



## Intimacy Lemurian Sexual Yoga Practices for Couples

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For each and every creature on earth, sex is mental food. Also, sex is essential and inevitable for human and other living creatures for production of their respective beings. The two main factors for the divorce of married couple is opinion of differences and sexual dissatisfaction. There are hundreds of sexual techniques to attain pleasure, joy and ecstasy. In this work, the author proposes the Lemurian yoga methods for prolonged happiness of both married couple and lovers.

### Intimacy lemurian postures

#### Aganam

- In this yogic article the male is Siva and the female is Sakthi.
- Both Siva and Sakthi should stand comfortably either on a long red or blue cotton cloth or on a mat. Siva should face the eastern direction and his consort Sakthi must face the western direction.
- Firstly, Sakthi has to comfortably sit on the said cloth and then Siva has to follow the suit.
- Then they must gaze their eyes gently and gracefully for a minute.
- And then Sakthi is expected to cross her legs fully facing western direction and Siva has to follow similar action facing his legs towards eastern direction.
- Now Siva's left feet must be fully kept on the right feet of Sakthi and Sakthi's left foot must coincide with that of Siva's right feet.
- After this, both Siva and Sakthi should lean back and keep their hands comfortably at the back side of their hips.

- Then Sakthi has to start looking at Siva's right eye and Siva should gaze at the left eye of his consort Sakthi. Both Siva and Sakthi should remain without closing their eye lids.

This posture must be practiced for a minimum 15 minutes.

During inhalation, Sakthi must recite the Bija Mantra LEEM and Siva should recite Bija mantra EEM.

EEM is the mantra for Yoni [Female sexual organ] and LEEM is the mantra for Lingam [Male sexual organ]. Both the practitioners normally feel an irritation in their eyes. They need not worry about this. Irritation of eyes is a good symptom for the success and benefit of this posture.

#### Benefits of this posture

The cosmic energy enters into the physical bodies of Siva and Sakthi. Their attentions are focused at one point namely at the respective eyes. This practice also blocks the out flowing of energies and increases the inflow of cosmic energy through the eyes and other entrance parts of the human body system. The nerves of the foot get activated and the cells get more and more energies.

#### Rahanam

- Now Siva and Sakthi have to release their previous postures and sit comfortably in Sugasana. They should face each other correctly and properly. The distance between them should be five feet. Siva has to inhale while closing His eye lids very slowly and uttering the mantra Om. Then Siva has to exhale while opening His eye lids uttering the mantra RATHI.

- Simultaneously, Sakthi has to inhale while closing Her eye-lids very slowly and uttering the mantra Om. Then Sakthi has to exhale while opening Her eye lids uttering the mantra MANMATHA.

#### A cautionary Note

While Siva inhales, Sakthi must exhale and when Sakthi inhales Siva should exhale. This is a must Benefits of this posture

Positive waves in and around the couples are generated and preserved. Their thought flows coincide with each other and eradicates their differences of opinion and love and affection blossoms and lead the couples to bliss and happiness.

This posture must be practiced for a minimum 10 minutes.

#### Thaganam

Now Siva and Sakthi have to change their positions. Let Sakthi sit facing eastern direction and Siva sit towards western direction. This posture consists of three parts as mentioned below:

- Let Siva and Sakthi clap their left and right hands respectively in front of them. Then, Let Siva and Sakthi clap their right and left hands respectively in front of them. This practice must be done minimum 5 and maximum 10 times.
- The previous postures should be performed with alternative hands of Siva and Sakthi. This practice must be done minimum 5 and maximum 10 times.
- Finally, both Siva and Sakthi have to clap their own hands 5 to 10 times.

#### Benefits of this posture

- The nerves of the palms get activated and the cells get more and more energies.
- This posture takes normally five minutes.

#### Suganam

Now Siva and Sakthi have to change their positions. Let Sakthi sit facing the southern direction and Siva sit towards the northern direction. They should sit facing each other keeping a distance of five feet. This posture consists two parts as mentioned below: a) Let Siva turn His head towards western direction and Sakthi moves her head towards eastern direction. Then let them move towards

their opposite directions respectively. Three times repetition of this action is a must. b) Then Siva has to move towards the floor slowly and come back to His previous position after having five full in and out breathings. Three times repetition of this action is a must.

