



The Grand Lemurrian Siva Sakthi Maha Mudra

Kalimuthu S*

Director of center for Inner Studies, India

*Corresponding author: Kalimuthu S, Director of center for Inner Studies, 2/394, Vadakku Thottam, Kanjampatti P.O, Pollachi Via, Tamil Nadu 642003, India, Tel: +91 82 20 54 15 77; Email: kaalaamra@gmail.com

Perspective

Volume 6 Issue 1

Received Date: May 02, 2022

Published Date: May 16, 2022

DOI: 10.23880/ipcm-16000228

Abstract

The substratum of the Vedas and the Upanishads is that Lord Shiva is static and his counterpart Paarvathi who is also called Sakthi is His consort. It is generally believed that Lord Shiva is Adi Yogi. In the Indian Santana Dharma which also called Truth the yogic practices are inseparable and also indispensable. That is the marvelous beauty of yogic techniques. That's why in the great Indian epic Mahabharata Lord Krishna tells Arjuna that He created this Universe with His Yoga Maya. All the Indian traditional spiritual knowledge were transmitted and taught to the Seers by Lord Shiva. The yogic asanas help the performers to sit properly for meditation. Prayer is outward appeal to Gods and Goddesses whereas the meditation is PURELY inner travelling. Prayer requires a deity but meditation does not need any Gods. The proper meditation leads the practitioner to Nirvikalpa Samadhi. In the Indian spiritual systems there are hearing, studying, watching and learning. Reading and learning are not at all similar or identical. The main thing is that even learning is not sufficient to attain spiritual peace, bliss and enlightenment. Some meditations are difficult to perform. In this work, the author unlocks the mysteries and instant benefits of the Grand Lemurriaan Siva Sakthi Maha Mudra which was kept very secret by the Sages till this day.

Keywords: Energy; Postures [Asanas]; Breathing Techniques; Meditation; Spiritual Pleasure; Enlightenment; Liberation

Practices of the Grand Lemurrian Siva Sakthi Maha Mudra

This consists of the following menus:

1. Vaalai prayer.
2. Kundalini energy awakening breathing technique.
3. The body maintenance breathing technique.
4. Two sitting postures.
5. Two standing postures.
6. Two walking postures.
7. Two lying postures.
8. Three Nadi purifications.
9. An interesting and important breathing technique to slow down the speed of breathing.

Vaalai Prayer

Vaalai: The non-manifested primordial energy.. The Siddhars named this.

Stand facing the feet in 45 degrees on a cotton mat. This posture gives the body pleasure and not pain. Close your eyelids and then raise your hand above your head and two slow breaths.

Then slowly move your body facing earth and then sit comfortably. Keep yoni mudra. Eyelids closed. Inhale slowly without reciting any mantra. Detain the inhaled air only for one or two seconds. Then exhale slowly chanting Vaalai mantra Imm. Repeat this Vaalai prayer for eleven times.

Kundalini Energy Awakening Breathing Technique

Sit comfortably as explained above. The spinal should be erect. Very slowly inhale simultaneously closing the eyelids. Just detain the inhaled breath ONLY for one or two seconds. Then exhale simultaneously opening the eyelids. Now detain the exhaled breath for one or two seconds only and then repeat this process for fifty times. Please note that the practice is a very slow process. Fast breathing SHOULD be avoided. This simple practice does not need any instruction or demonstration. Any person can do it easily. The results are instant without any side effects. The practitioner can experience the calmness of mind and definitely can enjoy peace of mind, bliss and enlightenment. If the performer practices for more than 108 times, he/she will obtain the state of Samadhi.

The Body Maintenance Breathing Technique

Sitting in the same asana and keeping eyelids closed inhale through nostrils slowly and detain the inhaled breath only for one or two seconds. Then opening the mouth widely exhale slowly. Close the mouth and wait for only one or two seconds. Then repeat this process for five to seven times only. This second breathing stimulates all the cells of the human anatomy.

Two Sitting Postures

One

Keeping eyelids closed slowly, turn only your head towards the left side without any strain. Wait for one second. Then come back to the previous position. Now slowly turn your head to the right side. Wait for one second. Then come back to the previous position.

With closed eyelids, turn your head to the left side and move your head, neck, shoulders, and spinal cord towards the left knee as much as possible. Inhale and exhale five times very slowly. Then come back to the previous position.

