

Simple Yogic Practices to Overcome All Psychiatric Disorders

Acharya Sennimalai Kalimuthu

Vadaku Thottam, Kanjampatti P.O, Pollachi Via, Tamil Nadu 642003, India.

*Corresponding Author: Acharya Sennimalai Kalimuthu, Vadaku Thottam, Kanjampatti P.O, Pollachi Via, Tamil Nadu 642003, India.

Received date: July 09, 2024; Accepted date: July 26, 2024; Published date: August 12, 2024

Citation: Acharya S. Kalimuthu, (2024), Simple Yogic Practices to Overcome All Psychiatric Disorders, *Psychology and Mental Health Care*, 8(7): DOI:10.31579/2637-8892/292

Copyright: © 2024, Acharya Sennimalai Kalimuthu. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract

Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. For a better, happier and peaceful life one should be free from all the psychiatric disorders. Some severe and dangerous issues like Anxiety Disorders, Depression, Bipolar Disorder, Post-Traumatic Stress Disorder (PTSD), Schizophrenia, Eating Disorders, Disruptive behavior and dissocial disorders, borderline personality disorder (BPD), neurodevelopmental disorders, Obsessive impulsive disorder. Paranoia, Dissociative Disorders, Somatic Symptom Disorders, Feeding and Eating Disorders and Sleep-Wake Disorders make life a hell. To overcome these agonies, the author carried out rigorous R&D for over four decades and found some simple yogic practices. These techniques were tested locally with instant results without any side effects. This gave courage and hope for the author to unlock this easily applicable methods.

Keywords: psychiatric disorders; simple yogic practices; instant results; mental calmness and peacefulness

1. Cosmic Mother Prayer:

The author has mentioned in his previous publications that Om is the macro sound and Im is the micro sound. But EEEE MMMM is the Cosmic Mother's sound/mantra. The practitioner should comfortably sit on a cotton cloth with closed eyelids and should focus his/her mind in the space above head and loudly or mentally chant EEEE MMMM for eleven times.

Benefits

Nearly 15500 years ago the great Tamil Maha Muni Mayan preached that as in the macro so in the micro. His descendants Tamil Siddhars [Perfected Persons] also taught this. Modern science also agrees with this. All the matter /substances/contents both in the outer world and inner world are made up of earth, water, fire, Air and space. Yes, there is water, fire, air and space on earth, there is earth, fire, water and space in water, there is earth, water, fire and space in air and there is earth, water, fire and air in space. This is what PANCHIKARANA in the Hindu and Siddha philosophy [1-3].

This EEEE MMMM chanting purifies all the five elements in the human body and makes a connection with the cosmic contents. It heals all the physical, mental and psychological complaints of the practitioners. There is a proverb which says that PREVENTION IS BETTER THAN CURE. This simple but effective practice yields the practitioner focus, concentration, freshness and bliss which will lead to spiritual enlightenment and liberation.

II Sitting Practices

1) Aga Oli [Eyes Practice]

Part ONE

Sit on a cotton cloth facing the eastern side. Keep your palms on the respective knees. Eyelids closed and hip and spinal cord straight. Slowly breathe in and out for five times. Then lift your legs and knees towards the sky and move back your spinal cord and hips back side simultaneously moving and bending your head. While doing this inhale and open your eyelids simultaneously. This is very important. The backward movement should be convenient for your body. Then without any halting come back to the previous position by moving your head downward, breathing out and closing your eyelids. Perform this practice for eleven times.

Part Two

By sitting in the same position perform this practice but while inhaling close down your eyelids and during exhalation close down your eyelids. This is very important. Do this practice for eleven times.

Part Three

Sit on a cotton cloth as usual. Now lean back side and keep your palms on the floor at the back side of your hip and thighs. Practice Part ONE as mentioned above for eleven times.

Part Four

By remaining at the same position, repeat the practice as described in Part TWO

Benefits

The Tamil Siddhars found that most of our energy, say nearly 95 %, is being wasted through our eyes. This simple practice prevents that wastage and also prevents that damage to the human body. Also, the Tamil Siddhars intuitively found during their deep meditation that 96 % of the energy in our body is NOT manifested. That energy is stored at the base center [MOOLATHARA]. This simple practice awakens and activates the non-manifested primordial energy. Energy flows all over the parts of the body making the practitioner forever fresh, calm, focused and concentrated. The mind is freed from all the fetters of mental drawbacks.

