



## On the Lemurian Shabda Yoga - Part 2

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**Abstract**

In our previous part we have just briefly introduced Sabdha/Naatha yoga. Various yogic methods and inquiry techniques have been formulated by the Seers. The aim of these different paths are to free from the fetters of the problems of mundane life and to lead a happy life. But the prime purpose is to attain spiritual enlightenment and LIBERATION/SALVATION from the cycle of birth and death. But these goals are not easy. Thousands of spiritual practitioners are unsuccessful in their attempts. Many of them have encountered side effects. The northern Indian Spiritual Rishis formulated Naatha Yoga principle for quick results. But experiences revealed that this path is also difficult. In the southern parts of India, in the lost Lemurian continent Maha Manis SECRETLY performed their own Sabdha yogic methods and attained rapid results. In this work, the author unlocks this secretly kept scientific experiment so that the entire humanity will benefit.

**Keywords:** Yoga; Albert Einstein; Chakra

**Mayan Vs. Einstein**

Several millennia ago, the Lemurian Maha Muni Mayan found that there are only two things namely Vaastu and Vastu.

Vaastu = Energy

Vastu = Matter

This was mathematically proved by Albert Einstein in 1915. Einstein's theoretical finding has been experimentally verified by the research community on several occasions. Moreover, scientists have established by probing, investigating, studying and analyzing Einstein's gravitational theory that this Universe came into being from a tiny dot singularity. This is called big bang cosmology. This scientific cosmology revealed a lot of mysteries of our Universe and also about multiverses. But Mayan and before Mayan the Lemurian Maha Munis found that initially a pulse began in the singularity dynamics and this pulse was the beginning of space, time and matter [1].

Both the ancient north Indian seer's preaching's and modern scientific cosmologist's findings do AGREE with the Lemurian Maha muni's revelations. All these three schools of thoughts agree that it was SOUND. NAATHA which gave birth to the origin of our Universe. In our previous part we have mentioned that God has eight aspects. Among those aspects the first is SOUND and the second is LIGHT. The Lemurian Maha Munis found that sound can be transformed into light and also light can be converted into sound. Modern scientists proved this.

On this firm foundation of SOUND the Lemurian spiritual masters found and formulated SACRED SOUND MEDITATIONS.

**What is the sound?**

Sound is a wave. Sound can be produced by striking two material objects. This is material sound made by matter. But the divine cosmic sound is created by ENERGY ITSELF. The material sound

can be heard by every human being except the deaf. On the other hand the divine spiritual sound can be heard EVEN BY THE DEAF persons provided with he/she practice Naatha meditation.

### The Lemurian Naatha Hearing

Both the northern and southern Indian spiritual masters generally agree that there are seven main chakras in the human body. The chakras are energy centers. These energy centers should be awakened for the success in spiritual practices. The main purpose of meditation is to activate these energy organs. They are given below:

- Muladhara (root chakra)
- Svadhisthana (sacral chakra),
- Manipura (solar plexus chakra),
- Anahata (heart chakra)
- Vishuddha (throat chakra)
- Ajna (third eye chakra)
- Sahasrara (crown chakra)

The Divine sounds associated with these seven chakras are given hereunder:

- 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

### First Lemurian Naatha yoga practice

In several Indian and international spiritual prayer halls and in important temples the recorded music continuously cant OM, A U M. Will this lead to enlightenment and liberation. Certainly not.

Firstly, the Lemurian natha yoga practitioner, sit comfortably and try to hear the NATTHA of humblebee or chini focusing./concentrating at the root chakra, Secondly, he/she must try this same method at the sacral chakra and so on. This can be performed according to the convenience of the practitioners. One may take one hour per day for seven days. The motivated disciples can do this in one day itself. This should be determined by the qualified and experienced teacher.

### Second Lemurian Naatha yoga practice

Each energy center has specific mantras. They are as follows:

- Muladhara. Root chakra. Chant "Lam".
- Svadhisthana. Sacral chakra. Chant "Vam".
- Manipura. Solar Plexus chakra. Chant "Ram".
- Anahata. Heart chakra. Chant "Yam".
- Vishuddha. Throat chakra. Chant "Ham".
- Ajna. Third eye chakra. Chant "Aum".
- Sahasrara. Crown chakra. Chant: AUM

This second practice can also be performed according to the ability and motivation of the disciples. As mentioned above, it is up to the experienced spiritual teacher to decide this. Some schools of thought preach that there are more than seven chakras. But the Lemurian Maha Munis teach that there are thousands of energy centers and energy receivers in the human body. They included the holes of each and every hair. It must be noted carefully that the Vedic system protects and nourishes hair but the tantric system removes hair. Each system has its own merits. Even these two practices are not easy. By merely doing so the chances for the performers to attain the expectations are not bright and not at all guaranteed.

### Third Lemurian Naatha yoga practice

It make this process easy, the Lemurian masters guided their disciples to play the above divine sounds through their mouth and also by striking the relevant instruments. They had tested the divine sound wind rushing among trees in forests. Also, they verified the sacred sound of sea waves by sitting in a small rock at the seashores.

So, during each sacred sound meditation the respective sounds are displayed to enable the practitioner for success.

The Lemurian masters advise the practitioners to SIMPLY hear the relevant sounds by just sitting comfortably. HOW TO HEAR THESE SACRED SOUNDS FOR PROMPT VICTORY?

This is the fourth stage of the Lemurian Sabdha meditation. It will be flashed out in the next work.

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### Bibliography

1. This Lemurian Shabda Brahman knowledge was delivered through the mouth of a Guru to the ears of the disciples. These secrets of secrets are the hidden properties of the Lemurian Spiritual people. But the author will try his best to locate and pinpoint the relevant citations.