enlightening us with his wisdom so that a person with the real search will not go empty handed.

I humbly request you all to not merely read this content as any other magazine because the actual meaning behind the words could be easily missed. One should start reading this with utmost awareness and an open heart to reap the maximum benefits. Please do not try to contemplate the teachings in this magazine with your mind since most of the concepts are beyond the understanding of a human mind. Before reading this magazine I request you all to drop your mind and start imbibing the truth emanating from Saint Sundar's discourses.

Charupriya T S

Dear Yogis,

Now we are going to walk on a familiar time tested path known to us all. Once a yogi always a yogi, till he departs from this world. Hundreds of distractions will come in a yogi's life as a test to his yogic qualities. But one should remain steadfast and move along. This weekly issue is an invitation for all of you to come back to this earth and to make you walk on it with sure footedness. I do not want you to fly in the sky. I want all of you to first learn the arithmetic of walking with total balance in this life. By reading this magazine if at least one person gets the inspiration and inclination to do long hours of meditation in Agna Chakra, I will consider it a great success for my hard work in bringing this out. Accept my invitation and dive deep in Agna Chakra to explore and discover new aspects of divine power.

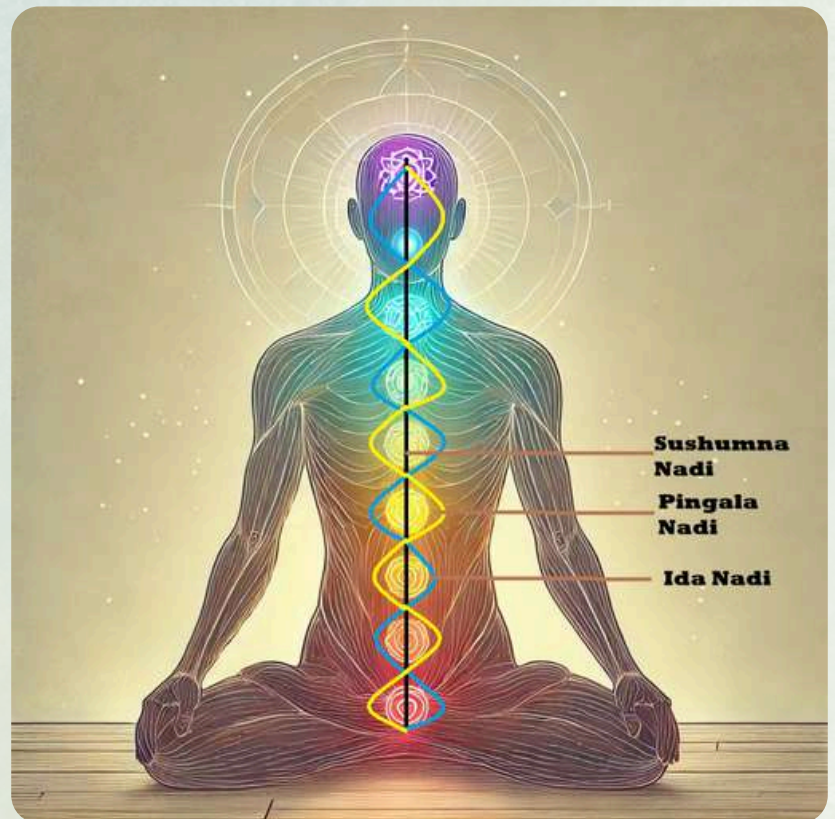
Saint Sundar

AGNA CHAKRA



Agna chakra, also called **Ajna chakra** is one of the most important chakra in yogic tradition. This chakra located between the eyebrows in the middle of forehead is the base chakra for yogis. There are numerous names by which this chakra is referred to.

