

YOGA MAIL

The Industry Journal For Yoga & Human Potential

PP15266/06/2012(030063)
VOLUME 5 ISSUE 2

COMPLIMENTARY COPY

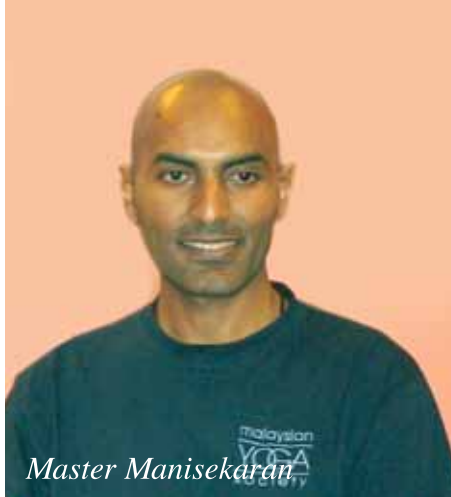
Apr - Jun 2012 ISSUE



**Kundalini:
Dormant Super Power!**

Message from Master Mani

Self Improvement



Master Manisekaran

What is self and what is improvement?

This is one of the questions that needs careful study and a clarifying answer. In the vast field of self improvement, self development and subconscious exploration, many potential trainings are being offered to the general public. This is due to the need, demand and curiosity of the public.

Everyone is being told that they are operating below their full potential and that their full potential is limitless, but the methods being offered have so far been unable to fully satisfy the yearning for this complete unleashing of the brain's power.

In yoga, the emphasis, the goal, or the culmination of it all is to realize the full potential of the human being, a complete metamorphosis of the 'normal' human organism into the 'super human' state.

Is this possible?

According to the history of yoga, many did transcend their limitations and were able to reach their full potential.

The process of transformation in yogic culture is total. In new age, self development seems to be the creation of wealth and relationship. Yoga involves actual physical, breathing, cleansing and mental training; whereas in new age self development is more of a visualizing process.

In yoga, self development emphasizes on the development of the mind-body potential, with the most important being full realization of the self. Instead of focusing only on material well-being as in new age methods, yoga focuses on the complete transformation of a human being... welcome to the world of kriya, kundalini and dhyana....

Visit us at Facebook:
Malaysian Association Of Yoga Instructors
and **Manisekaran Yoga**

Content

- Message from Master Mani 2
- Kundalini: Dormant Super Power! 5-7
- Events 8
- Kundalini Demystified 10-11
- Asana of the Month 13
- Articles by Practitioners
 - Enchanting Bali 14-15
- Yogic Wisdom For Daily Living 16
- At Your Fingertips
 - Relaxing Head Massage 17-18



- Yoga Therapy
 - Alzheimer's & Parkinsons Disease 19-20
- Eco's Echoes
 - Less Is More A Lifestyle Choice 21-22
- Inner Insights - by Boey C.P. 24
- Inner Insights - by Sharmini 25
- Super Yoga Kids Corner 26
- Chef Yogi's Food Notes! 29
- Schedule of Courses: May - Aug 2012 30



Advisor:
Master Mani

Chief Editor:
Navanesan

Editorial/Writers:
Surya Tay
Mei Wan
Vijaya
Serina
Other contributors

Advertising & Circulation:
Nisha Chang, Lee Yan

Graphic Designer:
Danny Kwok

Cover Design by:
Danny Kwok

Printed by:
KIP Online Printing Sdn Bhd,
No 1-G Persiaran KIP 3,
Taman Perindustrian KIP,
52200 Kuala Lumpur

Published by:
Sumathi A/P Jeganathan,
The Yoga Franchise,
No.3, Jalan Ang Seng 3,
50470 Brickfields KL



Guided by one of
the world's leading
yoga expert

Manisekaran

Fully sponsored by:



- Yoga Franchise
Brickfields
+603 2260 5322
- Yoga Franchise
Bangsar
+603 2282 4980
- Yoga Franchise
Damansara Utama
+603 7726 6682

Complimentary copies of
YogaMail are available at the
following locations:

- **Yoga Franchise and
affiliated studios**
- **Secret Recipe**
- **Starbucks**

Advantages of advertising with Yoga Mail

- Quarterly publication with focus on
well being and sustainable living
- 10,000 copies printed per issue
- Distribution throughout the Klang
Valley, Penang, Johor and East
Malaysia
- Food outlets, health centres,
targeted retail outlets,
condominiums
- Copies are sent directly to all
members of MAYI & MYS
- Past issues available on MAYI and
MYS websites
- Special discount rates for long term
advertising partners
- Attractive advertising rate card

Contact:
012-9079545
Navanesan

Visit our websites: www.mayi.org.my /
www.malaysianyogasociety.org



Kundalini: Dormant Super Power!

by Vijaya

Kundalini is a natural energy which is an integral part of everyone's system. It remains dormant in a person. It can be awakened through yoga. This power in us, once awakened, can bring about great changes to our lives. These major changes, which happen naturally, when they happen, happen with clarity, without any confusion. There'll be an immense awakening happening at the level of the mind and to a person's will power.

