

A new Mudra and breathing technique

S. Kalimuthu

SF 211 & 212/4, Kanjampatti P.O Pollachi Via, Tamil Nadu 642003, India

Email : arutperunjathi@outlook.com Voice; + 91 8508991577

Abstract

The practice of meditational techniques is to unite cosmic and bio energies. There are several methods formulated and introduced by philosophers and spiritual masters. All the known systems are difficult to perform. One has to practise for years. Most of the meditational and breathing methods have side effects. But the author's "An entirely new kundalini mudra, yoga and meditation "is very easy to practice and there will be no side effects or defects.

Key words: Kundalini Awakenining, Mayan Kundalini Mudra & Yoga

First Step

Sit comfortably. You may choose any asana you like.

Second Step

Except the thumb, the other four each finger has three lines. Keep the first lines of the four fingers in a straight line form. THGIS IS VERY VERY IMPORTANT. Then slightly put the tip of thumb fingers on the tip of the indexed fingers..*This is Mayan Kundalini Mudra.*

Third Step

Keeping the Mayan Kundalini Mudra , very slowly close your eyes. Then strongly exhale , i.e let your inside air completely go out side. This very essential step.

Fourth Step

Slowly open you mouth Move back the tip of the tongue until it touches the upper palate. Then slowly close the lips.

Fifth Step

Keeping all the four steps mentioned above,

You merely carefully your breath .Do not chant any mantra. And don't and don't retain the breath. The prefectoral keeping of the Mayan Kundalini Mudra and the breathing technique slows the pooraka and resaka. Also, this practice NATURALLY performs kumbaka and Sunyaka. Sunyaka is the retention after exhalation of the breath.

The regular practice of this new technique, will decrease the number of breathing and retention in both in and out sides will normally take place. In this technique, the performer becomes unable to notice the breathings. This is the symptom for the successful practice.

Sixth Step

By continuing the above mentioned kundalini meditation normally for seven minutes one may very smoothly and slowly open the eyes slightly. Say below 45 degree angle. Continue this open eyes technique for another seven minutes.

Minimum $7 + 7 = 14$ minutes practice is necessary. But one can increase time. This technique itself normally makes the practitioner to sit for hours.

This method of m kundalini meditation activates all the energy canters. One can free from all the fetters of tension, sorrows, unrest and chaos. The performer will certainly experience and enjoy mental , physical and spiritual happiness and bliss.

Let us recall that what Lord Buddha used to tell time and again:

“Do not believe me. You practice what I teach. You yourself will enjoy the benefit of the outcome.”

I also request readers and the spiritual community to test the technique stated in this letter.

I can politely assure that the practitioner will SURPASS & OVERTKE in kundalini practices.

References

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