



Siddhasana – Path to nirvana

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Abstract- Supreme goal of spirituality is to attain “nirvana” or “enlightenment”. So many spiritual practices have been known till now. “Yoga” is one of the ultimate ways to lead a full flair life ever possible. Essential conclusions of yoga are breathing techniques, mudras (hand gestures) and many more. “Siddhasana” is the “accomplished pose” in yoga when practiced with sincerity unfolds whatever “truth” is there to be known. As stated by “hatha yoga pradeepika” if you master one asana perfectly, “all the secrets of the universe are revealed to you”. This writing is to enhance the reader’s own vision towards life, its confidential affair and being established into “siddhasana”.

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I Introduction and Methodology

To become proficient in “siddhasana” you need to do necessary preparations for body, mind and energy to be fashioned in it. The fundamentals are explained in simplest form in the layman language, when practiced one can achieve the prime state of living. To be established into “siddhasana”, one should be strengthened at the core level.

A. Putting together the body, breath and mind:

Yoga anatomy states “basically yoga is integration of body, breath and mind”. Yoga provides the context in collaboration with anatomy about how life force expresses itself with the movement of body, breath and mind. Yoga is not about working out on a particular body part, but whole body is included while performing even a simplest asana.

- Fitness of a body is described by its flexibility; stamina, liveliness, strength and most importantly posture. Body needs detoxification on the timely basis to prevent itself from diseases. The foundation of the body i.e. legs; knees and thighs need to be well worked out. Number of asanas are there to strengthen these areas, some of them are listed above:
 - Padungasthana asana (Big toe pose).
 - Adho Mukha Swana asana (Downward Facing Dog).
 - Nataraja asana (Lord of the dance).
 - Padamasana (Lotus pose).
- Patanjali yoga sutra’s states “sthiram sukham asanam”, there should be steadiness and ease in the asana. Practice makes you achieve that state; also you need to acquire a flexible and strong spine. Some of the spine strengthening asanas are as follows:
 - Matsy asana (Fish Pose).
 - Bhujang asana (Cobra Pose).
 - Shalabh asana (Locust Pose).
 - Matsyendr asana (Half Spinal Twist).

If practiced on a regular basis, these asanas becomes productive to ease into “siddhasana”.

- Even though breathing is a natural phenomenon, but plays a vital role in perfecting any asana and stretching into it, when taken in a conscious manner according to the flow of asana.



- Expansion of body must be followed by inhalation and on the reverse contraction of body by exhalation while performing asana. When a person master's his breath being in asana, he becomes balanced in EQ (Emotional Quotient) and IQ (Intelligence Quotient). Major phenomenon associated with breath is that "inhalation energizes and exhalation relaxes the body".
 - "Siddhasana" is practiced in ujjayi breathing in the beginning which further leads to normal long deep breathing afterwards. Ujjayi breath is one breathing technique that helps to calm the mind and warm the body. It makes breathing deep and smooth.
 - Being in "siddhasana" breathing consciously elevates the experience of meditation and you achieve the ultimate state of "smadhi". "siddhasana" is performed usually in "gnan mudra"(known for making one's intellect and memory sharper, imparts happiness and ails mentally) . Mudras channelize all 72000 nadis (nerves), mudras are soft gestures of fingers done by placing them in a particular position while doing asana or dhyana followed by deep breathing. It requires profound practices.
- Human mind comes into play as long as you are living. A healthy mind is measured with how much you are grounded in wisdom, liveliness of your presence, awareness, alertness, thinking patterns and most importantly the way your energy works for both mind and body in equilibrium. If benefits of yoga-asana and meditation are looked into then mind is a major benefiter in all aspects.

So, the main concern is "enlightenment" or "nirvana", according to research "some people are enlightened on the energy level". But there is one more aspect which completes the necessary process i.e. "enlightenment on the conscious level" where the actual life is happening.

Now, the role of major ingredient comes into play which is "spirituality". "Spirituality" doesn't mean following any religion. It is a lifestyle which sets you free; it is a natural way with which you are leading your life attaining the higher possibilities and unfolding all the truths of life. It is a continuous learning process which is attained by practicing and letting you flow into the processes flawlessly.

- B. The "siddhasana" heads to make oneself "a siddha" in every sense of living. It can be practiced by any age group, sex. As it is comprised of necessary variations according to the person's history. It is considered as ideal for "dhyana" (meditation). The technique of performing "siddhasana" is as follows:

1. Sit on the floor with legs close to each other.
2. Take the left foot and place it at the perineum. The perineum is the soft tissue between the anus and the testis. For females, it is done differently. Females should place the left foot in the labia-majora of the vagina.
3. Now take the right foot and place it over the left foot.
4. To make the posture steadier, slide the right foot toes into the space between the left calf muscles. This may require some adjustment to the position. It is like creating a lock, so that the lower body is stable for long durations of meditation.
5. The knees should touch the floor.
6. Now, make your spine straight.
7. The chin can press against the chest.
8. Gaze at the space between the eyebrows. And become aware of your breathing process. The breathing can be natural and deep.
9. The hands can be kept on the knees. One may assume the *Chin Mudra* or the *Jnana Mudra* with the fingers.
10. Maintain this position for as long as you are comfortable.



- ❖ “Siddhasana” works on two energy centers (Chakras) out of 7. “Muladhara” (Root chakra, situated at the base of coccyx) represents vigor, vitality and growth. The other one is “Swadishthana” (Sacral chakra, situated at the base of abdomen) represents pleasure, procreation, sex and desire. So, the balance of all these energies is maintained in the asana.
- ❖ It stabilizes the nervous system by calming down the life force energy.

II Scientific Analysis

All scientific facts are mentioned in references.

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