Then repeat to the right side.

And then do this towards the central side.

You may repeat this twice or thrice.

This is the Masterpiece of the Grand Lemurian Shiva Sakthi Maha Mudra. This posture slows the speed of breathing, calms the wavering mind, and puts the practitioner to enjoy peace and pleasure. The regular daily practice helps the performer to obtain spiritual bliss and enlightenment.

Two

Slowly open your eyelids. Two slow breaths. Closing the eyelids, firstly raise the right hand slowly in a circular path till the palms look at the head. Repeat this with the left hand too. Then turn your head towards the left side and keep moving down as close as to the left knee. Five slow breaths. Then come back to the previous position.

Closing the eyelids, firstly raise the left hand slowly in a circular path till the palms look at the head. Repeat this with the right hand too. Then turn your head towards the right side and keep moving down as close as to the left knee. Five slow breaths. Then come back to the previous position.

Now, as explained above, let your right and left hand move to the spot above the head and move toward your laps as slow as possible. After five slow breaths, return to the previous position. You may repeat this twice or thrice.

This posture/ asana activates and streamlines all the parts of the body especially the brain, ears, eyes, nostrils, shoulders, spinal system and hip, hands and knees. All the cells and nerves of these organs are activated and purified.

Two Standing Postures

Slowly open the eyelids. Then come back to the previous standing position.

One

Slowly lift your legs up and put them down one by one. Do this four or five times. This strengthens the foot, fingers, knees, thighs and hip. All the complaints of these parts will get healed.

Two

Slowly raise your right hand above the head such that the palm faces the head. Then slowly raise your left hand above the head such that the palm faces the head. Now keep moving on the left side of the body towards the floor. Five slow breaths and come back to the previous position.

Secondly, slowly raise your left hand above the head such that the palm faces the head. Then slowly raise your right hand above the head such that the palm faces the head. Now keep moving on the right side of the body towards the floor. Five slow breaths and come back to the previous position.

Thirdly raise both of your hands making the palm face your head. After two slow breaths move your body towards the earth. Five slow breaths and then come back to the

previous standing position.

The proper and regular practice of this posture activates all the cells of the whole body. The nerves are streamlined and the blood circulation moves to each and every cell making the performer feel free and fresh.

Two Walking Postures

One

Move forward keeping the legs at 45 degrees on the floor. Four or five steps. Then turn back and keep moving similarly to the previous position and spot. It is enough to do this only once.

The strengthening of feet, fingers, knees, thighs, hip and stomach are the benefits of this posture.

Two

Walk on the mat to and fro slowly. Then stand as explained previously.

Keep your left leg slowly towards your left side and then put the right leg to touch the left feet. Then repeat this four or five time on your left side. After this keep moving to the previous position firstly by starting with the right leg., Repeat this twice or thrice.

This posture activates and strengthens the organs of legs, knees, palms, fingers, hip and stomach. Better digestion is one of the benefits.

Two Lying Postures

One

Slowly sit on the mat. Stretch the left leg in front of you. Then stretch the right leg too in front of you. Let your hands move backward behind the hip. Ten slow breathes in and out, Then lay down the body facing the sky. Stretch back your hands slowly such that the legs and hands lie on a straight line.

Then slowly move your head towards the left side. Raise your left leg such that it faces the sky. Then lift your left hand and put it on your left knee. Now, slowly move your head towards the right side. Raise your right leg such that it faces the sky. Then lift your right hand and put it on your knee.

Two slow breaths in and out.

Now very slowly move your spinal, shoulders and head

such that your legs and body make a hairpin turn. Remain in this position with slow breathing for half a minute.

Then slowly put your left hand on the floor and release the left leg. And then, slowly put your right hand on the floor and release your right leg. Repeat this once again.

This posture strengthens almost all the organs of the body making the practitioner gain more and more memory.

Two

From the previous posture, come back to the normal posture such that the front side of the body faces the sky.

Lift up left leg towards the sky and also lift the right leg to face the sky. Now let the raised legs along with the hip move towards the back side . Now raise your hands and let the centre finger of the left hand touch the left leg thumb finger and also the right hand centre thumb touches the right leg thumb finger. five slow breaths come back to the normal previous position.

