

Twitter Thread by Sreevidya Balasubramaniam



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Thread for girls (of all ages) - The 'Why' of our dos and don'ts - Part 1.

Over the past few generations, our elders had lost the wisdom of dos and don'ts for us.

As a result, they couldn't explain the 'why' behind all that.

This week on, I am writing a series of short threads on various topics for girls. You may follow these or pass on to your daughters.

Part 1

Why are we not allowed to sit cross-legged?

Practice of sitting cross-legged will create pressure in internal organs inside waist area.

It will also affect blood circulation. Women need proper blood circulation in those organs. Broad waist is needed for higher fertility and easy delivery.

1. Sitting in the Mother Rajarajeswari posture (two positions shown below) allow waist to expand allowing blood circulation.



This posture minimises blood running to the feet all the time, creating minute dams in the waist area for blood which enables internal organs to rejuvenate.

When eating, sitting on the floor like this will help digest food easily.

Women roadside vendors normally sit this way.

This was not just Indian tradition, pagan women world over had similar traditions.

A german friend once told me that her Norse mother-in-law would tap her every time she saw my friend sitting cross legged, saying 'you will need a broader waist'.

If you have PCOD, dysmenorrhea, or other related issues, try this posture. You can sit in the Goddess posture even in the office.

In addition, try the following:

2. Part your hair in the centre. If married, apply kumkum on the seemantha rekha. This is to let sun's rays

directly reach this portion of the forehead where subtle nerves unite and go all the way to the uterus.

Kumkum (turmeric + limestone) due to the turmeric content helps reduce toxins.

Start parting hair in the centre, and you will see difference in a few months.

3. Don't leave your hair loose.

You know there is static electricity generated in the hair.

Hair is a conductor (hence it stands on its end when a person gets severe shock) of energy.

With loose end, the flow of energy is continuous towards earth.

Much of energy will be lost if you keep the hair open the whole day.

Our grandmothers and mothers would always ask us to tie our hair up.

Similar to the sitting posture pagans always tied their hair.

Men also used to tie their hair in olden days.

If you feel drained

out, try tying your hair up all the time, and make sure you apply oil regularly.

Don't use chemical shampoos. The best shampoo is the leaves and flowers of Chemparuthy - Hibiscus.

4. If there is a temple with a banyan tree nearby, make it a habit to go there once a week

(the very least) and go around the tree 12 times to 108 times. It is said that doing this will increase fertility in women.

Have you noticed the shape and position of its leaves? They have pointed ends and they point towards earth.

Due to the magnetic resonance of earth,

an electro magnetic field is created between the tip of the leaf and the earth.

When you walk through this field, your body absorbs much of the energy.

5. When home, try and wear a cotton undergarment made of a 1.5 - 2 meter cloth. It's called 'Tattu' (tt as in attain).

Let me know if you need instructions. Tattu will firm up the waist and give it a good shape.

When going out, always wear cotton and if possible organic cotton undergarments.

Our traditions are time tested. Thousands of years. If modern ways don't help, then try tradition.

Part 2: why we must wear Mendhik■ (mehndi).

Part 3: meaning of wedding rituals and why it is not a show but a deeply spiritual event - this thread will destroy the patriarchy cries of the left.

Part 4: small changes in the way we cook and eat for a healthy family.

Part 5: ■