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## Lemurian Yoga Practice for World Peace

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### ABSTRACT

International peace is essential and inevitable for a happy living. Only this can maintain both mental and physical pleasure and bliss. Each individual has to be peaceful to maintain global peace because there are billions of individuals in this world. By seriously analyzing these drawbacks and shortcomings the ancient Lemurian continent Seers formulated and introduced simple and easily performable yogic methods. The author's prime ambition, vision and mission is international peace. Hence he proposes six different types of yogic practices.

**Keywords:** Spiritual Bliss, International Peace

### 1. Vaalai Meditation [Aatral Pottri in Tamil ]

Vaalai means Un manifested energy at the root wheel. To awaken and activate this sit on a cotton cloth. Close the eyelids. Chant loudly IMMMMMMMMM while exhaling slowly for **five times** focusing/concentrating your thoughts at the third eye center. This simple practice awakens the energy and spreads all over the body.

#### *Benefits*

AUM is macro-phenomena but IMMM is micro phenomena. AUM is the sound of this external Universe and IMMM is the sound of our internal Universe. The recitation of IMMM activates the inner organs of the human body and also activates the hidden energy at the root center. The great Tamil Siddha Gorakkar says that IMM is the sound produced by the sub atomic particles of an atom. Also as per the great Lemurian Seer Mayan, whatever is in the macro, all are also in the micro. So, IMM recitation is parallel to AUM chanting. What is beyond AUM and IMMM? Silence is the most powerful mantra.

### 2. Eye breathing [Aga Oli Dhyana in Tamil]

Needless to say, breathing is essential for life. It is also the foundation stone for spiritual progress and peace of mind. By sitting in the same position, very slowly inhale simultaneously closing the eyelids. **KINDLY DO NOT DETAIN BREATH.** Exhale along with the opening of the eyelids. Repeat this practice **eleven times**.

This is the easiest practice to awaken the **hidden** energy. The Lemurian Tamil Seers time and again used to preach that our 95% of energy is wasted only through the eyes. The eyes play the prime role in spiritual practices. If one streamlines eyes, then controlling the mind is easier. The eyes can be streamlined and controlled by breathing. The breathing along with the eyelids opening and closing operation calms the mind, rests the mind and yields the practitioner storage of cosmic energy and paves the path to experience and enjoy bliss and enlightenment.

### 3. Mouth breathing. [Naasi Naa in Tamil]

Sit comfortably as explained above. Close the eyelids. Slowly inhale through the nostrils. **Then open your mouth and jaw widely and push out the breath with mild force. Do this for five times**

The Lemurian Seers preaches that even a single movement of any body organ produces heat. Needless to say, heat is a must for the survival of the body. In the case of heat body yoga practitioners, this heat spoils the benefits of the practices. This special breathing technique maintains the ideal temperature of the body. Also, it is the major rescuing technique from all side effects

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#### 4. Neck movement [ Aga Pura Aatral Oli Nilai in Tamil ]

By sitting in the same position, close your eyelids. Place your left hand on the left knee and right hand on the right knee. Very slowly turn your head towards the left side and come back to the previous position. Then turn your head towards the right side and come back to the previous position. Let your hands and all the organs of the body be as free as possible. Now turn your head towards the left side such that both your forehead and left knee lie on a straight line. Slowly come down towards the left knee as slow as possible. Firstly head, secondly neck, thirdly shoulders, fourthly spinal cord and lastly the hips should be made bend. After one or two second return to the previous position as mentioned above. Perform this practice towards the right side. Lastly do this towards the center side of your body [towards the floor] only one time practice is sufficient. It helps to harmonize both the synthetic and para synthetic nervous system. Do this only once.

**If done properly, this puts the practitioner on El Dorado. These simple techniques calm the mind and puts the performer to enjoy maximum peace and pleasure.** It helps to harmonize both synthetic and para synthetic nervous systems of the human body.

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#### 5. Slow breath [Mana Mounam in Tamil]

Keeping the eyelids closed, sit comfortably on the mat. Inhale slowly and open your mouth widely and exhale with little force. This easiest practice slows down the speed of inhaling and exhaling to enjoy and experience peace and bliss. And this activates the para synthetic nervous systems and calms down the mind. **It is enough to perform this practice one time only.**

Fast breathing ruins the cells and slow breathing maintains the organs. The RAPID breathing exhausts the energy of the body. The quick breathing reduces the lifespan. The slow breathing extends the life span and helps the performer to obtain spiritual progress and elevation. Regular practices stores more and more cosmic energy into the physical and subtle bodies. This is the Ultimate Reality in breathing.

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#### 6. Salutation to Universal Lord [Nantri Navithal Nilai in Tamil]

Remaining in the same position, lift your left hand first and right hand secondly towards the sky. Above your head. Join the palms. Let the joined palm come down before/facing face, and neck. Stop the joined palms before the chest and chant loudly **Om Tat Sat**. Then relax for two or three seconds and chant loudly **LET THERE BE PEACE WITHIN. Practice this only once**

*NAM MANATHIL AMAITHI UNDAKATTUM. [ in Tamil ]*

##### **Benefits**

All the scriptures of the Hindu philosophy emphasize on creation and destruction. But the Lemurian Maha Monk/ Maha Muni Mayan says that there is no creation and destruction. There is only transformation. He uses the technical terms **Appearances and Disappearances**. Creation is appearance and destruction is disappearance. Whenever matter forms it is appearance and whenever matter transforms into energy it is disappearance. So, it is energy and matter. Einstein established once and for all that matter and energy are equivalent. A lot of scientific experiments validated this theory. So, OM TAT SAT is meant by the EVER PRESENCE of energy. Only energy is permanent forever, forever.

Om Tat Sat chanting is also a thanks giving to energy and a bridge between bio energy and cosmic energy.

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#### **Discussion**

There are three different types of human bodies, namely physical, subtle and causal. There are the following seven spinning energy wheels which are located at the subtle body”

Muladhara (root chakra), Svadhisthana (sacral chakra), Manipura (solar plexus chakra), Anahata (heart chakra), Vishuddha (throat chakra), Ajna (third eye chakra), Sahasrara (crown chakra)

Whenever a person practices the above breathing techniques and the neck movement, these energy wheels get activated and awakened resulting the manifestation of the hidden energies. Physics established all that energy is capacity to do work. Thus the above performances gives energy from within the body to rejuvenate all the organs and cells.

The endocrine systems are located at the physical body.” Endocrine systems, also referred to as hormone systems, are found in all mammals, birds, fish, and many other species. The endocrine system consists of: Glands located throughout the body; Hormones made by the glands and released into the bloodstream or the fluid surrounding cells. <sup>[1]</sup> The following endocrine systems have been verified scientifically: <sup>[2]</sup>

Hypothalamus, Pituitary, Thyroid, Parathyroid, Adrenal, Pineal, Pancreas, Ovaries:, Testes

The proper functions of these endocrine systems are essential and inevitable for success in spiritual practice es. This can be obtainable only through PEACE. Our peace yoga activates and awakens the energy wheels and endocrine systems ultimately offering pure peace and total bliss to the performers.

Besides these, our peace yogic practices stream lines the three Gunas of Nature (Sattva, Rajas and Tamas). This is meant by “quality, peculiarity, attribute, or tendency” The peace yogic package provides the performers peace and bliss. Currently, there are more than 800 billion people are living on earth. If all of these population practices our peace yoga only for eight minutes per day regularly, then global peace will emerge successfully. This is the only ambition of this author. This is the simple and easiest path to maintain peace among people and nations.

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