'...ini' has become a favourite affix with Indian girl names in modern times. Maybe it sounds hip ... Darshini, Taswini, Asvini, Thivashini, Kasmini, Kamini ... I don't know about their meanings, but Kundalini has a meaning one would not want to jumble up, not in this era when there's so much of potential for it to be understood in its real sense. In it's truest meaning and effect on the makeup of a human, it's not something any modern man would want to forgo, not in this lifetime.

Master Mani refers to Kundalini as an expression of energy into a creative form which cannot be definable, or be fitted into any stereotype.

Meaning, there's something seriously wrong with the stereotypes we are all familiar with. Kundalini awakening is not a nasty or frightening experience as painted by so many misguided minds, but rather a pleasing, uplifting, life-changing and extremely deep experience that will take one into understanding oneself and life in a very different and elevated way.

"Some say the word Kundalini means 'coil' but actually it means 'a deeper place' or 'a pit'. If you make a ditch it is called kunda, and anything that concerns that pit is called Kundalini. It is said that in the brain there is a small pit where the central power is lying dormant waiting to be tapped. Once we can trigger the awakening of that power, the creative centres of the brain, what are presently lying dormant, are brought into activity." — Master Manisekaran

Ever wondered what makes a genius? How was Swami Vivekananda able to write so many books, deliver so many lectures and travel extensively and touch the lives of so many souls in just the brief time he lived? How was Leonardo Da Vinci able to function as a painter, sculptor, architect, musician, scientist, mathematician, engineer, inventor, anatomist,

geologist, cartographer, botanist, and writer all at once? How did these people get these supernormal energy? Why were they so inspiring and charismatic?

When Pandit Gopi Krishna — a yogi, teacher, social reformer and writer — talked about Kundalini, there was so much of scepticism. People wanted scientific proof. People wanted to believe only what they see. Can we see air? Can we see electricity? Can we see atomic energy?

In the book 'Kundalini Tantra' Swami Satyananda Saraswathy, the founder of Bihar School of Yoga and Philosophy says that the awakening of Kundalini leads to the activating of the whole brain.

A normal man uses only one-tenth part of the brain, but Kundalini illumines the whole brain and extends his consciousness to the highest point that after the awakening, the person would be transformed to a 'super human' state, whereby deeper understanding of the whole of existence and of himself would occur. He might look normal in the eyes of others but his perspective is far more uplifted and so is his personality.

The swamiji says when the actual awakening happens there is "an explosion in the realm of experience" and there are symptoms which are "difficult to understand". The most unique and common experience is the release of energy like an electric shock from the bottom of the spinal cord, as if it were connected to an electrical power point".

This extraordinary, deeply intense and enlightening experience requires one to be prepared mentally, physically and emotionally. The awakening can be followed by psychic abilities, clairvoyance and clarity.

But it is not wild or maddening in nature. Is that attractive or what?

In the east, in India, long before it was known as India, kundalini knowledge, or kundalini yoga — which refers to the methods to awaken the latent energy — was intertwined with their daily lives, especially during the great civilizations of Atlantis and Indus Valley. They are said to have developed "the spiritual

sciences for the emancipation of man for the evolution of his spiritual consciousness”.

In the west, the knowledge of kundalini crept in fairly late around the early 20th century. Due to the inability of the modern western mind to understand these concepts or accept the reality of such an energy, the earlier teachers were only able to convey it indirectly.

For example, Swami Yogananda was referring to Kundalini energy when he said this:

“The contemplative mind, attempting its return to divinity, is constantly dragged back toward the senses by the life currents. When the energy can be coaxed to reverse its flow from the senses to the brain, it reveals to our consciousness another world.”

The closest to the eastern tantric tradition is perhaps alchemy, considered to be the “essence and highest of western occult and esoteric traditions”. Now, deeper knowledge of alchemy is lost due to the lack of a living teacher, unlike Kundalini yoga, which has withstood the test of time.

Why was there a lot of secrecy where the Kundalini yoga practices were concerned? It had to be handed down from guru to disciple, in its purest form, in order to preserve its accuracy and accountability. Enlightened gurus identified true seekers who are ready to receive the knowledge and spent their lives imparting this knowledge to them. Which is part of the reason why they are still around, in their purest form, exactly as they would have been realized by these illumined souls.

The rishis, sages and practitioners of Kundalini yoga saw it as the only way to safeguard the techniques for the benefit of the future man.

