

The Siddha Breathing Techniques as Preventive Medicine

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Abstract

Yoga is a part and parcel of spirituality. There are several yogas and a number of schools of thought. Yoga definitely provides health. But peace of mind should include health. There are different kinds of yoga namely, bhakti yoga, karma yoga, raja yoga, kriya yoga, Kundalini yoga etc. The prime purpose of all of this yoga is the attainment of liberation for the sadhakas and sadhikas. The various spiritual practices formulated and introduced by our Seers consist of controlling the mind and strengthening the body. But the problematic problem is it is VERY difficult to calm and tame the mind. One can guarantee for the body built and it is impossible to answer in positive for mind control. Till this day, the current mind control yogic and other practices require LONG PERIOD of time. So far, no ways and means have been put forward for RAPID RESULTS. In this work, the author confidently proposes quick result oriented three EASY types of breathing techniques without any side effects and pains. In this work, the author unlocks the hidden treasures of mysteries of 32000 years old Tamil Lemurrian yoga.

Keywords: Slow breathings, cool breathings, cool yoga

The Human Evolution

Science has discovered that the human race came into existence nearly seven million years ago in Africa. But the first modern humans developed only some 200,000 years ago. They spread all over the world. The ancient humans lived for several centuries. But the longest confirmed human lifespan is that of Jeanne Calment of France. She lived for 122 years and 164 days. The human body is a very complex system containing nervous, respiratory, circulatory, digestive, reproductive, muscular, immune and skeletal systems. This is the Grand Design of Nature. This peculiar creation and development contain 206 bones, 650 muscles and 75 trillion parts called cells.

The origin of yoga

According to the Ministry of External affairs, Government of India, the yoga originated some 2700 years ago in the famous Indus Saraswathi valley civilization.[1] Needless to say, the yogic practices proved itself catering both material and spiritual uplift and development of humanity. In the great Indian epic Mahabharata, Lord Krishna mentions Kriya Yoga.

Also, He says that He created this Universe with His Yoga Maya. This is the marvellous beauty of yoga.

Tamil yoga

The above-mentioned yoga is the Hatha yoga of north India. But before Hatha yoga, the Tamil Siddhars of the lost Lemurrian continent formulated Kaaya Aga Suththi or Uyirppu yoga nearly 32000 years ago. This Tamil yoga is very easy to perform and the practitioners yield instant results without any side effects. Even very young children, pregnant women, old people and disabled persons can practice the Tamil Lemurrian yoga. The regular practices make the performers to enjoy and experience peace of mind, release from all mental and psychological disorders. Consequently, the performer enjoys bliss and enlightenment.

Yoga practices

During its origin, yoga was a subfield of spirituality. Currently, yoga is performed by even atheists. So, we may humbly conclude that yogic practices are one of the remedies for physical, mental complaints of the entire humanity. Modern science has proved a lot benefits of yoga practices to humans.

Mind control

The mere healthy body is not sufficient but a very healthy mind is necessary for a peaceful and calm full life. But controlling the mind is too difficult. The ancient Seers did a number of R & D in this area and found a lot of breathing techniques. In this work, the author introduces three hidden treasures of breathing methods.

First breathing yoga

Sit comfortably in Sukhasana. Keep any mudra you like. The spinal should be erect. Very slowly inhale simultaneously closing the eyelids. Just detain the inhaled breath ONLY for one or two seconds. Then exhale simultaneously opening the eyelids. Now detain the exhaled breath for one or two seconds only and then repeat this process for fifty times. Please note that the practice is a very slow process. Fast breathing SHOULD be avoided. This simple practice does not need any instruction or demonstration. Any person can do it easily. The results are instant without any side effects. The practitioner can experience the calmness of mind and definitely can enjoy peace of mind, bliss and enlightenment. If the performer practices for more than 108 times, he/she will obtain the state of Samadhi.

Second breathing yoga

Sitting in the same asana and keeping eyelids closed in hale through nostrils slowly and detain the inhaled breath only for one or two seconds. Then opening the mouth widely exhale slowly. Close the mouth and wait for only one or two seconds. Then repeat this process for five to seven times only. This second breathing stimulates all the cells of the human anatomy.

Third breathing to slow down the breathing

Sitting in the same asana with the mudra, close your eyelids. Open the mouth slowly and then exhale the inside air with slow speed. Then begin to meditate without reciting any mantra. This simple practice slows the speed of breathing. Whenever you feel that the breathing gets even a small speed, open the mouth and let the inside air move with some slow speed. This scientific technique calms the mind. The yogi can prolong this special Sadhana for hours, for days, for weeks, for months, for years only gradually.

Only one posture

Keeping eyelids closed slowly, turn only your head towards the left side without any strain. Wait for one second. Then come back to the previous position. Now slowly turn your head to the right side. Wait for one second. Then come back to the previous position.

With closed eyelids, turn your head to the left side and move your head, neck, shoulders, and spinal cord towards the left knee as much as possible. Inhale and exhale five times very slowly. Then come back to the previous position.

Then repeat to the right side.

And then do this towards the central side.

You may repeat this twice or thrice.

This is the Masterpiece of the Grand Lemurian Shiva Sakthi Maha Mudra. This posture slows the speed of breathing, calms the wavering mind, and puts the practitioner to enjoy peace and pleasure. The regular daily practice helps the performer to obtain spiritual bliss and enlightenment.

Discussion

There are several schools of thought. The author does not find fault in them. Some practices are easy and some other practices are difficult. It is well known and even proven fact that some Sadhanas cannot be carried out by physically weak people. And science experimentally established that some asanas and breathing techniques harm the practitioners with severe side effects. But the three breathing techniques explained above will not produce any side effects. On the other hand, these breathing practices, calms the mind, arrests the wavering thoughts and ultimately puts the mind at rest. These regular practices yielded interesting outstanding scientific inventions and discoveries to the author. [2&3]

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