



C I T T E R JOURNEY AT CIDAMBARAM

tyoga

CIDAMBARAM

Ancient CITTER YOGAM. path to re-unite within yourself!

One of mankind's deepest esoteric treatises now comes to focus in the 21st century from Cidambaram, for human beings all over the world.

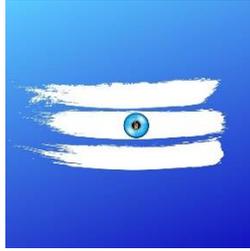
Long hidden, it will now be accessible for people to be inspired.

YOUR JOURNEY IS SIMPLY BASED ON
*"I sought 'Him' in terms of 'I' and 'You.'
But 'He' who knows not 'I' from 'You'
taught me the truth that 'I' indeed is 'You'."*

Citter Tirumular
Tirumantiram 1441

IT'S THE GREATEST TRUTH YOU WILL EVER REALISE!

CITTER RETREAT HAND BOOK 2023 - 2024



CITTER KURUKULAM

CITAMBARAM

CENTRE OF ANCIENT CITTER STUDIES & TEACHINGS

C I T T E R Journey is based on the Ancient C I T T E R Tradition, Teachings & Practices that uses the body and the mind as a tool to go beyond the limitations of time, space, and causation. Unlike the philosophical schools that dismiss the body as an impediment, the Tamil Citters place great emphasis on the role of body and mind to reach supreme states of consciousness.

16 DAY CITTER RETREAT

FOUNDATION COURSE

PRACTICE & EXPERIENCE

**Citter Teachings, Practices, Experiences, Lifestyle
Management, Healing and Initiation into
Your Spiritual Yogic Journey**

CITTER KURUKULAM CIDAMBARAM



CENTRE OF CITTER STUDIES & TEACHINGS

Introduction

CITTER Yogam is a powerful form of ancient yogic teachings and practices that the ancient Citters have formulated through their experiences to enrich their lives and to become immortals without birth or death. Their origins are from the Ancient Tamil Sangam period of Kumari Kandam, the continent that was submerged when the last ice age ended and the sea levels rose. The Tamil people then migrated to other lands and to the present-day Tamil Nadu in the Indian Sub-continent. This practice and lifestyle is formulated as it is meant for anyone to promote happiness and the ability to live life with content, and finality in the existing life of the person. This ancient root of yogic practices is followed even today, not known to the world and many outside the Tamil Culture.

CITTER Kurukulam at Citambaram offers a very special retreat for 16 Days as the foundation into the Citter System in a monastic residential environment monthly, for very select students, in very small numbers, to begin in their individual journey, to experience for themselves in a lifestyle based on these ancient Citter teachings and practices for their upward spiritual journey in their present life to its final conclusion.

This Ancient Yogic Practice & Teachings of the Tamil Citters come from the oldest if not one of the oldest living civilisations in the world today.

'Civa' is considered to be the very first 'Citter' followed by 'Muruga' for the Tamils, then the others who have evolved over time from the Tamil Sangam Period to present day Tamil Nadu being the 18 Citters.

This Citter System is a very ancient Tamil practice and pre-vedic, where these teachings have spread from Tamilagam to China, Japan, Indonesia, Thailand, Cambodia and Malaysia. You can see this tradition practised even today in modified forms.

The Citter System had 3 distinct practices that evolved. One being the spiritual journey of an individual – yogic lifestyle, the second on healing and prime health of the body and mind, and thirdly self-defence. All three are the basic needs to live in the world to journey comfortably till it's concluded end.



The Citter teachings and practices of martial art for self-defence had even reached China and was adopted by the Shaolin Temple to train monks in self-defence through a 5th-century prince from Kanchipuram, in present day Tamil Nadu, who turned into a monk named Bodhidharma. He had travelled to China and to Shaolin, sharing his own style and thus creating Shaolinquan. Batuo and Bodhidharma were both from Tamilagam and travelled to China. Batuo established the Shaolin Temple. Bodhidharma influenced the importance of martial arts and introduced Zen Buddhism. Both entities played important roles in the founding of the Shaolin Temple. Zen meditation from Japan is another example of the influence of the Citter teachings and practises.

Such is the mastery of this ancient Citter System in all-round practices, that was set as a spiritual practice, healing practice and self-defence practices rooted in this tradition for mankind in his or her upward journey as a soul in the world. The Citter tradition and teachings are not know to the world even today, and still exists and practised in Tamil Nadu and select parts of present day Kerala which was once Tamilagam in the sub-continent of now India..

The Citter System is all based on Love and Devotion and the 'self' development of the individual – the soul, on its journey back to the source.





ABOUT THE CITTER RETREAT

The Retreat & Duration

The CITTER JOURNEY RETREAT is for 16 Days of Teaching, Training and experience for the individual practitioner. The Retreat is offered once each month, beginning in the 1st week throughout the year at Citambaram. (Please check for precise dates to join in).

