

# RE-PAIR

## THE SCIENCE OF REJUVANATION AND IMMORTALITY.

### My Experiments with Raja Yoga.

WE CAN ATTAIN OUR INNERSELF.

YOU CAN REALIZE YOUR OWN SELF.

SELF-REALIZATION TECHNIQUE ACCORDING TO HINDU PHILOSOPHY AND MANY RELIGIONS.

THE TRANSFORMATION OF JEEVATHMA(HUMAN SPIRIT) INTO A PARAMATHMA RISHI.

OHM SATGURUJI NAMAMI.

OHM SHANTHI, SHANTHI, SHANTHI.

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OUR SUBJECT DEALS WITH THE TRANSFORMATION OF A HUMAN SPRIT & MIND INTO A PARAMATHMA RISHI.

I AM THE LIVING EXAMPLE FOR THIS SUBJECT. I HAVE DISCUSSED WITH MANY RISHIS WHO HAVE ATTAINED JEEV SAMATHI YOGA(ALIVE INSIDE THE EARTH IN MEDITATION) FOR DOING A CHEMICAL CHANGE IN THEIR BODY AND TO ATTAIN GREATEST VELOCITY & POWER TO PEEP THROUGH THIS VAST UNIVERSAL STRATAS IN ORDER TO REACH THE ZONE OF UNIVERSAL SUPER SPRIT.

THERE RISHIS LIVE IN BLISS IN THE HOUSE OF PARAMATHAMA. THE WAVES OF THESE RISHIS WILL SPREAD OVER THE WHOLE UNIVERSE AND WE COULD ACCESS THEIR BLESSINGS EVERYWHERE BY LOVE PARTICULARLY AT THE PLACE OF THEIR JEEVSAMATHY YOGA TEMPLES.

GENERALLY THE SAHASRADAL OF OUR BODY IS SAID TO BE THE TEMPLE OF THE JEEVATHMA IN THAT BODY.

I DO NOT KNOW COMPLETE TECHNIQUE. WHATEVER GIVEN HERE IS GIVEN BY MY GURUJI. TO KNOW ALL INFORMATION KINDLY DO COMPLETE RESEARCH. IF YOU ARE A TRUE PRACTITIONER THERE YOU WILL GET ALL NECESSARY INPUT NEEDED FOR RAJAYOGA IN THIS BOOK. YOU NEED NOT TO VERIFY ME AND CANNOT DISCUSS WITH ME. I WILL REACH YOUR HEART WHILE YOU ARE HAVING PROVED YOUR TRUTHFULLNESS.

ACCTUALLY THIS WRITING EFFORT IS ONE OF THE PLAY OF THE SUPER-SPRIT, WE CALL IT AS "THE SUPREME GOD".THE SCIENCE IS NOT GIVEN AS A REGULAR SCIENCE AS YOU FIND IN OTHER

SUBJECTS.THE PRACTITIONER HAS TO CHOOSE AND COLLECT THE STEP BY STEP TECHNIQUE WHICH IS SPREAD OVER THESE FOLLOWING CHAPTERS. THE READER SHOULD NOT BLAME ME AS IT IS THE “MODE OF TEACHING OF RISHIS”.I AM SURE THE TRUE PRACTITIONER CAN COLLECT AND UTILIZE ALL NECESSARY IDEAS.

THIS BOOK IS NOT HAVING ANY RELIGIOUS ORIENTATION. RISHIS HAVE GIVEN ME “RAJA YOGA SHIDHA BIO-CHEMISTRY” FOR MY PRACTISE. THIS WRITINGS MUST HAVE SCIENTIFIC TECHNIQUE OF SHIDHA PHILOSOPHY OF SOUTH INDIA AND MY EXPERIENCE WITH A FEW RELIGIONS MAJOR CONTENT FROM HINDU PHILOSOPHY. I HAD ADAPTED MANY RELIGIONS BEFORE MY RAJAYOGA DEEKCHA. STILL I FOLLOW AND ACCEPT ALL RELEGIONS AS EQUAL FOR LIVING A DISCIPLINED LIFE.