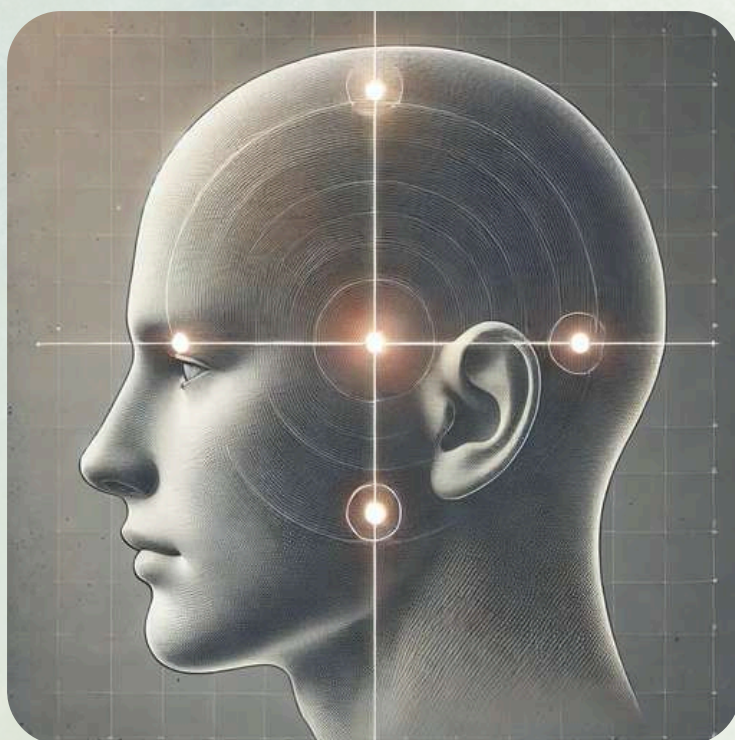
In the human body, there are three main Nadis – the Ida, Pingala and the Sushumna (Suzhumuna) that govern the flow of prana (energy) in the physical body and causal body. The three nadis, also called the energy channels start from the base of the spine and travel



upwards to the head. The Pingala and Ida nadis intertwine around the spine and meet the sushumna nadi at the Agna chakra. Since all the three main nadi meet at Agna chakra, this chakra is also called as **Thirumukoodal** or **Thiriveni sangamam**.

Also, since all the three main nadis that govern the prana in the human body converge here, this chakra is also called as **Jeevanadi**. Ajna chakra is also called as **Netrikann** in Tamil as it refers to the third eye on Lord Shiva's forehead. Also, this chakra is referred to as '**Thiruchitrambalam**' and '**Ponnambalam**' in Tamil. 'Ambalam' means the 'stage' or 'arena'. This chakra is considered as the golden stage where Lord Shiva performs the cosmic dance. For the same reason, the city of Nataraja temple is called as Thiruchittrambalam, presently called as Chidambaram.

In the yogic tradition, the ajna chakra is considered the most significant chakra. From the exact centre (mid point) of the head, if you point in all 4 directions, towards the front is the ajna chakra, towards the back is the Pidarikan, on the top is the Sahasrara and on the bottom is the Manonmani.



Out of these four, the chakra that covers the frontal lobe, the ajna chakra is the most powerful. This is the chakra from where a yogi can order things to happen. That is why it is also called 'Aajnai' chakra meaning the 'the ordering chakra'. Ajna chakra also works as a thermostat which is responsible for maintaining the body temperature.

Evolved yogis, when they attain Maha Samadhi, they make sure that their Sukshma sharir (soul) departs from either the Agna chakra or the Sahasrara chakra. For normal human beings, during the time of death, the soul always ejects from mooladhara or from one of the lower body chakras. These souls will take births and come to this world again and again. Only when the soul ejects from the Agna or Sahasrara chakra will it attain moksha and cross the birth and death cycle. There will be no more births for the soul. The Ajna and Crown chakra are called the **yogic chakras**. Especially, Ajna chakra is a pure yogic chakra where Lord Shiva resides. So, a yogi should always be aware of the significance of agna chakra and should live in this chakra.

Around 25 years ago, I used to live entirely in the Agna chakra. Day in and day out, I was meditating in Agna chakra. It was during this time that I penned the following poem.

தில்லையில் நடனமிடும் கூத்தனே

எனது அம்பலத்தில் எப்பொழுது ஆடப்போகின்றாய்?

வழி மீது விழி வைத்து காத்து நிற்கிறேன்

'நான்' கரைந்த பின் தான் வருவாயோ!!!

which translates to

Oh Lord Shiva! Nataraja of Chidambaram! The cosmic dancer !

When will you dance in my inner sky, the grand stage I've set for you?

Here I am longing, yearning and burning for you!

Will you come only when 'I' dissolve myself in my seeking completely!!!

