

# Three Simple Lemurian Breathing Techniques to Heal all Types Mental Disorders

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## Abstract

The mental disorders such as neurodevelopmental disorders, intellectual development disorder, global developmental delay, communication disorders, autism spectrum disorder, Attention-deficit hyperactivity disorder (adhd), bipolar and related disorders, mania, depressive episodes, anxiety disorders, Generalized Anxiety Disorder (GAD), social anxiety disorder, specific phobias, panic disorder, separation anxiety disorder, trauma- and stressor-related disorders, acute stress disorder, adjustment disorders, Post-Traumatic Stress Disorder (PTSD), reactive attachment disorder, dissociative disorders, dissociative amnesia, dissociative identity disorder, somatic symptom disorders, illness anxiety disorder, conversion disorder, factitious disorder, feeding and eating disorders, anorexia nervosa, rumination disorder, pica, binge eating disorder, sleep-wake disorders, narcolepsy, insomnia disorder, breathing-related sleep disorders, parasomnias, restless legs syndrome, disruptive, impulse control and conduct disorders, kleptomania, pyromania, intermittent explosive disorder, conduct disorder, oppositional defiant disorder, depressive disorders, disruptive mood dysregulation disorder: major depressive disorder, other specified depressive disorder, Substance/medication-induced depressive disorder, Depressive disorder due to another medical condition can be easily cured by simple Lemurian breathing techniques.

**Keywords:** Slow breath • Eyes cum nostrils breathing • Mind control • Peace and enlightenment

## Introduction

### 1. What is yoga?

Yoga unites body, soul, and mind. The current practices are mainly from Hatha yoga of the north Indian Seers. But the author made extensive R & D on the Lemurian yogic practices and compiled hundreds of these ancient traditional techniques. These scientific methods are still one of the hidden secrets of human wellness. According to the Lemurian Seers yoga is to unify bio-energy with cosmic energy.

### 2. Simple Lemurian yogic breathing techniques to heal the mental disorders mentioned in the abstract are as follows

#### a) Unification of bio and cosmic energy breathing technique:

Yogic practices should not be done in open places and roofless rooms. The roofs of cooling sheets are to be avoided. Sit comfortably on a cotton bedsheet. Close the eyelids Inhale slowly and detain the inhaled breath for only three seconds. Then exhale slowly. This time also, detain the breath for three seconds and then inhale. Repeat this five times. Then open the eyelids. Then slowly inhale simultaneously closing the eyelids. Detain the inhaled breath for three seconds. Then exhale simultaneously opening the eyelids. Repeat this eighty times [1].

#### Benefits of this practice:

This is the easiest practice to awaken the Kundalini energy. The Lemurian Tamil Seers time and again used to preach that our 95% of energy is wasted it is only through the eyes. The eyes play a prime role in spiritual practices. If one streamlines eyes, then controlling the mind is easier. The eyes can be streamlined and controlled by breathing. The breathing along with the eyelids opening and closing operation calms the mind, rests the mind and yields the practitioner's storage of cosmic energy, and paves the path to experience and enjoy bliss and enlightenment [2].

#### b) Body maintenance breathing technique

Close the eyelids. Inhale through the nostrils slowly and detain the breath for three seconds. Then open the mouth and exhale through the mouth. Now hold your breath for three seconds. Then repeat the same process six times. Then open the eyelids [3].

#### Benefits of this practice

The Lemurian Seers preaches that even a single movement of any body organ produces heat. Needless to say, heat is a must for the survival of the body. In the case of heat body yoga practitioners, this heat spoils the benefits of the practices. This special breathing technique maintains the normal temperature of the body. Also, it is the major rescuing technique from all side effects.

#### c) The Lemurian breathing method to slow the speed of breath:

Close the eyelids. Push out the inside air through the opened mouth with little force. Then close the mouth and sit in silence and watch the breathing. Whenever the breath moves fast, open the mouth and push out the breath with little force [4]. Then go back to the initial position. The performer can sit in this posture with this breath for twenty minutes.