Three Nadi Purifications

Sit Comfortably on the Mat with Closed Eyelids

Close the right nostril with the right hand thumb finger and inhale slowly and fully with the left nostril. Now close the left nostril with the left hand thumb finger and release the right finger. Now exhale through the right nostril

Now close the left nostril with the left hand thumb finger and inhale slowly and fully with the left nostril. Now close the right b nostril with the right hand thumb finger and release the right finger. Now exhale through the left nostril.

Repeat this breathing practice for five to seven times.

Sit Comfortably on the Mat with Closed Eyelids

Firstly, close your right nostril with your right hand thumb finger and inhale and exhale through only your left nostril. Repeat these five to seven minutes.

Secondly, close your left nostril with your left hand thumb finger and inhale and exhale through only your right nostril. Repeat these five to seven minutes.

Sit Comfortably on the Mat with Closed Eyelids

Without disturbing both of your nostrils, inhale and exhale slowly and fully for five to seven times.

An Interesting and Important Breathing Technique to Slow Down the Speed of Breathing to Begin Meditation

Sitting comfortably on the with yoni mudra, close your eyelids. Open the mouth slowly and then exhale the inside air with slow speed. Then begin to meditate without reciting any mantra. This simple practice slows the speed of breathing. Whenever you feel that the breathing gets even a small speed, open the mouth and let the inside air move with some slow speed. This scientific technique calms the mind. The yogi can prolong this special Sadhana for hours, for days, for weeks, for months, for years only gradually.

The Benefits of the Practice of this Grand Lemurian Shiva Sakthi Maha Mudra:

1. From dullness to freshness
2. From chaos & confusion to clarity and creativity
3. From physical pain to physical pleasure
4. From mental illness to mental wellness
5. From laziness to activeness
6. From ignorance to knowledge
7. From darkness to light
8. From ill health to well health
9. From failure to success
10. From disgrace to fame
11. From formless to form
12. From memory loss to memory gain
13. From ugly to beauty
14. From devil to Divinity
15. From mind wavering to mind control
16. From failure to success
17. From ego to enlightenment
18. From war mentality to permanent peace
19. From evolutionary process to revolutionary process
20. From longevity to Eternity
21. From impotence to ever vigour and vitality
22. From disorders to order
23. From hatred to love

Discussion

Nearly 32000 years ago, the great Lemurian Monks practised this Grand Lemurian Shiva Sakthi Maha Mudra. The legend says that both Lord Shiva and His consort Paarvathi performed this. There was a spiritual network between the Himalayan Monks and the Lemurian seers. To cite an example for this, In the great Indian epic Mahabharata, the Saint Vyasa refers to the Maha Muni Mayan of the lost Lemurian continent. Let us recall that Siddhar Agasthiar was sent to Pothigai hills by Lord Shiva.

In a nutshell, both Lord Shiva and Sakthi regularly practiced this precious yoga and ever remained in physical Ecstasy and spiritual bliss and enlightenment.

Besides spiritual people, this yoga is most suitable for students to sharpen brain and get strong memory power.

Conclusion

My research experiences in mathematics, physics, cosmology, alternative yoga, alternative medicine, spiritual philosophies, administrative & economic reforms are 36 years. The regular practices of these Lemurian yogic methods yield me the following findings. I have solved 2300 years old mathematical impossibilities.

Let us recall that the great French Emperor Napoleon Bonaparte used to tell time and again the following statement: **"THE WORD IMPOSSIBLE SHOULD BE TAKEN AWAY FROM DICTIONARY"**

The practices of Lemurian yoga proved the above assertion of the French Emperor.

My scientific research findings are mentioned below: [1-3]

1. I have solved two 2300 years' old unsolved mathematical problems.
2. I have shown that the geometry/shape of our Universe is FLAT.
3. I have invented two concepts/ideas for the origin of new fields of mathematics.
4. I have proved that it is possible to unify all the four known forces of Nature.
5. I have established that the generation/existence of tachyons is not possible.
6. I have published more than ten papers on Lemurian yoga practices.
7. I have proposed a scientific project to generate electricity freely from space.
8. I have proposed a scientific project to make Space Bombs without any raw material.
9. I have introduced two types of alternative medicines.
10. Recently, I have formulated/designed a new type of beverages.

References

1. Sennimalai Kalimuthu
2. Extraordinary/Outstanding/ Ground Breaking Math medical and Physical Inventions
3. Lemurianyoga