The inner sky here refers to the inner screen or the Agna chakra where the play, the enjoyment happens!

In Tamil Nadu, there are five places called the **Pancha Sabha** or the Five dancing halls where Lord Shiva performed the cosmic dance in the form of Natarajar. They are

- 1.Chitra Sabai (Art) - Thirukuttralam
- 2.Velli Sabai (Silver) - Madurai
- 3.Rathna Sabai (Gems) - Thiruvallangaadu
- 4.Porsabai (Gold) - Chidambaram
- 5.Thamira Sabai (Copper) – Thirunelveli



These five dancing halls/places are the physical representations of the Pancha boothas. Our physical body is made up of the pancha boothas and all of them meet or converge at the Agna chakra. Agna chakra is where Lord Shiva resides. All the divine plays happen in the Agna chakra. The great saints and yogis, when meditating in the Agna chakra, get mesmerized by witnessing these divine plays.

Agna is the only chakra where a yogi can witness the divine visions and the divine plays of the existence. This chakra serves as the screen. Only when one focusses on this screen will he be able to see the divine visions of the past, present and future. This is why many great saints often call this chakra as the inner sky or vetta veli (வெட்ட வெளி) in Tamil.

The great Kuthambai siddhar, one among the prominent eighteen siddhars (pathinen siddhargal) referred to this inner sky as follows



Kuthambai siddhar

**‘வெட்ட வெளி தன்னை
மெய்யென்(று) இருப்போர்க்குப்
பட்டயம் ஏதுக்கடி – குதம்பாய்
பட்டயம் ஏதுக்கடி’**

Meaning ‘For the one who truly realizes that the inner sky or the infinite vastness is the absolute reality, what use is any certificate, proof or recognition?’ Kuthambai siddhar emphasizes the fact that spiritual realization does not need any external validation.

Also, the siddhar Ganapathi Dasar, the author of Neñcarvilakkam (நெஞ்சறி விளக்கம்) writes,

**"காண்பதும் அழிந்து போகும்,
காயமும் அழிந்து போகும்,
ஊன் பொருள் அழிந்து போகும்,
உலகமும் அழிந்து போகும்,
வீண் பொழுதினை போக்காமல்,
வெளி தனில் ஒளி பார் நெஞ்சே!"**

Which translates as

‘What is seen and perceived by the senses will vanish

The body we possess will perish

All material possessions (made of flesh and matter) will decay and disappear

Even the world will dissolve

In this impermanent world, instead of wasting time in meaningless pursuits

O Mind! Turn inwards and seek the imperishable divinity in your inner sky!!’

The great yogi Thirumoolar says,

‘எண்ணாயிரத்து ஆண்டு

யோகம் இருப்பினும்,

கண்ணூர் அமுதனைக்

கண்டு அறிவாரில்லை,

உள்நாடி உள்ளே

ஒளியுற நோக்கினால்,

கண்ணாடி போலக்

கலந்து இருந்தானே!’



Siddhar Thirumoolar

which means

‘Even if one does penance and austerity for thousands of years,

He can never see GOD outside in his physical form

Only if he turns inwards and looks at his inner sky

Will he see the divinity shining like a mirror’.

Similarly, many yogis have spoken about the inner sky /the agna chakra. Only in the inner sky, can a yogi witness the Shiva. A true yogi lives in this inner sky. He operates from this inner sky.

Divine Visions

Agna is the only chakra where all the divine visions starts happening for a Yogi. The beauty that one sees in the inner sky is unimaginable. The beauty that we see outside in this physical world with our eyes is not beauty at all. Only when one witnesses the divine visions will he realize this fact. The visions we see in the inner sky are way beyond the physical realms of the world. These visions can never be conceived by the human mind. For instance, the primary colours of the visible spectrum that the human eyes can see are VIBGYOR (violet, indigo, blue, green, yellow, orange and red). But the colours that one sees in the inner sky is almost inconceivable and can never be recreated in our physical world. It is impossible to see those colours with the human eyes. Agna chakra is the divine spot where you have access to all the divine visions that exists in the other worlds or Lokas. Many saints, poets and rishis settle in Agna chakra and get many divine visions in the inner sky. It is these visions that reaches the world as their poems and teachings. Their words are reflection of the experiences they witness in the inner sky.