The performer obtains the highest peaks of joy. This easiest practice activates all the nervous systems in the human body. Kindly refer to about the nervous systems.[4].

2) Head, neck, thighs and legs movements

Part One

Sit comfortably on a cotton cloth. Eyelids closed. Move your head, neck, shoulders, hip, spinal cord and right leg knee and thighs towards your left side. Without any halting move back to the previous position and repeat this same practice to the left side. **Do this five times.**

Part Two

By remaining at the same position, close your eyelids. Keep your hands gently on the knees. Head straight. Move to your front side and then come back to the back side. Head, neck, shoulders, spinal cord, hip and legs should move simultaneously. While moving back side, lift your knees and thighs and while moving front side let your knees, thighs and legs come down. **Do this for five times.**

Part Three

Sit comfortably on a cotton cloth. Let your head, neck, shoulders, hip, and spinal cord lean back side. Keep your palm on the floor at the back of your hip. Now close down your eyelids. Move your head and right leg towards left slowly and then move your head and left leg to the right side. **Do this for five times.**

Part Four

By remaining the previous position, close your eyelids. Move only your head to the left and right side. **Do this for five times.**

Then move your only head to down, up and back. **Repeat this for five times.**

Benefits

The above four practices strengthen brain cells, ear, nose, eyes, neck, shoulders, hip, thighs spinal cord, hands, legs and joints. Both energy and blood moves all over these parts transforming and purifying the practitioner mentally, and physically to a higher stage of wellness and happiness. The mind naturally comes to rest and puts the practitioner in **TOTAL CALMNESS & PEACE**. Old age physical complaints are healed and prevented. These performances make persons who do not walk properly even to run faster.

3) Stomach movements

Sit comfortably on a cotton cloth. Lean back as narrated in the previous stages. Inhale deeply and simultaneously contract your stomach. Then start exhaling and releasing contraction slowly simultaneously moving your head, neck, shoulders, spinal cord and hip towards the floor. Then move back your head, neck, shoulders, spinal cord and hip simultaneously contracting your stomach. And inhaling. **Repeat this for five times.**

Benefits

Many glands make up the endocrine system. The hypothalamus, pituitary gland, and pineal gland are in your brain. The thyroid and parathyroid glands are in your neck. The thymus is between your lungs, the adrenals are on top of your kidneys, and the pancreas is behind your stomach. These systems are streamlined and activated by the above practice.¹⁵⁻⁷¹ Positive thoughts, good sleep, freshness, love, compassion, and peace of mind are the yields for the regular practitioner. Also, this practice lengthens the lifespan of the practitioners

III. Standing practices

Part One

Keep your left foot on a wooden chair or stool. Raise your hands such that they form parallel to the stomach. Palms facing the floor like an umbrella. Move to and FRO your hands, head, hip, spinal cord but the legs should not make any movement. **Repeat this practice for five times.** Then keep the right leg on the chair and left leg on the floor and do the same **practice for five times.**

Part Two

Keep your left leg on the chair and right leg on the floor. Raise your left hand towards the sky. Then slightly turn your head and body to the right side and raise your right hand towards the sky. Then move towards the right leg and come back to the previous position. **Do twice**

Now keep your right leg on the chair and left leg on the floor and repeat the same practice. **Do this for twice**

Part Three

Place your left leg on the chair and right leg on the floor. Inhale slowly simultaneously raising your head neck, shoulder, spinal cord, hip and hands towards the sky and come back to the initial position. **Do this for five times.**

Then repeat this same practice for five times by keeping the right leg on the chair and left leg on the floor.

Part Four

Place your left leg on the chair and right leg on the floor. Raise your hands horizontally and begin to move slowly left and right as long as possible. **Do this for five times.** Then by putting right leg on the chair and left leg on the floor repeat the same **practice for five times.**

Part Five

Keep your left leg on the chair and right leg on the floor. Raise and then fold your hands and palms such that the palms face the sky. Continue this movement until the fingers of the palms touch the shoulders. Then rotate the palms such that they face the floor and raise the hand and palms and then release them to the initial position. Do this practice for five times.