The practice, the training, the lifestyle and theory are for a total of 160 hours that covers the teachings of Citter Tirumular as a yogic practice, Tamil Bakti Yogam as a spiritual practice and also about Citter Healing introducing you on nature-based healing practices. You also get to learn something about the true original practice of Kundalini, what it is all about and history of the Tamil civilisation and Tamil, being the oldest or one of the oldest language in the world.

Each day is a lifestyle management day and there are no holidays including Saturdays & Sundays. All 16 days will be the lifestyle set to experience, which includes an outing to select places on any two days within the 16 days of the retreat.

Eligibility to join our programme course

Minimum qualification necessary for joining the retreat must be

1. Age must be over 18 years
2. Good knowledge of English
3. In good health
4. Non-smokers, alcoholic drinkers & no drugs, unless prescribed as a medication (This must be explained at the time of making your application to join the retreat.
5. Non usage of Mobile phones at any time during the 16 days at the retreat centre.
6. No internet service in the 16 days of the retreat. – Just your full attention is necessary without any distractions what so ever.

Attendance

100% attendance and commitment are required in this lifestyle to have the desired experiences we have set for you.

Clothing

Kurukulam rules are set for one's clothing. Observance of the kurukulam dress code should be maintained at all times. Any kind of nudity is forbidden. Men and women should cover their shoulders, midriff and legs at all times. Tight fitting, transparent and revealing clothing are not permitted at all.



Languages

All instructions will be in English. Tamil will be introduced to know and experience the original poems.

Teaching Masters

1. **Dr. Venkatalchopathy** – CITTER Yogam – Tirumular's Yogic Teaching and it's Practices
2. **Tiru. Selvamuthukumaraswamy** – Bakti Yogam – Experience Bakti through ancient practices
3. **Dr. Xavier Raj** – Tamil Anthropology – Tamil Culture, it's origins and it's Language
4. **Dr. Prince** – CITTER Healing – The power of Nature based Healing practices
5. **Tiru. Anna Pillai** – Karmic Journey – The individual journey of each soul and what we must be aware of.

Counsellor & Spiritual Adviser

1. **Tiru. Anna Pillai**

Trainers

1. **Tiru. Sharwan Kumar**
2. **Tiru. Jayakumar**

Subjects We will work on

The following will be what we will work on.

1. Tirumular Yogam – The teachings of Citter Tirumular
2. Bakti Yogam – Tamil Bakti
3. Citter Healing – Health & Wellness in the Citter System
4. Citter Diet – Preparation
5. Kundalini Yogam - About

What is offered at the Kurukulam Retreat

The retreat is within the Citter Kurukulam just outside Citambaram town within a rural environment called Civapuri. The retreat is housed within a building that is used as a training kurukulam for Tirumular yogam teachings and activities. It is a spiritual center of daily practice for those who join in our programmes offered.



Accommodation

We offer you free accommodation within the Citter Kurukulam for those who join our programmes. Your accommodation is about simple living. You will sleep on mats on the floor and share space with other fellow travellers living within the Kurukulam who have joined in the 16 day retreat. Kurukulam practices and principles are set to discipline the body and mind and begin to mould the individual to have the opportunity to experience and enjoy the simplest things in life and be grateful – just the simple needs of a human being and have to have joy. It is all in the mind ultimately and one learns from these experiences to enjoy a night's rest with just the basic needs.

Men & Women

Separate accommodation (room) will be provided for men and women within the Kurukulam that you will share with others. If you are a Husband-and-wife team, you will be expected to live separately in the Kurukulam and lead an individual lifestyle as in the practice. No close approximate, touching and holding even kissing each other will be permitted within the kurukulam or even in the outings offered during the practice and course that you are with at Citter Kurukulam. This is simply a discipline to follow, as each is an individual, each on their own path and must be dealt with and experienced as so.

Mobil Phones & Internet Service

During the 16 Days of Practice, Teaching and Lifestyle, the use of mobile phones and internet will not be permitted. You will live and practice and discipline yourself as a monk on his or her spiritual journey. Practitioners are to refrain themselves to be away from such devices. For any emergency they can use the kurukulam e-mail id or contact number.

Food

“We are what we eat,” goes a common saying that still remains the case today.

Food is offered with produce from the local market based. Cooking and preparation of food will be based on the Tamil system of diet and food habits taking into account a Citter diet and the ancient system of eating to nourish one's body. Some of the food preparations are recipes that are over 2,000 years old.

Tamil foods rectify the prolonged issues: food using local products and basic cooking methods are reported to be vitamin fortified. However, they have been undervalued and are understood to make up a much smaller portion of one's daily diet. As a sense, it is imperative into becoming familiarized with these basic yet tasty and balanced foods.

Tamil Nadu has often been a gateway for chefs who want to savor some of the state's best traditional cuisine. The state is acknowledged as one of the richest in India for providing a plethora of gastronomic delights. However, one of the most notable characteristics of Tamil Nadu is the touch of the traditional culture that is presented with each scrumptious dish. When it comes to popular everyday Tamil food, Idli, Sambar, Dosa, Uttapam, and Vada are



just a few choices. But there are several other equally famous native Tamil Nadu delicacies it is not known outside of the state but are bound to thrill your taste buds.