#### Benefits of this practice

It is breathing, only breathing which is the Supreme Commander of all organs. Fast breathing ruins the organs and slow breathing maintains the organs. The RAPID breathing ERASES the energy of the body. Quick breathing reduces the lifespan. The slow breathing extends the life span. Fast breathing spiritual practitioners cannot attain any result. Only the slow breath can do wonders & miracles in spiritual practices. The Seers preach breath slowly and breathe slowly. This will not do the miracle [5]. Also, the Risis simply teach to control the mind. But it is not merely difficult but IMPOSSIBLE to control the mind just by listening and serving the Gurus, so-called Gurus.

This is not finding fault with anybody. No Guru can do wonders for a disciple. But this breathing technique can control the mind, arrest thoughts, and put the performer in Samadhi [6]. But one thing is essential. Regular practice is strictly needed. The regularly irregular practices, irregularly irregular practices & irregularly regular practices are a great waste of time and energy [7].

## Discussion

### Who created the four known Hindu Vedas?

The Hindu philosophic followers claim that the Vedas are eternal. The Vedas were spelled out by the creator Brahma. Some boast that it is cosmic revelation and sound. There is no scientific evidence. According to tradition, the Sage Vyasa is the compiler of the Vedas, who arranged the four kinds of mantras into four Samhita (Collections) [8]. In science, it was Euclid of Alexandria in Egypt who compiled all the existing geometrical theorems and it is the FIRST scientific text. There is no solid and concrete proof for the question: who formulated these geometrical theorems. They were in application before Euclid. That's all! But there is a Pythagoras theorem found by Pythagoras [9]. But this particular theorem was in application in India before the birth of Pythagoras. But unfortunately, there is no evidence about the originator of this famous theorem. Similarly, the Lemurian yogic practices were in application nearly 32000 years ago. According to this tradition, there is no citation about the formulators of these postures, breathing techniques, and meditational practices [10]. Thirumoolar in his

Thirumanthiram mentions Pariyanga yoga and some breathing methods. But he never mentions anything about yogic postures. The known Tamil Siddhas preached about Thavam. Their only yogic technology is Vaasi Yoga. Simply put these are four main breathing cum asana techniques. But this practice is very difficult to perform and normally they produce serious side effects. This is not a theoretical statement but an experimental result. Thus we do not know the formulators of the four Vedas, so we do not know the designers of the Lemurian Yoga Practices. Yoga is a subfield of Hindu philosophy. In the Vedic system, particularly in Tantric schools of thought, the Guru is more important than the Gods and Deities [11]. This aptly suits the Lemurian Seers also. My Lemurian yoga Gurus/masters taught me that there is no timeline for this yoga [12,13]. There are thousands of Lemurian postures breathing and meditation techniques which remain unlocked to this day. The Lemurian Yoga is an ocean. What we teach is only a tiny drop. Sooner or later someone may explore and gather all of this well-being technology [14]. Who knows?

## Conclusion

These three simple breathing techniques yield full focus and total concentration for the performers. The mental and physical complaints are healed. This is one of the beautiful preventive methods. All the mental disorders mentioned in the abstract column can be cured by this practice. The regular practices yielded the author the following scientific discoveries and inventions:

1. I have solved two 2300 years old unsolved mathematical problems.
2. I have shown that the geometry/shape of our Universe is FLAT.
3. I have invented two concepts/ideas for the origin of new fields of mathematics.
4. I have proved that it is possible to unify all the four known forces of Nature.
5. I have established that the generation/existence of tachyons is not possible.
6. I have published more than ten papers on Lemurian yoga practices.
7. I have proposed a scientific project to generate electricity freely from space.
8. I have proposed a scientific project to make Space Bombs without any raw material.
9. I have introduced two types of alternative medicines.

10. Recently, I have formulated/designed a new type of beverage.

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