



Siva Sakthi Breathing Techniques Practice for Global Peace

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Abstract

International peace, friendship and cooperation are 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. By seriously analyzing these drawbacks and shortcomings the ancient Lemurrian continent Seers formulated and introduced simple and easily performable yogic methods. The author's prime ambition, vision and mission are international peace and hygiene. Hence he proposes six different types of yogic practices.

Keywords: Spiritual Bliss; International Peace; Global Hygiene

Introduction

Vaalai Meditation

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. Please note that OM is the macro sound and Im is the micro sound.

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 Kundalini energy at the root centre. 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 Lemurrian 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.

Eye Breathing

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 Lemurrian 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 calm the mind, rests the mind and yields the practitioner storage of cosmic energy and paves the path to experience and enjoy bliss and enlightenment.

Mouth Breathing

Sit comfortably as explained above. Close the eyelids. Slowly inhale through the nostrils. Then open your mouth widely and exhale through your mouth. Repeat this practice for five times. The Lemurian Seers preach 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.

Neck Movement

By sitting in the same position, and close your eyelids. Place your hands comfortably on the knees. 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 knees lie on a straight line. Slowly come down towards the left and kneel 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 seconds 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. If done properly, this puts the practitioner on El Dorado. These simple techniques calm the mind and allow the performer to enjoy maximum peace and pleasure. Blood circulation is streamlined all over the body organs. It purifies lungs, heart and brain. Also, all the glands begin to recreate properly. The natural secretion of all the glands is one of the basic requirements for spiritual progress. It activates the para synthetic nervous system and calms the mind.

Slow Breath

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. It is breathing, only breathing which is the Supreme Commander of all organs. Fast breathing ruins the organs and slow breathing maintains the organs. The rapid breathing erases the energy of the body. The quick breathing reduces the lifespan. The slow breathing extends the life span. Fast breathing spiritual practitioners can NOT attain any result. Only the slow breath can do wonders & miracles in spiritual practices. The Seers preach breath slowly and breathe slowly. This will not do the miracle. Also the Risis simply teach to

control the mind. But it is not merely difficult but impossible to control the mind just by listening and serving the Gurus, so-called Gurus. This is not finding fault with anybody. No Guru can do wonders for a disciple. But this breathing technique can control the mind, arrest thoughts and put the performer in intotal spiritual enlightenment. But one thing is essential and important. Regularly regular practice is strictly needed. The regularly irregular practices, irregularly irregular practices & irregularly regular practices are great waste of time and energy.

Salutation to Universal Lord

Stand up slowly. Breathe slowly twice or thrice. Then slowly lift your left hand in a circular path in your left side until your palms reach above head. Perform this with your right hand also. Then fold the two palms. Close the eyelids and breath twice or thrice. Then open the eyelids and move your folded palms down before forehead, neck and stop in front of the heart. Now loudly chant: Let there be Peace within.

Benefits

All the scriptures of the Hindu philosophy emphasize on creation and destruction. But the Lemurian Maha Monk/ Maha Muni Mayan say 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 energy. 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 thanks giving to energy and a bridge between bio energy with cosmic energy.

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 performance 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 [1]. The following endocrine systems have been verified scientifically [2]:

- Hypothalamus
- Pituitary
- Thyroid
- Parathyroid
- Adrenal
- Pineal
- Pancreas
- Ovaries
- Testes

The proper functions of these endocrine systems are essential and inevitable for success in spiritual practices.

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). **Guna is a Sanskrit word [3] which translates as “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 [4]. This is the simple and easiest path to maintain peace among people and nations.

References

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