Tamilians consider food to be medicine. This includes the process of eating too. It simply is a traditional system for medical nutrition therapy. Tamil Nadu's iconic food is incredibly saturated with the precise dosage and quantity of spices, as well as other nutrients, and connects brilliantly with its people.



Scheme of Practice

The course and programme have been designed to experience in the shortest period of time the ancient Citter system and its teachings and practices. You also get to visit special sites where spiritual practices have yielded results to the devotees of Civa. Each day is a disciplined day of practice, theory and experiences.

The focus of this course and practice is on the teachings of Citter Tirumular and bakti yogam. All others come afterwards and becomes a part of the lifestyle experience.

Though there will be other students, it is expected for you to be silent and concentrate on your self-practice, then to devote yourself to idle chat during the monastic retreat. All free times must be spent on yearning for spiritual development, a one-point focus. Also being with a small group of people also develops your discipline to be away from others – to be there and yet not.

The success of the journey is purely yours. As it deals with your mind set, your attitude and more importantly your 'ego' and how much you are willing to surrender and experience. This is not in the hands of your teachers, but in yours. Your teachers are there to guide you and assist you in the training and practices so that you can experience for yourself. The importance is given to your experiences. Without your experiences it can never work. Therefore, all round sincere surrendered and effort must be there by you to begin to grow and begin your journey.

At the End of Each Week

Assessments will be taken at each ending of the week to ensure that you as a practitioner is moving forward in the practice. Note that each person is different and each person will experience differently....it is the natural way of evolving and therefore your connection is with your teacher who will assist you to grow.

Discussion

There will be a time set aside for discussions. This time is to be used frugally to clear any doubts you may have based on the course and programme you have signed up for. This will be a discussion to help you move forward.



Examination

At the end of the Retreat internal examinations and assessment will be conducted. This is to ascertain your progress and will be graded between 1 – 10 levels by the teachers. Your daily actions will also be noted very carefully to ensure that you fall in line with the Kurukulam lifestyle to help you progress comfortably through a disciplined structure for mind & body.

PAPERS

| | | |
|-------------------|---|-------------------------------------|
| Paper 1 Theory | Principles of Tirumular's Yogic Teaching | 100 Marks |
| Paper 2 Theory | Bakti it's essence & Practice Tamil Bakti Practice | 50% Marks 50% Marks |
| Paper 3 Practical | Citter Yogam Bakti Yogam Citter Healing | 100 marks 100 Marks 100 Marks |
| Paper 4 Essay | Nandanar Your Impression | 100 Marks |
| Paper 5 | Your Experience | 100 Marks |

Internal Assessment

- | | |
|-------------------|-----|
| 1. Citter Yogam | 40% |
| 2. Bakti Yogam | 30% |
| 3. Citter Healing | 30% |

Practical Assessment

- | | |
|--|-----|
| 1. Yogic posture for Pranayamam and Meditation | 40% |
| 2. In Devotion | 30% |
| 3. Citter Healing | 30% |

Certification

Tyoga certification by CITTER KURUKULAM sets the standards of the CITTER SYSTEM in Yogic practices of the Citters, Bakti Journey and Citter Healing.

It is important for the practitioner to have knowledge and to know the practice at each level of Citter yogam in order to progress in the teachings effectively.

The certificate system for the training in the Citter system does not exist at this time and Citter Kurukulam introduces this practice for the benefit of practitioners to understand their practice. It is NOT for comparison with others but just to indicate the level of practice the practitioner has achieved. It is a bench mark to help the practitioner to strive higher to reach the intended goal of the Citter teachings and the practitioners experience.



CITTER YOGAM LIFESTYLE

Part -1 Theory

Unit -1

Principles of Citter Yogam

1.Introduction to the Tamil Citters

About the Tamil Citters. – what has driven them on this quest. Their concepts, their Aims and objectives of Yoga – Yogam. The ideal practice of Yogam in the new millennium – 11 verses of Citter Tirumular's experience compiled as the Tirumantiram (Tiru + mantiram). Why it is a mantiram?

2.Tirumular Yogam

The importance of Tirumular Yogam. The introduction of Tirumular's yogam through select poems that have been picked up to begin the journey of Citter yogam. Also, the difference between Tirumular and Patanjali who was in Citambaram to get his blessings from Civa. The higher journey of spirituality with Citter Tirumular.

The explanation by Tirumular, the in-depth view of God, soul and the world (Pati, pasu and pasa) where he explains both the accidental nature and the essential nature of God, nature of the soul, states of the soul (stages of consciousness), the soul's liberation and the nature of the soul in the state of release and of the four steps saloka, samipa, sarupa and sayujya in order to reach Civa.

