



On the Lemurian Shabda Yoga - Part 3

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Abstract

Let us recall about the two previous works on this topic. In this paper, the author attempts to show some easy Lemurian techniques to obtain the required results quickly. As we have discussed in the earlier two papers, the Natha Yoga/Divine Sabdha yoga practitioner must have some minimum eligibility, namely avoiding to some extent the negativities of ANGE, ENMITY, EMOTION and REVENGEFULNESS. Before going to sit and hear the sacred sounds, pure calmness and concentration are required. The author wants to reiterate that even the bad karmas get erased if the practitioner hears the sacred micro and macro divine unstruck sounds.

Keywords: Emotion; Yoga; Humanity

The fourth Lemurian Natha Yoga Practice.

Each energy center has specific mantras. They are as follows:

- Muladhara. Root chakra. Chant "Lam". Replace Lam by LAAM
- Svadhisthana. Sacral chakra. Chant "Vam". Replace Vam by VAAM
- Manipura. Solar Plexus chakra. Chant "Ram". Replace Ram by RAAM
- Anahata. Heart chakra. Chant "Yam". Replace Yam by YAAM
- Vishuddha. Throat chakra. Chant "Ham". Replace Ham by HAAM
- Ajna. Third eye chakra. Chant "Aum". Replace Aum Aaaa Uuuu Immm
- Sahasrara. Crown chakra. Chant: "Om". Replace Om by Oooo Immm

While inhaling do not recite any mantra but while exhaling mentally chant the above mantras.

The fifth Lemurian Naatha Yoga practice

Instead of mentally chanting, you just hear the respective mantras. Let the recorded voice play in your meditation room/hall and you firstly focus your attention on your right ear. The right ear possesses a peculiar spiritual power. Saint Ramalingam preaches that with the pouring of a certain herbal juice through the right ear of a dead person, the person comes back alive. Perform this Naatha hearing for twenty minutes.

The sixth Lemurian Natha Yoga practice

Same as described in the previous method. The only change is that instead of hearing through your right ear, concentrate your thoughts at the brain organ and hear the respective sounds for just twenty minutes.

The seventh Lemurian Natha Yoga practice

Same as above. Add one more thing! Focus your thoughts at the brain center and hear the respective sounds. While exhaling mentally chant the respective sounds along with the recorded sound. The Lemurian Maha Monks preached that with the proper practice of this seventh method, the exhaled carbon dioxide became ox-

ygen. Needless to say, this is a revolutionary scientific phenomenon and a SPECIAL spiritual miracle among spiritual miracles.

Discussion

The above mentioned sacred sound hearing meditation techniques may make you curious thinking. Some may believe and the other may doubt and even challenge. This is the theory for practice and not for preaching. Lord Buddha used to tell time again: PLEASE DO NOT BELIEVE ME. YOU PRACTICE MY METHODS and EXPERIENCE. The author also repeats this. Without sitting calmly and attentively hearing these SACRED SOUNDS, do not comment. No judgment before argument.

The author politely appeals to humanity as a whole to test these Lemurian Sacred Sound hearing methods. More techniques will be continued.

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