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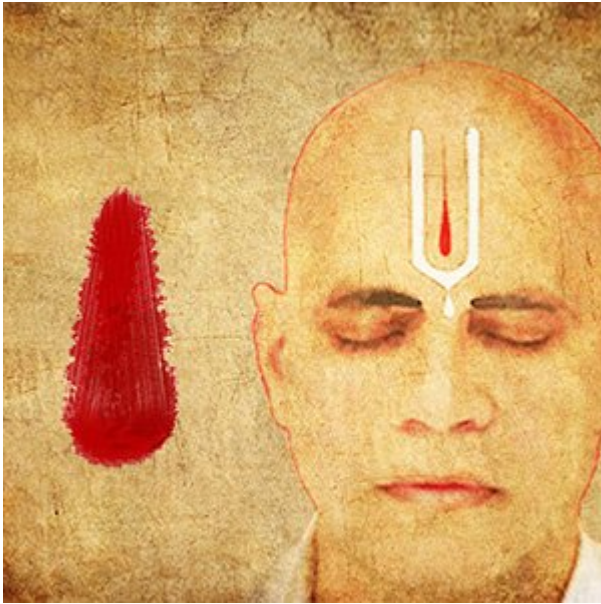


TILAK:AN AGE OLD PRACTICE OF HINDUS

The beautiful Matribhumi of Bharat is the land of many religions & cultures but its Hinduism with which the world identifies this great Nation. Hinduism is the religion with science at its heart & its also a religion of many rituals & traditions.



Today we will talk about a very prominent and noticeable Mark on the foreheads of #Hindus called 'Tilak'. Tilaks are of different designs and colors. It symbolizes different meanings for different people such as religious expression, spiritual symbol, marital status etc.



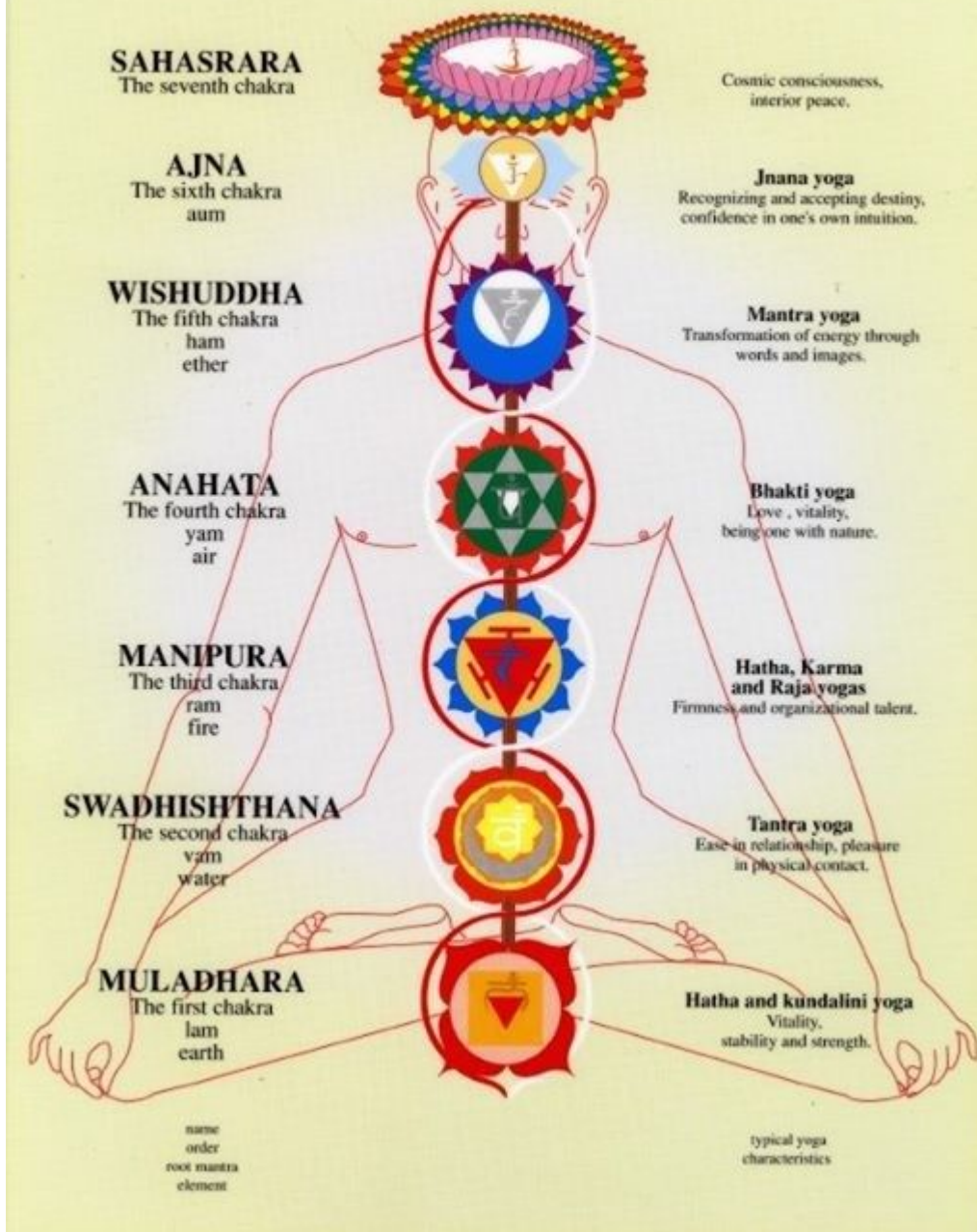
Tilak is a very alluring design that is made in between the eyebrows. Vermilion, Chandan, Turmeric, Kumkum, Rice and Rice water, Vibhuti etc can all be used as Tilaks.