Reference: The Tirumantiram

3.Bakti Yogam

Bakti yogam is about you, a coming together of you, the smaller 'self' and the bigger 'Self.' Simply seekers of truth in devotion and surrender. In bakti yogam the feeling of humility and devotion is imbibed in you. You invoke your spirit and soul connection to connect to the greater 'Self' by making a spiritual connection with the divine.

Bakti Yogam is a means by which the basic features of the individual, namely, the physical body, the vital current, mind, consciousness and energy get mobilized and harmonized.

The Tirumandiram is a repository of many mantrams. The Citters usually employ a paradoxical language to describe mystical experiences. The meaning of their poems has to be understood as the attainment of the love of God. It is possible only through our loving attitudes towards other beings without any discrimination.



The body is an excellent instrument to succeed in one's spiritual endeavour. To enrich the instrument (the body) through observance of medical and ethical principles in devotion, begins the Bakti yogam journey. Invocation of your bakti practice is the goal.

Reference: Devaram, Tiruvasagam and Tirupugal. Pullai Pirandhaalum Virutham

2a.Bakti – Nandanar – Story Telling and site visit

The story of a simple devotee who knew only love, devotion, dedication to Civa and nothing about ostentation, self-pride and worthless talk did the best of the service, he out of his traditional profession could do. He made the drums and parts of the various music instruments that are played in the worship of the Almighty.

Reference: Dhandapany Desigar – Varalamo Aaya

3.Citter Healing

Cidda healing has its roots established deeply in Tamil culture and has tremendous historical and cultural importance amongst the Tamils. It is a traditional system of medicine that originated from the Tamil lands. It is an alternative method of treatment which is based on an ancient science and combines physical, mental, and spiritual health.

Citters have recommended certain basic guidelines to be followed for healthy living which includes observation of certain regimen as mentioned in "Pini anugaa vidhi" literally meaning rules that help prevent disease. Their concept of "Kaayakarpam" for prevention of diseases is highly admirable as it makes one's body resistant to infections. Their concepts pertaining to Habitat, Seasons, Diet (Thinai/Nilam, Naal ozhukkam, Kaala ozhukkam, Unavu) are preventive as well as adaptive.

Introduction to Citter Healing and

- A. Introduction to Citter Medicine
 - a. Who are the Citters' and their contribution to medicine / alchemy
 - b. Citter's principles of diagnosis
 - c. Classification of diseases
- B. Citter's perspective about medicines
 - a. Basics of medicines
 - b. Classification of medicines
 - c. Preparation of medicines
- C. Pharmacology of Citter medicines
 - a. Types of medicines
 - b. Principles of Citters' pharmacology
 - c. How the Citter medicines employed in different disease condition

Reference : Akattiyar Kunavakatam, Pokar 7000



4. Pranayamam

Tirumular's poems on pranayamam gives detailed insight on the methods and benefits of pranayamam. He provides qualitative standard of the pace of exhaling breath in pranayamam practitioners. Training will be in the highest quality standard for the three phases of breath in a pranayamam cycle, namely Puraka (inhalation), Kumbhaka (retention) and Resaka (exhalation) – the exhalation technique. The mantrams – the poems refer to the teachings on how to count the breath: a mantram is the smallest rhythmic unit in a particular rhythmic pattern of music, roughly the length of a syllable. For modern-day practitioners, the study ascribed to two counts to an inhalation, eight counts to a hold, and four counts to an exhalation. Participants will chanted the sound of “OM” and then practiced this breath technique in the two cycles throughout the session.

Reference : The Tirumantiram

5. Meditation

Meaning and the concept of Meditation in the Citter system. Practices of meditation and steps into meditative practice.

Reference: The Tirumantiram

6. Kundalani Awakening

Introduction to Kundalani Yogam – about (It is not a practice). The purpose of a Kundalani practice. The origin of the Kundalani System given by the Citters and its importance. About Tirumular, Aavayar and Bogar. True Awareness of Kundalani’ – the dos and don’ts!

Reference: The Tirumantiram & Aavayar – Vinayagar Atcered

7. Lifestyle – Karmam

Karmam is a Tamil word that depicts neither wrath nor punishment. It explains how every energy you put out, comes around, either instantly or lifetimes later. The real question is what do you want from your life? If you want to experience joy, you must sow seeds of happiness. Because the seeds of melancholy will grow sorrow for you to reap! A life led with ego is Karma. Desire to experience the moment of pleasures again and again for ego gratification is called karmic life. Deeds done with intention define the rebirth of an individual. The actions done with ego keep you stuck in the karmic cycle whereas the the Citter path shows you the way out.

When you experience a pleasurable moment, the joy doesn’t end there. It keeps on feeding on your memory fuelling the desire to experience more. With time, these emotion-soaked memories become the seed for ego gratification and determine your future course of action leading to more experiences and more memories. This way, the individual is stuck in the karmic cycle. You are introduced to the Karmic cycle and your way to get out.



Part -2 CITTER Science of Yogam, lifestyle skills and managing your life.

