

Four Important Lemurrian Yoga Packages

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ABSTRACT

Lemurrian yoga methods are 32000 years old. Till this day, these yogic practices have been kept as a hidden secret. The author has spent more than ten years for this exploration and R&D. The author has learnt this entirely new type of techniques from several instructors and masters. In this work, the author unlocks the beautiful packages for children, old people, corporate people and a general design for all age groups. This type of yoga asana is to be performed too slowly to get the full benefits.

Lemurrian Yoga Package for Young Children

Vaalai Meditation

Sit Comfortably on A Mat and Recite the Following:

- Om Vaalai protects me from all physical complaints.
- Om Vaalai gives me a long duration of life.
- Om Vaalai offers me a good education and career.
- Om Vaalai gives me name and fame.
- Om Vaalai grant me peace of mind and the happiest life.

Sitting Postures

- a) Open and close your mouth slowly for five times.
- b) Open your mouth slowly, stretch out your tongue slowly. Count 1,2,3,4 and 5 in your mind. Then slowly let your tongue return to your mouth and close your mouth. Repeat this for five times.
- c) Slowly breathe in and breathe out for five times.
- d) Slowly close your eyelids and count 1,2,3,4 and then open your eyelids. Repeat this for five times.
- e) Close your eyelids. Slowly inhale, then open your mouth and exhale. Repeat this for five times.

- f) With your hands rub your face, mouth, eyes, nose, ears, chest, stomach, novel, knees, thighs and feet.

Standing Postures

- a) Stand on the mat comfortably. Keep the hands below your chest horizontally and move your body slowly towards the ground. Mentally count 1,2,3,4 and 5 and slowly come back to the previous position. Do this asana five times.
- b) Stand comfortably on the mat. Let your right-hand fingers touch the left ear and left hand fingers touch your right ear. Slowly it down. Be sure that your front portion and the heels of your feet FULLY touch the mat. Then mentally chant 1,2,3,4 and 5. Then move back to the previous position. Do this for five times.
- c) Fold your left hand and place it before your chest. And fold your right hand above your left hand. Your hand should not touch either your chest or your stomach. Then circle your left hand keeping your right hand as origin 0. Do this for five times. Then repeat this same asana with your right hand.
- d) Stand comfortably on the mat. Slowly lift your left knee towards the sky and then slowly let your left leg goes back to the ground. Do this with your right knee. Repeat this asana for five times.

- e) Glop your hands gently for ten times.
- f) Fold and open your hand fingers ten times.

Walking Postures

- a) Move your left leg with some force in front of you and walk. Do this with your right leg. Perform this for five times.
- b) Stand comfortably on the mat. Move very slowly till the end of your mat. Turn back and repeat this. Perform this for five times.

Laying Postures

- a) Lay down on your mat comfortably. Too slowly move on rolling your body on the mat. Perform this for five times.
- b) Lay on the mat comfortably. Left your left leg towards the sky and then lift your right leg towards the sky. Mentally count up to 5 and then slowly let your left leg goes down and touches your left side of the buttocks. Do this with your right leg also.
- c) Lay down comfortably on the mat. Slowly raise your left hand above your chest and slowly put it on your chest. Perform this with your right hand also. Then slowly lift your left hand and place it down slowly. Do this with your right hand. Do this for five times.
- d) Lay down comfortably on the mat. Gently close down your eyelids. Mentally chant 1,2 up to 108.

Lemurian Yoga Methods for Old People and Patients

Sit Comfortably on a Wooden Chair

Vaalai Meditation: Vaalai means non-manifested primordial energy situated at the root center.

Inhale slowly without reciting any mantra. While inhaling, close our eyelids slowly. Retain the breath for two seconds. Then exhale reciting Vaalai mantra Imm. While exhaling, open your eyelids slowly. This is a must. Repeat this process for 30 to 40 times. This Vaalai meditation activates each and every cell and nerves of the body. The Kundalini energy will get activated and will start its journey from root center to crown center [1].

Vaalai Breathing Technique: Slowly close your eye lids and mouth. Inhale slowly. Retain the breath for two seconds. Open your mouth widely and then exhale slowly. Repeat this breathing technique for ten times. This Vaalai Breathing Technique prepares your body to perform FLY and prevents all hurdles, if any. Also, this cools down your body temperature and protects all the cells and nerves of the body.

