
<1> Lets talk about tamil tradition!!

#)Why 'maariamman' prefers to stay always with neem trees?

-It is the indication of life is not always loaded with sweets and sugary fruits!! Many times, we may face bitterness and must look at what are the possibilities from the bitter?

- The complaint about my morality issue.

#)How to overcome this issue?

-Consuming 8 – 10 leaves and chewing it in the morning about two minutes will instruct the mind to accept the bitterness side of the life and grow.

-Neem leaves are effective colon cleanser. Typical cancer fighters. Superb immunity boosters. Oral cleaner. Strong gem killers.

<2> Lets talk about tamil tradition!!

-Most of the festival days, the days of full moon and new moon always insist the fasting.

-In those days, my mother will never cook the breakfast.

-One big south Indian meal is prepared for the afternoon.

-The rule is one must eat after offering to the god.

-The prayer usually will be performed after 12 pm only.

#)What is the scientific fact in it?

Suppose when you ate the dinner around 8 pm in the previous night, and go for the next meal around 12 pm in the next day having the time gap is almost 16 hours.

-When you not eat for 16 hours of time, it is 'intermediate fasting' which is the best fasting method to cleanse one body.

-This is not recommended on daily basis. That's why only in certain days.

#)Benefits of intermediate fasting:

-Resets the body often. Body will be in a healthy weight. It will improve the function of all the body parts and many others

<3> lets talk about tamil tradition:

Why fruits are the first food to consume after the long hours of fasting?

-it is possible that one will eat lot after the long hours of fasting which will again create another problem of excessive eating.

-if you eat the fruits first, the longing for excessive eating is curtailed.

-we know the benefits of consuming fruits. when stomach is in empty condition, fruits will work efficiently.

-this is the reason the fruits must be offered to the god during the fasting. The fasting always must be broken with fruits.

<4> lets talk about tamil tradition:

-have you ever wondered why flowers/garlands are sold most in front of temple gate compared to fruits or other things?

-It is said that one must offer the flowers to god at least. Why?

-the flowers are bloom of a planet. It blossomed to its highest possibility which can be the treats to the people eyes.

-its smell brings joy, harmony and peace whoever touches it.

-in the same way, human must reach to their fullest potential, where their intelligence should bring prosperous to himself and his surroundings.

<5> lets talk about the national flower of india – lotus:

It has countless meaning. The highlights are

- the layers of lotus mention about the limitation of one's body, mind, emotion and energy level. If one knows to break these limitations, he/she can reach the ultimate/highest/liberation where pure knowledge(maa Saraswati) pure prosperous(maa laxmi) will be blossomed.

- because of its stem the structure, lotus will never stay in one place. Moving. It depicts the knowledge and prosperous might be validated sometimes or not.

-what others throw at you is not in your control, but what you want to make out of it is 100% your choice(lotus grows in the dirt).

- the flowers are always special in our culture. It is strongly recommended that children upto 8 years must keep flowers in the head irrespective of any gender.

<6> lets talk about tamil tradition: - bayabakthi("devotion with afraid")

Afraid for what?!

-The life is given here by mother nature. One must be with full of devotion in heart and must not do any mistakes knowingly/repeatedly/...

-Entering into others personal space is really sin.

-Yet the level of problem not reached into materialistic level, one more chance is provided to rectify it.

-How to take care this kind of the mistake must not be repeated /continued in the future.

Firstly identify what are the root causes.

- Excessive re wiring the brain to adapt to the new technical concepts.(tiredness)
- Inadequate sleep.
- Frustrations for no job, no money, no value in the life.
- No community.

-My root is clear and not mixed up with vulgar.

What are the solutions?

- Meditation.
- Work with emotions.
- Proper sleep.

-One more opportunity is given but this time mistakes are not tolerated again.

-this is why "bayabakthi".

<7> lets talk about tamil tradition:

Why it is insisted to go and sit in a temple for certain time period and not recommended to leave immediately?

-The positive constitutes like fruits, flowers, ghee honey and many others are used to create a positive energy environment. The temple is also consecrated to gain the energy from the atmosphere.

Cant believe it? Need proof!!

#) The position of Chidambaram Nataraja temple is in the centre point of world's magnetic equator.

#) On the equinox day, there will be no shadows of temple in the afternoon.

- one feels any negativity, if goes and sits in a temple, one can sense the positivity and get energised.

-this is why our emperors are built so many big temples.

-this is why building temple is gives so important in our culture than others.

-this is why our state symbol is temple.

<8>lets talk about tamil tradition:

why kaanum pongal is celebrated first?

- kaanum pongal is showing gratitude to the sun.
- the sun is basic energy to all the living beings. especially to the paddies.
- if sun is not available, the seeds can not be matured.
- This is the reason seeding of any crop in the winter is restricted.
- This is the reason the marriage is also avoided in the winter times. because wombs are directly influenced by sun like plant seeds.

beyond this, there is a big connection between heat(ushna) and human body.

- if one loses heat in the body, it is the clear indication of body draining to unhealthy.

How to measure this?

- this is the reason fasting to Sabarimala for the men are insisted in the winter season.
- by the time, one must take cold bath in the early morning. If one can not take cold bath, probably something is wrong in the health.
- the body will be frozen/completely loss the heat, if one is dead.
- the exuberance level is measured with how much ushna one has.

As per Hindu traditions, most genius has come from the sun.

Lord raman (2) lord hanuman (3) Sugriva (4) the king karnan

- sun is the most compassionate god among all others because his contact with earth never fades.

<9> lets talk about tamil tradition:

#) why ancestor women wear saree?

- as new life will come out from women, the female physique is susceptible to decompose with low quantity.
- the unique structure of saree and its layers will seal the female physique and protect against this residual decomposition.
- This is the reason teenage girls are also insisted to wear the half saree.
- This is the reason, In a certain days, girls will not be allowed to go outside. They can not be allowed to do the activities. They will stay in a separate room. All these are to protect the women from the physique vulnerability.
- This is not loss of dress freedom. This is a healthy way to live.

What will happen if one does not manage the dress?

- it will impact the entire physique system. Especially lead quick aging.

Further I can discuss many aspects of this. But men should not talk about this as per our culture. Thus I stop here!!

<10> lets talk about tamil tradition:

Why it was the necessity of male children over female children in our culture?

-in the old days, anytime war will come to the king.

-Thus men soldiers are necessary to protect the kingdom.

-suppose a good king is won by a bad emperor. After winning, all the soldiers will enter into the society.

- if more men are in the society, they will even die to save their community.

- especially m***m invaders like s***n, t***ak have slaughtered many Hindus. women must marry the m***m men by that day itself. Otherwise cruelty with the women was unspeakable.

- to avoid this cruelty towards the women, male children were asked more in our traditions.

<11> lets talk about tamil traditions

Why lord Murugan preferred to stay in the small hill?

-hiking staircase will help to enhance the blood flow which will help to avoid the blood clots.

-if one regularly hikes the staircase, this will prevent the mild heart attacks, unnatural death at the nights.

- this why lord Murugan temple is in all the small hills in tamilnadu.