Citter Concept of Body, Mind and Soul

Unit – 1

Body

Unit – 2

Mind

Unit – 3

Soul

Role of Yogam in Karmam

You are aware of the concept of destiny which is determined by your karmas or deeds in the present and past births. It is all about your actions and your actions touched on others in your previous lives including the present that paves your way for the present and future. You are given opportunities to rectify and make changes and therefore if you fail to settle scores in this life, the debt is carried to your next life. The failure is also because in your day-to-day activities you also create new accounts alongside settling old ones. Thus, you are entangled so deep in this loop of karma, that you fail to realize the karmic patterns.

All souls have a past, present and future life!

Every soul survives various cycles of karma depending on the accounts that are yet to settle. It continues to reincarnate into different physical bodies until it learns all the spiritual lessons to grow beyond this materialistic world. Thus, every human being that you see has had a past in a different body and is most likely to have a future in a different body (irrespective of colour, creed, race or religion).

Your role in life is to understand your karmic journey in this life time and how karma has put road blocks into your present life and what you must do to remove these road blocks so that you do not carry excess baggage throughout your life.

You will commence such practices that will help you deal with your karmic journey to pave way for a better and fruitful journey in your life.



Part 11 – Practical

A. Practical training in Yogam in Pranayamam, Meditation and Bakti.

Pranayamam

1. Breathing Practice for Awareness
2. Breathing Practice to sit in an asanam in comfort for meditation and quieting the mind.

Meditation

1. Sit in a comfortable posture, be silent and still, still your mind

Bakti

1. Sit and open your heart to pure devotion. Learn and sing select songs in the Tamil bakti practice you will be trained into daily.
2. Satsang and prayer tamil word for prayer and satsung

B. Practical Training in select Massage Therapy

Massage Therapy

1. Massage therapy that can be effective in helping relieve pain arthritis—that have pain as a primary symptom.

Training Practice

The following self-massage was specific to the arm and shoulder:

1. Stroking
2. Milking
3. Friction
4. Skin rolling



C I T T E R YOGAM AT CITAMBARAM

TAMIL NADU

SOUTH INDIA

A tiny town tucked away along the Bay of Bengal in the Cuddalore district of Tamil Nadu, is Citambaram home to what is perhaps the most iconic Civa temple in the world.

This temple has ancient roots and a Civa shrine existed at the site when the area was known as Tillai forest where great saints, rishis, munis travelled to for their spiritual realisation.

The area of ancient Tillai named after the groves, clusters or forests dominated by a particular variety of a tree or shrub and the same variety of tree or shrub sheltering the area. The present town used to be called Thillai, following Thillaivanam, derived from the mangrove of Tillai trees (*Excoecaria agallocha*) that grow here and the nearby Pichavaram wetlands.



Legend

The name Cidambaram, one of several from antiquity, derives from the Tamil Cirrambalam, meaning 'little hall'. The site was chosen because according to mythology it was the precise spot where Civa had once danced in a grove of Tillai trees.

It is said that His cosmic dance, where Civa himself is presented as the 'Nataraja' performing the Ananda Tandavanam ('Dance of Delight') is represented as the present deity in the temple.

Citter Tirumular, worshiped the self-made Linga, in the ancient Thillai forest where the present day temple is situated, many 1000's of years ago.

The Tillai forest was sought after by many saints, rishis and munivers to seek enlightenment and to have a glimpse of Civa's grace – His Cosmic Dance.

Sage Patanjali himself came Citambaram to get the grace of Civa and have the site of Civa's Cosmic dance.

Through the years the present area became a town and eventually the site became the capital of Cholas in the 10th century, and they renamed it Cidambaram and built the current temple for their family deity of Nataraja Civa. The word Cidambaram comes from the Tamil word Citrambalam (also spelled Cithambalam) meaning "wisdom atmosphere". The roots are cith or cithu meaning "consciousness or wisdom", while 'ampalam' means 'atmosphere.' This composite word comes from its association with Civa Nataraja, the cosmic dancer and the cultural atmosphere for arts. The word Citambaram is translated by James Lochtefeld as "clothed in thought".



The town and temple name appears in medieval texts by various additional names such as Koyil ('the temple'), Pundarikapuram, Vyagrapuram, SIRRAMPURAM, PULIYUR and CHITRAKUTA. [Additional names for Cidambaram in the Pallava era and North Indian texts include Kanagasabainathar, Ponnambalam, Brahmastpuri and Brahmapuri.

The Tillai Nataraja temple has ancient roots, following the temple architecture tradition that is found all over Tamil Nadu from at least the 5th century. Textual evidence, such as those of the Sangam tradition, suggest a temple existed in ancient times, but the



town is not named Cidambaram in these pre-5th-century texts. The earliest mention of "the dancing god of Cidambaram" as Civa is found in 6th- and early-7th-century texts by Appar and Sambadar.

The temple architecture symbolizes the connection between the arts and spirituality, creative activity and the divine. The temple wall carvings display all the 108 karanas from the Natya Shastram by Bharata Muni, and these postures form a foundation of Bharatanatyam, a classical dance from Tamil Nadu.

