

TEMPLE TRANQUIL

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15. TEMPLE TRANQUIL

THE WONDER 7th SENSE PRAYER SUCCESS SURE

1. VISUAL SENSE STIMULATORS (SEEING SENSE)

SEE

• VISUAL SENSE



**Look at AARTHI
with reverence**



**See with devotion
the lamp lit lights**



**Look with
admiration the
sculptures**



**View with
astonishment the
floral decoration**

7th SENSE PRAYER STEP 1

FOCUS ON "VISUAL SENSE" STIMULATORS (SEEING SENSE)

Look at the sculptures and get immersed . Stare with reverence the Deepa Arthi (தீப ஆராதனை) for a couple of minutes and get engrossed.. Tell to yourself "My VISUAL SENSE is becoming better every day. Thank you my SEEING SENSE and thank you GOD"

2. AUDITORY SENSE STIMULATORS (HEARING SENSE)

HEAR

• AUDITORY SENSE



Music Instrumental



Mantra Recital



Bell



Group Bhajan

7th SENSE PRAYER STEP 2

FOCUS ON " **AUDITORY SENSE** " STIMULATORS (HEARING SENSE)

Listen to the TEMPLE MUSIC with rapt attention for a couple minutes and get immersed. Ring TEMPLE BELL for a few times and get engrossed. Tell to yourself "My AUDITORY SENSE is becoming better every day. Thank you my HEARING SENSE and thank you GOD".

(Why we ring bells in the temple? Know Indian sculpture and scientific reasons behind it. Bells are not present in the temple to make it more gorgeous nor do we ring the bells to increase noise pollution. Bells aren't made up of some ordinary metal. It is made up of various metals like cadmium, lead, copper, zinc and manganese. There is an actual science

behind its proportion. The sound of bells produce distinct sound that creates unity of one's left and right brain. The sound touches seven chakras in our body, and as the sound reaches to our brain, the brain is

emptied of all thoughts. It feels relaxed. Bells work as anti-dote to your body. To awake you as you enter the temple is the scientific reason behind the presence of bells in the temple. Thanks: dailyhunt)

3. OLFACTORY SENSE STIMULATORS (SMELL SENSE)

SMELL

• OLFACTORY SENSE



Flower Fragrance



**Incense Sticks
Fragrance**



Sandal fragrance



Vibhuthi Fragranced

7th SENSE PRAYER STEP 3

FOCUS ON the " **OLFACTORY SENSE** " STIMULATORS

(SMELL SENSE)

Thoroughly enjoy the fragrance of flowers and the burning incense sticks for a couple minutes and get immersed. Tell to yourself " My **OLFACTORY SENSE** is becoming better every day. Thank you my **SMELL SENSE** and thank you **GOD**"

4. GUSTATORY SENSE STIMULATORS (TASTE SENSE)

Taste

- Gustatory SENSE



Thulsi Theertham



Puliyocharai



Milagu Vadal



Panagam

FOCUS ON the " GUSTATORY SENSE " STIMULATORS

(TASTE SENSE)

Hold in your mouth for a couple minutes prasadam like sweet pongal / kesari & thulasi theertham and let the taste buds be fully satisfied. Tell to yourself ". My GUSTATORY SENSE is becoming better every day. Thank you my TASTE SENSE and thank you GOD".

5. KINAESTHETIC (TOUCH) SENSE STIMULATORS

Touch

• Kinaesthetic Sense



Thopukaram



Touching hands



Wearing Vibuthi



Walking Barefoot

Goosebumps

புல்லரிப்பு

**While praying with devotion one gets
GOOSEBUMPS which is stimulating
KINAESTHETIC (TOUCH) SENSE**

7th SENSE PRAYER STEP 5

FOCUS ON the " KINAESTHETIC SENSE "
STIMULATORS (TOUCH SENSE)

Practise the above RITES which make you experience Touch sense . Tell to yourself " My KINAESTHETIC SENSE is becoming better every day. Thank you my TOUCH SENSE and thank you GOD"

5. THINKING SENSE (6th Sense) STIMULATORS

Think

• Thinking Sense



**Leaving
footwear**



Washing Legs



**Standing in
the queue**



**Offering
Flowers**



Worshiping



**Doing
pradatchanam**

FOCUS ON the THINKING " SIXTH SENSE "

STIMULATORS (THINK SENSE)

Sit and meditate for 10 minutes and stimulate your 6th sense which has been guiding to distinguish good and bad. Tell to yourself " My SIXTEH SENSE is becoming better every day. Thank you my SIXTH SENSE and thank you GOD.

7th SENSE PRAYER STEP 7

7th SENSE PRAYER -

The CLIMAX

How to seek what you

NEED?



HERE COMES YOUR REGULAR and USUAL PRAYER but with a DIFFERENCE

Then you do your usual prayer. Seek the almighty what do you want him to give you. The best prayer must be thanking the God . For example if you want God to give you a house, your prayer should not be "God give me a house" . It should be "Thank you GOD for giving me a house"

Don't say "God get me cured for sickness" . Thank you for curing me. Confusing? Your prayer must be always in the present continuous tense. For more see Nirmal's 7th Sense www.7thsense.guru and this example will clear your doubt. Boxer A was telling himself " I will win , I will win" Boxer B was telling himself "I am winning, I am winning" . B won the boxing.