Consider this approach as opposed to the super-informed modern civilization.

With all the information available, to everyone, regarding Kundalini, there is only but more confusion, misconception and misinterpretation. And abuse of the subject is rampant.

The lady has been totally stripped to her barest and left to stand defenceless.

And not only the subject of Kundalini for that matter. This age is confusing because of the influx of

information that is too freely and too easily available, at just a tap of the fingers. One is bombarded with a few million negative information regarding a subject and a few more millions of positive ones, regardless of whether the person is matured enough to evaluate them from a balanced and focused perspective.

Lots of the misconceptions arising, especially from the western point of view, were due to the fact that people were analysing it via reading material or without actual experience.

Or over-enthusiastic practitioners would have confused the change of chemicals in the body as to the awakening of the actual Kundalini itself.

In the history of mankind, everything said to be imbalanced cannot be considered as Kundalini at all.
— Master Manisekaran

Talks of abuse of kundalini power, turbulent accounts of energy awakenings in the body and supposedly demonic experiences are just hallucinations and creations of an overly active imagination.

Kundalini is the purest form of energy and it is a true beauty ... trust me. (Smile).

My own experience with Kundalini was that the slightest stirring of it brought such tremendous impact on my perception that I was practically wobbling on the ground I stood on. My life was turned and twisted into angles I was unaware of previously and unprepared to handle. I became aware of this other compelling world within me.

Then I naturally understood that I needed a teacher, a guru or a guide, though previously very, very ignorant and sceptical of one. And thus began my journey here. And it's still only at the very starting point.

Yoga is one of the smoothest pathways to Kundalini awakening. Kriya yoga, considered to be the highest form of Kundalini yoga, is the most suitable practice for the hyper-informed, hyper-minded, hyper-critical modern man, say the masters.

Yoga prepares him little by little, step by step. It cleanses and purifies the nadis, chakras, the central nervous system and releases the blocks which may be physical, psychological or psychic in nature. It prepares the man mentally, physically and emotionally to be able to take the tremendous changes that might

occur with Kundalini awakening and afterwards.

Through constant and consistent practice of yoga, the ida (yin) and pingala (yang) nadis (energy flow) are brought to a balance. When that happens, the sushumna nadi (central energy or the main energy flow) is activated. Each of these experiences can be so intense that some people may confuse them with Kundalini awakening. But Kundalini would awake and when she does, the only path she takes is via the sushumna.

Yoga does not only refer to asanas, it is a process of internal and external purification followed by the higher practises of Pranayama (extension of prana or life force), Pratyahara (withdrawal from the senses) and Dharana (concentration) and Dhyana (state of meditation), which will lead to Samadhi (superconscious state). It takes the entirety of a person to the final state, the last and the eighth limb in Patanjali's Yoga Sutra. The state of samadhi means none other than Kundalini ascending up the sushumna to the highest chakra at the crown of the head, or the Sahasrara chakra.

What Kriya yoga does is activate the Kundalini energy and disperse it in a clarifying manner throughout the many faculties of our lives and guide us towards the ultimate awakening, in a very balanced and organised manner.

My own experiences after starting to practice Kriya yoga were awesome to say the least. The days I practice Kriya yoga are so fruitful and inspiring that I know the difference very clearly on the days I don't.

A few months into the practice, I had an amusing experience. While waiting for the bus at the Klang-Banting bus terminal opposite Pasar Seni LRT station, I suddenly noticed a very angry transvestite coming towards me. She was swearing obscenities and approaching me in a very aggressive manner ... even as I was looking at her, I became aware of something else ... an extraordinarily calm feeling within me. The next thing I knew, she hauled a dustbin, which was a few feet away from me, and hurled it wildly towards me. I moved only one step back as I kept looking at her straight in the eye. She was obviously angry at someone else and also the world altogether and I knew that it had got nothing to do with me. In a moment, since I had not stirred, she

turned away and continued walking away from me, still swearing and angry at the others who were not standing far away.

With Kriya I know that my memory power has improved tremendously, I know that my mind works in a very focused manner and I know that I'm kind of attracting all the right things for the day. (Smile).

Can Kundalini be explained in the scientific sense? So far, it has not been possible. The closest man has come is to measure the brain waves of someone who has had Kundalini awakening — alpha, theta, delta and spurts of beta.

