

# Auraa Yoga Practices for Brain Health and Physical Fitness

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## **Abstract**

There are three types of human bodies, namely, physical, subtle and causal. It is generally believed that yoga strengthens the physical body. But the yogic methods for the subtle body are very rare. Considering this spiritual shortcoming, the author unlocks the hidden mysteries of hundreds of centuries old Tamil Siddhars Subtle yoga for the benefits of the whole humanity.

**Keywords:** Mental health, physical health, pleasure, enlightenment

## **ONE**

Cosmic Mother Prayer:

Stand comfortably on a cotton mat. Keep your feet at forty five degrees. Five full breaths. Then recite EEE MMM five times loudly. IMMM is a bio mantra whereas EEE MMM is a cosmic mantra.

**Benefits:** This chanting connects cosmic energy with bioenergy.

## **TWO**

Legs at forty five degrees. Inhale while slowly closing down your eyelids and exhale simultaneously opening your eyelids for TWELVE times. Then comfortably sit on the cotton mat such that your right leg facing the floor and the left leg at the back side of the right leg. Keep your right palm on the right leg and the left palm at your left leg. Inhale and exhale as mentioned above for TWENTY THREE times.

Then slowly raise and keep your right palm at your right knee and the left palm at the right knee and repeat the same practice for SEVEN time.

After this, slowly take your right palm gently up and put it at the right side, adjuring the right thigh.

THE PALM MUST FACE THE SKY. Repeat this same process with your left palm also. Then repeat the same method for SEVEN times.

After doing this, come to the previous position, i.e. stand up on the cotton mat. Then continue the same practice as narrated first for TWELVE times and then sit down comfortably on the cotton mat. This time the left leg must face the floor and the right leg should be behind the left leg. **THIS IS VERY IMPORTANT.**

Then redo all the practices as explained previously.

**Benefits:** The ancient Tamil Siddhars found that nearly 96 % of the human bio-energy is being wasted through the eyes. In the Mother's womb, it is the eyes which are formed first. This eye cum breathing

practice prevents energy loss and also stores more cosmic energy to the bio-energy through the hole so the hair makes the performer attain spiritual growth in a very shorter time.

### THREE

Sit comfortably on the cotton mat. Stretch your legs and knees in front of you comfortably. Close eyelids. Slowly move your head, neck, shoulders, spinal cord and hips in front of you as much as possible. While doing this exhale. Pause for a second and move back to the previous position simultaneously exhaling. Then stop a second and redo the same method four times.

**Benefits:** This simple practice activates both sympathetic and para sympathetic nervous systems and also strengthens all the cells of the body

### FOUR

Repeat the above process for five times but moving down the head while forward process and raising back the head during backward process.

**Benefits:** This activates the pineal glands enabling the practitioner to attain highest spiritual bliss and enlightenment

### FIVE

Fold your legs and knees such that the right knee does not touch the left knee. Close eyelids. Slowly move your head, neck, shoulders, spinal cord and hips in front of you as much as possible. While doing this exhale. Pause for a second and move back to the previous position simultaneously exhaling. Then stop a second and redo the same method four times.

**Benefits:** This easiest practice streamlines all the cells of the body. Also, this strengthens the stomach, head, digestive organs, hip, spinal cord, shoulders, respiratory systems and eyes.

### SIX

Repeat the above process for five times but moving down the head while forward process and raising back the head during backward process.

**Benefits:** This simple performance activates all the organs above the hip and blood circulation becomes normal and natural.

### SEVEN

Sit comfortably on the cotton mat. Eyelids closed. Raise both the legs and knees up and down for five times. While raising the inhale and while putting down the exhale.

**Benefits:** This particular performance strengthens legs, knees, hip and shoulders enabling the practitioner to remain in proper sitting during meditation.

### EIGHT

Repeat the same practice but during lifting up the legs move forward your head, shoulders, spinal cord and hip and during reverse process moving up the above mentioned parts of the body.

**Benefits:** Activates each and every cells of the brain obtaining focus and concentration to the practitioner.

**NINE:** [Nervous purification]

Lock your right nostril with your right thumb and inhale slowly but deeply. Release the right thumb and lock you left nostril with your left thumb and exhale slowly but deeply. Then inhale through the right nostril and lock your right nostril with the right thumb and exhale through the left nostril. This is ONE BREATHING. Repeat this for eleven more times

**Benefits:** This nervous purification is a must to get elevated in the spiritual practices. Also, this nervous cleaning protects both the physical and subtle bodies for longer lifespan. The severe practice will reverse aging.

**TEN [First]**

Lay down on the cotton mat comfortably on the front side of the body facing space. Eyelids closed. Focus your attention at the back side of your head and meditate up to twenty three breathing in and out.

**Benefits:** This meditation increases/extends the lifespan of the practitioners.

**TEN [Second]**

Lay down on the cotton mat comfortably on the front side of the body facing space. Eyelids closed.. Focus your attention at the right eye and meditate up to twenty three breathing in and out.

**Benefits:** This is the prime practice and it offers much energy to the life force making the practitioner's longevity for more and more.

## Discussion

This is the heart and brain of the Tamil Siddhar SUBTLE YOGA. The regular practice in the dark room will make the practitioner see **tiny light particles in the space**. So, this special package is recommended to perform during night hours.

## OM TAT SAT

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### Suggested Readings

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