

YOGASANA TABOVANAM

(PPM-015-18042014)

*Thy Day of
"YOU"*

*Become Thy Lord
Himself*

Date:

15th to 16th February 2026
(Sunday to Monday)

Time:

6.00p.m. (evening) to
8.00a.m. (morning)

Location:

No 45, Jalan Seraya 4,
Taman Seraya,
71700 Mantin,
Negeri Sembilan.

**Alak
Niranjan**

**Aham
Brahmasmi**

12th Maha Shivaratri 2026

Initiated by

Aghora Rishi Yogi Rudraprayag Nath Kapalika Babaji

*There is only One Race, The Race of Humanity
There is only One Religion, The Religion of Love
There is only One Truth, The Truth of Universal Bliss*



**KAILAYA BRAHMA GNYANA GURU SALUTATIONS
& KAPALIKA AGHORI BABAJI DARSHAN**



**IMMERSE YOURSELF IN THE VIBRANT RHYTHMS AND
PERFORMANCE FROM OUR HERITAGE OF ARTS AND CULTURE
(BHARATANATHIYAM, CHENDA MELAM & ETC)**



**SHIVA SAKTHI MAHA YAAGAM (THIRUMANTHIRAM) FOR
UNIVERSAL WELL BEING WITH FIRE MEDITATION (SAAMBHAVI
MUDRA - MEI UNARVU)**



Guru is none but Siva - thus spoke Nandi;
Guru is Siva Himself - this they realize not;
Guru will to you Siva be, and your Guide too;
Guru in Truth is Lord, that surpasses speech
and thought, all - 1581

- Brahmarishi Thava Raja Yoga Chakravarthi
Thirumoolar Deve



A BLISSFUL NIGHT LONG ATHMA YOGAM -
• SOULFUL BHAJANS FROM SAI NAAGA BHAJANS GROUP
• GROUP CHANTING AND MEDITATION
• SPIRITUAL DISCOURSE ON DIVINE CONCIOSNESS



**RUDRA UBHAYAM - MAHA YAAGAM IS PERFORMED
PRIMARILY FOR BRINGING PEACE, PROSPERITY, AND
FAMILIAL HARMONY.**

**SIGNIFICANT OF
MAHA SHIVARATRI**

THY DAY OF "YOU" BECOME LORD HIMSELF. THIS
NIGHT BRINGS A SENSE OF DEEP SERENITY AND
BENEVOLENCE. ANY MEDITATION DONE ON THIS DAY IS
A HUNDRED TIMES MORE EFFECTIVE.

IT IS A TIME FOR SADHANA, A DEEP REST FOR THE
BODY, MIND AND EGO. THAT DEEP REST WHICH
AWAKENS A DEVOTEE TO THE HIGHEST KNOWLEDGE OF
THE ATHMAN (INNER TRUE SELF) / SOUL.

MAHA SHIVRATRI IS THE NIGHT OF THAT
TRANSCENDENTAL DIVINE CONSCIOUSNESS, WHICH
BRINGS SOLACE TO ALL LAYERS OF CONSCIOUSNESS
(மெய் உணர்வு).

THE ETERNAL (Absolute Truth) EXPERIENCE OF
'Sat-Chit-Ananda' (Eternal-Knowledge-Bliss).

With due consideration of the cost of Maha Yagna items, food / Annadhanam, contribution to the Yogis,
Sadhu's and Hermits in Himalayas and other incidentals, we appreciate your humble contribution
(Dhanam) of any kind for this Most Auspicious Inner Awakening Celebration. Those who wish to take
"RUDRA UBHAYAM" for this Maha Yaagam, kindly contact us for further details.

Direct your donation to our

Pertubuhan Yogasana Tabovanam - Maybank Account 5647 8017 0145

For further enquiries, kindly contact :