The present temple was built in the 10th century when Cidambaram was the capital of the Chola dynasty, making it one of the oldest surviving active temple complexes. After its 10th-century consecration by the Cholas who considered Nataraja as their family deity, the temple has been damaged, repaired, renovated and expanded through the 2nd millennium. Most of the temple's surviving plan, architecture and structure is from the late 12th and early 13th centuries, with later additions in similar style.



Lord Tillai Nataraja is the primary deity in the temple. He is Civa himself presented as performing the 'Ananda Tandavam' in the golden hall of the shrine 'Pon Ambalam' and features Civa as an anthropomorphic being rather than being represented as a lingam. The bejeweled idol enshrined at the temple poses in the iconic cosmic dance posture (the Bharatanatyam mudra known as ananda tandavam).

The Nataraja temple was constructed between c. 1175 and c. 1200 CE. The actual temple shrine is relatively modest as by now in Tamil architecture the gopuras had become the most important structures, at least in terms of aesthetics. The twin sacred chamber was, however, adorned with copper sheets covered in gold by successive Chola kings. The shrine is preceded by a dance hall and large entrance porch with columns (mandapa).

The temple is one of the five elemental lingas in the Caivism pilgrimage tradition, and considered the subtlest of all Civa temples (Koyil).

With several other important temples not faraway dotting the landscape, beaches, rivers, canals, backwaters and widespread mangroves, Citambaram is so much more than just a temple town. It is an ancient spiritual centre where many saints, rishis seek to come to be in this atmosphere over 1000's of years.

Such is the importance given to Citambaram. It is a centre of ancient yogic practices by great saints to become self-realised of which may have attained samadi here.

To reach Citambaram the transportation system of the state is well developed. Citambaram is well connected by rail by road and also by air with airports at Chennai 246kms, Pondicherry 65kms, Tiruchirappalli 168kms and Bangalore 334 kms.



C I T T E R K U R U K U L A M

C I T A M B A R A M

Ancient Tamil CITTERS

Citters were pioneers of many scientific inventions and discoveries in the ancient Tamil Land. Citters such as Civa, Nandhi, Subramaniyar, Tirumular and Kaalaangi had shown special interest in health, longevity and immortality. Agathiyar had shown special interest in body concepts; his explanations of body functions, ailment symptoms, and surgical details were quite amazing. Bogar had shown special interest in physics and exploiting natural resources for the benefit of mankind. Chattaimuni had shown special interest in alchemy and succeeded in turning base metal into highest touch gold. Konganar had shown special interest in making the fabulous multi-functional magic beads, probably the smallest air carrier that can bailie scientists of aviation. Karuvoorar had shown special interest in metal castings added to alchemy and presented the unique idol of Nataraja sculpture. Jothimuni researched and perfected precious stones. Idaikkaadar researched the cosmos and predicted their effects during each year. Sivavaakkiyar shunned irrational and superstitious beliefs and attacked the society with his rational questions and helped in the formation of an intellectually elite society.

A Citter is a person who has achieved perfection. Citters are ancient who dwelt into the purpose of life.

CITTERS from the ancient Tamil lands are mystics. Their belief is that the human race was created to excel in knowledge and help human societies form an advanced civilization on the Earth. They knew that they needed to live longer and even become immortals to achieve this goal in one lifetime.

The unique attainment of Citters could be their mastery over physical and cosmic sciences. Citters believed that physical science is comparable with cosmic science. Thus, through their physical and cosmic observations, they succeeded in inventing ambrosia of Gods and many became Gods themselves.



A deeper understanding of Citters' poetic scripts reveals their different faces, such as scientific thinkers, social reformers, priest kings, pioneers of advanced cultures, etc. Citters speak about spirit, soul and body in their scripts. They also compare the cosmos, nature and earth in their science.

CITTERS were typically first scientists, saints, doctors, alchemists, and mystics all in one. They passed on their findings in the form of Tamil poems that were later recorded on palm leaf manuscripts.

Citters, the immortals of the ancient Tamil land, belong to a mysterious cult that was presumed to be spiritual, propagating principles related to the physical, spiritual, intellectual elevation of individuals and their societies at large.

Citters were fascinated by the human body; they believed that the body is ruled by something inside, which commands the body to fulfill its wishes as long as it dwells within the body – the spirit.

Their quest in understanding the mysteries of the body enabled them to understand that the body is composed of Physical and Spiritual Matters sandwiched by a bridging factor known as Soul. Citters believed that the Body is a functional machine driven by the Spirit, operated through the components in the bridging network of Soul. They believed that the decay of the Body is, in fact, the developmental sign of the decay in the Soul. Their spiritual teachings inculcate a hidden fact that while the body is nourished by food, the soul, on the other hand, is nourished by practices triggered by thoughts emanating from our mind.

Citters believed that human beings are created for excelling in knowledge, understanding the nature, and helping their fellowmen to form a divine civilization on earth. They needed to live longer and even become immortal, to achieve this goal.

