

# Adi Yoga

Acharya Sennimalai Kalimuthu

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

Email [nirvana.kalimuthu@gmail.com](mailto:nirvana.kalimuthu@gmail.com) Mobile +91 8508991577

## Abstract

According to 30000 years old Tamil yoga, yoga means to unite cosmic energy with bio energy. This yoga is very easy to practice and the results are INSTANT and MARVELLOUS. I have learnt this ancient yoga from a Monk who is more than 400 years old. Even pregnant women, kids, children below 14 years age groups, old persons and physically handicapped people can perform this yoga. The practitioner need not bend his body like bending a rubber sheet. This practice yields spiritual bliss, prevents and controls all the disease. This scientific technique is not disseminated yet and the author uncover the hidden treasures of this ancient yoga through this journal.

## A brief revision of some basic terminologies

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Yoga means union. Etymologically, it is connected to the English word, yoke.

Yoga means union with God, or, union of the little, ego-self with the divine Self, the infinite Spirit.

contemplation, thought, thinking, musing, pondering, consideration, reflection, prayer, deliberation, study, rumination, cogitation, brooding, mulling over, reverie, brown study, concentration, speculation;

### *rare cerebration*

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.

In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.

<https://yogainternational.com/article/view/the-real-meaning-of-meditation>

Meditation is not a technique but a way of life. Meditation means 'a cessation of the thought process'. It describes a state of consciousness, when the mind is free of scattered thoughts and various patterns. The observer (one who is doing meditation) realizes that all the activity of the mind is reduced to one.

<http://www.healthandyoga.com/html/meditation.aspx>

Meditation is a means of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. By engaging with a particular meditation practice you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of being. With regular work and patience these nourishing, focused states of mind can deepen into profoundly

peaceful and energised states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life.

<https://thebuddhistcentre.com/text/what-meditation>

## **Benefits of doing yoga**

Rejuvenate s Aging Brain and Muscle Tissue, Improves your flexibility. Improved flexibility is one of the first and most obvious benefits of yoga, Builds muscle strength, Perfects your posture, Prevents cartilage and joint breakdown, Protects your spine, Betters your bone health, Increases your blood flow, Drains your lymph and boosts immunity, Improves your flexibility, Builds muscle strength, Perfects your posture, Prevents cartilage and joint breakdown , Protects your spine, Betters your bone health, Increases your blood flow, Drains your lymphs and boosts immunity, Ups your heart rate, Drops your blood pressure, Regulates your adrenal glands, Makes you happier, Founds a healthy lifestyle, Lowers blood sugar, Helps you focus, Relaxes your system, Improves your balance, Maintains your nervous system, Releases tension in your limbs, Boosts your immune system functionality, m Gives your lungs room to breathe, Prevents IBS and other digestive problems, Gives you peace of mind, increases your self-esteem , Eases your pain, Gives you inner strength, Connects you with guidance , Helps keep you drug free, Builds awareness for transformation, Benefits your relationships, Uses sounds to soothe your sinuses, Guides your body's healing in your mind's eye, Keeps allergies and viruses at bay, m Helps you serve others, Encourages self care, Supports your connective tissue, Uses the placebo effect, to affect change[ References]

## **Introduction of Adi Yoga**

### **STAGE 1**

#### ***1)Imm Meditation***

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

**THIS VAALAI MEDITATION FORMS POSITIVE ENEGY WAVES AROUND YOU.**

#### ***2)Preparatory movements***

- a) Rotate only your face left side; then rotate your face to the right side. Then come back to normal/regular position.
- b) Slowly bent your face such that your body and head making L shape. complete three full and slow breaths. Then by inhaling return to the normal position.
- c) Move your face in left side such that the head and left knee in a straight line position. Slowly keep moving down till your fore head touches your left

knee. Breathe slowly, gently three times and then come back the normal position. Now repeat this movement in the right side and to the central side.

Perform these three or four times

**THIS MOVEMENT WILL MAKE YOU FORGET THE EXTERNAL WORLD  
AND GIVE YOU SPIRITUAL BLISS.**

### ***3) Body cooling breath***

Eye lids closed. By completely closing your mouth, inhale slowly. Then without retaining the breath, open your mouth and exhale THROUGH the mouth. Do this breathing technique 5 to ten times.

