

Communion with the God

Reaffirming/ reestablishing/ reconnecting/ reclaiming our personal relationship with the God by various means of spiritual techniques/ practices in our day-to-day life.

This can be as simple as singing the verses of songs from the saints who experienced, envisioned and enjoyed the God themselves personally. Saiva saints are called **nayanmar**. There are 63 **nayanmar**/ saints described in our Saiva tradition. Some of them expressed their experience and joy in words as songs. There are 18,000 plus songs, which are classified into 12 ThirumuRai/ sections. By reciting these songs with faith and devotion with focus on their meaning will give as a glimpse of the experience and joy of those saints who sang these songs. This is like seeing a teaser or trailer of a movie before you watch the full movie yourself.

வேட்டவி யுண்ணும் விரிசடை நந்திக்குக்
காட்டவும் யாமிலம் காலையும் மாலையும்
ஊட்டவி யாவன உள்ளங் குளிர்விக்கும்
பாட்டவி காட்டுதும் பால்அவி யாமே .

vēṭṭavi yuṇṇum virisaṭai nandikkuk
kāṭṭavum nāmiḷam kālaiyum mālaiyum
ūṭṭavi yāvaṇa uḷlam kuḷirvikkum
pāṭṭavi kāṭṭutum pālavi yāmē.

We do not have befitting resource for offering to
Our blissful Siva with spreading matted locks,
Who accepts huge scale oblations offered in sacrificial rites;
But befitting thing we can offer morning and evening is
Singing of hymns in prayer, that would be delightful for Him
As equal to the big scale food offerings made of milk and rice.

- **Thiru-manthiram, the 10th Thirumurai, song 1824**

காத லாகிக் கசிந்துகண் ணீர்மல்கி
ஓது வார்தமை நன்னெறிக் குய்ப்பது
வேதம் நான்கினும் மெய்ப்பொரு ளாவது
நாதன் நாமம் நமச்சி வாயவே.

kāta lākik kacintukaṇ ṇīrmalki
ōtu vārtamai naṇṇerik kuyp̄patu

vētam nāṅkiṇum meyp̄poru ḷāvatu
nātaṅ nāmam namacci vāyavē

With love overflowing in the tender heart,
Expressed in tears rolling down the cheeks,
Chanting the Holy mantra
Which leads us in the path of salvation
Which is the true essence of sacred scriptures of four vēdas is
Nothing other than **na-ma-chi-va-ya-** the name of the Lord.

- **Thevaaram song by Thiru-Gnana-Sambandhar**
3rd ThirumuRai