Neck Movement: Change your sitting position. Close your eyes slowly. Move your neck towards the left side very slowly. Rest for

two seconds and slowly move back your head to the right side of your body. Rest for two seconds and begin moving slowly to the center of your body. Then move to the left as explained above. Then slowly move down towards the left knee as much as possible and pause for five full breathings. Then return to the previous position. Secondly, do this towards your right side. Thirdly, repeat this towards the center side. These three neck movements form one round. Perform this for five times.

Hand Movements: Slowly lift your left hand and then right hand above your head. Close our eyelids slowly and meditate for two seconds only. Then slowly release your hands one by one. Do this five times.

Leg Movements: Slowly lift your legs one by one. Then release your legs to the previous position slowly. Perform this five times.

Thigh and Leg Movements: Slowly expand and contract your legs and thighs simultaneously for five times.

To and Fro Leg Movements: Move your legs one by one to and fro for five times.

To and Fro Hand Movements: Move your hands one by one to and fro for five times.

Lemurian Bliss & Joy Breathing Cum Yoga: Keeping your eyelids closed, slowly open your mouth and then push out the breath you have inhaled fully and then close your mouth. This is a landmark, a milestone in the Lemurian yogic breathing system. This simple, very simple, in fact too simple breathing technique slows down the speed of your breathing and also reduces the number of breathings per second. The practitioner can easily and fully enjoy and experience the deepest level of conscious BLISS, PEACE, JOY & ENLIGHTENMENT. Ultimately this leads to Samadhi provided with, and only if and if the performer performs/practices regularly. [2] This simple Lemurian breathing technique arrests all the external thoughts and disturbances. Consequently, the performer lands on perpetual peace & bliss.

Naddi Suththi: Close your eyelids slowly. Inhale and exhale deeply for ten times.

The Lemurian Yoga Design for Corporate People

Sitting Postures

One:

1. Sit comfortably in keeping right leg in front side. [Eyes closed]
2. Very slowly turn your face, shoulders and spinal cord towards left side so as to face your head on your left knee.
3. Now very slowly bend your torso up to your left knee.
4. Breathe in and out for five times very slowly and completely. Then come

5. back to the previous position.
6. Now repeat this towards your right side
7. Now do this at the central side.i.e. Towards the floor.

Do this asana for twice. Then change position. I.e., keep the left leg in the front side and left leg in the back side. Repeat the technique twice as explained above. This first sitting posture makes the performer to forget everything and prepares to attain worldly happiness and spiritual bliss.

Two:

1. Sit comfortably in keeping left leg in front side.
2. Very slowly raise your left hand above your shoulders.
3. Then slowly raise your right hand above your shoulders.
4. Now bend down up to your left knee.
5. Five normal breaths in and out.
6. Then come back to your previous position.
7. Very slowly raise your right hand above your shoulders.
8. Then slowly raise your left hand above your shoulders.
9. Now bend down up to your right knee.
10. Five normal breaths in and out.
11. Then come back to your previous position.
12. Now lift both of your hands above your shoulders by inhaling and move back your hands by exhaling.
13. This second sitting posture streamlines and activities the thighs, knees, hip, spinal cord, shoulders and brain cells. The practitioner feels freshness and happiness.

Standing Posture:

1. Keep your left leg facing left side of your body and right leg making L shape towards front side.
2. Lift your left hand towards the sky slowly.
3. Lift closely your right hand facing the sky.
4. Now bend down up to your left foot.
5. Five slow and full breath in and out.
6. Then move back to the previous position.
7. Repeat the same technique towards your right leg and right side.
8. Repeat this yoga for twice

Walking Posture:

1. Stand comfortably by keeping your legs at 45 degrees.
2. Now raise your left leg and left hand towards the sky simultaneously by uttering the sound HAAAA and slowly put back both your leg and hand to the previous position.
3. Now raise your right leg and right hand simultaneously towards the sky by uttering the sound HAAAA and slowly put back both your leg and hand to the previous position.
4. Now raise your left leg and left hand towards the sky simultaneously by uttering the sound HOOOO and slowly put back both your leg and hand to the previous position.
5. Now raise your right leg and right hand simultaneously towards the sky by uttering the sound HOOOO and slowly put back both your leg and hand to the previous position.

