



OM KREEM KAALI  
**The hidden treasures of Himalayan Monks**

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**Abstract:**

**In this work, the author unlocks some hidden yogic treasures secretly practiced by the Himalayan Monks/Seers.**

**What is yoga?**

Yoga means union. Etymologically, it is connected to the English word, yoke. Yoga means union with God, or, union of the little, ego-self with the divine Self, the infinite Spirit. Yoga is a spiritual science of self-realization.

According to Vedanta, the union of human consciousness (Jivatma) with the Universal Consciousness (Paramatman) is called Yoga.

According to Patanjali Yoga sutras, the stoppage of fluctuations of the mind is called Yoga.

According to Brahm-Sutra, the indwelling human Soul (Antaratma) is an immortal bridge (Amritya-Setu) between the human body (Jivatma) and the Universal Soul (Paramatman).

According to Trait Para Vidya, the union of Jivatma-Antaratma-Paramatman is Akhand Yoga.

According to Patanjali Yoga sutras, there are eight stages of Yoga, namely, Yamaha, Niyama, Yogasana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

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According to Akhand Sutra, there are two more stages, Chakral Yoga and Antar Yoga.

According to Lemurian Yoga, yoga means the unification of cosmic energy with bio energy. To control, calm, tame and quit the MIND is the basic necessity for success in spirituality. The perfect and regular practice of Lemurian yoga will yield the unification of mind and body and consequently these yields GOOD HEALTH.

The Lemurian yoga practices activate, streamline and strengthen each and every cell of the human body. This practice prepares the performers to tame the mind, to calm the mind and the put the mind at rest so that spiritual bliss can be obtained.

All the type of Lemurian yoga should be performed slowly, very slowly. This technique

may be practiced even by pregnant ladies, children of below 14 years, patients and old aged people. There will be no side effects.

In this package, there are two sitting posture variations, one standing posture variation, one walking variation and one laying posture variation. There are five different types of breathing techniques. Finally, there are five meditation techniques.

*This package makes the pineal gland secretion of the practitioner and prepares the performer to free from the fetters of worldly sorrows and the doer lands on in ABSOLUTE BLISS.*

**1. Posture Practices****1. Sitting postures [Two Asanas]****One**

1. Sit comfortably in keeping right leg in front side. **Eyes closed**
2. Very slowly turn your face, shoulders and spinal cord towards left side so as to face your head on your left knee.
3. Now very slowly bend your torso up to your left knee.
4. Breathe in and out for five times very slowly and completely. Then come back to the previous position.
5. Now repeat this towards your right side
6. Now do this at the central side.i.e. Towards the floor. Do this asana for **TWICE**.

Then change position. I.e. keep the left leg in the front side and left leg in the back side. Repeat the technique **TWICE** as explained above.

***This first sitting posture makes the performer to FORGET everything and prepares to attain worldly happiness and spiritual bliss.***

**Two**

1. Sit comfortably in keeping left leg in front side.
2. Very slowly raise your left hand above your shoulders.
3. Then slowly raise your right hand above your shoulders.
4. Now bend down up to your left knee.
5. Five normal breaths in and out.
6. Then come back to your previous position.
7. Very slowly raise your right hand above your shoulders.
8. Then slowly raise your left hand above your shoulders.
9. Now bend down up to your right knee. 10. Five normal breaths in and out.
10. Then come back to your previous position.
11. Now lift both of your hands above your

shoulders by inhaling and move back your hands by exhaling.

***This second sitting posture streamlines and activities the thighs, knees, hip, spinal cord, shoulders and brain cells. The practitioner feels freshness and happiness.***

**2. Standing posture**

1. Keep your left leg facing left side of your body and right leg making L shape towards front side.
2. Lift your left hand towards the sky slowly.
3. Lift closely your right hand facing the sky.
4. Now bend down up to your left foot.
5. Five slow and full breath in and out.
6. Then move back to the previous position.
7. Repeat the same technique towards your right leg and right side. Repeat this yoga for **TWICE**

**3. Walking posture**

1. Stand comfortably by keeping your legs at 45 degrees.
2. Now raise your left leg and left hand towards the sky simultaneously by uttering the sound **HAAAA** and slowly put back both your leg and hand to the previous position.
3. Now raise your right leg and right hand simultaneously towards the sky by uttering the sound **HAAAA** and slowly put back both your leg and hand to the previous position.
4. Now raise your left leg and left hand towards the sky simultaneously by uttering the sound **HOOOO** and slowly put back both your leg and hand to the previous position.
5. Now raise your right leg and right hand simultaneously towards the sky by uttering the sound **HOOOO** and slowly put back both your leg and hand to the previous position. Repeat this practice for **TWICE**

***This practice prepares the rejuvenation of the all the organs of the body.***

**4. Laying posture**

1. Stand comfortably by keeping the foot in 45 degrees.

2. Sit down very very slowly.
3. Keep your left palm on the left knee and the right palm on the right knee.
4. Remain in this position for two minutes.
5. Then put your back side on the floor and stretch your legs one by one on the floor.
6. Keep your legs one by one at the back of your hip.
7. Inhale           chanting           SOOOOO
8. Remain in this position for 5 minutes.

