



On biological miracles and cosmic energy

Acharya Sennimalai Kalimuthu

2/394, Kanjampatti P.O, Pollachi Via, Tamil Nadu 642003, India

Email: owlskalimuthu@gmail.com

Researcher ID: AAP-4476-2020

Scopus Author ID: 25723330600

ORCID ID: 0000-0001-7978-9013

MR ID 1048338

Abstract: Yoga is a commonly known generic term for the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. According to Sage Patanjali, yoga is the stilling of the changing states of the mind. Yoga has also been popularly defined as "union with the divine" in other contexts and traditions. In this work, an easiest technique to activate has been proposed.

[Acharya Sennimalai Kalimuthu. **On biological miracles and cosmic energy.** *Life Sci J* 2021;18(2):25-28]. ISSN: 1097-8135 (Print) / ISSN: 2372-613X (Online). <http://www.lifesciencesite.com>. 5. doi: [10.7537/marslsj180221.05](https://doi.org/10.7537/marslsj180221.05).

Key words: Bio Energy; Cosmic Energy; Yoga; Breathing Techniques; Meditation

PACS: 87.10.-e, 87.50.y, 87.50.C-, 87.50.ct, 87.50.wp, 87.50.sg, 87.50.st

A brief introduction to classical yoga

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For these three to be integrated, emotion, action, and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through exercise, breathing, and Meditation - the three main Yoga structures. Breathing techniques were developed based on the concept that breath is the source of life. In Yoga, students gain breathing control as they slowly increase their breathing. By focusing on their breathing, they prepare their minds for the next step - Meditation. The word Yoga comes from the Sanskrit word "Yuj" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme. The Sage Pathanjali compiled the then existing yoga sutras.

Yoga Meditation is the art and science of systematically observing, accepting, understanding, and training each of the levels of our being, such that we may coordinate and integrate those aspects of ourselves, and dwell in the direct experience of the center of consciousness. **The following are the benefits of doing yoga:** Stable autonomic nervous system equilibrium, Pulse rate decreases, Respiratory rate decreases, Blood Pressure decreases, Galvanic Skin Response (GSR) increases, EEG - alpha waves increase (theta, delta, and beta waves also increase

during various stages of meditation), EMG activity decrease, Cardiovascular efficiency increases, Respiratory efficiency increases, Gastrointestinal function normalizes, Endocrine function normalizes, Excretory functions improve, Musculoskeletal flexibility and joint range of motion increase, Breath-holding time increases, Joint range of motion increase, Grip strength increases, Eye-hand coordination improves, Dexterity skills improve, Reaction time improves, Posture improves, Strength and resiliency increase, Endurance increases, Energy level increases, Weight normalizes, Sleep improves, Immunity increases, Pain decreases, Steadiness improves, Depth perception improves, Balance improves, Integrated functioning of body parts improves, Somatic and kinesthetic awareness increase, Mood improves and subjective well-being increases, Self-acceptance and self-actualization increase, Social adjustment increases, Anxiety and Depression decrease, Hostility decreases, Concentration improves, Memory improves, Attention improves, Learning efficiency improves, Mood improves, Self-actualization increase, Social skills increases, Well-being increases, Somatic and kinesthetic awareness increase, Self-acceptance increase, Attention improves, Concentration improves, Memory improves, Learning efficiency improves, Symbol coding improves, Depth perception improves, Flicker fusion frequency improves, Glucose decreases,

Sodium decreases, Total cholesterol decreases, Triglycerides decrease, HDL cholesterol increases, LDL cholesterol decreases, VLDL cholesterol decreases, Cholinesterase increases, Catecholamines decrease, AT Pase increases, Hematocrit increases, Hemoglobin increases, Lymphocyte count increases, Total white blood cell count decreases, Thyroxin increases, Vitamin C increases, Total serum protein increases.

Lemurian yoga

The classical yoga was created by the Himalayan approximately some 6000 years back. Nearly 15000 years ago, the Seers of Lemurian continent developed a yoga system which is called Divine Light Yoga. This yogic science states that Brahman [The Unmanifested Supreme Space] is the ultimate reality. In Tamil, it is being called as **vetta veli**. It means sunya, or emptiness/void. Whenever there is a motion at a particular point of the sunya, it was/is the big bang. During the big bang, first sound and then light were created. The light gave birth to all of the matters in this universe. The universe started to expand at the moment of the big bang. The big crunch is the ultimate phenomenon of the universe. Both the physical space and time were created at the big bang. Please note that it was the Unmanifested Supreme space which gave birth to physical space. The physical space and physical time has origin and end. But the Supreme Space has no origin and has no end. It is ETERNAL. There is no time in the Brahman [Supreme space] This Lemurian yoga says that God is in the form of Divine Light. You can not find God in out side. The Almighty is with in you. It is lifetron which is located at the Third Eye.