To cite an example,

In the Sufi tradition, there lived a great Saint and mystic called Rabi'a al-Adawiyya who is known for her deep devotion to the Divine self. One night Rabi'a was sitting in deep meditation. She was watching her inner sky and witnessing the creator and the various creations of the creator. At that time, her disciples were standing outside. It was a full moon day, and the moon was shining brightly casting a gentle white light on everything.



Saint Rabi'a al - Adawiyya

The disciples were mesmerized looking at the beautiful full moon in the night sky. They were completely enchanted by the beauty of the moon. One of the disciples noticed his Guru, Rabi'a sitting in meditation and called out to her. "Oh Mother! Come outside and see how beautifully the moon is shining tonight". Rabi'a, without even turning to look at the moon, replied, "Oh children! Why should I waste time looking at the moon, when the creator of the moon is right here with me. You are looking at the creation. I am looking at the creator himself". Rabi'a was actually looking at the creator in her inner sky.

Also, when a yogi lives in the Agna chakra, whatever he wishes will happen. When a yogi orders from this chakra, even Gods and Goddesses will come down to earth to make it happen. In Tamil Nadu, there lived a great saint called Abirami pattar. His original name was Subramaniya Iyer, and he lived in Thirukadaiyur village.

He was a temple priest in the famous Shiva temple, Amritaghateshwarar – Abirami temple. He was a great yogi and was always wandering around the temple like a madman. He was always sitting and meditating in different places inside the temple. In fact, he was always watching his inner sky and was enjoying the divine visions happening in his inner sky. Because of his wandering and meditative nature, many people assumed him to be a mad man. One day, the Maratha king Serfoji-I visited the temple to offer prayers to Lord Shiva. Subramaniya Iyer was sitting in meditation, enjoying the visions in his inner sky. He, completely lost in the ecstasy, failed to notice the arrival of the King. On noticing his strange behaviour, the King felt offended and inquired the other people about him. Some said that he was insane, and some others said that he was a great saint. The king became confused. In order to test him, the king approached Subramaniya Iyer and asked, “What phase is the moon in today?”. Meanwhile, the saint was in peak bliss witnessing the full moon in full radiance in his inner sky. From that state, without thinking anything, he replied “Today is Poornima (full moon day)”. The King immediately understood that he was indeed a lunatic because it was Amavasya (no moon day) that day. And to avenge the insult, he announced “ If the full moon does not appear tonight, you will be executed!” and departed from that place. Subramaniya Iyer who was still in a trance, did not hear the King’s order. Once he came out of meditation, he heard what had happened there and the king’s order for his execution. Upon hearing the news, he started fearing his death and cursed his luck. He knew that the moon was not going appear that night and that his death was certain.

That night arrived. The king and all the subjects were waiting for the moon to appear on the sky. But the sky was pitch dark. And on the King's order, people started preparing a wooden pyre for his execution. Subramaniya Iyer, undeterred, climbed on top of the pyre and started singing a set of 100 devotional verses for Goddess Abirami. All of a sudden, when he sang the 79th verse, Goddess Abirami appeared before him and tossed her earring (thadanga) into the sky. The earring rose to the sky and transformed into a radiant full moon and lit up the whole sky.



Overwhelmed by Abirami's grace, Subramaniya Iyer sang another 21 verses praising the Goddess. The King and everyone present were stunned to see the full moon on an Amavasya. The king realized the true yogic nature of Subramaniya Iyer and fell down at his feet repenting for his sin. He cancelled the execution and honoured the saint with the title "Abirami Pattar". This event happened in the thirukadaiyur temple, and everyone present there witnessed this divine play.

This collection of 100 verses he sung is called Abirami Anthaathi. Anthaathi – Antham + Aathi – The last word of the previous verse becomes the first word for the next verse. Abirami Anthaathi is considered one of the foremost works of modern Tamil Literature and recitation of these verses is believed to grant even impossible boons to bakths till this day.