Spiritual purification seems to be the first known path for salvation in the ancient world. Since purification of spirit is important for their cult, the Citters adapted practices to suit their ideals to better achieve the goal of salvation sought by them. What they perfected may be called as Immortality of the Soul or Aathma Ciddi.

Citters also observed the cosmos and defined its role on earth in a logical order of sky, air, fire, water and earth. Their observation concluded with certain cosmic secrets that led them to adapt those secrets to attain mythic longevity. What they discovered may be called as Physical immortality or Kaaya Ciddi. This status is attained by altering the natural physical fabric through a secret science that prevailed in the ancient Tamil land and spread elsewhere later.

It is an epic belief that immortality is closely related to spiritual salvation, in the later date explained as a cherished spiritual status attained by staunch religious practice. Hence, immortality was invariably believed to be a spiritual acquisition by religious saints of Tamil Nadu. But, the Citters were very clear in their assertion that immortality is of dual nature, namely, Arma Ciddi (spiritual immortality) and Kaayam Ciddi (physical immortality).



The Citter lineage was a path of freedom in every respect. Each Citter took some theme of research and passed on his or her findings to society. The main focus of their research was body and the cosmos. Followers of Citter lineage were considered mysterious because their quest is towards a little understood sphere of understanding that is neither mundane, nor religious, or priestly. In western civilizations they were referred to as 'Philosophers.' Citters speak about the spirit, soul and body in their scripts. They compare the cosmos, nature and earth in their science. They synchronize knowledge, wisdom, intuitions in understanding their art. From them originated, unusual schools of thought that are different from the regular streams of spirituality known to ancient civilizations.

Ancient Tamil Citters had developed the oldest medicinal system in the world. This system was developed by 'Citters' based on the premise that only a healthy body can help develop a healthy soul and so ancient practitioners regulated their life with intense yogic exercises, fasting, meditation and achieved super powers including the miracle to cure disease. Citter medicine 'secrets' were written on palm leaf manuscripts from which the system developed as it is practiced today in India.

Citter system of practice sees the predominance of humors as vatham, pitham and kapam in childhood, adulthood and old age respectively.

Citters are also the founders of Varma kalai - a martial art for self-defense and medical treatment at the same time. Varmam are specific points located in the human body which when pressed in different ways to give various results, such as disabling an attacker in self-defense, or balancing a physical condition as an easy first-aid medical treatment.

It is this martial art self-defence system that was taken to China and taught at the Shawaloin Temple where emerged Kung-fu and such other martial arts you find in Korea and Japan.

Tamil Citters were the first to develop pulse-reading ("naadi paarththal" in Tamil) to identify the origin of diseases.

Citters have also written many poems based on their experiences and practices. It is believed that most of them have lived for ages, away from society and human beings rarely to be seen.

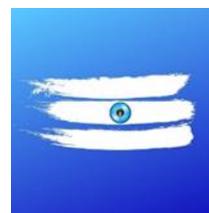
Their presence and role in ancient Tamil history was as legendary

Tamil

Tamil or in personification form Tamil Thāi (Mother Tamil) was created by Lord Civa.

It is believed that Tamil language is born out of pellet drum which fell from Lord Civa while he was dancing. "As mythology goes, Lord Civa presided over the first academy (First Tamil Sangam).

Tamil isn't just a language, it is an important identity of Tamil culture. The Sangam age literary work 'Kalithogai' has references to Lemuria continent, where it is mentioned as 'Karodaiyaaru'. It was destroyed during 'Kadal Kol' (tsunami). Ancient Tamil poet Kaniyan



Poongundranar's popular quote 'Yaadhum Oore Yaavarum Kelir' has been recognised by the United Nations.

It is difficult to fix the age of the evolution of the language because of its rich vocabulary. 'Tholkappiyam', which is 2,000 years old, is the first literary work in Tamil. According to Tamil language expert M Srinivasa Iyengar, Tholkappiyam dates to before 350BC. The other Sangam Tamil literature is estimated to be around 5th century BC and recent archaeological evidence has proved this.

Researchers of the subject have differing estimates for the age of Tamil. While recent excavations at Keezhadi throw light on the ancient civilization of Tamils, earthen burial urns (Mudumakkal Thazhi) have been found in Adhichanallur and Kodumudi that go back 2,000 to 2,500 years.

A stone inscription in Modi script (used to write Marathi language), that was unearthed in Thanjavur reveals that the age of Tamil language could date back to more than 10,000 years. Such archaeological evidence provide ample proof to establish the antiquity of Tamil as an ancient language. Discoveries also point out that the first 'Tamil Sangam' existed in 8th century BC. Ancient Tamil words are still in use.

After elaborate research on western languages, late professor and author Devaneyya Pavanar has established that Tamil is the mother of all languages. As a conclusion of his research in Greek, Latin and English, he says words from Tamil have gone on to influence Latin and English languages. Words such as 'coin', 'coffee' and 'navy' are a few examples that have their roots in Tamil language.