If the sage Patanjali was to have added one more verse to his Yoga Sutras, in tweet style or facebook style, I wonder if it would have been... "Hey, what you're looking for is right here within your reach. Stop searching and start doing your practices." **YM**



Many Hands of Friendship make a Tasty Pongal



Place a colourfully decorated clay pot on a simple makeshift wood fire brick stove. Pour in the milk and then the rice. Stir... stir... stir as it starts to bubble and boil. A hand here, a hand there... spoon in the brown sugar and gobs of ghee. A hand here, a hand there... sprinkle in the cardamom, ginger, cashews and raisins. A hand here, a hand there... some watch as the pot turns sooty with shoots of fresh turmeric and ginger root tied around its neck. Together taking turns to stir the thick porridge and let it slowly boil over... signifying sweetness aplenty and prosperity for the year ahead. This is the making of Pongal - sweet rice porridge

As Pongal is celebrated on the 14th day of January every year, friends of MAYI, MYS and YF stepped into the courtyard of Brickfields yoga studio, decked with fresh mango leaves strung together, to partake in the tradition of Pongal Festival. Sugar canes tied on either side of the gate pillars bowed down to welcome familiar and new faces. Originating from South India, it is the only Indian festival that follows the solar calendar which also marks the first zodiac sign of Makara or Capricorn.

This is the first time for some guests to witness and participate in this celebration. For MAYI member Annie Kong, who didn't know anything about the tradition of Pongal, it was a thoroughly enjoyable experience as everyone had the opportunity to lend a hand, from lighting the makeshift stove to cooking the sweet rice.

"Traditions like this should be kept alive as it brings everyone together in a happy and sharing way and the best part is getting to savour what we made together," she added.

As the sun begins to move northward for the next six months, Pongal marks the end of the traditional farming season, giving farmers a break and a time for Thanksgiving for the year of harvest.

This also signals the end of winter and the onset of spring throughout the northern hemisphere. For the next six months, the days are longer and warmer.

While guests surrounded the pot waiting for it to boil over, it was soon apparent that a watched pot never boils! So following true yogic wisdom that "sometimes it's possible to take things into our own hands", Master Mani took up the wooden spoon to help the sweet porridge overflow... Lesson learned later that day was never to use low-fat milk to make Pongal! Oh, but what a perfect dessert it was to complete the delicious meal that was served that Pongal afternoon anyway.



EVENTS

Karma Yoga Project With Kajang School Students



10th February was an unconventional Friday morning as 300 plus students of Kajang High School were assembled at the basketball court for a yoga session. The students were from the classes of Form 3 to Form 6. This special yoga session was made possible by MYS/MAYI volunteer team of yoga instructors led by Master Manisekaran.

The session began with warming up joints exercises and progressed to other yoga postures which were taught playfully to engage the students' attention. Even the school teachers who were present joined in

the camaraderie. As a test for their level of flexibility, the students were asked to bend over to touch their toes and a large percentage found they were far from reaching. Master Mani went on to take them through a series of fun and challenging yoga postures. Very soon the children were laughing with friends and also at themselves when they struggled to remain focused and still in a balancing pose, on one leg. They also discovered many ways to bend, twist and even lift themselves up by using their own arms. The session was light-hearted as students cheered their friends on to attempt the variety of postures which were being demonstrated to them. In this participative and experiential manner that involved all present, they were guided to see how yoga can help them improve their focus and attention span for studies, besides working towards a healthier body and a stronger immunity.

A breathing technique to help improve concentration level was taught to these students, concluding with a motivational talk on how to be more loving towards parents if they would like their parents to love them more. To end the yoga session, Master Mani advised all the students, *"When you are home later, give your parents a big hug and tell them 'I love you'."*

Finding Life's Purpose at MAYI members gathering

"Do you know what your life purpose is? How do you create more meaning in your life?" These were some of the powerful questions posed by Coach Munis at MAYI members gathering on 24th March at YF Bangsar studio. In this exclusive 2 hour session with him participants got to explore how they are living their life purpose in the present and what is in their way of fulfilling life. Coach Munis is an experienced Certified Ontological Coach, an ICF Certified Professional Coach and a Kriya Yoga practitioner for the last 6 years. He also integrates yoga into his coaching practices.

Coaching is the latest development in counselling/mentoring systems and more and more are turning towards it for application in the corporate world or personal lives. While traditional methods of mentoring enables an individual to follow in the path of an older and wiser person who may offer guidance from past experience, coaching on the other hand is not generally performed on the basis that the coach has direct experience of their client's formal occupational role unless the coaching is specific and



skills focused. An individual who undergoes a coaching programme is guided with an unbiased approach which allows him or her to gain insights to the answers or solutions which are already within themselves.

Participants of this session also had a glimpse of the value of body, emotions and language and how the three impacts human beings as individuals. They were encouraged to be open to exploring their true nature and to challenge some of the beliefs that they have about themselves and the world around during a practical on mapping their career and life events.