#### A cautionary note:

- Whenever Siva moves down Sakthi should raise up. This is a must.
- This posture takes normally five minutes.

#### Benefits of this posture

Positive waves are created around the space of the couples. The physical bodies of the couple enjoy and experience full bliss and pure happiness.

#### Baganam

- Now Siva and Sakthi have to change their sitting positions: Siva facing east and Sakthi facing west.
- Siva must sit widely opening His legs and Sakthi should sit on the cloth/mat between the legs of Siva.

#### A cautionary note

- A Sakthi triangle should be drawn below Siva and a Siva triangle must be described below Sakthi.
- Now both Siva and Sakthi should gaze into their eyes for five minutes.
- Then both Siva and Sakthi have to close their eyelids slowly.
- Now Siva has to inhale and exhale very slowly focusing His thoughts at the RIGHT BREAST and NIPPLE without reciting any mantra.
- And Sakthi has to inhale and exhale very slowly focusing Her thoughts at the HEART of Siva without reciting any mantra.
- This Baganam meditation may be practiced minimum 20 minutes and maximum 40 minutes.

#### Benefits of this posture

According to Hatha yoga, yoga is to unite body and mind. But the unification of bio energy with cosmic energy is Lemurian yoga. The marvelous beauty is that this Intimacy Lemurian Yoga Practices for Couples unite not only the souls of Siva and Sakthi but also

the subtle bodies of the couples. This subtle body cannot be seen through the naked eyes.

This is entirely one of the hidden treasures of yoga and meditation. The sitting posture and meditation leads to the couple to experience this novel spiritual phenomena.

## Stage 2

### Standing postures

Siva and Sakthi comfortably have to stand comfortably on their respective triangles facing eastern. Namely Siva on Siva's triangle and Sakthi on Sakthi's triangle. The descriptions may be referred to previous stage.

### Kooganam

Both Siva's right hand and Sakthi's left hand are to be joined together. Slowly both Siva's left hand and Sakthi's right hand is to be raised up such that palms facing the earth. Five slow and full breaths in and out. After this they have to go back to their previous position.

### Agapaganam

Both Siva's right hand and Sakthi's left hand are to be joined together. Both of them should make an L shape with their respective legs. I.e. the L shape should be with legs to body. Five slow and full breaths in and out. After this they have to go back to their previous position.

### Kaaganam

Let Siva's left hand make an L shape with His body and Sakthi's right hand make an L shape with Her body. Five slow and full breaths in and out. After this they have to go back to their previous position.

### Saganam

Siva's left hand and Sakthi's right hand have to make a half circle towards their stomach and heart and the hands are to be joined with their respective shoulders. Five slow and full breaths in and out. After this they have to go back to their previous position.

### Saaganam

Let Siva's left hand and Sakthi's right hand to be stretched before their bodies such that their hands make an L shape with their

bodies. Five slow and full breaths in and out. After this they have to go back to their previous position.

### Paaganam

Now Siva and Sakthi have to change their positions. They have to stand comfortably facing northern direction on their respective triangles. Let Siva put his left hand on Sakthi's forehead and Sakthi touch Siva's heart with her right hand. They have to gaze their eyes without closing their eyelids for two minutes.

### End of stage 2

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## Stage 3

### Walking postures

No triangles are required.

### Naaganam

Siva's left hand and Sakthi's right hand are to be joined. They have to walk with bare foot in an open place [?] Yes, preferably in a nice park, on a bank of a river or on seashore. But this is not possible in a yoga studio. Two minutes walking is sufficient.

### Mooganam

Let Siva stand at the western corner of the room facing eastern direction and Sakthi stand at the eastern corner of the room facing western direction. Let them walk towards each other keeping Siva's attention on Sakthi's right breast and Sakthi's attention on Siva's heart. This is very essential.

### Vaganam

Both Siva and Sakthi have to move in a circular path slowly. Siva's mantra is Om Sakthi and Sakthi's mantra is Om Siva. Two minutes walking is sufficient.