**THIS YOGA WILL KEEP YOUR BODY TEMPERATURE NORMAL.**

### ***4) Samadhi Eye Breathe***

- a) Keep the eye lids closed. Inhale slowly without reciting any mantra.. Exhale slowly reciting Vaalaipben mantra Imm. Repeat this yoga for FOUR times.
- b) Now slowly open the eye lids. The eye lids should be opened only 25%. Now repeat as narrated in a)
- c) Now open the eye lids widely. And repeat the process as mentioned in a)

- d) Then close the eye lids only 25%. Repeat the eye movements as described in a).
- e) Now close the eye lids and repeat the yoga for 15 times.

**THIS EYE BREATHE WILL LEAD YOU TO SAMADHI STATE.**

**5) *Eye breathe to focus the thoughts at one point***

Very, very slowly open the eye lids. And close the eye lids toooooo slowly. Repeat this yoga for five times. While opening the eye lid inhale and exhale while closing the eye lids.

**THIS YOGIC PRACTICE ARRESTS YOUR EXTERNAL THOUGHTS AND PUTS YOUR MIND AT A FIXED POINT.**

**6) *Single eye breathe***

Eye lids closed. By inhaling, open the left eye lid slowly. Then close it slowly. Then slowly open the right eye lid while inhaling. Then exhale by slowly closing the right eye lid. Repeat this yoga for four or five times.

**THIS PERFORMANCE STREAMLINES AND ACTIVATES ALL THE PARTS OF THE BRAIN AND EYES.**

### **7) *Mouth and nostril breathing***

Sit comfortably. Keep slowly moving your head and shoulders downwards such that your body and head make an L shape. Now lift your head backwards by inhaling the breathe. Now go back to the L shape by exhaling the breathe through your mouth.

Repeat this yoga four or five times

***THIS PRACTICE MAKES THE HEART AND LUNGS TO FUNCTION BETTER.***

### **8) *Breathing for better health.***

a) Keep the fingers in Adi Mudra. Left hand on left thigh and right hand on the right thigh. Eye lids closed. By keeping the left hand on the left thigh, fresh the right nostril by the right thumb [the remaining fingers in the Adi Mudra ] and inhale slowly through the left nostril and exhale slowly through the same nostril. Repeat this yoga for 7 times.

b) Then freshing the left nostril by the pointing finger of the right hand [the remaining fingers in the Adi Mudra ] inhale slowly through the right nostril and exhale through the same nostril. Repeat this yoga for 7 times.

c) Thirdly, keep the left finger on the left thigh and the right finger on the right thigh. Fingers in the Adi Mudra. Inhale and exhale for seven times.

***THIS BREATHE PRACTICE WILL ACTIVATE AND  
STREAMLINES ALL THE PART OF THE BODY***

***9) Tongue yoga***

Sit comfortably. Eye lids closed. Bent down your face by extending the tongue out side. Then go back to the previous position by taking back the tongue inside the mouth. Redo this yoga for five times.

***10) Mouth yoga***

Sitting well while eye lids closed. Open your mouth widely and then close. Redo this yoga for five times.

***11) Eye yoga***

Close the eyes very tightly and then open the eyes normally. Redo this yoga for five times.

***12) Ohm cum Imm meditation***

Slightly bend your face. Inhale and contract the anus and stomach as long as you can do. Then come back to the previous position. Then slowly exhaled the

inhaled breath through your mouth. Then sit in meditation as long as you can perform.

***First stage is over***

## **STAGE 2**

### ***1) Imm Meditation***

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

**THIS VAALAI MEDITATION FORMS POSITIVE ENEGY WAVES  
AROUND YOU.**

### ***2) Preparatory movements***

Sit comfortably as usual.

- a) Stretch your right hand and simultaneously bow/ bend your head. Let the right palm touches the earth such that the right hand and right knee lie on the straight line. Five slow and full breath in and out.

Then slowly lift your head and hands simultaneously until you reach the previous position.

Repeat this yoga by stretching similarly the left hands and palms.

Perform this yoga for three times.

- b) Now perform this yoga by keeping right hand and palms in the left side of the left knee. Five breaths in.

Then redo this yoga by putting the left arm and left palm in the right side before the right knee. Five slow and full breath in and out.

- c) Now slowly bow down your head and both the arms towards the center part of your sitting position. Five breaths in and out gently and slowly. Then slowly return to the previous position.