Then lay down for a while.

This practice activates the central NADI

## 2. Breathing Techniques

### First breathing technique

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids.
3. Keep the left hand on the left thigh with chin mudra.
4. Close your right nostril with your right thumb.
5. Inhale by chanting **YAM** and exhale by chanting **RAM** [ Silently ]
6. Repeat this for **SEVEN** times.
7. Then close your left nostril with your right index finger.
8. Inhale by chanting **YAM** and exhale by chanting **RAM** [ Silently ]
9. Repeat this for **SEVEN** times.

Then change position. i.e. Keep the left leg in the front side and right leg in the back side.

Repeat the technique **SEVEN** times as explained above.

*This breathing practice purifies the lungs, heart, throat and brain cells.*

### Second breathing technique

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely.
3. Inhale by chanting **YAM** and exhale by chanting **RAM**. [ Silently ]
4. Repeat this for **SEVEN** times.

Then change position. i.e. Keep the left leg in the front side and right leg in the back side.

Repeat the technique **SEVEN** times as explained above.

*This practice purifies lungs, heart, stomach, hip, spinal cord, shoulders, eyes, ears, nostrils, throat, palate and the brain cells.*

### Third breathing technique

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely. and exhale chanting silently HAMMMM
3. Close your right nostril by your right thumb and inhale through your left nostril by chanting **SOOOO**
4. Now release your right thumb and hold the breath.
5. Close your left nostril by your left thumb and exhale through your right nostril by chanting **HUMMMM**
6. Repeat this practice for **SEVEN** times.

Then change position. i.e. Keep the left leg in the front side and right leg in the back side. Repeat the technique **SEVEN** times as explained above.

*This practice activates the entire respiratory organs and the brain cells the pineal gland starts to function normally. Each and every nervous system gets rejuvenation.*

### Fourth breathing technique

1. Sit comfortably by keeping right leg in front side.
  2. Close both of your eye lids completely.
  3. Slowly bend your body toward front side by chanting silently **HAAAAA** and exhaling.
  4. Slowly bend back your body to the previous position by chanting silently **HOOOO** and inhaling.
  5. Repeat this for **SEVEN** times.
- Then change position. i.e. Keep the left leg in the front side and right leg in the back side. Repeat the technique **SEVEN** times as explained above.

*This fourth breathing technique purifies and activates all the parts stomach, heart, lungs, spinal cord, hip and head.*

**Fifth breathing technique**

1. Sit comfortably by keeping right leg in front side.
2. Close both of your eye lids completely.
3. Slowly bend your body toward front side by chanting silently **HOOOO** and exhaling.
4. Slowly bend back your body to the previous position by chanting silently **HAAAA** and inhaling.
5. Repeat this for SEVEN times.  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **SEVEN** times as explained above.

*This fifth breathing technique loosens the upper palate and begins to secrete the pineal gland.*

**3. Meditation practices****First meditation practice**

For all the five meditation practice, keeping the chin mudra is essential.

1. Sit comfortably by keeping right leg in front side.
2. Close the eye lids very slowly.
3. Chant **SOOO** seed syllable when you inhale and chant **HUMMM** when you exhale. Do this four times.
4. Open the eye lids very slowly.
5. Chant **SOOO** seed syllable when you inhale and chant **HUMMM** when you exhale. Do this four times.  
Repeat this **TEN** times slowly.  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **TEN** times as explained above.

*This practice puts your mind at rest and you can attain spiritual bliss and happiness.*

**Second meditation practice**

1. Sit comfortably by keeping right leg in front side.
2. Close the eye lids very slowly by chanting **RAM**.
3. Open the eye lids by chanting **YAM**  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **TEN** times as explained above.

*This practice streamlines the breathing and the external thoughts are gradually arrested. The mind stops modifications and the performer forgets his/her worries and experience peace and bliss.*

**Third meditation practice**

1. Sit comfortably by keeping right leg in front side.
2. Slowly open 25% of your eye lids by chanting **OM** and close your eye lids completely by chanting **HAUM**.
3. Repeat this for **TEN** times  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **TEN** times as explained above.

*This practice creates positive energy waves around you and you will obtain peace of mind.*

**Fourth meditation practice**

1. Sit comfortably by keeping right leg in front side.
2. Keep your tip of the tongue on your upper palate.
3. Close your eye lids very slowly.
4. Open your eye lids slowly by chanting **OM**
5. Close your eye lids by chanting **HREEM**
6. Perform this for **TEN** times  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **TEN** times as explained above

*This meditation practice ends all sorrows of the performer and puts the practitioner in spiritual bliss.*

**Fifth meditation practice**

1. Sit comfortably by keeping right leg in front side.
2. Close your eye lids fully.
3. Slowly inhale by chanting **OM**
4. Slowly exhale by chanting **KREEM**
5. Repeat this for **TWENTY ONE** times.  
Then change position. i.e. Keep the left leg in the front side and right leg in the back side.  
Repeat the technique **TEN** times as explained above.

*This fifth meditation practice will give you peace of mind, success in business and a long span of life time.*

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