Repeat this same practice by placing your right leg on the chair and keeping your left leg on the floor **for five times.**

Part Six

Keep your left leg on the chair and right leg on the floor. Eyelids closed. Raise your hand and palms to up and down. When left hand moves up the right hand should come down. **Do this practice for five times.**

Now by keeping your right leg on the chair and left leg on the floor, do this same practice for **five times.**

Benefits

The above six practices strengthen legs, hands, joints, lungs, heart, and all the digestive systems. Besides this, it activates the nervous systems and cells. No pain at the joints will be met by the practitioners.

IV. Walking practices

Part One

Keep the hands parallel to the chest. Start slightly raising hands and palms one by one and begin to walk very slowly for one minute

Part Two

Raise your hands and palms until they touch your shoulder and simultaneously by raising your left leg. Then release the hands and palms along with putting your left leg on the floor. Then repeat this practice with your right leg. While slowly performing this practice, please remember to walk forward very slowly. Do slowly for one minutes

Part Three

Lift your left hand up simultaneously raising hands and palms towards sky and release both leg and hands. Then perform this same practice with the right leg. While doing this, walk in front of you slowly. Perform this practice for one minute

Part Four

By slowly walking, raise your hands and palms up and down. While doing this, the palms should always look the floor. Continue this practice for one minute.

Benefits

The above four practices strengthen the joints, hands, legs, palms, foot, hip, shoulders and all the digestive parts.

V. Lying down practices

Part One

By lying down comfortably on a cotton cloth, slowly raise your legs such that they form an L shape with the thighs. Then slowly and simultaneously raise your legs and hands to up and down. While doing this the palms should always face the floor. **Do this practice for ten times.**

Part Two

While lying down comfortably on a cotton cloth, slowly fold your legs and hands simultaneously. **Do this for five times.** Then repeat this same practice with your right leg and right hand. **Repeat this for five times.**

Now, raise both the legs and both the hands and practice the same practice. **Do this for five times.**

Part Three

By comfortably lying down on the cotton cloth, close your eyelids. Raise your hands upwards. The palms must face the earth. Then start moving your left hand to the left side and your right hand to the right side. Then without halting, begin to move the hands and palms towards each other. But they should not touch with each other. First, keep the right palm on the upper side of left palm. Then let your hands and palms move to the previous position. Now let them approach with each other as mentioned previously. This time the left hand palm should be above the right hand palm. Repeat this practice for as many time as possible.

Benefits

The Tamil Siddhars found that the above practices stores cosmic energy between the palms miraculously. Those Siddhars also preached that the

palms and foot are the switch boxes for all of our body organs. That's why devotees kneel down before the realized persons and touch the feet so that energy flow will happen fast. Also, the highly and spiritually persons keep their hands on the head of the devotees and bless. Modern science also verified by this by a simple experiment. In quantum physics, it is called as Casimir effect.

The Casimir effect is caused due to the quantum fluctuation of the electromagnetic field. The attractive force between two surfaces in a vacuum – first predicted by Hendrik Casimir over 50 years ago – could affect everything from micro machines to unified theories of nature. Casimir Forces have their broad application in nanotechnology, especially silicon integrated technology-based on Casimir oscillators, nano-electromechanical, and Microsystems. A few examples state that the repulsive force that arises between two uncharged objects is due to the Casimir effect. This has created interests in the development of applications regarding the advancement of levitating devices. Physicists believe firmly that by harnessing the Unlimited Vacuum Energy In Space, We Could Finally Reach Light Speed

VI. Meditation Practices

Part One

In Aura Yoga, there is no sitting meditation. Comfortably lying down on a cotton cloth facing all the parts of your body looking the space, close down your eyelids. Focus your attention at the back side of your head above the neck. Slowly breathe and watch it. Do this as long as possible^[8]

PART TWO

Focus your attention and thoughts at the center of right eye. Watch both your breathing and right eye.

Benefits

This meditation tames, calms and puts the mind at rest. Wavering and negative thoughts are completely arrested and annihilated. Also, the bad impressions in the memory, life and atman are erased. Love, affection, friendliness blossoms in the heart and mind. Scientists have come a long way in estimating the number of cells in the average human body. Most recent estimates put the number of cells at around **30 trillion**. Written out, that's 30,000,000,000,000! This simple lying down meditation awakens and activates these thirty trillion cells of our body^[11]

Discussion

One has to allot only ten minutes a day for this performance. The author has been instructing this special methods for the last four decades with fruitful results without any side effects. This simple practice is unlocked for the benefits of entire humanity.