Repeat this practice for twice. This practice prepares the rejuvenation of the all the organs of the body.

Laying Posture:

1. Stand comfortably by keeping the foot in 45 degrees.
2. Sit down very very slowly.
3. Keep your left pal on the left knee and the right palm on the right knee.
4. Remain in this position for two minutes.
5. Then put your back side on the floor and stretch your legs one by one on the floor.
6. Keep your legs one by one at the back of your hip.
7. Inhale chanting S00000 silently and exhale chanting silently HAMMMM
8. Remain in this position for 5 minutes.

Then lay down for a while. This practice activates the central NADI.

Breathing Techniques

First Breathing Technique:

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids.
3. Keep the left hand on the left thigh with chin mudra.
4. Close your right nostril with your right thumb.
5. Inhale through left nostril by chanting YAM and exhale through left nostril by chanting RAM [Silently].

6. Repeat this for SEVEN times.
7. Then close your left nostril with your right index finger.
8. Inhale through right nostril by chanting YAM and exhale through right nostril by chanting RAM [Silently].
9. Repeat this for SEVEN times.
10. Then change position. i.e., Keep the left leg in the front side and right leg in the back side.

Repeat the technique SEVEN times as explained above. This breathing practice purifies the lungs, heart, throat and brain cells.

Second Breathing Technique:

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely.
3. Through both the nostrils inhale by chanting YAM and exhale by chanting RAM.
4. Repeat this for SEVEN times.
5. Then change position. i.e., Keep the left leg in the front side and right leg in the back side.
6. Repeat the technique SEVEN times as explained above.

This practice purifies lungs, heart, stomach, hip, spinal cord, shoulders, eyes, ears, nostrils, throat, palate and the brain cells.

Third Breathing Technique:

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely.
3. Close your right nostril by your right thumb and inhale through your left nostril by chanting SOOOO
4. Now release your right thumb and hold the breath.
5. Close your left nostril by your left thumb and exhale through your right nostril by chanting HUMMMM
6. Repeat this practice for SEVEN times.
7. Then change position. i.e., Keep the left leg in the front side and right leg in the back side.
8. Repeat the technique SEVEN times as explained above.

This practice activates the entire respiratory organs and the brain cells the pineal gland starts to function normally. Each and every nervous system gets rejuvenation.

Fourth Breathing Technique:

1. Sit comfortably by keeping right leg in front side.

2. Close both of your eye lids completely.
3. Slowly bend your body toward front side by chanting silently HAAAAA and exhaling.
4. Slowly bend back your body to the previous position by chanting silently HOOOO and inhaling.
5. Repeat this for SEVEN times.

Then change position. i.e., Keep the left leg in the front side and right leg in the back side. Repeat the technique SEVEN times as explained above. This fourth breathing technique purifies and activates all the parts stomach, heart, lungs, spinal cord, hip and head.

Fifth Breathing Technique:

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely.
3. Slowly bend your body toward front side by chanting silently HOOOO and exhaling.
4. Slowly bend back your body to the previous position by chanting silently HAAAA and inhaling.
5. Repeat this for SEVEN times.
6. Then change position. i.e., Keep the left leg in the front side and right leg in the back side.
7. Repeat the technique SEVEN times as explained above.
8. This fifth breathing technique loosens the upper palate and begins to secrete the pineal gland.

Meditation Practices

First Meditation Practice:

For all the five-meditation practice, keeping the chin mudra is essential.

1. Sit comfortably by keeping right leg in front side.
2. Close the eye lids very slowly.
3. Chant SOOO seed syllable when you inhale and chant HUMMM when you exhale. Do this four times.
4. Open the eye lids very slowly.
5. Chant SOOO seed syllable when you inhale and chant HUMMM when you exhale. Do this four times.
6. Repeat this TEN times slowly.

Then change position. i.e., Keep the left leg in the front side and right leg in the back side. Repeat the technique TEN times as

explained above. This practice puts your mind at rest, and you can attain spiritual bliss and happiness.