Why this particular spot is used for Tilak? Bcoz, it is mentioned as 'Ajna Chakra' in terms of yoga.



This chakra is the sixth & most important chakra of the human body. It's the junction where the highest number of neurons meet & is described as most important and sensitive spot in the human body. Different #Hindu traditions use different shapes and ingredients to make the Tilak.

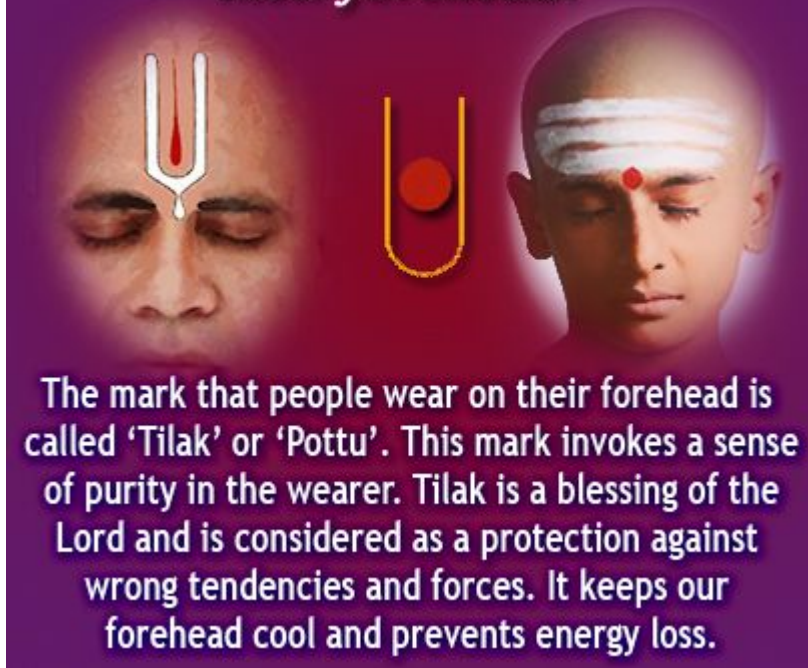
THE CHAKRAS



SPIRITUAL SIGNIFICANCE

Various Hindu Scriptures mention the importance of Tilak in Sanatan Dharma. It is believed that energy, strength and divinity comes to those who apply Tilak. It is also regarded as a welcoming expression and to honour the guests when they arrive.

Why do people wear Tilak on their forehead?



That's why in #Hinduism we welcome guests by applying Tilak on their foreheads to honour our belief of "■■■■■ ■■■■ ■■"

Its used to mark idols of our Deities before commencing Pooja,to mark the rock or tree before its cut or removed from its place for some house construction etc.



One who meditates with full concentration on the 'Ajna Chakra' is believed to have an awakened foresight. The meaning of 'Ajna' is 'perception' and it also means 'become aware of' and 'take control'.

