



On the Lemurian Shabda Yoga = Part 1

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According to the Genesis of the Holy Bible, initially God created Heaven and Earth. And then God said "LET THERE BE LIGHT¹". Immediately light appeared. As per the Hindu scriptures of creations, the Brahman thought, "MAY I BECOME MANY!" Then only all the creations started. The ancient Indian Seers were blessed and cursed by words. Even in the Holy Bible both curses and blessings can be seen. The curses are the cause for the effect of many incarnations in the Hindu philosophy. John 1: 1 says that, "In the beginning, word was there, the word was with God and god was word. All the words are sounds. In the Hindu philosophy there are three important foundational concepts, namely, Nirguna Brahman, Saguna Brahman and Sabdha Brahman. The Maha Muni Mayan's creation theory says that there was a vibrational sound and then the creations began. The Himalayan Sages introduced NATHA YOGA. In Sanskrit naatha means sound. In the famous Tamil scriptural text the great Siddhar Arunagiri declares that sound and light play the prime roles in creation. The Tamil alchemy found that both sound and light are the basis for the making of nectar. The Siddhars foretold that the sound can be transformed into light and the light can be made into sound. The interesting fact is that modern physics experimentally proved this. The miraculous invention is that scientists emerged successful in photographing sound waves. Putting in the language of a lay man, both sound and light are essential and inevitable for all living beings. In this work, the author introduces some of the LEMURIAN SOUND POSTURES [OSAI NILAI] which are very effective for the mental, physical and spiritual uplift of human beings.

Keywords: Nirguna Brahman; Saguna Brahman; Sabdha Brahman; Divine Cosmic Sound; Unstruck Inner Sacred Sounds**On Sanskrit Language**

Unfortunately even the qualified people think that the Sanskrit language belongs to Aryans. This is totally incorrect. These words are sacred, divine and not either discovered or invented by any human being or any other human race. In this world, there are hundreds of languages which were formulated by human beings through their attempts and experiences. Some words/sounds are produced by striking two instruments. All the music belongs to this category. According to Einstein's special theory of relativity, matter and energy are equivalent. When energy gives birth to various forms of matter, creation starts making gravitation, radiation etc. The Cosmic Divine Sounds are produced by ENERGY. The

ancient Indian Seers and also the highly spiritually enlightened persons heard these cosmic sounds during their deep meditations. Yes, Abraham, Moses, Jesus, Prophet Mohammed, Lord Buddha, Mahaveer and all other Indian Seers heard these sacred sounds. The collection of these sacred sounds is the outcome of Sanskrit language. So, Sanskrit is the cosmic language and NOT at all a monopoly of any caste or sect.

Several thousands of years ago, there was a spiritual network which enabled various monks and Rishis to exchange their ideas and concepts. In the famous Indian epic Mahabharata, the Saint Vyas cites the Lemurian Maha Muni Mayan. Maha Muni Mayan's disciple migrated to modern Mexico to spread cosmology and

astronomy. The most important thing is that we can come across hundreds of Sanskrit mantras in the scriptures of the well known Tamil siddhars. To conclude in a nutshell, the Sanskrit language is a Universal language which belongs to the Cosmic mother.

A brief survey of Naatha Yoga

The ancient Indian seers and the Chinese Monks formulated various physical exercises, breathing and meditation techniques. Later on these were generally named yoga. According to Indian tradition, yoga is to unite body, mind and soul. But as per the Seers of the Lemurian continent, yoga is to unify cosmic energy with bio energy. Needless to say, yoga is a part and parcel of spirituality. The main purpose of yogic practices is to prepare both body and mind for meditation to attain spiritual enlightenment and liberation. But this alone will not yield the required results. Sage Patanjali warns that unless the practitioner follows strictly the Yama and Niyama [the Do's and Don'ts] spiritual progress is impossible. This was put by Lord Buddha in different ways such as the right thinking, the right doing, the right approach etc. So, speaking the truth, the mere practices of yogic methods cannot do anything fruitful to the practitioners. Only this will lead to both mental and physical health. But one thing was proved that these practices cannot destroy the karmic effect of the performers. Both the north Indian Realized persons and south Indian Lemurian enlightened monks thought over this spiritual issue for several centuries. Ultimately, they found that Naatha/Sabdha Meditation can certainly do spiritual wonders.

Let us recall and cite what the great spiritual personalities imparted this traditional Sabdha/Naatha meditation.

According to Saint Tulsi Doss all spiritual efforts and attempts are not fruitful unless you hear the Divine unstruck sounds. Saint Kabir says that without practice of this sound meditation, man is subjected to birth and death. Guru Maharshi Mehi says that a practitioner who is able to focus on the Subhuman or the tenth gate for just ninety seconds will experience the opening of the INNER SUBTLE hearing faculty. This is called Consciousness Current. But this is possible only if the performer can able to close the three gates namely, eyes, ears and mouth. But this is very difficult practice.

The person who hears the inner divine unstruck sound created by bio energy can see the eight aspects of God. These are Light,

Sound, Peace, Calmness, Wisdom, Joy, Power, and Love. This implies that if a spiritual practitioner fails to practice pure LOVE without any expectation, he/she cannot succeed in spirituality. That's why Jesus Christ simply preached that LOVE IS GOD.

Kinds of sacred sounds heard by a practitioner during DEEP meditation

- In the first chakra, bumblebee
- In the second chakra, a flute
- In the third chakra, a harp or vina
- In the fourth chakra, a deep bell or gong
- In the fifth chakra, wind rushing in the trees
- In the sixth and seventh chakra, OM, AUM.

The other sounds are as follow:

- Chini
- Chini – Chini
- Bell sound
- Conch sound
- Tantri [lute] sound
- Sound of Tala [Cymbals]
- Flute sound
- Bheri/drum sound
- Mridanga [Double drum] sound
- Clouds/Thunder sound

The spiritual practitioner who can enjoy and experience these basic sounds can do miracles in spirituality. That's why Guru Angad declares that such persons can perform the following wonders:

- Seeing without eyes
- Hearing without ears
- Walking without feet
- Working without hands
- Uttering His name without tongue

The above are the teachings of Hamsa Upanishad, Naatha Bindu Upanishad, Darshana Upanishad and Shiva Samhita.

These methods are just like reaching London by walking. The Lemurian seer's techniques are very simple to practice and the

performer can enjoy the sacredness of the divine sounds easily. The Lemurian Inner sound meditation is very simple to perform and the practitioner can experience instantly provided he/she is free of hatred, enmity, anger and emotion. These great Monks assured that all KARMAS will be burnt if a performer can hear these unstruck sounds made by energy itself and not by any material instruments or objects [1-10].

We will narrate these methods in the second part of "On the Lemurian Shabda Yoga".

OM TAT SAT.

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