*This yoga streamlines and activates the parts of heart, lungs, shoulders, arms, hip, spinal cord, eyes, face and brain.*

### **3) Arms yoga**

Close your eye lids. Two slow and full breaths in and out.

Lift your left hand towards the sky. Let the palms face the earth. Then raise your right hand such that both the hands and palms lie in parallel.

Three or four full and slow breaths in and out.

Then slowly put back your left hand on your left thigh.

Then slowly let your right hand comes back to the previous position.

Repeat this yoga for three or four times.

**THE SHOULDERS, LUNGS, HEART, STOMACK, THE HEAD, THE SPINAL CORD, THE HIP AND BRAIN ARE GETS ACTIVATION AND STREAMLINING.**

### **4) Worship yoga**

Eye lids closed. Raise your left hand as long as possible above your head. Then lift your right hand to the same position such that both the hands remain in parallel. The palms must be joined. Three or four complete and slow breaths in and out.

Then let the joined hands move down such that the hands remain on the top of your head. Two or three full breaths in and out.

Then let the folded palms and hands reach your lap slowly.

**THIS PARTICULAR YOGA REJENUVATES ALL THE PARTS OF YOUR BODY.**

***5) Hip and spinal cord yoga***

a) Sit comfortably. Keep the eye lids opened. Two or three breaths in and out. Then let your body moves back ward at about 30 degrees. Now rise up and let down your left knee and thighs for four or five times. Then re do this yoga by your left thigh, knee and legs.

b) Now repeat this yoga four or five times by both the legs and thighs.

***THIS YOGA STRENGTHS YOUR THIGHS, KNEES, LEGS, HIP AND SPINAL CORD.***

***6) Stretching yoga***

Now move back your body and shoulders back side say up to 30n degrees. Let the palms of your hands firmly touch the floor. Now lift upwards your left hand and contract it. Repeat this movement through your right leg. This yoga may be performed four or five times.

***This movement strengths your thighs, legs, hip, spinal cord and hands.***

***7) Legs and thighs yoga***

Remain in the same position. Move your left leg and thigh to the left side slowly. Then bring back the left thighs and legs to the previous position. Then repeat this movement through your right leg and right thigh.

This yoga may be performed five to seven times.

***This movement strengths your thighs, legs and hip.***

### ***8) Legs and thighs yoga Part 2***

a) Sit comfortably. Keep eye lids opened. Now slowly lift your right legs and thigh and place it on the left thigh. Move your head slowly towards the right kneel. Inhale and exhale thrice or four times. Then let your face returns to the normal position. Then slowly keep on moving down your head towards yours right foot. Inhale and exhale slowly thrice or four times and then come back to the previous position.

b) Repeat this movement by laying the left legs and thigh on the right thigh.

***THIS PERFORMANCE STRENGTHS AND ACTIVATES THE PARTS OF SPINAL CORD AND HIP.***

### ***9) Hands, legs and hip yoga***

Sit comfortably. Lean backs both of your arms slightly backward. Keep the palm on the floor tightly. Slowly lift your buttocks upwards. Two breaths in and out. Then slowly let your buttocks returns to the previous position. Re do this movement thrice or four times.

***This yoga strengthens the intestines , buttocks, legs and nhands.***

### ***10) Shoulders yoga***

Sit comfortably. Breath twice or thrice deeply. Lift your left leg and put adjoining the knee of the right leg. Now rotate your shoulders in the right direction. Do this thrice or four times. Then replace the left leg to the previous position. Then place your right legs adjoining the knee of the left leg and repeat the movements as described earlier. Perform this yoga thrice or four times. Then sit comfortably as earlier.

***This yoga strengthens legs, shoulders, thighs and hip.***

### ***11) Hands yoga***

Stretch your right hands facing the right palm the sky and fold and place it on your right shoulder. Do this movement through your left hand. Now slowly let the right hand go back via the earlier route and reach the right side of your thigh. Then repeat this movement by your left hand.

*This yoga strengthens your hands.*

## **12) Neck ,and brain yoga**

a) Sit comfortably. Bend your neck such that the neck makes an L shape with your body. Slowly lift your face to the previous position. Do this yoga for thrice or four times.

b) While moving down your head exhale and while moving up your head inhale. Repeat this yoga for thrice or four times.

c) While moving down your head, exhale through your nostrils and while moving up your head, inhale through your mouth. Do this yoga for thrice or four times.