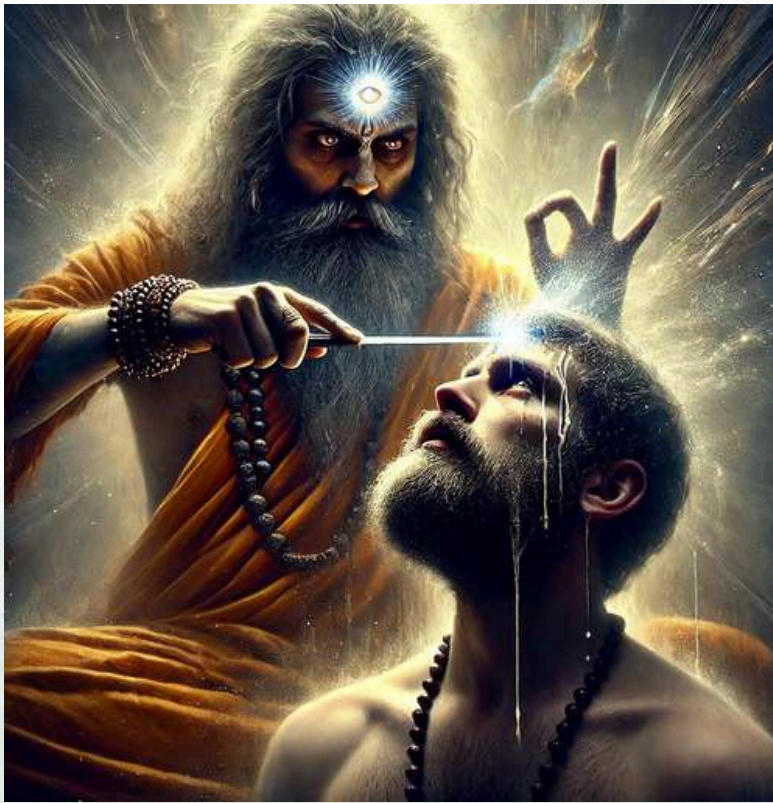
So, when a yogi wishes something, even the Gods and Goddesses have to go by his wish. Such is the command of a real Yogi. Such is the power a true yogi holds.

The only obstacle while meditating in Agna chakra is that 99% of the yogis settle in that chakra forever. They cannot crossover the bliss or the ecstasy in Agna chakra and most of the yogis spend their whole life here. Crossing this final barrier is not something everyone can achieve.

The same thing happened to Ramakrishna Paramahansa. Ramakrishna worked as the temple priest in Dakshineswar Kali temple. Due to this, he was so involved and obsessed with Goddess Kali. Due to his intense devotion, he would often fall into deep ecstatic states when he thought about Goddess Kali. He began to see the divine visions in his inner sky and was deeply caught in it unknowingly. Since he was devoted to Goddess Kali, his divine visions were often associated with various forms of Kali. And every time he witnessed Kali, he reached a state of euphoric madness and ultimately fainted. In his visions, he spoke directly to Kali and had a direct communion with her. Years went by and still he was not able to cross his visions of Kali. Every time he closed his eyes; Kali would appear before him, and he would get caught in the divine madness.

During that time, the great tridentarian saint Totapuri Maharaj visited the Dakshineswar Kali temple. He saw Ramakrishna struggling and offered to be his mentor and guide him towards the Advaita Vedanta. Ramakrishna took Totapuri Baba as his guru and started learning from him. He learnt everything sincerely, but once he closed his eyes, he got caught in the trance upon seeing the form of Kali in his inner sky. Saint Totapuri taught him that the forms of Kali are also illusory and asked him to cross these illusions and go deeper in the meditation. However, every time he tried to focus on the formless self, the image of Kali appeared before him, and he went into an ecstatic state. Even after so many days of teaching, Ramakrishna could not cross over Kali's form.

Hence, Totapuri baba asked Ramakrishna to cut the form of Kali with a sword when she appeared before him. Ramakrishna asked, "Where will I get a sword when I am in meditation?" His Guru replied "When you think of Kali, she is appearing before you. Similarly, when you imagine a sword, you would get one". Ramakrishna obliged and closed his eyes. But the instant Kali appeared before him, he forgot his Guru's commands and went in to the euphoric state. Totapuri Maharaj watched his disciple, and he understood what had happened. Frustrated, for the very last time, he ordered Ramakrishna to close his eyes. Ramakrishna did and the form of Kali appeared before him. Totapuri Maharaj recognized the change in Ramakrishna's face instantly and understood that he was caught in the divine vision of Goddess Kali. He took a sharp piece of glass and cut through his disciple's Ajna chakra and commanded "Cut through the Kali's form with your mind's sword".



