



1 Nithya Ozhukkam Ennum Ulakiyal (Worldly Routine Discipline)  
English Translation – By Durai

Dear Devotees,

Almighty Grace Blesses us All!

You know that there are three parts of **Nithya Ozhukkam Ennum Ulakiyal (Worldly Routine Discipline)**, written as Urainadai Vasana Pakuthi by Vallalar. Part-1 is called as the Customary Rules for all people/Sanmaargies, Part-2 is called as the Common Rules for all people/Sanmaargies, and Part-3 is called as the Grand Rules, only for higher lever practices/Suddha Sanmaargies.

Here, I have given the English translation of Part-1 only, as one of the devotees asked for it.

I will also try to translate Part-2 and Part-3 for higher level practices and benefits, and post them here, as soon as possible, by His Grace!

Note: Vibhuthi is optional for Suddha Sanmaargi as per the later Teaching of Vallalar, and betel is prescribed only for samsari( worldly practice), and not for the Sanmaargies, who wish to adopt the Grand laws (Sirappu Vithi) in their routines.

Thanks for reading and trying to practise these laws for all your good.

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### Part I: Customary Rules:

**( These rules are prescribed only for ordinary/normal worldly practice by all people)**

#### **Rule- 1:**

By waking up early in the morning before Sunrise, meditate on God in sitting posture for a while.

#### **Rule-2:**

Next, with more betel nuts, and with less paste of Calcium Carbonate, chew up little betel leaves. Then, swallow the secondary betel-saliva-juice produced, by spitting out the initially produced betel-saliva-juice. Then, go for a short indoor morning walk. Then, discharge the fecal-urine substances. Hold the left bottom of the abdomen with the right hand during defecation (#2), and hold the right bottom of the abdomen with the left hand during urination (#1). Stop thinking of anything other than defecation and urination; until they (#1 and #2) are completely putt off. For any difficulty during defecation (Constipation), lay down towards left side of the body so that the breath comes out of the right nostril. And, for any difficulty during urination, lay down towards right side of the body so that the breath comes out of the left nostril.

#### **Rule-3:**

And, after discharging fecal-urine substances, have a complete ablution with warm water. Then, brush your teeth with a stick of Aal or Veal (Modern people could use tooth-paste and brush).Then, gargle/wash your mouth with the herbal liquid made out of Karisilanganni powder. Then, consume a cub of very well



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boiled herbal Milk. Herbal Milk is prepared by boiling the herbal mixture ( say ½ litre) until it becomes half of its original volume( ¼ litre). Here, the herbal mixture = a ¼ litre of cow-milk + a table spoon of country brown sugar + ¼ litre of drinking water + a table spoon of HP. Here, HP = Herbal Powder = Powder of 1 part of Potralaikkaiyanthakarai leaf or karisilanganni leaf + 1/8 part of Thoothuvazhai leaf + 1/8 part of Musumusukkai Leaf + 1/4 part of Cumin seeds)

#### **Rule-4:**

Protect the body from the Sunlight,after 2hours of Sunrise/first-light with appropriate clothes. By avoiding longtime strain-full physical works in the Sunlight, carry out pretty simple endeavors shortly and smartly with almost no strains. Then, take a bath with moderate warm water. Then, stay relaxed with the thoughts of Almighty Grace.

#### **Rule-5:**

Have food as felt to eat with no delay. While eating, avoid excessive carelessness and hurry. Early food includes cumin shaped-rice (seeraha samba rice) or organic kaararisi, or any type of available rice.When being cooked, the rice becomes not too adhesive/pasty or too hard to be eaten. Consume fairly cooked rice, not excessively or lesser, but knowingly to the right amount of fire/appetite. However, it is good to eat food less than a handful as required. And, after food, drink good/clean water. That good/clean water should be also hot water. And, drink that water, not too much.