This yoga cum breathing technique strengthens the neck and activates all the parts of your brain.

End of stage 2

## **STAGE 3**

### **1) Imm Meditation**

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

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AROUND YOU.**

## ***2)Laying yoga 1***

Sit as explained in first stage. Stretch your legs one by one on the floor. Then leaning towards the right position/ side lay down on the cotton cloth. Keep your knees facing the sky. Then move your legs and body towards right and left. Repeat this yoga thrice or four times.

***THIS MOVEMENT STRENGTHENS YOUR LEGS,HANDS,THIGHS, HIP , HEART, LUNGS, BRAIN AND INTESTINES***

## ***3)Laying yoga – 2***

Lay left side. Stretch your right legs to and fro. Repeat this thrice or four times. Now lay on the right side and stretch your left legs to and from for thrice or four times. Then lay facing the sky.

## ***4)Palms yoga – 3***

Stretch your hands. Place your hands jointly and open both of your palms. While inhaling open your palms [fingers ] slowly and while exhaling close your palms. Do this yoga for thrice or four times.

***This yoga activates all the nerve of the palms. The palms are connected well with the brain cells. So, this activates the brain cells too.***

## ***5)Fingers yoga***

Simultaneously tightly close the fingers of both the hands. Then slowly release the fingers simultaneously. Repeat this finger movements for thrice or four times.

***This performance will streamline the commanding nerves of the palm and fingers.***

## ***6)Ear yoga***

Simultaneously press tightly your right ear with the right palm and the left ear with your left palm. Repeat this yoga thrice or four times.

***This practice activates and streamlines the parts of the ears.***

### **7)Eye yoga**

Close the eye lids. Open only the right eye lid. Then close it. Now open only the left eye lid and then close it. While opening the eye lid, the breath should be inhaled and during the closure of the eye lids the breathing must be exhaled.

***This practice strengthens eyes, brain, lungs and heart.***

### **8)Fingers yoga- 2**

Firstly, close the fingers of both the hands tightly. Secondly, stretch your right hand before you. Slowly open the fingers one by one. Then stretch your left hand before you. Now release the fingers one by one. Then bring the hands to the previous position. Repeat this practice for three or four times.

***This yoga also activates the cells and nerves of the palms and fingers.***

### **9)Eye yoga 2**

Close the eye lids. Very, very, very, and very slowly open the eye lids. Detain the eye lids for five breath's time. Then too slowly, too slowly and too slowly close the eye lids. Repeat this yoga thrice or four times.

***If one performs this eye yoga for ten minutes he/she will land on TOTAL Samadhi state.***

### **1) Eye yoga 3**

Very slowly open your lower eye lids only. Then too slowly close your lower eye lids. The time interval between opening and closing the lower eye lids may be four or five times breathing's time.

***This practice activates all the nerves of the eyes and brain cells.***

### **10)Head yoga**

Press the head with your left and right palm tightly. Breath very slowly and deeply. Then release the palms. Breath t thrice or four times. Then repeat this yoga for thrice or four times.

*This yoga activates and streamlines the parts of the head.*

### **11) Meditation yoga**

Sit in artha padmasana i. e right thigh and legs on the left thigh..Close the right palm of the right foot by left hand and left palm of the left foot by right hand. This is called foot Mudra. Breathe too slowly. While inhaling recite the mantra Sooooooooooooo and during exhalation recite the second part of the mantra hummmmmmmmm. This is called So-Hum meditation proposed by the Tamil seers nearly 30000 years ago. Ten minutes of practice will put you in perfect Samadhi.

End of stage 3

### **STAGE 4**

#### **1) Imm Meditation**

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

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#### **2) Standing breathe cum yoga**

- a) Stand on the blanket. Eye lid closed. Slowly inhale and exhale thrice or four times.
- b) Slowly open your right eye lid. Then slowly raise up your right hand. The palms should face the earth. Then slowly close down your right eye lid. Then put back your right hand to the previous position.
- c) Now slowly open your left side eye lid. Then raise your left hand up facing the palm towards the floor. Gently close your left eye lid and then let your left hand returns to the previous position.