At that moment, Ramakrishna came out of his trance, heard his Guru's command and immediately took a sword and cut through the form of Kali. Immediately, all the visions of Kali vanished, and his inner sky became plain and clear. He crossed the final barrier and from a bakth, he became a true yogi once again!

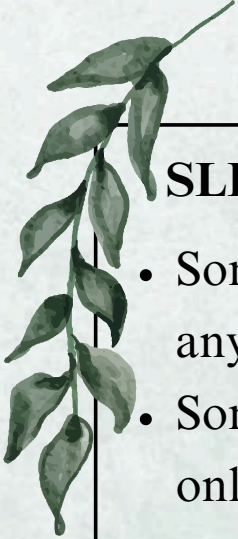
Agna chakra is where the final test happens! To become a real yogi, we should traverse all the barriers in Agna chakra.

For the lower body chakras, the energy will be in liquid state. But when you meditate in Agna chakra, the energy accumulated will be in a vaporous state. This energy is needed to activate the brain cells. In a human brain, most of the cells remain unused or in a dormant state. Even a genius will only use 2% of his brain cells. This is because we do not have the prana or divine energy to activate the dormant cells. Only through Agna chakra meditation can we accumulate this vaporous energy which will in turn activate the dormant brain cells. Most of the yogis had various siddhis including extra sensory perceptions, clairvoyance, foretelling and many more because they accumulated the extra energy through Agna chakra meditation to activate the dormant brain cells.



AGNA CHAKRA MEDITATION FOR BEGINNERS

- For a real yogi, meditation always starts with Agna chakra and ends with Agna chakra.
- When you learn and start doing meditation at Agna chakra, initially it will be very ordinary. You will feel nothing special. You will be concentrating forcefully in Agna chakra in the name of meditation. In the process, you will be forcefully closing your eyelids and most of the time forcing your eyes to go up in the socket in the name of meditation.
- You will be closing your eyes for meditation, but your mind will be talking to you on so many matters.
- When the mind gets bored with your forceful meditation, it creates all sorts of troubles to you, and it will make you come out of meditation.
- When the mind gets bored, it will switch its attention to your body, bringing to your notice all the discomforts experienced in different parts of the body.
- With time, when you cross over all these distractions, slowly your mind will settle down.
- You will suddenly feel the ‘pleasant feeling’ inside you, which cannot be brought by any other external sources.
- Suddenly you will be aware that your ‘mind’ got stopped fully. You will feel the total silence inside you.
- The moment you become aware of the stillness of the mind; it will slowly start working again.

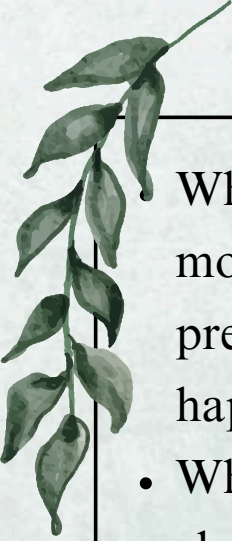


SLEEPING IN AGNA CHAKRA

- Sometimes your mind will go in to deep sleep without having any awareness. You will be in sleep mode.
- Sometimes your mind will create an illusion that it is awake only. But actually, you will be in sleep mode.
- During this type of ‘sleep’ you will totally become unaware of where you are.
- But this type of sleep is really good for the ones who are always wandering in the outside world.
- After a good sleep, your mind will become fully aware and then comes the actual time for meditation.
- It is always good for the beginners to start their sadhana with sleep mode meditation.
- After the sleep mode meditation, you will become totally rejuvenated.
- The beginners who start their meditation will have an exceptionally good sleep in the night.

ENERGY ACCUMULATION AND ENERGY BALANCING

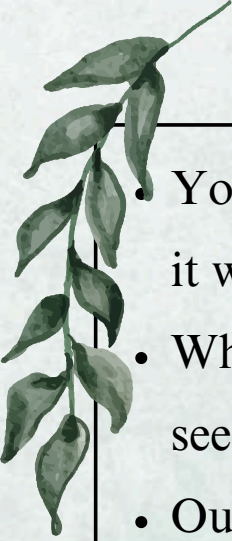
- Only the person who does sincere meditation knows the meaning of energy accumulation and how to live in a high energy mode.
- When you do meditation, all the sense gates will become closed to the outside world and the working of your mind also stops for some time. So, the flow of energy will be stopped, and it will start accumulating and it will get stored in the chakra on which you are meditating.



