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Incomplete

1. Author :
2. Title :
3. Year of Publication :
4. ACC.No. :
5. Pages available :
 - (i) Preliminary Pages :
 - (ii) Main Books: Pages :
 - (iii) Suffix : Pages :
6. Remarks :
7. Library Assistant *SVV*
18/11/96

ECLECTIC HEALING SERIES.

NO. 1.

THE
HINDU SYSTEM OF
SUN-BATH

3-JAN-1920

W. A. B. R. S.

Test well the truth, and then say
mine is not, The last word,
of the latest Drugless art.

Published by
THE INDIAN ACADEMY OF SCIENCE,
KIZHANATTAM,
Tinnevely Dist., S. India.
EXCELSIOR PRESS, KIZHANATTAM.
1919

PREFACE.

In this short course of instructions on Sun-Bath, I present to you valuable extracts from the 'New Health Book' by my talented friend, Mr. V. Devasigamoni Pillai, B. A., M. E., B. C. E., of Madras, This New-old system will, I am sure, appeal to all aspirants and researchers after Truth along Eclectic Healing.

With the aid of this system of exercises you can charge yourself with Prana or Vital Magnetism from the healing Solar Rays or the sun-lit air, and thereby you can free yourself and those around you suffering from ill-health.

By mentally visualising the required healthy condition in your patient or any afflicted friend or relative, you can treat him or her (be he far or near) and effect a permanent cure, by the Psychic law of sympathetic vibrations. This system of healing by Solar Ray coupled with Psychic power, is even today practised by a class of Hindu Priests in S. India. From my experience with them, I know whereof I speak, that they

are capable of healing diseases, both acute and chronic, in an astonishing manner by Thought-Power and Solar Energy. Cases of eye-complaints, skin diseases, and even Leprosy, besides other ills, are in their list of successful Healing, effected by the agency of these fine forces of Nature.

Modern science of healing has more to study and practise from these time-honored systems of wisdom treasured up by the religio-scientific cults of South India to bring itself to perfection. Time, patience and energy of an enquiring mind, will alone be able to systematise and present them to the public at large. That means sunshine and Bliss to the human family.

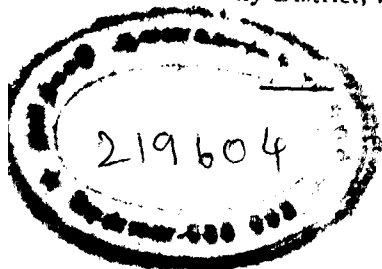
I am,

Yours for Health,

DR. K. T. RAMASAMI, M. A., PH. D.,

President,

Indian Academy of Science, Kizhanattam,
Tinnevely District, S. India.



The Hindu System of Sun-Bath or 'Surya Namascaram'

The Suryanamaskaram exercises may properly be called The Solar Ray Bath or Sun-Bath exercises. They have two sides :—The Physical Culture side and the Nature-Cure side. These are simple exercises prescribed to the daily needs and conditions of the Hindus by the sages of India in the Puranic period.

The modern craze is for New Ideas of Health-Culture in the place of the old ones. But if the gist of this be properly understood even though they are very simple, and faithfully done daily, you won't fail to derive the full benefits vouched for them.

These Hygenic exercises are unequalled by any scientific system ever invented by man, in order to prevent disease and to prolong life. To the modern researching eye, this fact becomes self-evident.

Improvement of health by means of Physical Culture, by resort to sanitariums

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and by the application of the principles taught by the advocates of Nature Cure Treatments, are in modern times, becoming very popular in Europe and America, and the success which crowns its faithful adherents, must strongly appeal to many thousands of people who are not relieved by any amount of drugs and tonics.

They are several cases of wonderful cures, effected by these modern methods, daily reported in the papers; there are a number of publications of the subject of health without Drugs, Physical culture, Drugless Healing, and there are many Institutions established every year in the various centres of the advancing world, for saving and prolonging life without drugs.

And for our part, we should not lose sight of the importance of the time-honored systems of our Daily Practices as the Suryanamaskaram which stand to promote Health and Body, and Strength of Mind.

Do not condemn this system, before you give it a fair trial. The virtues of these exercises are known and realised

only by those who have given them an earnest and honest trial.



