

KALARIYIL DHARMIKAM ASHRAM

DHARMIKAM



"The conviction that 'I am not the body but the light of Consciousness,' is called Vidya (knowledge)."

Ayodhya Kandam Chap. 4 v.33

Calendar Events-December

- 2 Pournami- Full Moon
- 7 Ayilyam- Naga Pooja
- 16 Ganapathi Homa
1st Dhanu
Amavasi - New Moon
- 25 Christmas
- 28 Ekadasi - Namajapam
for World Peace
- 31 Pournami - Full Moon

*"We should not worry about what others think of us.
We should always care about what we think of others."*

Sat Guru Hanuman Das

Centre for Kalaripayattu Training & Marma Therapy Research

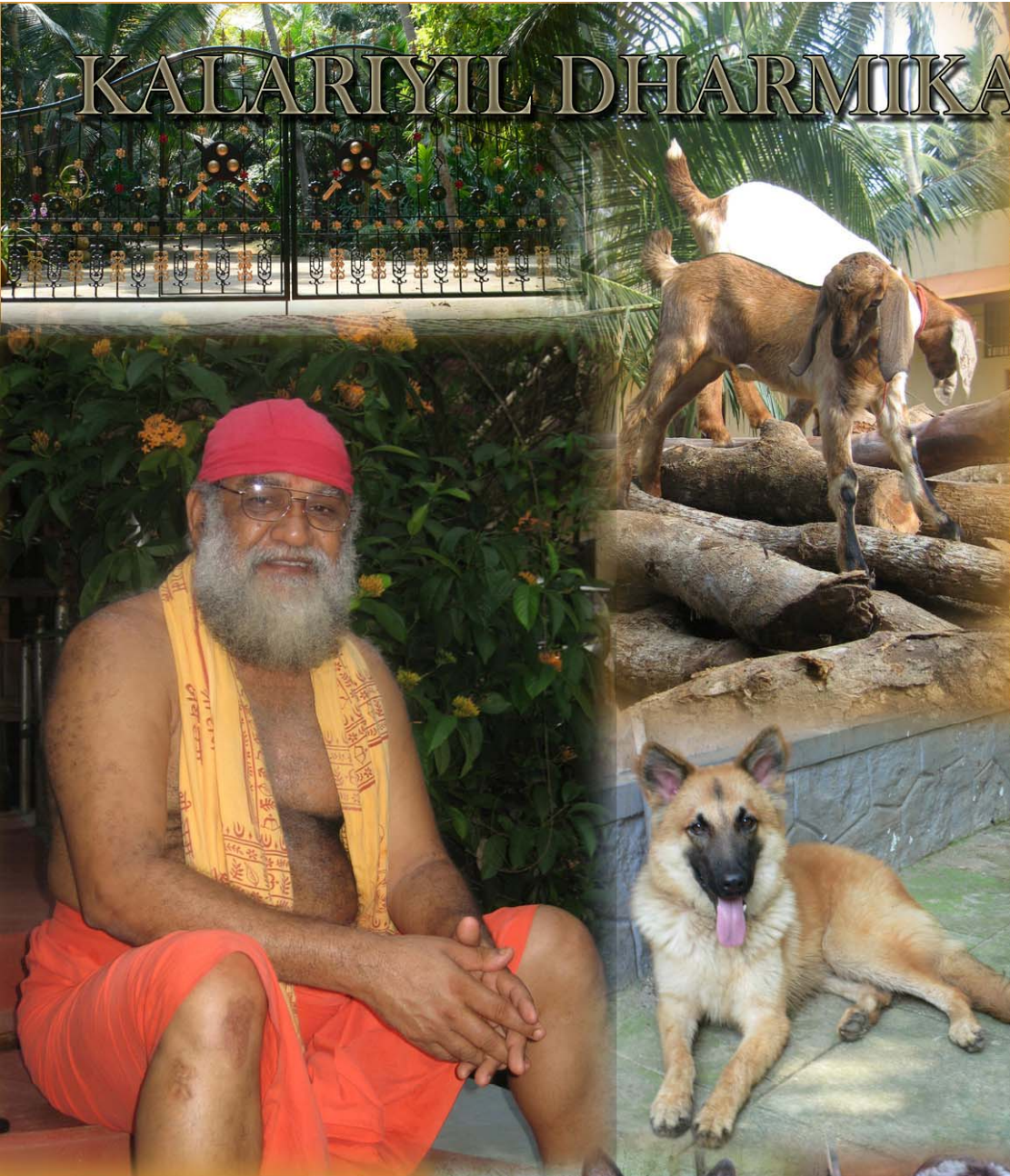
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Welcoming New Arrivals





Thapa Pinda Sweda Chikilsa

In this special treatment the body is covered with a medicinal leaf. A charcoal fire is prepared over which is placed a metal grill. This is then covered with 3 types of medicinal plants. Finally a mat (made of Ramachan) is laid, upon which the person lies. The combination of the heat and the medicinal plants provoke the eradication of toxins from the body - especially from the upper regions - through perspiration. This treatment is also very effective with skin diseases.

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Kalaripayattu : A Devotional Martial Art

Kalaripayattu distinguishes itself as a martial art through having maintained the devotional aspect as a primary part of its practise. The Guru is revered as the direct representative of the deities, the living embodiment of the entire line of Gurus of the tradition. Being the custodian of the art of war the Guru is deserving of equal respect as that appropriate to the deities.



The Kalari (building) is itself considered both a temple of worship and a centre for training. The South West corner of the Kalari is reserved as the sacred seat of the Paradevata identified as a combination of Siva and Sakthi. Here several steps lead to a small raised platform where daily offerings are made to the deities. In front are to be found the lamps representing the deities. Before stepping into the training ground, every student touches in reverence the Kalari floor with his right hand and ritualistically places it on his forehead as a form of salutation. Prior to any training commencing the lamps and incense must be lit. Offering is then made to the deities. The first act performed is that of a salutation before each of the lamps worshipping the deities with the body which is considered as a physical manifestation of the reverence for the traditions of the Kalari, the line of Gurukkals and the protecting deities of the Kalari.



Before the beginning and ending of the Practise the student must take blessing from the Guru by bowing down and touching his feet.