**Rule-6:**

Avoid all roots in food, except Karunai Kizhangu(Grace-Root/Kind of Yam). Have little Payan banana or Rasthali Banana. Avoid eating previously cooked vegetables, kept for a long time. In food, have only a little tamarind and Chili; but can have more cumin and pepper (black /white). Mustard is not essential. Consume less salt. And, It is always good to have less salt in food to help keep body healthy. Use only ghee/clarified cow butter in seasoning the food, if possible. If not possible, use little Nallennai (Gingili Oil, Til Oil, Sesame Oil). Add onion and garlic, only a little in food.

**Rule-7:**

Brinjal/Egg-plant, Raw Plantain, Broad Beans, Drumsticks, Ridge Gourd, Pumpkin/Marital Pumpkin, Snake Gourd, Purple-fruited pea eggplant/its leaves (Thuthuvalai), and Cluster Beans; these can be used in food items. Among these vegetables; drumsticks/murungai, brinjal/egg-plant, Purple-fruited pea eggplant-leaves/thuthuvalai, Peyan Raw Plantain can be used often in food preparations. All other vegetables may be used occasionally. Avoid all kinds of oil-fried items or cooked food in deep oil like vadai, rice cake/athirasam, dosai and mothagam. Little of them can be served occasionally. Avoid oily rice, like sweetened rice/sargarai pongal, curd rice/Yogurt rice, tamarind rice, and etc. Little of them can be served occasionally. Puliyorai Thuvaiyal (thick solid like paste) - even to consume it every day is very good. Karisilanganni Keerai, Thuthuval Keerai, Munnaikkeerai, Pasalaikkeerai, Murungai Keerai; these leaves can be prepared to consume separately, or with lentil/paruppu, or with black or white pepper, or with tamarind. If served, little of all other leaves can be consumed occasionally.



Sour curd can be served . Among lentils, Toor dhal(Thuvaram Paruppu) or the sprouts of toor dhal can be prepared with pepper powder as liquid dressing, or as solid downy or thick paste , or as gravy with other vegetables; and can also be served with ghee or without ghee. Avoid using excessive ghee. All other types of lentils are not essential. If given, they can be had occasionally. Drink dried ginger-water, when feeling thirsty. Preparation: First, fire up the dried ginger, coated with calcium carbonate ( Sunnampu) . Next, prepare the ginger powder, after peeling the outer dust off the fired ginger, and preserve it in an air tight bottle. Then, add little of this power in a pure drinking water. Finally, boil this mixture (water & ginger powder) for a sufficient length of time, until it becomes 2/5th of its original volume in order to get the right quality of ginger-water for drink. If the ginger-water is not accessible, then, atleast, drink very well boiled/hot water; but never drink cold water. Never ever eat flesh. However, it could be good, always eat little less than required. Never eat food unless felt to be eaten/felt hungry. Know and avoid all the food items that boosts up vadha-pitha-silathumangal. After day time food, without having a lie-down, never do anything. However, never lie down longer, until the slumber puts you in sleep. Never ever go to sleep during the day-time. After little lie-down, with less betel-nuts, and with more calcium carbonate (sunnammpu), chew up little betel leaves, along with five aromatic spices. Then, swallow the secondary betel-saliva-juice produced in the mouth, by spitting out the initially produced betel-saliva-juice. After seven hours of the day-time food, put away Payen banana or Rathali banana or bungalow banana, if possible with little country-brown sugar. When taking herbal milk/milk in the morning, consume little of these banana with ghee and country-brown



sugar, if felt hungry. Never have day-time sexual-intercourse. After eating day-time food, meditate on God for a while. After that, on doing any work, avoid strain-full physical jobs. If required, do it little by little smartly, almost with no strains. Go for an outdoor walk for a while so that the evening sunlight falls on the body. Avoid this walk that time, when the outside wind blows heavily. And, very hot sunlight, snow and rain - these should not fall on physical body.

