

ONV Kurup

"Pranayam ONV Kurup's Poem on Pranayam"

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vaasantham vayal poovodu cheythathu pole njaan ninoodu cheythu
hemandam poovanathodu cheythathu pole nee ennodum cheythu
theerangal puzhaye thalodiya pole njaan ninne thaloodi
olangal karaye punarthu pole nee enne punarnnu
pranayam etho en preyasi naam pranayikaloo pavizhangaloo

njaan ninne kaanunnathin munpum aambal kan thuranu erikkam
niinooday midunnathin munpum raavil nilaavu vannirikkaam
onnum njaan arinjirunnathe ellaa nee ennir nirayum vareeyum
swapnangal ennoru ambili paalazhi chindakal aambalin poika
pranayam etho en preyasi njan thentthingaloo nee aambaloo

ninne njaan ariyunnathin munpum pookkal virinjirunnirikkaam
nee ennir aliyunnathin munpum praakkal parannirunnirikkaam
onnum njaan arinjeyirunnillaa ninne njaan kaanum vareyum
ennu ennir vidarunnu poovukal nenjil kurukunnu praakkal
pranayam etho en preyasi naam poovukaloo aripaakkaloo

swapnathil vayalelakal kandu mundiri tottangal kandu
kunninmel kattadi mrangalum aruviyin uravayum kandu
thaazvaram panineer pookkalal puthachuranguunnathum kandu
malakale ummavaikkunna suryante chuvvannoru hridayavum kandum
pranayam etho en preyasi nee giri nirayoo njaan sooryanoo

ennolam njaan paadiyathelaam ninne kurichaayirunnu
ennolam njaan tediyaathellaam nin paathal aayirunnu
ethu vare neeyaam pakalinu pin nilavu anyamaayirunnu
eni ennum pranaayadra sandyayaay pakalum nilaavum layikkum
pranayam etho en preyasi nee naam pranaya sarasilee hamsangaloo

ethethoo marathinte kombathe kootile kilikal ee nammal
engu engoo mlayorathu poothatham neelakurinjikil nammal
ennu ennum nilanninnu pokatee maravum kombum kilikoodum
oru naalum pozhiyaathirikkatee neelakurinjiyum naamum
pranayam etho en preyasi naam kilikaloo neelakurinjikalo

vanamillaa marubhoomikal illa njaan ninne unarthunna naattil
machillaa thara mezhukiyittillaa njaan ninne urakkunna vettill
njaan undu nallormakal undu neeyennoru aakasha chottill
mazhya undu malar mazhavillum undu thaarangalum koottinudnu
pranayam etho en preyasi naam naan bhoomiyil veena nakshatrangaloo

njaan kandu kadalinte aazhavum neelimayum ninte nokkil
njaan kettu kadalolam snehavum aardrathayum ninte vaakkil
njaan paadi ariyaatha bhashayil kelkkatha ragathinoppam
njaan kori kaanaatha chitrangal perillatha varnathaal
pranayam etho en preyasi naam pranayam varachitta chitrangaloo

njaan ninne pranayikkunnathaanu ente jeevikkuvannulla vaanjcha
ee enne pranayikkunnathu aanu ente jeevithathinte andasatha
njaan ninne kaathu nilkkumbol okeeyum enn nizhalum koottu nilkkum
nammae pol nammude nizhalukalum pandey pranayikal aavaam
pranayam etho en preyasi naam pranaya veyil nizhal thumbikaloo

naam thammil pranayam paranjathu aa malanirakal kettirunno
naam thammil sneham pangittathu ee aramathil engaanum kandoo
eviduthe kunnin charivikalkkennennum kelvi illaathirikkatte
irayathe manchirathukalkokkeyum kazcha ellathirikkatee
pranayam etho en preyasi naam venal ariyaa nikunjangaloo

nee enne marakkan padippichu ninne maatram orkkuvaanum
nee enne adukkan padippichu ninne yere snehikkuvaanum
nee alle theeravum chakravaalavum verthirikkunnoraa dooram
nee allee theerate jala shangile saagarathinte agaadham
pranayam etho en preyasi kadal chippi enn timer nee venmuthoo

poo pole poovum neyyum ethal polenammilum pranayam vidarnnum
poonthenaay ethalukalil oorum thenaay nammilistam madhurichu
poovinte naru gandham thooki nammile sneham innolam
poo nammal pookkalavum nammal vaadathirikkate nammal
pranayam ethaanu enn preyasi nithya pranayikal aanu naam ee mann timer

pranayam ethaanu enn preyasi nithya pranayikal aanu naam ee mann timer

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