



Om Saravanabhava Dhyanam



The energy of dynamism & achievement



Introduction

Om Saravanabhava Dhyanam is a unique audio composition composed along the principles of Yoga Sankirtan®.

Yoga Sankirtan® is the ancient meditation technique of attuning one's entire personality to the celestial cosmic vibrations of the infinite consciousness.

The ancient siddhas and yogis had gained complete mastery over the mind and transformed themselves into divine beings by using this sacred principle of Yoga Sankirtan® in their daily sadhana (spiritual practice).

Om Saravanabhava Dhyanam is aimed at tapping the energy of the divine son of Shiva and Parvati, Bhagavan Muruga.

Muruga literally means "beautiful." He is also called as Subramanya. "Su" means beautiful or excellent. "Brahman" refers to the Infinite formless reality.

So, Bhagavan Muruga is considered as the most beautiful, handsome and graceful manifestation of the Infinite formless reality.

Power to combat negativities

Bhagavan Muruga's another name is Skanda. Skanda literally means an attacker. He was the head of the entire army of the gods. His power and strength are unmatched.

Muruga carries the unique spear weapon called "the vel." This was personally energised and given to him by his mother Goddess Shakti herself. Equipped with unlimited prowess in the art of warfare, he is feared by the demons.

From the yogic perspective, one who invokes the energy of Muruga gains the power to destroy all kinds of negativities from within.

Energy of dynamism and achievement

The name Skanda also means "to come out." Just as a lightning comes of the dark clouds and strikes suddenly, Muruga is known for his dynamism in action. In the puranas it is said that he is so fast like a lightning, that before a task is verbally uttered, he can complete the same in action successfully!

From the yogic perspective, Bhagavan Muruga represents the energy of dynamism and achievement. One who invokes the energy of Muruga is able to overcome the Tamasic forces (laziness) from within and become vibrant.

Arupadaigal - Six army abodes / Six divine forces

Bhagavan Muruga commands six armies. Together they are called (Arupadaigal) – “The six armies.”

From a yogic perspective, they represent the six divine forces of the Infinite. They are :

Arappadai (அறப்படை) – The force of Righteousness

Aram means Dharma (righteousness). This is the first quality necessary for a sadhak (spiritual seeker) to be successful in the inner journey of self-mastery.

Thavappadai (தவப்படை) – The force of Austerity

Thavam means austerity. For any kind of accomplishment, one needs to make many sacrifices before achieving a long-term goal. The inner strength of a yogi is primarily built on self-discipline and enormous willpower.

Gnanappadai (ஞானப்படை) – The force of Knowledge

Gnanam means knowledge. In the yogic parlance knowledge is complete only when theory metamorphoses into practical wisdom. A Yogi is equipped with the fundamental knowledge and wisdom of life. Once you master the higher principles of life, you gain immense clarity of vision.

Valimaippadai (வலிமைப்படை) – The force of Strength

Valimai means power or strength. A sadhak (spiritual seeker) focusses on gaining inner strength. The ability to face any challenge in life with utmost composure defines your inner strength.

Thiran padai (திறன் படை) – The force of Skill

Thiran means skill. One may have very many inherent talents. But it is skill which can help to hone the talents and direct them to success. It is persistent efforts and unwavering focus which helps in skill-mastery.

Niraivuppadai (நிறைவுப்படை) – The force of Contentment

Niraivu means contentment. All external achievements lose their value if you are not happy and content. Yogis experience the Infinite happiness and contentment by getting attuned to the Infinite.

Yogis who gain access to these forces, root out all their negativities and obtain the ability to achieve anything which they want.

The sacred composition Om Saravana bhava Dhyanam is meant to awaken these 6 forces from within.

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