Second Meditation Practice:

1. Sit comfortably by keeping right leg in front side.
2. Close the eye lids very slowly by chanting RAM.
3. Open the eye lids by chanting YAM.
4. Then change position. i.e., Keep the left leg in the front side and right leg in the back side.

Repeat the technique TEN times as explained above. This practice streamlines the breathing, and the external thoughts are gradually arrested. The mind stops modifications, and the performer forgets his/her worries and experience peace and bliss.

Third Meditation Practice:

1. Sit comfortably by keeping right leg in front side.
2. Slowly open 25% of your eye lids by chanting OM and close your eye lids completely by chanting HAUM.
3. Repeat this for TEN times

Then change position. i.e., Keep the left leg in the front side and right leg in the back side. Repeat the technique TEN times as explained above. This practice creates positive energy waves around you, and you will obtain peace of mind.

Fourth Meditation Practice:

1. Sit comfortably by keeping right leg in front side.
2. Keep your tip of the tongue on your upper palate.
3. Close your eye lids very slowly.
4. Open your eye lids slowly by chanting OM
5. Close your eye lids by chanting HREEM
6. Perform this for TEN times

Then change position. i.e., Keep the left leg in the front side and right leg in the back side. Repeat the technique TEN times as explained above. This meditation practice ends all sorrows of the performer and puts the practitioner in spiritual bliss.

Fifth Meditation Practice:

1. Sit comfortably by keeping right leg in front side.
2. Close your eye lids fully.
3. Slowly inhale by chanting OM.
4. Slowly exhale by chanting KREEM
5. Repeat this for TWENTY-ONE times.

Then change position. i.e., Keep the left leg in the front side and right leg in the back side. Repeat the technique TEN times as explained above. This fifth meditation practice will give you peace of mind, success in business and a long span of life time. Similarly, practice as above by chanting the following seed syllables: Dum, Sreem, Aim, Kleem, Huum Gam, Glaum, Ksraum and stream. The recitation of above mantras creates positive vibrations and waves around the performer [3].

General Design for All Age Groups

One

Sitting Postures:

1. Vaalai Meditation

Vaalai means non-manifested primordial energy situated at the root center. Sit comfortably on a mat. Inhale slowly without reciting any mantra. While inhaling, close our eyelids slowly. Retain the breath for two seconds. Then exhale reciting Vaalai mantra Imm. While exhaling, open your eyelids slowly. This is a must. Repeat this process for 30 to 40 times. This Vaalai meditation activates each and every cell and nerves of the body. The Kundalini energy will get activated and will start its journey from root center to crown center.

2. Vaalai Breathing Technique

Change your sitting position. Slowly close your eye lids and mouth. Inhale slowly. Retain the breath for two seconds. Open your mouth widely and then exhale slowly. Repeat this breathing technique for ten times. This Vaalai Breathing Technique prepares your body to perform FLY and prevents all hurdles, if any. Also, this cools down your body temperature and protects all the cells and nerves of the body.

3. Neck Movement

Change your sitting position. Close your eyes slowly. Move your neck towards the left side very slowly. Rest for two seconds and slowly move back your head to the right side of your body. Rest for two seconds and begin moving slowly to the center of your body. Then move to the left as explained above. Then slowly move down towards the left knee as much as possible and pause for five full breathings. Then return to the previous position. Secondly, do this towards your right side. Thirdly, repeat this towards the center side. These three neck movements form one round. Perform this for five times.

TWO

Standing Postures

1. Kooppagam

Stand comfortably on the mat keeping your foot at 45%. Slowly close your eyelids, meditate for two seconds only and open your

eyelids. Then slowly raise your left hand towards the sky. The fingers of the hand must face the earth. Do not give any strain to the hands and fingers. This is a must. Then lift your right hands toward the sky. Close your eyelids and mediate only for two seconds. Then open your eyelids and release the left hand and then right hand respectively.

2. Aga Parimalam

Change your standing position. Close your eyelids and meditate only for two seconds. Then open your eyelids.

Raise your left hand slowly and place your palm at the upper part of your left thigh. Then lift your right hand and place your right palm on the upper part of your right thigh. Then slowly bend your head and torso such that your legs and the upper parts of your body in an L shape. Now close your eyelids slowly and meditate only for two seconds. Then open your eyelids and move back to the previous position very slowly. Then change your position.

