



## 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.