### Neeganam

Both Siva and Sakthi have to move in a circular path slowly. Siva's mantra is Om Rathi and Sakthi's mantra is Om Manmatha. Two minutes walking is enough.

### Veeganam

Let Siva side walk from north to south facing Sakthi and Sakthi side walk from south to north towards Siva. Their movements should be too slow.

## Keeganam

Let Siva and Sakthi move towards each other with folded hands reciting the mantra KLEEM. Siva's focus on Sakthi's face and Sakthi's focus on Siva's face. Two minutes walking is needed.

## End of stage 3

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## Stage 4

### Lying postures

#### Aaganam

A circle with radius Siva's height and another circle with Sakthi's height are to be drawn on the floor with vermilion or red sandalwood paste. Let the circumferences of these circles touch at a point P. This denotes the union of Siva's and Sakthi's respective subtle bodies. Siva should wear a blue color dress and Sakthi must be dressed with red color clothes. First they must lay facing their bodies and faces towards the sky. While lying, the heads at the west and the legs to the east. Then eyelids closed. Siva's focus on His consort's vagina and Sakthi's attention on Her counterpart's penis. Both should recite the mantra Om Reeng Vasi Vasi for 32 times.

#### Ooganam

Siva should hold the hair of Sakthi with His left hand and His right hand has to move gently and smoothly on Sakthi's organs namely lips, noses, eyelids, forehead, ears, belly, heart and breasts. The nipples should be massaged gently with the tip of the fingers of Siva. Then the tip of the tongues of Siva and Sakthi are to be embraced and enjoyed. Siva should suck and drink Sakthi's juice and Sakthi must suck and swallow Siva's mouth juice. Then Siva's and Sakthi's thighs are to be embraced with each other.

#### Lopanam

Then the couples should be unrobed. Firstly, Siva has to gently massage the previously told organs of Sakthi with pure coconut oil. Then noses and mouths are to be bathed with jasmine oil. Then Siva must the paste of red sandalwood on His consort's Yoni and Sakthi has to follow the same action with Siva's lingam. Then Siva should chip the juice of Kathira flowers with his left hand. In turn, the same drink must be offered to Sakthi.

#### Iganam

After the above plays, the couple may enter into Maha Union.

The step by step of Maha Union is mentioned below:

- Sitting embracing.
- Sakthi sitting on Siva's thighs.
- Siva's legs on earth and Sakthi's legs behind Siva's buttock.
- Kissing with each other and a warm and smooth massage of each others as shown previously.
- Penetration
- Focus on breaths. To slower the breathing, the tip of the tongue must be kept on the upper palate and time and again vacating the inhaled breaths are essential. If this act is continued, the ejaculation will NOT happen. Here no push and pull of Siva's Lingam. A very important note is that whenever Siva inhales, Sakthi should exhale. If Siva retains inner breath, Sakthi must detain Her outer breath. Siva must recite mentally AIM and Sakthi should chant KLEEM mentally.
- Sakthi lying down and Siva lying on Sakthi. While pulling Siva must inhale but Sakthi should exhale and while pushing Siva must exhale and Sakthi should inhale. Also important is that the right nipple of Sakthi must be in Siva's mouth and the left nipple of Sakthi should be browsed by Siva's index finger.

If needed and liked Siva may go down and Sakthi may come up. In this reversed state of affairs also, the same techniques are to be followed and performed.

This Lemurrian type of sexual Maha Union may be continued from 30 minutes to 90 minutes. The ideal time is from 3.56 AM to 5.30 AM.

#### Sadanam

If the couples desire to end Maha Union, the slower breaths can be converted into quicker breaths and Siva and Sakthi may inhale and exhale simultaneously. After the end of Maha Union, always Siva should lie on Sakthi and His lingam should be kept inside Sakthi's Yoni. This is essential. This act may continue for 5 to ten minutes.

## End of stage 4

Bathing is the fifth and final stage. It will be continued soon.

Om Tat sat.

## Discussion

In science, experiment is the SUPRFEME judge. This article is only a theory. The author is very much interested to demonstrate

these ancient Lemurian methods to the interested couples and lovers. Also, the author requests the research community to do more and more R&D on this new topic. The author published several articles on the ancient Lemurian yoga [1-4].

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