



Follow Up Lemurian Yoga [Fly]

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Practices follow up lemurrian yoga

Sitting postures

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.

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.

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.

Standing postures

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.

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.

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.

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.

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.

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.

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.

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 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 and ENLIGHTENMENT. Ultimately this leads to Samadhi provided with, and only if and if the performer performs/practices regularly. This simple Lemurian breathing technique arrests all the external thoughts and disturbances. Consequently the performer lands on PERPETUAL PEACE and BLISS.

Mana mounam

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 Soooooo00000000.
- Detain the inhaled breath for only two seconds and exhale slowly chanting Hummmmmmmmm.
- 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 Hummmmmmmmm. Detain your inhaled breath only for two seconds.
- Then exhale chanting Summmmm.

Hara Hara and Hari Hari Meditation

- Perform this meditation as explained above.
- Please note that there is no walking and lying postures in Follow Up Lemurian Yoga Practices.

Om Tat Sat.

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