

KALARIYIL DHARMIKAM ASHRAM

DHARMIKAM

**"Every creation of God has a purpose.
Ask yourself 'What is my purpose?'"**

-Swami Hanuman Das



**Swami arrives back in the Ashram from
his USA tour.**

**Thou (Rama) hast incarnated Thyself in
order to provide a means of communion
through devotion for great aspirants after Bhakti.**

Adhyatma Ramayana- Kishkindha Kandam Ch. 6 Verse 65

Calendar Events-August

- 1 Ekadasi - Namajapam for World Peace
- 5-6 Pournami - Full Moon
Lunar Eclipse
- 17 Ganapathi Homa
1st Chingam
- 20 Black Moon (no moon)
- 23 Amavasi - New Moon
Ganesh Jayanthi (birthday)
- 26 Ayilyam - Naga Temple Puja
- 31 Ekadasi - Namajapam for World Peace



Weekly Classical Indian Music Concerts

Centre for Kalaripayattu Training & Marma Therapy Research

Parasuvaikal, P.O. Parassala, Thiruvananthapuram - 695508 Kerala, SOUTH INDIA.

Ph +914712232686 / +919495038070 WEB - www.kalari.in EMAIL - masterkalariyil@yahoo.co.in

August 2009



KALARIYIL DHARMIKAM ASHRAM



The Guru Purnima Celebrating the Guru

On July 7th the fullest and brightest moon of the year, we celebrated Guru Purnima at the ashram. The guru is "one who dispels the darkness", so the light of the fullest moon of the year reminds us of our connection with him and his light. On this holy day, all spiritual aspirants and devotees honor their lineage of gurus, past, present, and future.

While Swami was on his USA tour, we celebrated Guru Purnima in his honor, with elaborate festivities, decorations, a special pooja and a feast for the many who attended. A sacred ceremony of worship of the Guru's Feet was performed. The celebration holy day ended with a feast for all who attended the ashram festivities in honor of our Guru Swami Hanuman Das.



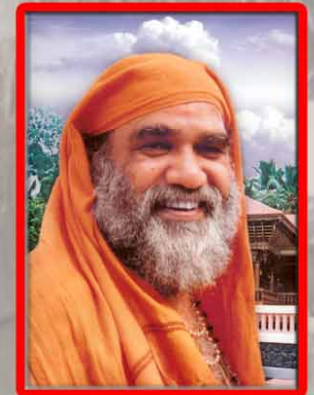
Ashram Devotees Paying Homage to the Guru



Jagat Guru Maha Prabhu Swaroopananda Swamikal and Swami Hanuman Das



Performing Padma Pooja



Swami Hanuman Das



KALARI DHARMIKAM ASHRAM



അംഗധാരാ
Angadhara
(Oil bath)

The oil bath is one of the unique treatments of Indian medicine. It requires a specially designed table that collects and drains the oil. Several litres of warm oil are poured over the body of the patient. This is accompanied by a gentle massage. The sensation is powerfully relaxing and allows the body to reach a state of being that is not normally possible. The effect of this is to cause the pores of the skin to fully open, and the body to release stored toxins. The flow of oil carries the toxins out of the pores and away from the body. The angadhara is performed as part of a course of treatment, at a time when the beneficial effects will be maximised.

Centre for Kalaripayattu Training & Marma Therapy Research

Parasuvaikal, P.O. Parassala, Thiruvananthapuram - 695508 Kerala, SOUTH INDIA.

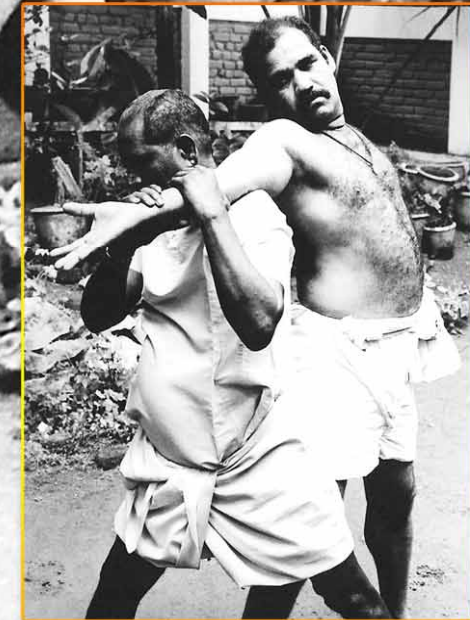
Ph +914712282686 / +919495038070 WEB - www.kalari.in EMAIL - masterkalariyil@yahoo.co.in

KALARIYIL DHARMIKAM ASHRAM

DHARMIKAM

പൂട്ട (Pootu - Lock)

Locking techniques can be used in many different situations. They can be used to restrain an attacker while waiting for assistance, or in extreme cases incapacitate by dislocating a joint or breaking a bone. They can also be used to disarm an opponent with a weapon (see main picture). Correct footwork is of utmost importance, correct balance and leverage.



Centre for Kalaripayattu Training & Marma Therapy Research

Parasuvakal, P.O. Parassala, Thiruvananthapuram 695508 Kerala, SOUTH INDIA.

Ph +914719989686 +919495088070 WEB - www.kalari.in EMAIL - masterkalariyil@yahoo.co.in