The lifetron is made up of both light and darkness. The lifetron is NOT at rest. It is at motion. When the lifetron loses its energy, then natural death of a person occurs.

Advantages of performing Lemurian yoga

The practice of classical yoga keeps one fit and fine. But during the practice, ENERGY is wasted, energy is lost. The energy of a body increases while doing the Lemurian yoga. Kids, pregnant women and aged people should not practice the classical yoga. But the Lemurian yoga has no such restrictions. It can be performed by all the age groups. The biological interpretation of the energy increase is that the lifetron gets ENERGY from the practice. This is the major difference between the classical and Lemurian yoga. The control of eyes, ears, nostrils, and the spinal chord gets cosmic energy to the lifetron. One has to allot only 15 minutes per day for the performance of Lemurian yoga.

The eyes, the ears, the nose & nostrils, the mouth and the skin are streamlined and become fit and fresh. The performer of this yoga becomes stronger,

healthier, powerful, obedient, virtuous, intelligent, polite and lives life happily and also does the perfect work for family, society and country. This pineal gland is activated by light, and it controls the various bio-rhythms of the body. It works in harmony with the hypothalamus gland which directs the body's thirst, hunger, sexual desire and the biological clock that determines our aging process. When it awakens, one feels a pressure at the base of the brain. To activate the 'third eye' is to raise one's frequency and moving into higher consciousness – all is a consciousness experience perceived through the Eye of Time or Third Eye. While the physiological function of the pineal gland has been unknown until recent times, mystical traditions and esoteric schools have long known this area in the middle of the brain to be the connecting link between the physical and spiritual worlds.

Considered the most powerful and highest source of ethereal energy available to humans, the pineal gland has been seen as a gateway that leads within to inner realms and spaces of higher consciousness. Awakening the third eye acts as a "star gate." Meditation, Visualization Yoga, and all forms of Out of Body travel, open the Third Eye and allow you to 'see' beyond the physical. Confusion, uncertainty, cynicism, pessimism, jealousy, envy and one sidedness can be overcome You can be assured that your third eye is awakened if you close your eyes and can see:

White/blue/purple colors, Intense white dots, Black sky with numerous stars, The shape of the eye/square/circle/some other shape filled with blue or purple color, These are all signs that you have awakened your third eye. If you feel the pressure or some activity in your third eye chakra, that means that your third eye is being awakened and soon you will be able to see it. Increased intuition. Higher levels of awareness and consciousness, Deeper self trust and trust of others, Deeper connection with Universe and your spirit guides, Stronger more meaningful spiritual connections, The ability to get answers to your questions from within and from Universe, Greater sense and interpretation of energy are the benefits of performing this yoga. You will be able to process information beyond analysis, reasoning and rationalizing. Other benefits include: We are able to See, Feel and hear subtle energies or we can say we will be able to see, hear and feel higher frequency realities. By Continuous practicing on third eye, we will be able to probe into the past, present and future. We will be able to find solutions of any problems. We will be able to make contact with Divine energies in the universe. Astral travelling is possible with the help of third eye. We will be able to see the reality of our life. Our beliefs will change after seeing the reality of

the world. We will become more independent. We will become more happy. We will become more satisfy. We will get the power of microscope. Some see sparkling lights. some here different types of sounds.

Some feel different types of sensations which cannot be explained by words. some see god and goddess they worship.

S. No	Name Of Yoga	Benefits
1	Aga Oli	Hands, Intestines, Liver, Heart, Legs, Pancreas, Spleen & Gall Bladders are streamlined.
2	Naasi Naa	From top to bottom good respiration is maintained. The general circulation becomes natural & normal
3	Kooppagam	Foot, hands, shoulders are put in the right track. The inner heat of the of the body goes out
4	Agaparimalam	Foot, Buttocks, Shoulders, Spinal Parts, Thighs, Face and Eyes are regenerated
5	Kaayamaruthal	The Heart, Neck and Face are put in total action. The Blood is purified.
6	Sama Nilai	The temperature of the body is normally maintained.
7	Saantham	The sexual organs and the Sperms are Purified
8	Kunthagam	From bottom to top, the external parts become concrete
9	Meivarthanam	Rectum, Ureter, Urethra, Uric Acid, Sperm are purified.
10	Sugapanthanam	The coitus powers and duration of intercourse get Prolonged.
11	Guru Vanakkam	The breathing is purely streamlined. The blood is totally purified. The life organs and forces are regenerated.
12	M ana M ounam	The purified body and soul experiences and enjoys TOTAL BLISS

The above mentioned twelve Lemurian yoga will unify bio-energy with cosmic energy.

Acknowledgments

The author wishes to thank Yogi Imayam who has been roaming around in the thickest forests of Sathuragiri, Srivilliputhur Taluk, Virudunagar District, Tamil Nadu state, India for his His kind instructions of this secret yoga.

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2/9/2021