The Tamil people, known as Tamilar were noted for their influence on regional trade throughout the Indian Ocean. Artefacts marking the presence of Roman traders demonstrate that direct trade was active between Ancient Rome and Southern India.

The Tamil language is one of the world's longest-surviving classical languages. Tamil literature is dominated by poetry, especially the Sangam literature, which is composed of poems composed between 300 BCE and 300 CE. Tamil visual art is dominated by stylized Temple architecture in major centres and the productions of images of deities in stone and bronze. Chola bronzes, especially the Nataraja sculptures of the Chola period, have become notable symbols of today's Hinduism. A major part of Tamil performing arts is its classical form of dance, the Bharatanatyam, whereas the popular forms are known as Koothu. Classical Tamil music is dominated by the Carnatic genre, while gaana and dappan koothu are also popular genres. Tamil is an official language in Sri Lanka and Singapore.

Tamil cuisine is informed by varied vegetarian and non-vegetarian items, usually spiced with locally available spices. The music, the temple architecture, and the stylized sculptures favoured by the Tamil people as in their ancient nation are still being learnt and practised. English historian and broadcaster Michael Wood called the Tamils the last surviving classical civilization on Earth, because the Tamils have preserved substantial elements of their past regarding belief, culture, music, and literature despite the influence of globalization.



Tamil Nadu

Tamil Nadu is a state in southern India. It is the tenth largest Indian state by area and the sixth largest by population. Its capital and largest city is Chennai. Tamil Nadu is the home of the Tamil people, whose Tamil language—one of the longest surviving classical languages in the world—is widely spoken in the state and serves as its official language.

The state lies in the southernmost part of the Indian peninsula, and is bordered by the Indian union territory of Puducherry and the states of Kerala, Karnataka, and Andhra Pradesh, as well as an international maritime border with Sri Lanka. It is bounded by the Western Ghats in the west, the Eastern Ghats in the north, the Bay of Bengal in the east, the Gulf of Mannar and Palk Strait to the south-east, and the Indian Ocean in the south.

The at-large Tamilakam region that has been inhabited by Tamils was under several regimes, from the Sangam era rulers of the Pandya, Chola, Chera, the Pallava dynasty, and the later Vijayanagara Empire, all of which shaped the state's cuisine, culture, and architecture to what you see presently. After the fall of the Kingdom of Mysore, the British colonised the region and administered it as part of the Madras Presidency, headquartered at the city of Madras, now known as Chennai. After India's Independence in 1947, the Madras State came into existence, whose borders were linguistically redrawn by the States Reorganisation Act, 1956, losing territory to Kerala, Karnataka and Andhra Pradesh.

The state was renamed as Tamil Nadu in 1969. It is home to the Tamils, and an ancient spiritual land with a number of ancient historic temples and daily spiritual practices that take place with it's culture and traditions that are still practised today by all Tamils. The state is recognised with three World Heritage Sites.



TYOGA Educational Trust is a Service Organization with a specific focus on spreading awareness of the rich cultural traditions and heritage of the Citters. Based out of Cidambaram TYOGA's root centre, is being developed to bring about the ancient teachings and practices of the Citters as a 21st century Lifestyle management system for all people.

Our yogic and spiritual programmes are based on the spiritual and all round development of an individual, healing in body and mind and getting back on track.

TYOGA offers a 16 Day Retreat in a monastic environment in Cidambaram to introduce the Citter teachings and its priceless practices opening the door to a yogic lifestyle quite different from what is yoga today. The retreat covers bakti yogam which is essential for any spiritual development of a human being to its final conclusion.

In today's fast-paced world, many seem to have forgotten the heritage and the traditional lifestyles that afforded us good health and enabled us to connect with our ultimate purpose in life – unification with the Supreme Being.

New-age lifestyle all over the world has been having its toll on physical and mental health on people of all ages. No one has been spared. People have been taken away from their true needs.

TYOGA is keen on re-establishing links with our past and its ancient teachings and practices of the Citters helping people find their way back to a healthy and purposeful lifestyle through the many events and programmes the trust conducts. We are keen on enabling people find the right work-life balance; allowing them to discover that it is possible to lead a fulfilling family life even while embarking on an inward journey of spirituality.

Once you are on your individual 'Spiritual Journey' you become... "You are capable and unstoppable..."

The Citter Kurukulam is for Spirituality and Human Sciences. an institution for teaching the Citter System of Citter Yogam, Citter Healing & Health Care of body and mind and also spiritual self-defence.

Experience with us the purest moment of the 'self' – that serene within your 'self.' Take inspection from a Citter teaching and practice to a lifestyle that gives you inspiration to awaken the creative spirit in you to set you off on a journey of discovering yourself and helping you unleash your full potential.

TYOGA Educational Trust has been set up to create awareness of the rich traditions and teachings of the Citters and the Citter system, to help people connect with their inner 'self' and journey in life to its final conclusion – the goal.

JOIN US ON THE JOURNEY, IN THE CITTER SYSTEM TO EVOLVE YOUR 'SELF.'