Sooriyanamaskaram Exercise

Early Morning Sun-Bath Exercise

1ST POSITION:— Stand on your feet erect, make a reverential bow saluting with palms together and facing the Sun.

2ND POSITION:— Sit on your feet, gently bring both knees to the ground saluting all the time; now you will be on your toes and knees.

3RD POSITION:— Place both hands on the ground, and then make a complete prostration stretching your hands and bringing them together and saluting; the whole body, forehead, eyes, tips of fingers, and toes touching the ground.

4TH POSITION:— Now bring both hands to the side, and get on your knees, body erect and resting on your toes; salute.

5TH POSITION:— Gently get up to position No. 2 and then to position No. 1.

Do this five times after repeating each of the Prayers which are twenty-four in number.

The first thing to be done is to take a morning bath in cold-water, with a piece of cloth 6 cubits long, round your waist covering your navel. The second thing is to repeat one of the 24 Prayers. The third thing is to practise the exercise as described above five times, (with the heavy wet cloth round your waist and navel all the time which will act similar to or better than Louis Kuhne's or any other system of Hip Bath. This simple cycle is repeated for each of the 24 mantrams or prayers.

Exhaust the whole Encyclopedia of Literature in Physical Culture Methods, and you will not come across any, similar to this wonderful combination of Water Cure, Navel Cooling and Physical Exercise methods completely controlled by the mind being centered on the Great Light!

Prayer No. 1.

O Thou, most mighty embodiment of Respiration, the Originator, the Governor and the Invigorator of the wonder-

ful and potent energy of respiration; Thou destroyer of the gloomy darkness that envelopes the World; Thou that shinest with unlimited source of resplendence; Thou with the glowing shape of the Mighty Parabrahma. To Thee, O God of Sun, I offer my prostrations for thy gracious acceptance.

Prayer No. 2.

O Thou, That hast the Divine Vedas for Thy body; Thou that shinest with supreme brilliance; Thou that assumest the shape of the Almighty Vishnu; Thou that art drawn by the gold coloured horse, To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 3.

O Thou, glorious Illuminator of the three mighty worlds, Thou bountiful Bestower of heavenly and earthly bliss; Thou great Vanquisher of all thy devotees' wants, To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 4.

Thou, that diffusest Thy bright illuminations over all the spheres of space; Thou, that glowest like the Mighty eyes of the eternal and all pervading space; Thou whose glories are sung in dulcet hymns; To Thee, O God of the Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 5.

O Thou, that with Thy blinding radiance covers the seven worlds and islands around; and O Thou, whose grand celestial chariot is drawn by the Periclean horse Sapta, To Thee, O God of the Sun, I offer my humble prostrations, times out of number, for Thy acceptance.

Prayer No. 6.

O Thou, Mighty shaped one, Thou, that sparklest like a dazzling diamond in space, Thou, that sendest countless myriad of lays of resplendent hues; Thou, that art the fountain head of blazing brilliance. Thou, from etherical heights gracefully nourishest all growth in creation, To

Thee, O God of the Sun, I offer my humble prostrations, over and over again, for Thy gracious acceptance.

Prayer No. 7.

Salutations to Thee, O Lord of Lotus, that with Thy pleasing golden morning beams pourest cheer into the heart of the beautiful Lotus flower, glory and praise to Thee, that claspest the Divine Lotus Flower, To Thee, O God of the Sun, I offer my humble prostrations for Thy gracious acceptance. (The flower of Lotus symbolises the seven chakras in the human body, viz., Moola Dhara, Swadhisthana, Mani-pooraka Anahata, Vishuddha, Agnya and Sahasrara.)

Prayer No. 8.

My worshipful praises do I pour at Thy glowing Lotus feet, O Thou, Who hath the mighty Brahma's form and face, the guise of mighty Vishnu in all its fulness of grace and gentleness, and the personality of the Tremendous Destroyer Rudra. To Thee, O God of the Sun, I offer my humble prostrations for Thy gracious

acceptance. (or) Praise unto Thee, O Thou who hast in Thee, welded in mighty huge proportions, the creative faculty of the Mighty Brahma, the nursing and nourishing gentility and grace of the Grand Protector, Sri Vishnu and the destructive force and energy of the terrible Vanquisher, Rudra; To Thee, O God of the Sun, I offer my humble salutations for Thy gracious acceptance.