HINDU PHILOSOPHY IS HAVING ALL DETAILS OF THIS YOGA TECHNIQUE.SO I HAVE TO STICK WITH HINDU PHILOSOPHICAL SCIENCE. AYURVED AND SHIDHA PHILOSOPHIES ARE USED FOR MY PRACTICE OF REJUVANATION FOR RAJA YOGA.SO OTHER YOGA SUBJECTS ARE LEFT IN THIS BOOK, BUT I TRY TO GIVE AN IDEA ABOUT OTHER YOGA METHODS AS WHAT I HAVE LEARNED DURING MY RESEARCH.

RAJAYOGA IS SUPPORTED BY MY OWN EXPERIENCE AS A YOGI AND EXPERIENCE INFORMATION ABOUT OTHER YOGAS ARE OBTAINED FROM VARIOUS YOGIS. MY GURUJI AND MANY OF MY FRIENDLY YOGIS ARE WINNERS IN THEIR EFFORTS OF RAJAYOGA.

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I AM REQUESTING THE READER TO KINDLY READ, THINK WELL, SEARCH MANY SUBJECTS AND THEN DECIDE ABOUT YOUR OWN WAY. THERE ARE MANY THINGS AVAILABLE TO UNDERSTAND THE TRANSFORMATION IN DETAIL.

MY KNOWLEDGE IS VERY LITTLE.

BLESSINGS OF AN EXPERT YOGI WHO HAS ACHIEVED THE STATUS OF YOGI AND HAVE GOT THE EXPERIENCE OF “APAROKCHA ANUPOOTHI” i.e. SELF-REALIZATION IS A MUST FOR LEARNING AND TRY PRACTISING THE ART OF IMMORTALITY .OTHERWISE THIS WILL BE LIKE WALKING BARE FOOTED ON A THORNY JUNGLE.RESULT WILL BE COLLAPS OF BRAIN,HEART AND NEURO SYSTEM.THIS IS MY AUTHORITATIVE WARNING , ADVISE AND WELL WISH TO A NEW AMBHTIOUS STARTER.

ADVICE OF YOUR GURUJI IS THE ULTIMATE.

THE GRUJI SHOULD BE A STANDARD AND AUTHORITATIVE SELF REALIZED REFERENCE OF THE SUBJECT “SELF-REALIZATION OR RAJAYOGA FOR THE SAME”.

THIS BOOK IS INTENDED FOR HAVING AN UNDERSTANDING ABOUT THE EXPERIENCE OF A YOGI WITH RAJAYOGA TECHNIQUES; SO THAT THE READER COULD AWARE ABOUT THE GREATNESS AND THE PROBLEMS OF PRACTICAL RAJAYOGA THEORY.SOME IDEAS ARE GIVEN IN OTHER CHAPTERS TO IDENTIFY & UNDERSTAND YOGIS IN GENERAL AND RAJAYOGIS IN PARTICULAR.

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RAJAYOGA IS A STANDARD AND AUTHORITATIVE SCIENTIFIC BIO-CHEMICAL TECHNIQUE. CORRECT METHODS GIVEN BY A GURUJI IS A FOOL PROOF METHOD FOR SELF-REALIZATION.  
THE LEARNING STARTS WITH SIMPLE ISSUES OF BODY, NATURE, UNIVERSE, GOD, YOGIS, RISHIS AND ALL SOULS.  
THE UNDERSTANDING STARTS WITH SIMPLE HERBALS TO PROTECT AND CHANGE THE BODY & MIND TO AN EQUILIBRIUM CONDITION USING A FORMULA.  
THE PRELIMINARY LEARNING ENDS IN ALLECHEMISTRY. THE PRACTISE STARTS FROM ALLECHEMISTRY AND USING SHIDHA AND AYURVED BIO-CHEMISTRY FOR RAJAYOGA.  
DISCIPLINED LIVING IS ESSENTIAL TO ACHIEVE THE GREATNESS OF RISHIS.  
LOVE AND SERVICE TO HUMANITY IS NECESSARY TO KEEP ON MOVING UP TO THE SELF-REALIZED JEEVSAMATHY.  
VISITING TO MANY TEMPLES WILL SUPPORT THE PROCESS.  
SERVING TO THE YOGIS WILL HELP TO GET THEIR BLESSING.  
BLESSINGS ARE NECESSARY TO OVER COME MANY UNSEEN OBSTACLES ON THE WAY.  
RIGHT KNOWLEDGE GIVEN BY RIGHT YOGI AND OBTAINED FROM MANY ACHIEVERS, DISCIPLINED LIFE, SERVICE TO HUMANITY AND THE YOGIS etc ARE SUGGESTED FOR YOUR VICTORY IN YOUR MISSION.