Kundalini Demystified

Harness the Power of Its Wave

By Jamie Spatafore

The word kundalini has recently become popular in yoga circles. It is however an ancient idea that cuts across all societies and cultures, even transcending time and space. Nowadays, the word kundalini conjures up many visions of angry serpents and dark magical powers. Also adding to this burden is the fact that any practice dealing with kundalini is a tantric one and the word tantric alone causes a lot of confusion.

First we need to understand that in the old days, when we were not so enlightened, these tantric practices were kept a secret. They were kept secret because society at that time did not have any appreciation for this esoteric science. This was probably due to the misuse of the practices by the practitioners as well as the lesser developed minds of society as a whole. Because this science had to remain a secret and hidden (the actual meaning of the word occult is hidden), a certain symbology was created.

These symbols not only helped teachers and students keep things hidden from society but they also assisted the different teachers in creating a standard. After all, if I ask everyone to draw a "snake" there will probably be as many different drawn interpretations as there will be people who draw. However, if I show you the snake there will be no possible way to misinterpret. Also, sometimes when we have a deep experience we have trouble putting that experience into words. Pictures or symbols make communication or expression of that experience easier.

There is no problem with the use of symbols except for one. It is very easy to get trapped inside the symbol and lose the bigger meaning that the inventor of the symbol is trying to convey. This is an important point. All of these things should be a means to the end. Not the end in themselves. The symbols are not real. They are only a prop to assist us in this journey.

That said, kundalini is not a myth. It is very real. In fact, it is right in front of our faces but we fail to see it because our minds have trouble focusing on the subtle aspects of life. This brings us to another important point. Kundalini is not something that can be created out of thin air. This force is always running throughout our lives. It drives our instincts and cravings. It drives our motivations. It is the driving

force of this human existence. We can see this for ourselves. Just go to a party and find a particular advantageous spot to sit and watch the scene. You will start to see certain patterns emerging. There will be the sexually aggressive types that are operating out of Swadhistana Chakra. They see every member of the opposite sex as a potential mating partner. There will be the socially aggressive types operating out of Manipura Chakra. They have to stamp their authority on everything. They love being in control. These are the power players. They will probably be the most successful too. Also you will have the "bleeding hearts" operating out of Anahata Chakra. They love everyone and have to help them. In fact, some have been known to force others to let them help. Or you have the Mooladhara Chakra types. They are insecure in every aspect of life. They worry so much they never have any peace. Now please don't misunderstand me here. I am not being critical of any of these types. I am just observing nature at work. In fact, all of us have had these feelings once in our lives. Sometimes I feel like I go through all of the chakras in a week. One day I'm worried and the next day I'm aggressive. That is because kundalini is always moving.

As I said before, the problem is the subtlety of nature. I went to school to pick up my daughter the other day and she wanted to show me a kookaburra that had made its nest on a tree branch. Try as I might, I could not see this bird. I looked everywhere. I looked at every branch. It was camouflaged so well that I couldn't find it. Eventually, I pulled my vision back to look at the tree as a whole and I waited. Then there was some movement and I caught a glimpse of the bird. He was right in front of me but I mistook him for a clump of leaves. So it is with us. We mistake the part for the whole and miss out on getting a glimpse of the subtle aspects of nature. It also does not help that we spend most of our days agitating our mind with the constant beeping of our mobile phones. Until we get some sanity back in our lives, we won't be able to see any of the subtle qualities of life. Of course if we can't even see then we will never be able to harness those qualities to improve our lives either.

That is the key. The key is to not to create some myth that makes ourselves feel better. That is the easy way out. The key is to look life, and ourselves, right in the eye, to get a better understanding of it. Then we can

use that understanding to ride life instead of life riding us. I went to the beach the other day to try and surf. Needless to say I wasn't very good. The first thing was the balance. If I can't even stand up how am I going to harness the power of the waves? The second was timing. A surfer came over and gave me some pointers. He said that I had to wait a bit more. You see I was being impatient and wanted to "catch" the wave too early. I had to wait a little more in order to get on the wave as it starts to break. If I try too early I will miss the ride and if I try too late I will get crushed.

You see I was as helpless out there on the water as I am in life. By helpless I mean that I can't control anything. I can't control the waves. They have the force of nature behind them which is much more powerful than me. I could only hope to find the right timing, jump on and enjoy the ride. Kundalini could be seen to be the same as the waves.

I have seen a lot of well-meaning people get confused. They think there is a higher and a lower. They think that where they are now is very low and they need to aspire to get higher. That is not true at all. Where they are now is where they have always been and will always be. The problem is they are rejecting it. They are rejecting the nature of the body and mind. They think there is some sort of perfection waiting to be achieved. That perfection is false because it is already there. Perfection has already been achieved it

just is not recognized because of mental resistance. This is similar to the kundalini. It has always and will always be there. Our only objective is to experience that truth.

