

Scientific Fact of Yoga by Elanggovan

Written by ADMMHSE

Monday, 16 November 2009 17:16 -

Realistic Fact on Non-Conflict Vocal Vibration in Yoga

(Understanding the scientific purpose of wishing original vocals)

SOUND

PRONUNCIATION

AWARENESS

(**thought focus**)

ASSOCIATED ENDOCRINE GLAND

Lam

Curve the tip of your tongue up and back, and place it on the rear section of the upper palate to pronounce

Base of the spine

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Gonads

Vam

Place the upper set of teeth on the inner section of your lower lip and begin with a breathy consonant t

Genitals

Adrenal

Ram

Place the tip of your tongue on the roof of the front section of the upper palate, roll the r as in Spanish,

Abdomen

Pancreas

Yam

Inhale audibly through your mouth, and pronounce the word hum (as in humming); allow the breath to c

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Solar Plexus and Heart Area

Thymus

Ham

Inhale noiselessly through your mouth, and pronounce the sound like the word yum (as in yummy); all

Throat

Thyroid

Aum

Inhale audibly through your nostrils, and direct the stream of air to the point between your eyebrows. P

Point between the eyebrows

Pituitary

5.3 Perfect methods translating Yoga posture with Universal and Sun Solar

System Existence items.

All body posture are either independent style or associated with trees, planets,

stars, animals and other universal existence. We will never view or take any

religion base picture, statue or god name into our training scope.