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BLESSINGS OF YOUR GURUJI AND OBEYING THE ORDER GIVEN BY YOUR GURUJI ARE THE WHOLE THING OF YOUR REQUIREMENTS FOR YOUR SUCCESS IN YOUR MISSION OF SELF-REALIZATION.  
BE AWARE THAT THE ORDERS & EXPECTATIONS OF YOUR GURUJI MAY BE COME TO YOU DIRECTLY OR INDIRECTLY. SO KEEP YOUR EYES, EARS AND HEART OPEN ; BE FRANK AND SURRENDER TO RECEIVE THE OPINION, KNOWLEDGE AND BLESSINGS OF YOUR GURUJI.  
BLESSINGS.

OHM SHANTHI, SHANTHI, SHANTHI.  
MY HUMBLE PRANAMS AT THE FEET OF MY GURUJI AND WHO HAS ATTAINED JEEVSAMATHY YOGA AND BECAME A SHIDHA PURUSATHMA AND ARE BECOMING MAHARISHIS.  
MANY MANY PRAYERS TO ALL MAHARISHIS.  
ALL PRAISE TO THE GOD AND MY GURUJI.  
MY HAPPY AND TEARFUL THANKS ARE DUE TO MY GURUJI. I WILL TRY TO KEEP UP THE TRADITION OF RISHIS.  
IF ANY ERROR IN MY EFFORTS AND IN THIS WRITE-UP THAT IS BECAUSE OF THIS DUAL CHARACTERISED NATURE, MY MIND, MY INADEQUATE PROFICIENCY IN THE LANGUAGE AND MY INEFFICIENCIES. ERRORS OF UNDERSTANDING OF THE READER WILL NOT BE NEGLECTED.

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**A YOGI TOLD ME IN SIMPLE WORDS DISCIPLINED THOUGHTS AND DISCIPLINED FOOD WILL LEAD YOU TO HEAVEN.THIS IS OBSOLUTELY RIGHT AND ALWAYS TRUE.**

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**THE SUBJECT STARTS HERE.**

**THERE ARE THREE FACTORS INVOLVE IN ALL ACTIVIES.**

First emanate from the self, second comes from other souls and third comes from the nature of this earth and universe in whole .This is happening directly or indirectly. So Prayer and Blessings of Your Guruji or an experienced Great Soul is necessary to triumph over these obstacles of three major types.

**LET US PRAY OUR GURUJI, THE GOD AND THE MOTHER NATURE TO HELP US TO KEEP MOVING ON AND SUCCEED IN OUR EFFORTS. DO SHANTHI OF THREE FACTORS.**

The Music of God is OHM and Doing Shanthi are three times, so we have to create a music in harmony with the Great Soul and our own Soul with three notes,hense OHM + SHANTHI + SHANTHI + SHANTHI. Chant "OHM SHANTHI, SHANTHI, SHANTHI".

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**KEEP YOUR WELL PLANNED DISCIPLINE.**

The discipline could be explained as

Which is a set of rules , a way of living and practice with well defined and designed activities created on the basis of good characters and the factors involve in the practice of RajaYoga; those the practitioners of RajaYoga have to strictly adhere to.

Deviations will come by nature. This is true for any project in life. We can minimize the deviations if a right Guruji is available and pour whole hearted Blessings on the disciple and gives moral support in the field of Raja Yoga.

This earth and mind is having dual nature; Day and Night, Good and Bad, Guru Venus and Guru Jupiter,Vidhya and Avidhya, Knowledge and Illusion,Bipolarity- South and North, High and Low, Tall and Short. Mountains and Valleys, Negative and Positive, Desire and Desirelessness, Donors and Misers, Givers and Acceptors, Attachment and Unataachment, Male and Female.

"Success and Defeat. We want Success, so we have to choose positive side only".

Seasonal changes ,Capricious thoughts of our heart, Changing Breaths of our body are the combinations of this duality.

Human beings have Unlimited number and high velocity of thoughts waving in their heart. But we are having energy within some limits and with some limitations to execute all chosen thoughts and to achieve desired results.