This takes practice. We have to find a technology or system that allows us to clear our minds and lesson the deep seeded tendencies. That will do two things. Number one, it drastically improves our social, family and spiritual lives because we can see things clearly and we can act appropriately in any situation. Number two, it will allow us to access the subtle aspects of nature. That ability will speed up our vision on all three levels and will allow our everyday experiences to take on new life and meaning. Note once again, nothing external will have changed. It is only our vision or experience of the external that has changed. Now here is where this mind I was born with runs into problems. I would be disingenuous if I said that this practice is the only way. I don't believe that. However, it does work. I have experienced that and many of my classmates have too. The practice I am talking about is Kriya Yoga. It is an amazing science of body and mind that I believe has been around since the beginning of man albeit in different forms and names according to culture and language. It has only recently re-emerged into the mainstream and I believe whoever doesn't take the opportunity to learn this science now will miss out for the next few thousand years. Peace. **YM**





Quality Non-Toxic Corn Starch Tableware for Babies and Kids

**Eco-Friendly,
No Environmental Hormones and
Biodegradable
Corn Plastic Products**

MyEcoSense is based in Kuala Lumpur, Malaysia and we are a proud distributor of eco-friendly products.

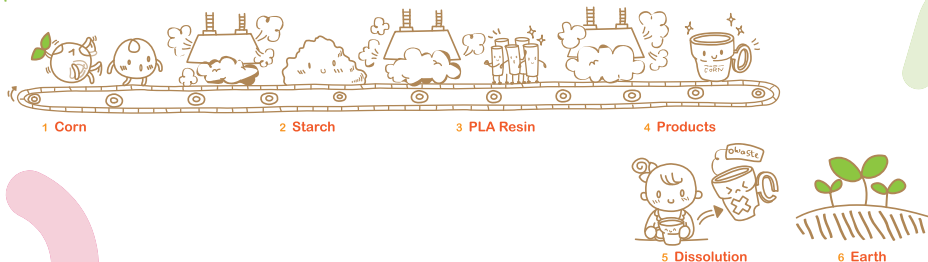
VegetableBaby and BabyCorn are our brands that are being produced since 2010. It offers varieties of biodegradable baby products, which are made from Biocorn-Polymer.

Our mission is to enrich peoples' lives by providing varieties of baby products that are safe for the environment. This is as our service in the help to preserve the Green Earth for our future generations by using biodegradable materials in our products.

Most of our raw materials derive from the nature; such as, Corn, Rice, Hinokitiol, Coconut, and Lecithin. The Corn is used to produce biodegradable plastics. The Rice functions as detergents and Hinokitiol as antibacterial agents.

We promise to improve and produce eco-friendly products that are safe for the people and the environment.

How to Make Babycorn



myEcoSense Sdn. Bhd.
No. 113, Jalan Tempua 3, Taman Puchong Jaya, 47100 Selangor
Tel: +6019 275 2782 Tel: +603 5882 9844 Email: sales@myecosense.net



Benefits

This forward bending asana uses gravity to help release tension from the back through passive stretching. It induces chest compression and exhalation, which naturally leads to relaxation. During this asana each of the vertebrae is separated, releasing compressed nerves, improving circulation around the spine and nourishing the spinal cord. This has a positive impact on the brain specifically.

STEP BY STEP

1. Stand with feet separated by about a metre.
2. Exhale, bend torso forward at the hips and place hands on the floor in line with the feet. Care must be taken not to force the back to bend further forward than present flexibility will allow; rather, the muscles should be relaxed, allowing gravity and exhalation to gently move the body down.
3. Keeping the spine lengthened and neck relaxed, slowly lower the head to place crown on the floor. Body weight should be distributed evenly through feet, hands and crown. Widen the space between the feet if necessary.
4. Hold for 10 seconds while breathing naturally.
5. To come out of the position, engage palms on the floor and raise head up slowly then continue to upright the body slowly (inhale). Bring the legs together and stand relaxed while enjoying the effects of Moordhasana.

Tips for beginners

Place hands in front of feet instead of in line with the feet and supports may be used for the head when lowered, if the crown cannot reach the ground. With regular practice even the most rigid back will develop increased flexibility.

A

Articles by Practitioners

Enchanting Bali

by Leena Karmakallio

Last November, I took part in a trip to Bali organised by Lee Yan from Natural Slimming & Rejuvenation (NSR). We were altogether 15 eager participants and some of us have not been to this island before. As for me, the last I visited Bali was back in the 80's.