Sadhaka Gajendran: 010 - 249 1330 & Sadhaka Mathavan: 016 - 220 2793

www.yogasanatapovanam.org



KARMA (SIN) & THEIR FRUITS

by Swami Sivananda Saraswati, Rishikesh

1. One who insults others, breaks promises, causes great disappointment to another, deprives one of his property, disgraces others in public. Diseases: Gets mental agony and pain.
2. Who plugs up or blocks up the hole of a rat or a snake, who catches fish and causes them to die by suffocation, who stifles the life of any creature. Diseases: Gets Asthma, lung diseases, pleurisy, bronchitis (severe), pneumonia, etc.
3. Who kills or injures another by means of poisoned instruments. Diseases: Suffers from scorpion –sting and snake bite
4. Who oppresses others and keeps them in permanent slavery by excessive vanity and pride. Diseases: Gets elephantiasis.
5. Who is a miser and money lender, who ruins, impoverishes and drives his debtors to starvation through rack renting and abnormal interest. Diseases: Suffers from consumption.
6. Who indulges with prostitutes, commits adultery, and leads an impure life. Diseases: Gets leprosy.
7. Who is proud of his physical strength and misuses his power in oppressing and fighting with others. Diseases: Suffers from epilepsy.
8. Who casts lustful look on women, who eyes others' property, whose heart burns at others' well-being, who visits nautch – parties. Diseases: Gets permanent eye- diseases.
9. Who sets fire to a house and cause others' death. Diseases: Gets erysipelas and fatal hot boils.
10. Who poisons others with irritating, fiery and corrosive foods, who adds chuna (lime) in rice and serves in hotels, who adds water to milk and sells it for high price passing it for pure milk. Diseases: Gets colic and gastritis.
11. Who is hypocritic, who under the guise of goodness and virtue continuously torments other with petty tyranny, who constantly ill- treats, beats and deals harshly with little children. Diseases: Gets bad itches and skin diseases.
12. Who indulges in gossip, who like to hear Paraninda (abusing other) and Paradooshana (insulting others) who hears obscene songs in dancing show etc. Diseases: Get ear-sore and painful humming sound in the ears and suffers from ear-inflammation.
13. Sons who disobey their fathers and drag them to court. Diseases: Get leukoderma and loss of vision.
14. Lawyers and advocates who twist truth and falsehood in court-cases. Diseases: Get colour -blindness, saint vitus's dance, squint-eye and cataract; are born with deformed body and afflicted with loss memory.
15. Scientist who invent destructive fire-bombs and those who drops them on the innocent public. Diseases: Get multiplicity of dangerous incurable diseases; being born as insects will live the hollow of trees and when the trees are cut logs used for firewood will be cruelly burn to ashes in successive rebirths.
16. Cruel doctors who ill-treat patients, and give worthless medicines charging high rates, who injected aqua and charge high fees. Diseases: Are born as women and have womb-diseases. Their conception and delivery will be attended by severe complication, pain and will mostly result in abortion.
17. Sannyasins who falsely pose to be Siddhas and cheat the people of the world. Diseases: Will be suddenly overcome by impotency in the prime of their youth and will suffer terrible disappointment while eagerly hoping to enjoy pleasures
18. Who drinks intoxicants and liquors, & indulge in immoral acts. Diseases: Will be born as weaklings underdeveloped or premature birth and suffer from neurasthenia and general debility.

KARMA (SIN) & THEIR FRUITS

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19. Who deprive dumb animals of their food and drinks, and beat innocent animal like cow, bulls, etc. Diseases: Get pyorrhea, lose all their teeth and get ulcers in the throat.
20. Who torture people in prisons. Diseases: Will be born cripples and paralytic and will suffers from chronic nervous pains and rheumatic troubles.
21. Who blaspheme the Supreme Lord, speaks ill of saints and scriptures. Diseases: Get cancer in the tongue and become dumb.
22. Dacoits who rob people of their possessions and shoot poor people. Diseases: Will be victims to every epidemic and will suffer every time from severe relapses and complications.
23. Who burn sacred book and destroys spiritual literature. Diseases: Get gastric ulcers and cancers.
24. A twice-born who casts away his thread, does not keep tuft, and does not perform Sandhya-Vandana (Mandatory Ritual) Diseases: Gets impotence and fits of insanity.
25. Capitalists who extract forced labor from workers, and pay them very low wages in factories, etc. Diseases: Suffer from Asthma, great suffocation, and tumor in the brain with unbearable pain, and will also become subject to gout, rheumatism, lumbago and hunch back.
26. Who deceive the masses through bogus concerns. Diseases: Get chronic diarrhea and dyspepsia, and diseases of spleen with anemia and malnutrition.
27. Who sells stale vegetables and fruits, spoiled wheat and rice for high prices, by making them appear fresh. Diseases: Get falling hair, leukoderma, carious teeth and cataract.
28. Profiteers and black-marketeers. Diseases: Get incurable obesity, elephantiasis and tumor in the stomach.
29. Back-bitters, tale-bearers and treacherous people. Diseases: Get boil on the head and shoulders, and internal abscess eczema on black, etc.
30. Who refuses food to hungry guest at the door. Diseases: Get pyorrhea and stomach ulcer.
31. Officers who oppress subordinates, clerks and peons by extracting illegal works form them and fining them unnecessarily. Diseases: Get chronic oppressive head-ache, high-blood pressure with acute giddiness.
32. Officers who misuse public money and produce false vouchers. Diseases: Get dropsy and septic fevers.
33. Husbands who beat their wives, and parents who beat their children without understanding. Diseases: Get angina pectoris (heart pain) chronic tooth pain and nephritis.
34. Servants who pretend to work and thus ruin their masters. Diseases: Get paralysis and trembling of limbs and palpitation.
35. Brahmins who deceive people as Purohits in holy places of pilgrimage and as worshipers in renowned temples, by demanding money, clothing and food materials in the name of God. Diseases: Get extreme bilious disease, vomiting, chronic diarrhea, and blindness.
36. Parents who tyrannise and worry their children of a spiritual bent and force them to lead a worldly life. Diseases: Get acute diseases of the respiratory system diphtheria, pleurisy pneumonia, etc.