



Follow Up Chair Lemurian Yoga Practices

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Sit comfortable 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.

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 and 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 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.

Naddi suththi

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

OM TAT SAT.

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