Our base for this retreat was the Puri Sunia Resort, a beautiful new hotel built among the rice fields and just 10 minutes by car from the town of Ubud. Here, we were greeted by the friendly resort staff in full traditional costumes, each wearing a flower behind the ear. Frangipani blossoms were aplenty - on the stairs, the nearby altars and even on the tables. The whole atmosphere at the resort was most natural with the meditative resonance of gamelan music filling the air and space. Perhaps this is the original Balinese way of life. On the following morning roosters crowing could be heard from the nearby surrounding village. On this first day I even helped to instruct the first yoga class of the retreat at the yoga pavilion. After the class, the group performed jala neti (a yogic nasal cleansing technique) at the nearby stream.

Despite being quite busy with motorcycles and people, Ubud is a very charming place. Small side streets revealed decorated gates which opened into courtyards with several altars. Inside these yards, it was calm and peaceful.

Even in the town, a feeling of holiness lingered in the air. The locals would always place offerings on the altars while smaller offerings were also laid on the streets and pedestrians are advised not to tread on them.

We visited the beautiful Eco Farm situated on a very steep hillside where we got the chance to get acquainted with different types of herbs, medicinal plants, and various local fruits. Along the way was the approximately kilometre long Maya Cave. This was where the royalties and leaders once hid from either the Dutch or the Japanese, or to escape the communists. Bali has an interesting history.

Then later of course, the highlight was a delicious lunch from their kitchen. From there, we headed to the Uluwatu Temple situated on the cliffs of the Bukit Peninsula. Large numbers of monkeys live in the temple, and they are extremely adept at snatching visitors' belongings, including bags, cameras and even spectacles. The monkeys literally stole the show! That evening we had dinner by the seaside at Jimbaran Beach.

The next morning our journey to 1700m high Mount Batur started early at 3 am! This was in order to reach the peak on time for the sunrise. The theme of the trip was 'Fit and Fabulous.' But unfortunately, I didn't reach the summit. The



path of lava stones was really lumpy and difficult to walk on. At some point, my room mate, another fellow friend and I agreed that we would not proceed further but instead we went back down with the guide and we stayed at the hillside to admire the Batur Lake and its surrounding nature. Those who made it to the top shared that it was a fabulous experience. This holy mountain was encircled by a very ,very long band of white cloth.It seems the local will do this to fulfil their vows. According to Balinese Hinduism, holiness is everywhere, which is why even the trees aredecorated by wrapping a long piece of white cloth around them.



We then proceeded to the Pura Tirta Empul temple, where the main attraction is a long rectangular pool carved of stone. It is filled with Koi fish and fed by a sacred spring via 12 fountains. The water is believed to have a healing effect. Worshippers first make an offering at the temple and then receive from the priest some holy water and cooked rice. A grain of cooked rice is pressed onto the forehead and chest and a few more left grains are placed in the mouth. After this, the worshippers climb into the main pool to bathe and pray. Many collect the holy water in bottles to take home with them.



Each morning of the retreat started with yoga and we had relaxing massages and lovely lunches at the renowned Yoga Barn. There was also cooking course in which the chef of the hotel demonstrated how to prepare some of the delicious courses we had enjoyed at the hotel.

On the final morning, Lee Yan conducted a Love Meditation and this was followed by the resort manager conducting a brief Prana Meditation for our group. It was a pleasant experience.

It would have been lovely to extend the stay for a more few days! Thank you Lee Yan and Bryan, for arranging this memorable trip!



Yogic Wisdom For Daily Living

drasta drsi-matrah suddho pi pratyayanupasyha

Pure awareness is just the act of seeing; although pure, it usually appears to operate through the perceiving mind. II.20

tad-artha eva drsyasyatma

In essence, the phenomenal world exists just to reveal the Self. II.21

by Jamie Spatafore

Patanjali is doing us a great favour here with these two verses as he is really giving us the meaning of what we call life.

First of all we need to understand pure awareness. What is it? It is being fully aware of the phenomenon happening through one of the five senses but with one difference from what normally happens. That difference is very great. Let's walk with Patanjali here and use the sense of sight as an example. Now what normally happens is we turn our heads a certain way and either natural light from the sun or moon or artificial light will strike an object. That light is then reflected off of the object and directed into our eyes where it is captured almost like a picture and then sent as impulses to the brain. So far so good, but here is where all of our trouble in life starts. Something funny happens in the brain. These impulses, which at this point are pure, arouse some sort of energy field within the mind. This is when we start to notice the form of the object. We start to give it a name. Also we either become attracted to the object because it is pleasant or we become averse to the object because it is unpleasant, or we show no interest because it has no meaning to our minds. At that point, we are trapped. We are trapped because of two things.

1. These reactions set off a chain of events that may take a long time to resolve.
2. These reactions take us away from pure awareness, which is the closest to our real natures or real spirit or soul.