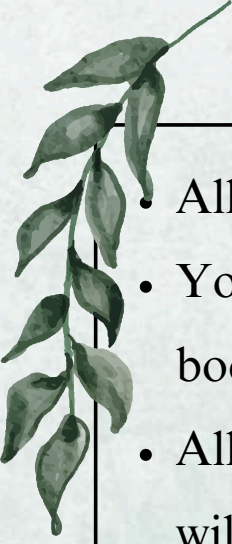
- When the energy starts accumulating, you will feel the movement of energy in your chakra and also you will feel a pressure buildup in the chakra. These kind of energy buildup happens only to the meditative people.
- When the buildup of energy becomes more, the pressure on the chakra will also become high and it will feel like a painful situation for you.
- When the pain becomes too much and unbearable, you should learn the art of balancing of energy from your Guruji and you have to shift your meditation from Agna chakra to Mooladhara chakra.
- When you meditate in Mooladhara chakra, all your accumulated energy will travel downwards and gets stored in Mooladhara chakra.
- The energy stored in the Mooladhara chakra will be used for our physical body and for the benefit of our internal organs and the physical body will in turn become more healthy.

BENEFITS AND DOWNSIDE OF AGNA CHAKRA MEDITATION

- When you meditate in Agna chakra, you will become more healthy.
- Your nagging worries will disappear. Even if the problem persists, your mind will give less importance to it and so you will slowly learn to smile with happiness.
- Your facial muscles will become so soft, and the skin will be filled with the vital pranic energy.



- Your face and eyes will start to glow with positive energy, and it will become shinier.
- When you look in the mirror, you will like the reflection you see in it.
- Our mind and the eyes are always interconnected. So, when the mind is running in full vigour, our eyes will be moving in all directions. Your eyes will be looking at something , but your mind will be lost somewhere in complex working patterns. But when you start doing meditation and when your mind comes to a deep rest, your eyes will never wander here and there. There will be a deep silence all around you.
- People around you will notice the change in you. They will also become aware of the silence near you.
- People with worried mind would always like to move around you. They would want to talk to you. They would like to unburden all their worries to you.
- After talking with you, their mind will become very light. Their mind will become incredibly positive.
- People all around you will start to like you and love you very much, irrespective of their age, position, gender and status.
- When you meditate in Agna chakra, all your bad patterns will disappear in no time. All your bad company will leave you in no time without having any serious issues.