AJNA CHAKRA



THIRD EYE CHAKRA – SIXTH CHAKRA

Sanskrit Name

Ajna Chakra

Color

Indigo Blue

Seed Mantra

Om

Location

Between the eyebrows

Element

Gross energy and matter

Gland

Hypothalamus, pituitary

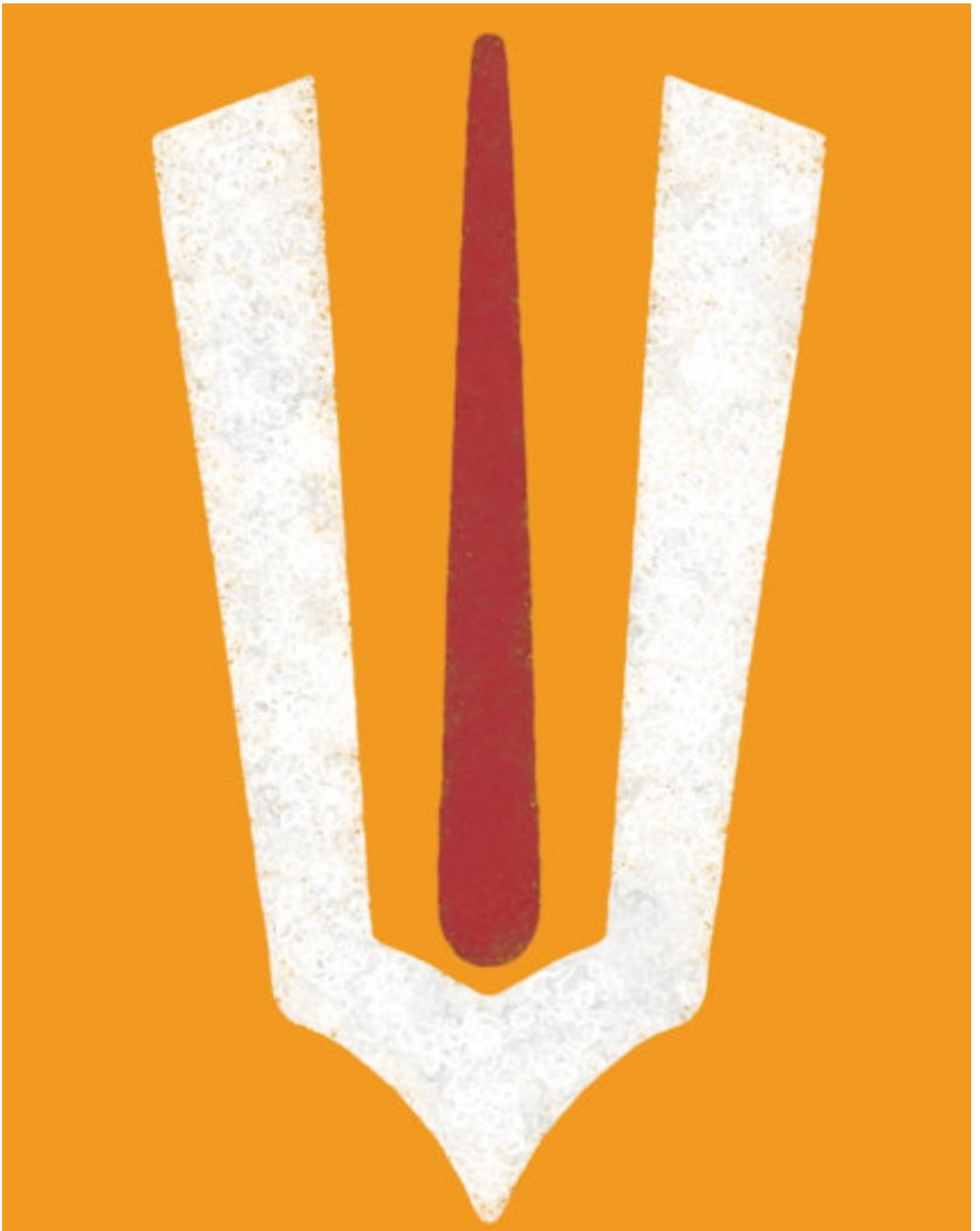
Psychological Function

Intelligence, intuition, insight
understanding, self-knowledge

Asana

Shirshasana

Applying 'Tilak' from Ajna Chakra & moving upwards towards the forehead signifies individual's journey of channelizing his thoughts & moving towards spirituality. Applying Tilak on forehead enhances Intuition power. Some people also apply it on their throat to enhance communication skills.



Some pple apply on ears to improve hearing skills.
Depending on the Bhakti sects of Hinduism or the Gods they worship,there r a variety of 'Tilaks'.

VAISHNAVA SAMPRADAYA

Vaishnavas use a U shaped,yellow coloured,sandalwood tilak extending towards the nose called 'Urdhav Pundra'



It represents the lotus feet of Lord Vishnu.A line at centre is formed using wet Kumkum representing Lakshmi,consort of Lord Vishnu.