Discipline is having activities based on the good only. Rajayoga Discipline is based on the forces against the gravitational pull of this earth. So well defined knowledge, intelligence, thorough research, common sense and untiring working along with the cooperation of many good souls are needed for acquiring the wealth and to reach the goal of Raja Yoga.

**The Rajayogi should be a humble servant, good leader, energetic worker, efficient manager, intelligent technologist, creative chemist, affectionate physician, polite and courageous person, continuous learner and truthful disciple to RajaYoga discipline.**

**Keep your Knowledge and heart unattached with anybody & any thing except honest yogis and Rajayoga practice.**

The preliminary goal is to attain the stage of Nirvihalpasamathy Yoga. The stage of Nirvihalpasamathy yoga will be explained in another chapter.

The practice will go against the wishes of wealth. So simple living is being suggested here. The practice will bring so many rivals and laughter of humiliations, so forbearance and common sense are being suggested. **EVERY CHARACTER SHOULD COME IN NATURE OF THE PRACTITIONER AND A FEW COULD BE NURTURED.**

If you strongly believe and accept with whole heart that these are all the plays of God with the Universe then practicing will be the nature of the practitioner. So the success will be sure and quiet natural.

Bhagavan Rishi Shri Ramanujar is telling, “The success is very easy if the practicing comes naturally by inborn characters. The success in Rajayoga depends on the qualities of divinely characters. The practice should not be a fight with the body and mind of the practitioner. Even though if the practicing is like a war of MahaBharat the result will be favorable to the practitioner provided the practitioner should stick to the service of Guruji and God. The practitioner should whole heartedly surrender to the greatness of God and Guruji by true love”.

The practitioner may choose to be a Hermit or a Socialist. The approach is depending on the environment, capabilities, strengths and requirements of the practitioner.

Being a Social servant is advisable as it brings goodwill, experience about this world and various inputs which are needed to keeping on moving in the practice along with detachment with this world.

Never give your heart for revenge and illusions. People with little knowledge and disbelief about Spirituality never support your ideas. You need not worry for this but keep your love for these peoples even though

you have to neglect their meaningless opinions and oppositions. So keep your plan and project always secret to minimize mistakes and oppositions. Truths should be given only to any cunning less and disciplined Soul. Otherwise it will harm the practitioner. Identifying a Great Soul to receive guidance is not possible for a starter, so it is better to keep your tongue safe.

Aware and Beware of fools who also are able to speak like knowledgeable Pandits –Gyanis. Fools and untruthful peoples will try to convince your heart by all means and will try to steal your knowledge & Rajyoga properties. A few arrogant and materialistic people may try to kill you for obtaining your true knowledge. The unfaithful fools will not and cannot use this true technique for establishing themselves in the inner evenness of the self-sprit. Fools only concentrate on their material pleasure and the art of alchemy only. Fools will try to harm the public. If you will happen to give this art to these fools, they behave very politely until they get this art, then they will harm the society. The sins made by these fools and knowledgeable materialistic arrogant people will come to your record of life.

Your longing for love, affection, needs of the body and kind words will take you to these sinners and hell. Some of these materialistic sinful fools might be in the form of your relatives, well-wishers, servants, helpers, advisers, supporters of your ideas, donors and friends. This sinful record will take you for many births to regain this technique... Even though you feel all hardships, do not accept any gifts from those fools. The gifts and their praiseful words will mislead your efforts and end in your failure. If you achieve any powers of mind and spirit, do not show to the public.

If you Believe all people and information, and Suspect all people and information, You cannot verify all; just adhere to your work and practice. Just keep your mind from your sensual pleasures. Your body is the Temple of your Soul and God. Your thoughts are prayers; keep them clean and regulated towards your goal. If vibrations of others and thoughts of your heart are worryies you, keep shanthy, chanting mantras and just watch those worrying thoughts as just wrong-calls and plays of this universe. All misleading thoughts and worrying vibrations will automatically cease when stars change. Nothing is permanent in this universe except Your Athma, the God and your Guruji. Knowledge is power and opinions rule the world. Acquire complete knowledge and get the creativity of opinions to manage your activities towards your goal of Rajayoga.

