



MINIMALISTIC  
MOVEMENT

WORKSHOP, DUBAI

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by Pal Pandian

# The Siddhas

The Immortal Sages, hailing from the pre-vedic Tamil Siddha tradition, are known as Siddhas. They desired to attain a state undifferentiated from Nature. They strived for the most intimate communion with Existence - to be one with it in all entirety - that which made them walking talking cosmoses.

The knowledge they experienced was as vast as Existence. They fathomed all of Nature's secrets and revelled in all Her treasures. Although they preferred to be recluses and not follow in the path of society, out of compassion for their fellow beings, they became healers, medicine men, tantrics, alchemists, etc. Eventually, some legends describe them to begin living in their subtle body, appearing in their physical only when required.

The path and teachings to attain Siddhahood was initially shared through oral teachings alone.

Gradually, they wrote the teachings in verse form on palm leaves for future generations. The verses were made cryptic so as to prevent misuse of the valuable and potent relationship between Nature and the human form.

## Siddha Pal Pandian

All of this was around 10,000 years ago and as the world began changing with the modern age, so did the popularity of following a spiritual lifestyle. In today's fast paced life, one cannot imagine devoting themselves to spiritual sadhana alone. And the irony of it all, is that the Siddhas have attributed all

suffering to being misaligned with our spiritual core. So, how is one to alleviate suffering in today's racing times?

Palji has journeyed the Siddha path well over 20 years. He has learned from the Sages living in the mountains and hills of Tamil Nadu and others who lived in remote villages, unseen and unknown. After being with his teachers for the stipulated period, he worked as a Varma healer and medicine man offering his services free of charge for over 15 years. He taught the siddha system of medicine and Varma therapy healing through courses and workshops for over 10 years, to people from India as well as abroad. His students are now well established practitioners within India and abroad.

# The Siddha Path (Aga Guru Path)

Aiming to penetrate deeper into society and spread the knowledge of the Siddhas, Palji has combined the principles of two dimensions of the Siddha tradition - The Kalari system (ancient martial art) and Yoga of the Siddhas - He created a 3 fold system that begins at the level of the body and expands into the highest spiritual practice of the Siddha system. The first level pertains to alleviating suffering from day to day living and remaining aligned to one's core. Day to day difficulties are ones that aren't qualified disease labels and yet have the power to dominate our choices. The constant ache in the back, the nagging knee pain or the recurring migraines. The anger bouts, the anxiety ridden sleepless nights or the depression we face each morning for struggling through a meaningless day. All of these signal a struggle.

The Siddhas declare Life not to be a struggle if we remain aligned with our core.

According to the Siddha system, the source of our birth and growth resides within us as consciousness and not outside as most of us believe. From within the subtler regions of our body-mind complex, this consciousness, continually fuels our life force and growth throughout our lifetime. It is what sustains the foetus from the time of conception - before the umbilical cord is formed. Even after the umbilical cord enters the scene, it continues to nourish and enliven the foetus. It is able to do this, as it is imprinted with primal growth and movements patterns of the Source. This is how the infant learns to crawl, walk, learns to speak, develops a mind of its own and is inspired to play imaginary games. These are all natural movements.

Natural movements are designs imprinted upon the body-mind complex, as part of its original blueprint. All natural movements are effortless, fluid and effective, whether they are physical, mental or creative.

Fuelled by inner consciousness, our Life force surges along our subtle body by way of Nadis, which are immaculate designs providing nourishment all over the body-mind complex, ensuring physiological health. For us to be animated creatures of movement and action, the same blueprint steps forward and stands as the principle of alignment in the physical or gross body form. The combined design ensures we are healthy, animated functional human beings. If our consciousness carries every imprint of the

Grand consciousness and we have access to multiple possibilities or infinite potential, all enacted in Nature, why then do we tell a different story. Why do we suffer ill health, pain and depression?

The moment we succumbed to believing, That which gave birth to us, whether we call it God or Nature, is outside of us, we have deviated from the original blueprint and stopped following the way designed for health and growth in all dimensions of our life. Instead, we drove ourselves to depend heavily on the outer environment, believing it to be the answer, unknowing of the fact that the external environment is itself temporal and incomplete. The temporal can provide only limited outcome. We should recognise this by our failing digestion over



time, increasing lethargy, stiffness and hunger for stimulants to face each day. Our deviations crystallise over time. So, even if our patterns of natural movement are designed to keep us healthy and mobile, we still adhere to all forms of deviations that lead to meaninglessness, disease and an unfulfilled life with aging looming ahead as a nightmare.

If we revive our relationship and re-live by the natural patterns given within, we can regain lost health, the crippled will find improvement and we will enjoy a creative and alert mind - the Siddhas have declared.

# MINIMALISTIC MOVEMENT

To depend solely upon the consciousness that gave birth and enlivened our growth which resides within is the core principle of this ancient system. There are specific practices to refresh our relationship with our inner consciousness. These practices, aim to abandon acquired deviations and guide us to live depending on the consciousness within us, instead of the external environment.

Palji has designed this particular workshop as an introductory one dealing with the body, the mind and spirit at a day-to-day level. It aims to introduce the participant to his inherent energy pattern by way of simple Minimalistic Movements. These movements aim to establish misalignments we have built up. By re-aligning ourselves, we instantly reestablish the resonance with the inherent energy patterns. That resonance is what we are looking for by way of alignment.

By learning a few conscious minimalistic movements, that are closest to the core of our being, we can prevent degeneration of the spine, joints, extremities, etc. and those with movement difficulties can gradually regain mobility.

Palji's lineage comprises of 3 dimensions to the path of wisdom - awakening the body consciousness

through Natural minimalistic movement, the Natural breath and Foetal living. While continuing his lineage, in this workshop, Palji emphasizes the first dimension of the 3-fold path - awakening the body through natural minimalistic movement. This foundation aspect is most significant and relevant to this fast-paced age.



A L L A R E W E L C O M E .

The Workshop is happening outside India  
for the first time.

Workshop dates: 9th October to 13th October

For more details, contact:

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-Raed Chehaib – [raed.chehaib@gmail.com](mailto:raed.chehaib@gmail.com)  
Phone # +971-508152983 / +961-3848588

-Vinod Raghavan – [vinod@tambourinelive.com](mailto:vinod@tambourinelive.com)  
Phone # +971-552405558

-Samer Sayyed – [samer108@gmail.com](mailto:samer108@gmail.com)

Also visit our website [Agaguru.com](http://Agaguru.com)