SHAIVA SAMPRADAYA

Worshippers of Lord Shiva apply 'Tripundra'ie three horizontal lines, running across forehead.Applied in 12 different bodyparts

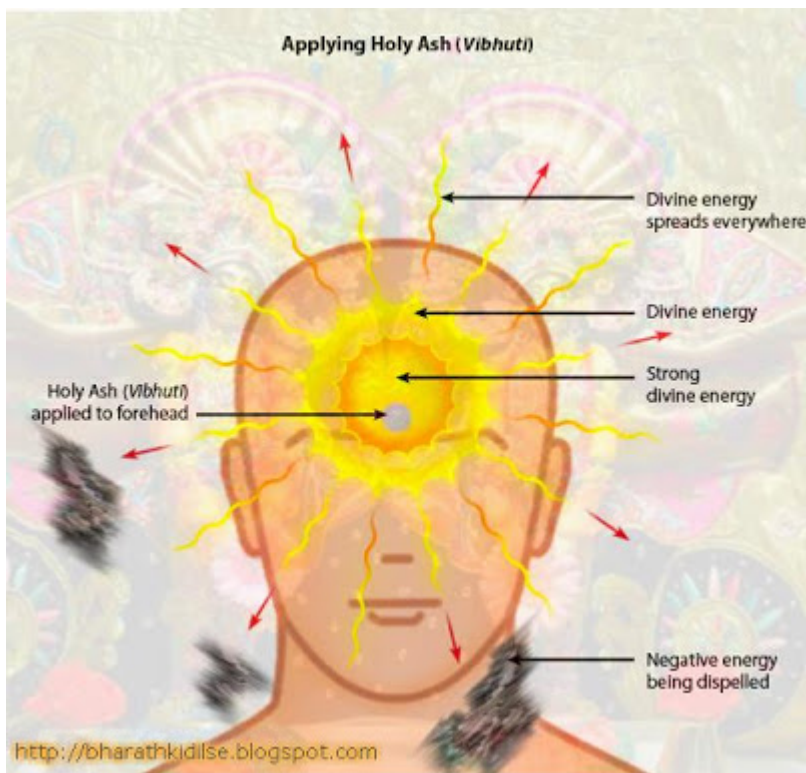


These body parts are arms,ribs,belly,chest,throat,ears etc.Tripundra is made using Vibhuti or Ash and is collected from the burnt wood 'Samhitas', burnt cow dung cakes or incense sticks and Guggal Dhoop etc.

Yogis or Sadhus who follow Shiva collect the Ash from cremation grounds.



Spiritual belief is that Tilak of these ashes destroys evil and protects from sickness. Ash reminds us about the ultimate reality of man and tells us to look beyond the limitation of birth & death. Ash is termed pure, as it can't decay further and maintains a constant form.



SCIENTIFIC SIGNIFICANCE

- As per Vedas, Tilak must be put on using middle finger, by pressing gently, this allows electromagnetic waves to pass through and enhances neural network of the spine.
- There is an Ayurvedic Treatment for curing mental stress, depression, fatigue & insomnia.

तिलक लगाने का वैज्ञानिक

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हमारे माथे के बीचों बीच आज्ञाचक्र होता है जो इड़ा, पिंगला तथा सुषुम्ना नाड़ी का संगम है। तिलक हमेशा आज्ञाचक्र पर किया जाता है जो कि हमारा चेतना केंद्र भी कहलाता है। वैज्ञानिक दृष्टिकोण से चंदन का तिलक लगाने से मस्तिष्क में शांति, तरावट तथा शीतलता बनी रहती है। इससे दिमाग में सेराटोनिन व बीटाएंडोर्फिन नामक रसायनों का सतुलन होता है तथा मेधाशक्ति बढ़ती है। तिलक लगवाते समय सिर पर हाथ इसलिए रखते हैं ताकि सकारात्मक ऊर्जा हमारे शीर्ष चक्र पर एकत्र हो तथा हमारे विचार सकारात्मक हों। ---गुरु

This treatment is called 'Shirodhara', in which a warm herbal oil is constantly dripped onto the Ajna Chakra of Forehead. It takes out excess heat, cools the system & rejuvenates it. Similar to this, a brief massage of Sandalwood, Kumkum or Vibhuti Tilak everyday gives the same effect.



But the ingredients must be pure, then it permanently cures headaches & offers relief from stress.

- Sandal wood paste has a cooling effect & it cools down the head immediately since it heats up bcoz of continuous thought process.

- Applying Kumkum is known to reduce stress & fatigue.

- Applying turmeric on the forehead promotes good health, regulates body aura and eradicates the negativity.

- Bhasma is said to have medicinal value. Its the calcine ash that protects body from radical damage. It absorbs excess moisture and prevents one from cold and headache.



A *Tilaka* ceremony in progress to welcome the groom at a Hindu wedding

Ours is a Dharma of many rituals & traditions. Ppl mock us for these things & youth feels embarrassed of their own traditions but when we know the deep meaning & scientific logic behind each of these traditions, we can feel nothing but 'Proud'. Lets spread the word.

Jaitu Sanatan ■