References

1. <https://en.wikipedia.org/wiki/Panchikarana>.
2. <https://www.wisdomlib.org/definition/pancikarana>
3. <https://www.templepurohit.com/panchikarana/>
4. <https://www.ncbi.nlm.nih.gov/books/NBK539845/>
5. <https://www.webmd.com/diabetes/endocrine-system-facts>
6. <https://my.clevelandclinic.org/health/body/21201-endocrine-system>
7. <https://kidshealth.org/en/teens/endocrine.html>
8. <https://www.popularmechanics.com/science/a60259881/casimir-effect-explained/>

9. <https://humanorigins.si.edu/education/introduction-human-evolution#:~:text=Humans%20first%20evolved%20in%20Africa,different%20species%20of%20early%20humans.>
10. <https://australian.museum/learn/science/human-evolution/when-and-where-did-our-species-originate/>
11. <https://www.nationalgeographic.com/science/article/how-many-cells-are-in-your-body#:~:text=Adding%20up%20all%20their%20numbers,37.2%20trillion%20cells.>
12. <https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>
13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>
14. <https://y20india.in/benefits-of-yoga/>
15. **Yoga papers authored by Acharya Sennimalai Kalimuthu**
16. S.Kalimuthu, On Bio-cosmic Energy and eyes practice. *Life Sci J* 2021;18(1):57-59]. ISSN: 1097-8135 (Print) / ISSN: 2372-613X (Online). [http://www.lifesciencesite.com. 7. doi:10.7537/marslsj180121.07](http://www.lifesciencesite.com.7. doi:10.7537/marslsj180121.07).
17. S.Kalimuthu. On the unification of bio -energy with cosmic-energy. *Life Sci J* 2021;18(3):1-3]. ISSN: 1097-8135 (Print) / ISSN: 2372-613X (Online). [http://www.lifesciencesite.com. 1. doi:10.7537/marslsj180321.01](http://www.lifesciencesite.com.1. doi:10.7537/marslsj180321.01).
18. http://www.lifesciencesite.com/ljsj180321/01_36935lsj180321_1_3.pdf
19. S.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](http://www.lifesciencesite.com.5. doi:10.7537/marslsj180221.05)
20. S. Kalimuthu, Beyond Science and Technology -Part 1. *Life Sci J* 2021;18(1):48-56]. ISSN: 1097-8135 (Print) / ISSN: 2372-613X (Online). [http://www.lifesciencesite.com. 6. doi:10.7537/marslsj180121.06](http://www.lifesciencesite.com.6. doi:10.7537/marslsj180121.06)
21. S. Kalimuthu, Lemurian Yoga Practice for the Prevention, Control and Healing of Physical Complaints and Mental Disorders, <https://vixra.org/pdf/1807.0401v1.pdf>
22. S. Kalimuthu, Adi yoga , <https://vixra.org/pdf/1806.0372v1.pdf>
23. S. Kalimuthu, Classical Tamil yoga, <https://vixra.org/pdf/1808.0057v1.pdf>
24. [58 S. Kalimuthu, Spirituality Food for the Unification of Bio Energy with Cosmic Energy
25. <https://vixra.org/pdf/1307.0160v1.pdf>
26. Acharyar Sennimalai Kalimuthu. "Intimacy Lemurian Sexual Yoga Practices for Couples". *Acta Scientific Orthopaedics* 4.10 (2021): 77-81.
27. <https://actascientific.com/ASOR/pdf/ASOR-04-0378.pdf>
28. S. Kalimuthu, A new Mudra and breathing technique
29. <https://vixra.org/pdf/1612.0351v1.pdf>
30. Acharyar Sennimalai Kalimuthu. "Follow Up Lemurian Yoga [Fly]". *Acta Scientific Computer Sciences* 3.10 (2021): 17-19.
31. <https://actascientific.com/ASCS/ASCS-03-0174.php>
32. Acharya Sennimalai Kalimuthu. Introduction of Lemurian Yoga to Our World. *Biomed J Sci & Tech Res* 44(3)- 2022. BJSTR. MS.ID.007066
33. <https://biomedres.us/pdfs/BJSTR.MS.ID.007066.pdf>