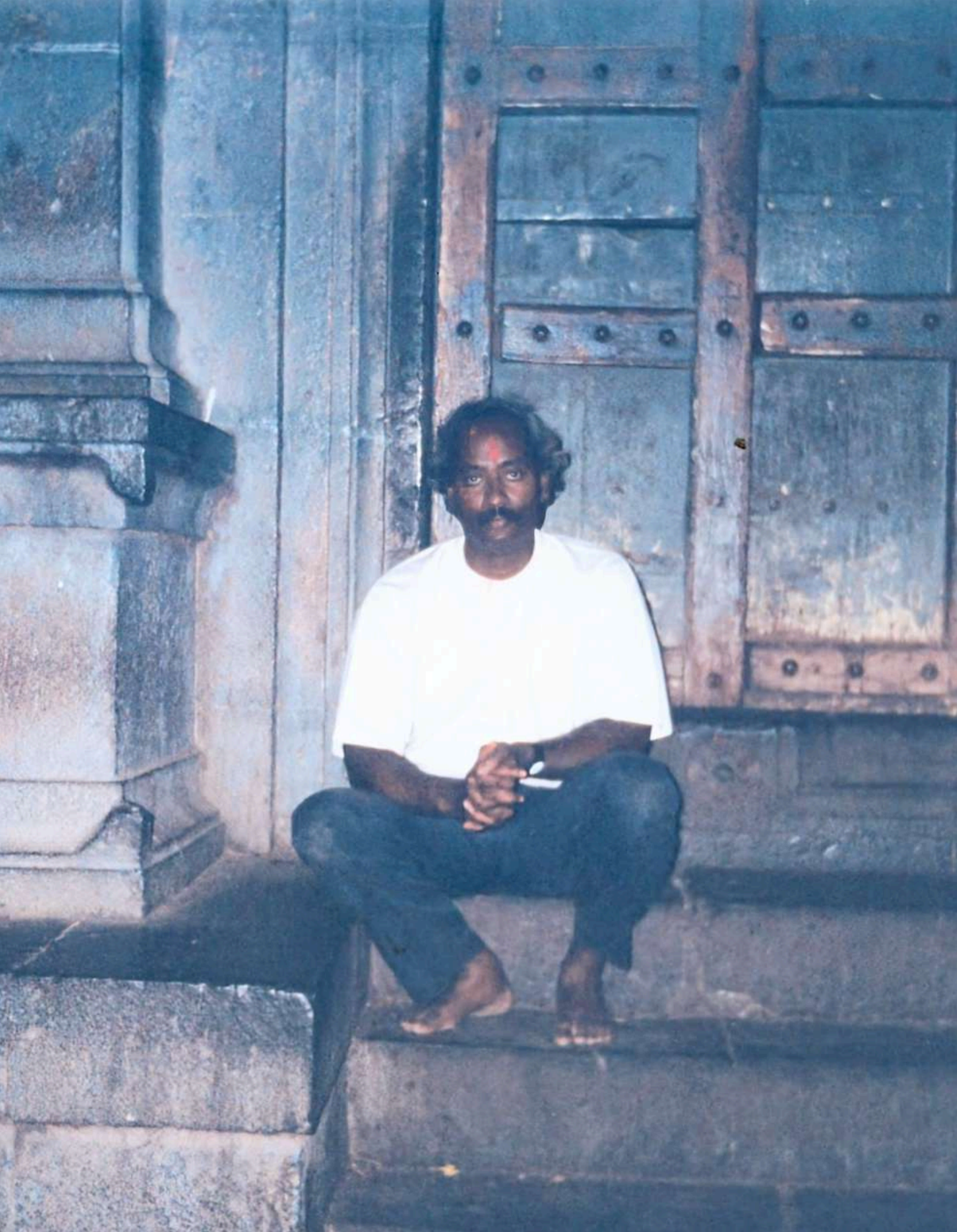


- All your bad habits will leave you in no time.
- Your mind will allow only good and healthy things to your body.
- All your rough behaviours, mood swings, irritable manners will be detached from you.
- You will start loving everyone around you.
- When you go deeper in meditation at Agna chakra and during the prayer meditation, when you pray for others, they will become all right in no time, and they will come and thank you for your sincere prayers.
- Many times, you will come to know what is going to happen well in advance even before it actually takes place.
- When you go deep in meditation in Agna chakra, whatever you say will definitely happen.
- The people who got benefitted by you will start looking at you like a divine person.
- You will become like a light house for many people around you.
- But the pitfall of all these things is that you will become very tired. All your accumulated energy will be absorbed by other people who are living in a normal low-energy mode.



THINGS TO CONSIDER WHILE DOING AGNA CHAKRA MEDITATION

- When you are with non-meditative people and if you do not want to expand your energy to them, then you should always put your awareness in Mooladhara chakra while moving with them. In this way, your energy will not be wasted on unworthy people.
- When you visit old aged people and when you have to pay a visit to the hospital to see sick people, you have to move your awareness to Mooladhara chakra to preserve your energy
- Also, when you have to visit a death ceremony, you should move your awareness to Mooladhara chakra. Otherwise, all your hard-earned energy will be depleted totally and to gain the lost energy, you have to do more hours of meditation
- When your energy becomes depleted, immediately you have to give a visit to holy places like temples, churches, dhargas, jeeva samadhis. When you meditate in these holy places, all your chakras will be filled with positive energy in no time. This is the most important significance of all holy places.



SAINT SUNDAR AT PANDHARPUR TEMPLE IN 2003

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SAINT SUNDAR'S ELIXIR OF DIVINE WISDOM

WEBSITES

Guruji Sundar

Aathman Awareness Centre

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Jeeva Samadhi

Astral Attachments

Nagalogam