After receiving the knowledge, If you create your opinions and lead your activities against the goal of Rajayoga, then you will be destroyed in course of an appropriate time without your understanding like Raavaneswara and Vaali ( Ramayan characters) without mercy by the Yogis , the God and Nature Mataji. If mistakes were happened without your knowledge and willingness then read philosophy, pray for forgiveness, do service to the good peoples and serve at the places of Temples & Yogis; I am sure you will be forgiven and get blessed to proceed further. After many years of

dedicated work and after obtaining rich experience you can find balance of your mind and activities; until there you have to keep vigil and follow this above advice.

Only serve all peoples as an ordinary Herbalist and Astrologer or any profession. If you are a true practitioner then your fate, Blessings of your Guruji, good people and your kind services will give you whatever you need for your practice of Rajyoga and living. I promise God will serve your needs while you are true to Rajayoga discipline. These warning and advice was and is being given by Guruji to me. Many Rishis have supported this advice in scripts and by mouth. Do not worry. The true practitioner has an automated security from the Rishis.

Dear my potential, truthful and committed Rajayogi ! You need not to worry and fear for any thing. MahaRishis who have given this technique, who have attained Rishi sthan by other Yogas and who are practicing Yogas at the final stage are watching your activities and answering your prayers.

I can pray for you. You have to eat for you. Watch and Think well. You have to live with duality and have to live towards unique evenness. Keep patience and mentally avoid those peoples. Keep yourself away from their activities and presence. After your achievements you will easily identify these peoples and manage them.

Always keep to listen Satsang, reading philosophy and praying God and Your Guruji. Adhere with Ashram observations. The place of Yogi is said to be an Ashram even you are living alone. Love all and keep yourself safe.

Now have a plan of your discipline and adhere to it. Then you will fuse with and live with the God.

**SUBAMASTHU. SHRIRASTHU. PARABRAHMASTHANASTHU.**

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**THE CONCENTRATION ON RAJAYOGA DISCIPLINE IS A FOREMOST IMPORTANCE TO BECOME A DISCIPLE.**

**ATHMA (SOUL) IS NITHYA, SUKTHA, MUKTHA AND MOUNA IN ORIGINAL.THE PRACTICE IS ONLY FOR THE BODY AND MIND.**

Now let us go further. Let us chant Hari Ohm Namasivaya. The Sun of knowledge has risen, the night of illusion has gone.

Bhagavan Shri Adi Sankara Rishi is chanting “BajaGovindam, Govindam Baje”. Let us join with him.

**My Guruji Shri Satgurunathar.**

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He was born in a middle class family of backward class cast as people used to say in a Village called Nagalapuram, southern part of Tamilnadu ,India.

By birth he was given a name Kaaliappan .The name denotes Goddess Shri Kaali Mataji.

The family did agriculture on a small dry land .The cultivation was done using seasonal rain water. Those days the rain water was sufficient to grow chillies, a few varieties of cotton, maize, bajra, horse gram and related food products.

During the ages of My Guruji, the freedom struggle was going on.

He was an intelligent by birth in all his activities.

He had all good characters to help the public and rough behaviors to fight for public justice. He had spiritual faith and followed service to the humanity as a prayer to God.

School education was not given in his village, so he did not receive good education by proper teaching. Later in his teen ages he took personal interest in learning philosophy from the Saints who had visited that village frequently. He did services to the Sathus. He took Bitcha-get food from many house holders to give food to the Sathus. He learned Hindu philosophy, Vedanta, sidhantha and spiritual hymns.

He was a hard worker and strict disciplined follower of the advises which were given by Saints and Shidhantha philosophy.

He spent his time by working in the land and serving the public. His melting characters to help the suffering people , his interest in hearing stories from the Hindu Saints , doing services to the Saints and freedom struggle were all his major activities in his life.

He became an expert in Hindu philosophy and Shidha science (the art of immortality) after his age of twenty (approximately).

He got married in very young age of sixteen (approx).He had a few children. Because of his life with saints and struggle towards Independent India he was not able to concentrate on his family economy. So his family hated him and his activities. He did not worry for this hatred. He felt happy with his freedom struggle, public services and living with saints.

He himself without help of other people had dug and created well for water to feed the public. In that natural dry land the well water has been still providing more and more water and it is feeding many villages at present.

Now the village people are praying him as a Shidhapurusathma.The heirs are doing his poojas and doing charitable services in his name as a regard to him. All family people are praise him and follow his advice for family people. All feel happy and proud to have his blessings and about his nativity.