Prayer No. 9.

Thou, That formest the Mighty symbol of the Divine Truth and heavenly knowledge, Thou that floodest the all-spreading void with the teaming millions of Thy glorious beautiful beams of light, and Thou that dispellest the constantly arising tremendous misgivings of the Aerial beings; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 10.

O Thou, the greatest Mitigator of manifold griefs, the ground Destroyer of all sins and the gigantic Killer of all bodily

ills; To Thee, O God of Sun. I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 11.

O Thou, Lotus-eyed Lord. Thou praised and honored by Indra, the God of Gods, and revered under a thousand names of glory; To Thee, O Lord of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 12.

O Thou, spotless Father, eternal God, glowing with the shining spark of Divine knowledge and subtle wisdom and the magnificent Manifestation of all Vedas and Upanishads; To Thee, O Lord of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 13.

O Thou, That knowest no beginning, growth nor end; That shinest supreme on the top-most heights of Vedic intelligence and Upanishad lore and That art the wonderfully huge combination of the tremendous eternal forces of nature, activity and inertia; To Thee, O God, I offer my humble prostrations for Thy

gracious acceptance.

Prayer No. 14.

Thou, That possessest the hugest form dazzling with the serenest, sacred and spotless intelligence, the effulgent shape of the most pleasing beauty and the appearance of the Mighty Brahma; To Thee, O God, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 15.

Thou, great Impersonator of the profoundest eternal wisdom and truth, and the grand Demonstrator of spotless spirituality; To Thee, O God, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 16.

O Thou, Vanquisher of the dreadful diseases of leprosy, fearful epidemics and the Bountiful Bestower of the unfailing Springs of priceless Treasures; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 17.

O Thou, That are the only Physician for the disease of Samsara, the efficacious Healer of numberless ailments and the sole

Eye of the tremendous depths of void; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 18.

O Thou, Mighty Slayer of all sins of poverty and all kinds of atrocities and Thou that art eminently skilled in punishing the wicked; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 19.

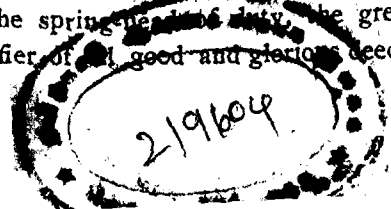
O Thou, that wonderfully and dexterously couldst baffle the grip of the terrible God of Death and Thou that shinest with the golden hue; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.

Prayer No. 20.

O Thou, great Giver of unparalleled plenty, Thou Distancer of all troubles and maladies; To Thee, O God of Sun, I offer my reverence for Thy gracious acceptance.

Prayer No. 21.

All glory be unto Thee, O Thou, That art the spring-head of duty, the great Testifier of all good and glorious deeds,



the only visible God ; To Thee, O God of Sun, I offer my prostrations for Thy benevolent acceptance.

Prayer No. 22.

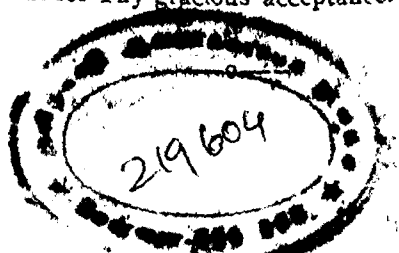
O Thou, that mightily overspreads the boundless void ; Thou slayer of vices of all times and conditions, O Thou Embodiment of virtue ; To Thee, O God of Sun, I offer my prostrations for Thy gracious acceptance.

Prayer No. 23.

O Thou, Slayer of all opposite pairs of maladies, Thou that separateth and killeth all griefs of elemental, unforeseen, and deliberate (created) character ; To Thee, O God of Sun, I offer my humble salutations for Thy gracious acceptance.

Prayer No. 24.

O Thou, God of eternity, Thou of blissful beauteous shape and form ; Thou the origin of all causation, the supreme essence of absolute intelligence and wisdom and the Slayer of all fear ; To Thee, O God of Sun, I offer my humble prostrations for Thy gracious acceptance.



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