3. Kaayam Aaruthal

Stand on the mat as explained previously. Close your eyelids and meditate only for two seconds. Then open your eyelids too slowly. Turn to the left side simultaneously lifting our left hand such that it makes below 90 degrees with your body. Then move towards your right side and perform this with your right hand. Both the palms of your hands should face the sky. Then close your eyelids and meditate only for two seconds. Then slowly open your eyelids. Turn slowly towards your left side, rotate the palm until it faces the earth and release down your left hand. Then turn your head towards the right side of your body, rotate the palm until it faces the earth and release down your right hand. Then change your standing position.

4. Sama Nilai

Stand comfortably on the mat while keeping your foot at 45 degrees. Close your eyelids too slowly and mediate only for two seconds. Then open your eyelids very slowly. Move your left hand towards your stomach, then fold it toward the right shoulder such that your palm should touch your right shoulder. Then do this with your right hand. Then let your left hand come down such that your upper part and lower part of your hand make an L shape. Repeat this same practice with your right hand. Now close your eyelids and meditate only for two seconds. Then open your eyelids and release down your left and right hands respectively.

5. Saantham

Change your standing position as mentioned earlier. Slowly close your eyelids and meditate only for two seconds. Then open your eyelids too slowly. Very slowly raise your left hand until it makes an L shape with your body. The pal should face the shy. Do

this with your right hand. Then make a Chin Mudra. Lift your head as much as possible. Then close your eyelids and meditate only for two seconds. Then let your head reach to the previous position. Then release your Chin Mudra of your left hand, rotate the palm towards earth and slowly move down your left hand to the normal position. Perform this with your right hand.

6. Kunthagam

Change your standing position as mentioned earlier. Slowly close your eyelids and meditate only for two seconds. Then open your eyelids too slowly. Very slowly bend your head and body until they sit without touching the mat. Slowly close your eyelids and meditate only for two seconds. Then open your eyelids too slowly.

7. Mei Varthanam

Remaining in Kunthagam, slowly move your left leg towards your front side and place it on the mat. Then repeat this with your right leg. Then, slowly close your eyelids and meditate only for two seconds. Then open your eyelids too slowly. Keep this position for two to three minutes. This activates and purifies Sushumna Naadi.

8. Suga Panthanam

From Mei Varthanam, slowly fold your left leg and then your right leg and sit comfortably. Then slowly close your eyelids meditate only for two seconds. Then inhale very slowly. Keeping your eyelids closed, slowly open your mouth and then push out the breath you have inhaled fully and then close your mouth. THIS IS also a LANDMARK, A MILESTONE in the Lemurrian yogic breathing system. This simple, very simple, in fact too simple breathing technique slows down the speed of your breathing and also reduces the number of breathings per second. The practitioner can easily and fully enjoy and experience the DEEPEST LEVEL OF CONSCIOUS BLISS, PEACE, JOY & ENLIGHTENMENT. Ultimately this leads to Samadhi provided with, and only if and if the performer performs/ practices regularly. This simple Lemurrian breathing technique arrests all the external thoughts and disturbances. Consequently, the performer lands on PERPETUAL PEACE & BLISS.

9. Mana Mounam

a) So, Hum Meditation

Change your sitting position. Sit in Suga Aasanam keeping your left leg facing the mat. Closely close your eyelids.

Slowly inhale chanting Soooooo. Detain the inhaled breath for only two seconds and exhale slowly chanting Hummmmmmm. Continue this meditation as long as possible. Then without opening your eyelids change the position of your legs by keeping the right leg facing the mat. Then slowly inhale chanting Hummmmmmm. Detain your inhaled breath only for two seconds. Then exhale chanting Summmmm.

- b) Hara Hara and Hari Hari meditation
- c) Perform this meditation as explained above.

Please note that there is no walking and lying postures in Follow Up Lemurian Yoga Practices.

Discussion

These above explained four packages are four precious stones in yoga and wellness field. The regular practices of the last two designs yielded the author GROUNDBREAKING discoveries and inventions in his scientific research. For more and more details

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look at the special column titled: "The scientific publications of Sennimalai Kalimuthu" The author is seventy years sold. These Lemurian yoga practices keep the author always young, ACTIVE & cheerful.

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