



The Lemurian Battlefield Yogic Practices Part - 1

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There are various types and branches of yogas. The yogic practices for all health complaints and ailments are practiced by performers. Some practitioners emerge successful and the other people are unable to attain the needed/required goals and ends. This is because of improper practices, the non- devotion to the genuine Gurus/Masters and above all the role of karmic effects. But so far as the battlefield Lemurian yogic practices, only the propped training is essential. Here the other factors are not to be considered at all. The auspicious times of the Kings/Rulers are very essential, important, unavoidable and inevitable. The Lemurian Seers secretly instructed this type of practices only to the soldiers, army officers, army generals, Princesses and Kings. These war filed yogic practices are not at all available in all the other yogas. For the first time in the history of yoga asanas, The Abraham organization boldly and bravely introduces to this world.

A cautionary note

The main purpose of these practices is NOT to harm people/ others. Like Karate, Kung Fu, Kalari, Varma Catch 22 and Boxing this is only for protecting oneself and also to rescue others from enemies.

First

Vaalai meditation

Sit comfortably on a RED cotton cloth. eyelids closed. Slowly inhale without reciting any mantra, detain the breath only for TWO seconds and exhale slowly reciting the Vaali mantra IMMMM. Repeat this for 12 times.

Second

Kaali devi meditation

Sit comfortably on a RED woollen blanket. eyelids closed. Inhale slowly chanting I WILL WIN; detain the breath by reciting WE WILL WIN. Then exhale by mentally reciting DESTROY ENEMIES. Do this meditation for THIRTY THREE times.

A cautionary note

The above two practices should be performed in the prayer hall or in the individual rooms/compartments of soldiers.

Third

While marching to the war filed, look at the sky above and pray thus:

- Bless us to expand like Thee
- As you swallow everything during Delusion
- Bless us to kill every enemy soldier.

Four

In the battle field, firstly look at the eastern direction, secondly look at the western direction, thirdly look at the northern direction, fourthly look At the southern direction, fifthly look at the south eastern direction, sixthly look at the south western direction, seventhly look at the north western direction, eighthly look at the north eastern direction, ninthly look at the sky above and tenthly look down the earth. THIS IS VERY ESSENTIAL. This lays the foundation stones for your victory.

Five

- Stand facing south and inhale. Hold the breath and turn towards north and exhale.

- Stand facing west and inhale. Hold the breath and turn towards east and exhale.
- Stand facing south east and inhale. Hold the breath and turn towards the north east and exhale.
- Stand facing south west and inhale. Hold the breathing, turn towards the north west and exhale.
- Stand facing the sky above and inhale. By holding the breath, look down at the earth and exhale.

Six

In the battle field, describe a circle starting from north east to north, from north to north west, from north west to west, from west to south west, from south west to south, from south to south east, from south east to east and finally from east to north east.

Seven

Draw an equilateral triangle on the earth such that the base facing south and the summit angle facing the north.

Standing facing north east on the drawn triangle, pray to Lord Nat Raja.

Om haum!

- Repeat this five times and then begin your war activities.
- This is very important. The equilateral triangle belongs to Lord Nat Raja. This will, according to the Lemurian Seers, protect the soldier from enemies and the soldier will return to his home with victory and without any wounds.

Eight

Close your eyelids very tightly for two seconds only and then look at all over the eight directions simultaneously chanting OM RAKSHA HOOM PHAT SVAHA! Inhale deeply and slowly and while exhaling slowly use your weapons against your enemy. Your enemy will not escape from you. The above mantra will protect from your enemies and evil spirits and rescue from your enemy's strategies.

Nine

The King is the representatives' of God. He is the Ambassador of the Angels. He must be wise and shrewd. He must know how to behave with his soldiers. Let Us recall that King Duryodana insulted his warriors and elders in the battlefield and miserably lost victory. The ancient Lemurian seers revealed the following secrets to win over his enemies in the war.

War Strategies and protections for the King in the battle fields

- The King's chariot must be made up of POOVARASAM POO woods. This wood is very pleasing to the Goddesses and deities like Kaali, Durga, Raja Rajeshwari, Pratyangira Devi and others. These Goddesses and deities will bless the king and his warriors and give victory to the King in the war fields.
- The King is not at all supposed to sit in his chariot but always remains standing until the end of the war.
- The King SHOULD wear a garland made up of the hairs of the tails of a matured virgin cow. This garland will definitely wipe out the King's enemy soldiers. If this garland is woven by the hairs of KAARAM PASU, the King will be stood by all the Gods and Siddhars.
- Also, the King must wear the armour made up of the feathers of matured peacocks.
- The King should look at his enemy soldiers without batting his eyelids.
- The King should always behave well with his charioteer and love his horses. He must request his charioteer and should not command him.
- The King must encourage his horses by pleasing them by the following mantra: -----

In modern days, the rulers never enter into war fields. So, the word King may be replaced by commanding officers.

More and more Lemurian war strategies, yogic asanas, breathing techniques and mantras will be continued!

Om Tat Sat.

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