34. Acharya Sennimalai Kalimuthu. Four Important Lemurian Yoga Packages. *Biomed J Sci & Tech Res* 44(3)- 2022. BJSTR. MS.ID.007063.
35. <https://biomedres.us/pdfs/BJSTR.MS.ID.007063.pdf>
36. Kalimuthu S. The Grand Lemurian Siva Sakthi Maha Mudra. *Int J Pharmacogn Chinese Med*, 2022, 6(1): 000228.
37. <https://medwinpublishers.com/IPC/M/the-grand-lemurian-siva-sakthi-maha-mudra.pdf>
38. Sennimalai Kalimuthu. "A Phenomena in Bio Physics: The Grand Lemurian Sun Salutation". *Acta Scientific Applied Physics* 2.9 (2022): 16-21.
39. <https://www.actascientific.com/ASAP/pdf/ASAP-02-0073.pdf>
40. Acharyar Sennimalai Kalimuthu. "Follow Up Chair Lemurian Yoga Practices". *Acta Scientific Computer Sciences* 3.12 (2021): 42-43
41. <https://www.actascientific.com/ASCS/pdf/ASCS-03-0199.pdf>
42. Acharyar Sennimalai Kalimuthu. "The Lemurian Battlefield Yogic Practices Part - 1". *Acta Scientific Computer Sciences* 4.1 (2022): 08-09.
43. <https://actascientific.com/ASCS/pdf/ASCS-04-0206.pdf>
44. Sennimalai Kalimuthu. "A Phenomena in Bio Physics: The Grand Lemurian Sun Salutation". *Acta Scientific Applied Physics* 2.9 (2022): 16-21
45. <https://actascientific.com/ASAP/pdf/ASAP-02-0073.pdf>
46. Sennimalai Kalimuthu, (2022). A phenomena in bio physics: The Grand Lemurian Sun Salutation. *Journal of Obesity and Fitness Management*. 1(2).
47. <https://www.mediresonline.org/article/a-phenomena-in-bio-physics-the-grand-lemurian-sun-salutation>
48. Kalimuthu S. Three Simple Lemurian Breathing Techniques To Heal All Types Mental Disorders. *Clin .Exp Psychol*, 2022, 8(7), 052-053
49. <https://www.iomcworld.org/open-access/three-simple-lemurian-breathing-techniques-to-heal-all-types-of-mental-disorders.pdf>
50. S. Kalimuthu, The most important differences between the Hatha related yoga and the Lemurian Yoga <https://hq.ssrn.com/submissions/AbstractComments.cfm?AuthorID=5292340&AbstractID=4177457>
51. Sennimalai, Kalimuthu, On Bogar Yoga - Part 1 (February 13, 2024). <https://ssrn.com/abstract=4723647>
52. Sennimalai, Kalimuthu, On Bogar Yoga - Part 2 (February 17, 2024). <https://ssrn.com/abstract=4729543> , <http://dx.doi.org/10.2139/ssrn.4729543>
53. Sennimalai, Kalimuthu, The history of the victory of Lemurian Yoga [Sri Sri Lemurian yoga] (June 14, 2024). <https://ssrn.com/abstract=>
54. Sennimalai, Kalimuthu, The most important differences between the Hatha related yoga and the Lemurian Yoga (April 14, 2024).: <https://ssrn.com/abstract=>
55. Sennimalai, Kalimuthu, Background of the Lemurian Yoga Practices (June 14, 2024). <https://ssrn.com/abstract=>
56. Carbon removal by yoga
- 27]Sennimalai, Kalimuthu, Keeping good climate through the Holistic methods (January 30, 2024). <https://ssrn.com/abstract=4709907> , <http://dx.doi.org/10.2139/ssrn.4709907>
- Web-links

57. <https://inspirehep.net/authors/1826581>

58. <https://inspirehep.net/authors/2055075>

59. <https://orcid.org/0000-0001-7978-9013>

60. https://papers.ssrn.com/sol3/cf_dev/AbsByAuth.cfm?per_id=5292340



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

[Submit Manuscript](#)

DOI:[10.31579/2637-8892/292](https://doi.org/10.31579/2637-8892/292)

Ready to submit your research? Choose Auctores and benefit from:

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more <https://auctoresonline.org/journals/psychology-and-mental-health-care>