***Do this yoga thrice or four times. This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

### ***3) Standing breathe cum yoga – 2***

- a) Slowly open your right eye lid. Then gently raise your left hand to the sky. Now close the right eye lid slowly and then put back the left hand to the previous position.
- b) Now slowly open your left side eye lid. Then lift your right hand above your head. Now gently close down your left eye lid and let your right hand returns to the previous position.

***Do this yoga thrice or four times. This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

### ***4) Standing breathe cum yoga – 3***

- a) Keep eye lids closed. Four or five complete breathes.
- b) Slowly open both the eye lids. Then rise both of your hands up. Then gently close down both of your eye lids.

Repeat this yoga thrice or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

**5) *Standing breathe cum yoga – 4***

- a) Keep eye lids closed. Four or five complete breathes.
- b) Now open both of your eye lids and rise up both of your hands SIMULTANEOUSLY. Repeat this yoga thrice or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

**6) *Hand postures***

- a) Stretch your right hand before your body. Then stretch your left hand before your body. Now bring back your right hand first and your left hand second to the previous position.
- b) Now stretch both the hands forward and then let them come back to the [previous position.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

**7) *Hand postures – 2***

Stretch your hands in front of you. Then fold back your hands. Repeat this yoga for thrice or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

**8) *Hand postures – 3***

Stand at ease for one minute. Three or four complete and slow breathes.

Then let your hands move to and fro in front of you. When the right hand moves forward, the left hand must move back backwards. Repeat this yoga for three or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

**9) *Hand postures – 4***

Stand at ease for one minute. Three or four complete and slow breathes.

Facing your right side buttock, let your right hand goes down. Similarly repeat this in the left side by the left hand. When the right hand moves down, the left hand must come up. Repeat this yoga for thrice or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

#### ***10) Hand postures – 5***

Stand at ease for one minute. Three or four complete and slow breathes.

Move your right hand to the left side and move your left hand to the right side. This must be done simultaneously. Repeat this yoga for thrice or four times.

***This practice strengthens the shoulders, arms, eyes and internal parts of the brain.***

#### ***11) Eye breathe***

Inhale and exhale fast. While inhaling open your mouth speedily and exhaling close your eye lids quickly. Repeat this practice for five times.

***This performance activates the inner cells of brain, eyes and ears.***

#### ***12) Meditation***

Sit comfortably on the cotton blanket. Keep your tip of the tongue on the upper palate. Slowly breathe in while opening both the eye lids. Then gently breathe out by closing the eye lids. Do this yoga as slow as possible for twenty times.

Then keep the sight at the tip of the noses and meditate according to your convenience.

***This meditation will lead you to Samadhi.***

***The end of stage 4***

**STAGE 5**

#### ***1) Imm Meditation***

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

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AROUND YOU.**

## ***2)Prayer yoga***

Stand gently on the cotton blanket. Eye lid closed. Two or three full breathes.

Now simultaneously raise your hands above your head. Fold the palms. Two or three full and slow breathes. Then bring your folded hands just above your head. One full breathes. Then slowly, very slowly move down your folded hands and palms just facing before your eyes, noses, face, throat, heart and stomach. Then put down your hands and release the palms. Repeat this yoga five times.

***This yoga activates all the cells of your body.***

## ***3)Prayer yoga- 2***

Eye lids closed. Rotate your head to the right side. Bent down your head while exhaling and raise your head while inhaling. Do this thrice. Then rotate your head to the left side. Bent down your head while exhaling and raise your head while inhaling. Do this thrice,

Repeat this yoga for thrice or four times.

***This movement strengthens eyes and brains.***

#### 4)Prayer *yoga*- 3

Bend your head and body such that the legs and thighs make an L shape to the stomach and face. Inhale hile opening the eye lids and exhale during the closure of the eye lids.

***This practice activates brain, eye, lungs and heart cells.***

#### 5)*Walking yoga*

Raise your left leg by inhaling and put down your left legs by exhaling. Then start this movement with the right leg. By doing this yoga ten times, march forward.

***This yoga strengthens legs, knee, thighs and hip.***

#### 6)*Walking yoga*- 2

a) Move your left leg to the left side. Then move your right leg to the left leg. Repeat this yoga for ten times.

b) Move your right leg to the right side. Then move your left leg to the right leg. Repeat this yoga for ten times.

