

# Yoga

So much had been written on yoga and so much material is available on the subject and I wish to leave how and why do yoga on experts. But I am writing this from point of view an engineer's point of view and my observations about yoga from practicing it. When I do inhaling and exhaling exercise with chanting OM, I feel vibrations in my heart and lung area, and I feel the same vibrations in abdominal area and if you can feel this in through your body where ever deep breath was felt. The yoga will be very effective.

Further I was wondering if Natural frequency of this chanting match with he natural frequency of your body whole internal system will vibrate and your all congestion even in your nervous system, and blood arteries will be removed. The plaque in blood stream is mainly because of internal parts don't feel this type of vibrations.

Second point I wants to draw your attention is we all know that with air most of germs enter our body. Then with the same token we can force our internal germs to exit our body by practicing right way to inhale and thinking at least in this direction, we may achieve this as well. In order to achieve. To attain this start with thought process that impurities of my body please get ready to leave my body I am not going to glorify your presence, by talking to others but I ask you to leave as soon as possible. Will this type of thought and talking back to your body works? Believe me this is working for me every time and I get rid of my illness by this way out of my body without the help of any external medicine for last few years of my practicing yoga.

This a small thought we felt and wish to share with all of you try this may work with you as well, GOD willing.