**Rule-8:**

After having a complete ablution at the beginning of the night, and having Vibhuthi as well; going for meditation, prayer-recitation, reading books, and carrying out world affairs; likes these can be accomplished. Then, have food. Consume night food very less than that of day-time. Avoid curd, leaves, gastric foodstuffs, and cold foodstuffs in night. Consume only hot/warm cuisine consciously. They are Sirukathari (Small egg-plant/ small-brinjal), Murungai (Drumsticks), dried Broad Beans, and etc. After having night-time food, go for a short-time indoor walk. Then, engage in meditation like activities. After 10.45 pm, drink well boiled herbal milk as instructed for the morning intake or separate well-boiled milk. After little later, around 12 mid-night/ 24th hour, with less quantity of betel-nuts and calcium carbonate ( Sunnampu), chew up more quantity of betel-leaves along with five other aromatic spices. Then, swallow the secondarily produced betel-saliva-juice in the mouth, by spitting out the initially produced betel-saliva-juice. Then, spit out the leftovers. Spitting out this leftover is imperative in all other times too.



**Rule-9:**

For the requirement of having physical intercourse with women; first, by setting up your mind for about one Nazhikai ( 1 Nazhikai =24 minutes) , not in physical intercourse, but in different thoughts, then start intercourse. When started, without conscious distraction – means, with no diversion- with the psychosomatic (mental/emotional) freedom, without being heated up in body and mind, have intercourse, by keeping body turned towards its left side. Unless that time for having a child, all other times, with the precaution not ejaculate semen, carry out physical intercourse. The precaution is that neither releasing the oxygen (Piranavayu) nor controlling of it, but allowing it respiring just in between. Don't do it more than once. After having intercourse, have ablution and Vibhuthi (Sacred powder on the fore head), then go for SivaThiyanam (Meditation on Almighty Grace), and after that only, go to bed. While sleeping, keep the body turned towards its left side only. On any time, while sleeping for any purpose, always keep the body turned towards its left side. Then, sleep for seven and half Nazhikai or ten Nazhikai ( 3 to 4 hours). And, after that, by waking up, be to yourself in good thoughts. The intercourse during night once in four days is known as Athama Patsham(Mean Practice). The intercourse once in 8 days is known as Mathima Patsham( Medium Practice), and that once in 15 days is known as Uthama Patsham( Majestic Practice). If gone more than 15 days, semen seeps out itself due to natural arousal. Intercourse once in four days makes the semen turn into watery, and sicken the enrichment of offspring. And hence, it is called, 'Mean Practice'. In night, by sleeping gently, wake up without night dream. Always, don't be in fear. And, be not fearless too much, without precaution.



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Always, be mentally pleasant. Killing, Anger, laziness, Lying, Jealous, and Rude- Words; give up all these harms. Avoid loud Talk, speedy Walk, Run and Walk, Arguing and Fighting. By any means, without wasting more oxygen, practice safely.

**Rule-10:**

After, drying out Potralaik Kaiyanthakarai, and making powder of it, and then add it to Sesame Oil (Nallennai/Gingili Oil/Til Oil); and then, by applying this boiled oil mixture ( Sesame Oil + Powder of Potralaik Kaiyanthakarai) on head, take hot water bath once in four days. At least, take this bath once in a week. If this powder is not available, take this bath, but only by applying the boiled sesame Oil/Nallennai on head. Avoid smoking tobacco, smoking marijuana, drinking palm wine/toddy, consuming any alcoholic beverage, and anything that makes you dizzy. Never hold both defecation and urination, even a little bit. Never waste up semen in vain. Give up all bad habits. While doing any work or carrying out any worldly affair, do it with spiritual attitude (Siva Sinthanai), and practice as habit.

**Rule-11:**

In this body, at the centre between eyebrows, presume, as if the Light of God's Grace shines on the Camphor of Soul's Acuity (Anma Arivu), and by having this routine practice, and by presenting yourself/the truth as Love for God, and presenting yourself/the truth as Compassion for Living beings without any break down, recall Aumhara (Ohm) Panjhatsharam; recall Siva Panjhatsharam; Must do.

ThiruChitrambalam