***This yoga strengthens legs, knees, thighs, stomach, hip and spinal cord.***

### ***7) Walking yoga- 3***

Raise your left leg and place your left hand on the left knee. Then put down both the leg and hand. Then do this yoga with the right leg and right hand. By doing this movement you just walk forward. Repeat this yoga for ten times.

***This movement strengthens the knees, legs, hands, hip and spinal cord.***

### ***8) Walking yoga- 4***

Place your left leg and left hand forward simultaneously. Then move your right hand and right leg ahead to the left leg. Do this movement for ten times.

***This movement strengthens the knees, legs, hands, hip and spinal cord.***

### ***9) Walking yoga 5***

Place your left leg and right hand forward simultaneously. Then move your right leg and left hand ahead to the left leg. Do this movement for ten times

***This movement strengthens the knees, legs, hands, hip and spinal cord.***

***10)L shape walking yoga***

Let your body makes an L shape with your legs and thighs. Put ten steps forward with this position.

***These yoga strengthens the digestive systems.***

***11)L shape walking yoga2***

Let your body makes an L shape with your legs and thighs. Put ten steps to the left side and then move ten steps to the right side of your body.

***These yoga strengthens the digestive systems.***

***12)Meditation yoga***

Sit comfortably on the floor. Press the left ear with the left thumb finger and press the right ear with the right thumb finger. Then with the help of the remaining four fingers press the left and right eyes with left and right fingers respectively.

Inhale by reciting silently Om and exhale by reciting/chanting Imm.

Meditate thus for three or four minutes.

***This meditation will purify the brain cells.***

The end of stage 5

## STAGE 6

### *1) Imm Meditation*

Comfortably sit on a cotton blanket.

Keep all the part of the body loosely. The hands should not be tight.

Slowly, very slowly, In fact, too slowly close your eye lids.

Slowly and gently inhale breath. Without retaining your breath, exhale it keeping your attention at central point between your eye brows. While exhaling slowly recite IMM. Imm is the mantra to invoke Adi Sakthi. Recite this mantra minimum six times and maximum 21 times.

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### *2)Earth prayer*

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH EARTH.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

***This yoga purifies the earth parts of your body.***

### ***3)Water prayer***

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH WATER.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

***This yoga purifies the water parts of your body.***

### ***4)Fire prayer***

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH FIRE.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

***This yoga purifies the fire parts of your body.***

### ***5)Air prayer***

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH AIR.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

*This yoga purifies the air parts of your body.*

#### **6)Space prayer**

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH SPACE.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

*This yoga purifies the space parts of your body.*

#### **7)Star prayer**

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH MY BIRTH STAR.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for ten times.

*Your birth star will certainly BLESS you.*

### ***8)Birth bird [ Patchi prayer]***

Know your bird according to Pancha Patchi Shasta. If your bird is Owl, then meditate as follows:

Sit as gentle as possible. Keep your body normally. Avoid all the tightness.

Slowly open your eye lids by thinking OH MY BIRTH BIRD OWL.

And too slowly close your eye lids by thinking BLESS ME.

Repeat this yoga for 21 times.

***Your birth bird will certainly BLESS you.***

End of stage 6

Adi Yoga 7th [Final [Status]

- 1) Full body purification, especially dental, mouth, tongue, ears, nose, eyes, heart lungs, brain cells and body's intestines.
- 2) Strengthening sexual components.
- 3) Different drugs for the above mentioned purposes.
- 4) The new scientific technique to take oil baths.
- 5) New and new technique of soil bathing.
- 6) Preparation for the first body for the refreshing of the whole body.
- 7) New training techniques.
- 8) New and novel ancient body touch-ups.

## **Discussion**

The benefits of performing the north Indian hada yoga have been established scientifically by various trials and research.[References] I have been instructing this Adi Yoga for the last 12 years. The fifth Euclidean postulate is 2300 years old unsolved mathematical impossibility. The regular practice of this yoga and meditation yield me various solutions for this unsolved mathematical mystery. My findings have been appeared in peer reviewed international journals. The practitioner can certainly feel the difference instantly. I am prepared to move to any part of this world to instruct this yoga and clear all the doubt.

## **Conclusion**

This new techniques needs R & D. In science EXPERIMENT is the supreme judge. If any organization or sponsors interests in this RESEARCH, I would be very grateful.

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