We can see this very clearly through the example of the rope and the snake. We walk into a room that is dimly lit and we see an object on the floor. It is round and it is long. It has all of the appearance of a snake lying in wait to strike us and kill us. Some people with great aversions to snakes have even been known to run out of the room screaming and causing all sorts of panic. Luckily, someone else had later entered the room to see what all the fuss was about. Guess what? They had no aversion to snakes. They went right up to the rope and kicked it. Isn't this humorous? It is funny in a sense but it is also serious. It is serious because losing our awareness keeps us from living fully.

Instead of experiencing the world in a pure form, we are always running away from or running into shadows. Just like the snake never existed, those forms that we project our consciousness onto are not what they seem. They are like mirages.

Let us look at another example. Just the other day, I was very busy and never found the time to eat a proper meal. Naturally, I was very hungry by late afternoon. Guess what happened? I went outside to make my way home and suddenly I was hit with the smell of food. I looked around and it looked like there were restaurants or cafés everywhere. Now I'm not the adventurous sort so I take the same way home all the time. Why was today different? It is simple. I was hungry, so of course the objects out there within my eyesight had more attraction than normal. Normally, I would never really "notice" them even though they would certainly be within my range of vision.

We've used the example of sight here but all 5 senses are the same. They work the same way. Patanjali says that pure awareness, although pure, usually appears to operate through the mind. Notice he used the word "appears" here. This is why we have trouble distinguishing between pure awareness and the normal mental process. They both "appear" to be the same even though they are not. It is like one is superimposed on the other. So what do we do? The first step is to get into the practice of witnessing. Just watch what is going on around you and pay attention to how it affects your mind, good or bad, but don't judge it. It is only natural for this mind to feel agitated if someone calls you a liar right in front of your friends. The key is to not react as impulse but just watch it. You can even laugh to yourself if you want. I do that all the time. I laugh at this mind all the time. It really is foolish at all the trouble it wants to cause.

Patanjali says that, in essence, this is the whole meaning of the world. It exists just to experience the Self (Soul, Atma, etc) through the ability to maintain pure awareness. There is no good or bad. That labelling of good and bad is all within the realm of the mind that, as we've previously seen, is prone to cause us problems. This is one of the most freeing sutras of the Yoga Sutas. There's nothing we need to do or anyone we need to try to become. We are only embodied to experience this temporary world through pure awareness. Peace.

At your fingertips: **Relaxing Head Massage** *by Lee Yan*

"One treatment that is guaranteed to lift you out from daily stress and relieve aching, tensed neck and shoulder muscles, is the Indian head massage"

The art of head massage that has been practiced from thousands of years ago is one of the most amazing discoveries of all time. Massage therapy began as a sacred system of natural healing and this art has always held an important place in the Indian tradition. It is a common household sight for mothers to be massaging their children's head with oil. I have always loved being massaged and occasionally, massaging for others. In my discovery, a good rub on the head with the power of touch not only allows me to connect with the people around me but also myself on a deeper level.

A routine that I cultivated was to spend a quick and easy 20 minutes of self massage every night before bedtime for total relaxation. Personally I observed that I always look brighter and more refreshed when I wake up in the morning after a good head massage the night before. This spurred my desire to know further how massages actually work these subtle wonders on our body and I enrolled in several healing and massage training courses including the Ayurveda Bodyworks course

In the Ayurveda Bodyworks course, I learned that our head and neck region have abundance of acupressure points called Marmas. Marmas are little gateways to the nervous system and they are extremely responsive to various stimulus including compression, touch, heat and cold. When these points are stimulated through Ayurvedic massage, it helps to rebalance energy and release blockages which come from lifestyle problems such as stress, sore muscles, postural conditions, poor flexibility and poor digestion. Subsequently I added self massage techniques for head, neck and shoulder to my daily pampering.

Benefits of Head Neck Shoulder Massage (Shirobhyanga)

Shiroabhyanga is a technique of manipulating soft tissues in the shoulders and scalp with the use of either pure or herbal infused oil. An Ayurveda therapist can choose from a range of oils such as coconut oil, gingelly oil or mustard oil and apply it with different massage strokes and rhythms to stimulate the head and neck area. A typical massage lasts around 30-40 minutes and can release muscle tension and stimulate circulation. It also stretches and mobilises the tissues of the neck and shoulders while stimulating lymphatic drainage.

Scalp circulation is improved which helps to promote better hair texture, hair health and hair growth. By relaxing the scalp and toning the subcutaneous muscles, headaches, eye strain are also relieved and this helps with focus concentration.

The technique soothes, comforts and harmonises the body's natural balance and induces the release of "happy" hormones that helps to promote physical and psychological well being leaving you with a feeling of peace and tranquillity.



Overview of Shirobhyanga technique

- Aids the circulatory, muscular and nervous systems
- Stimulates arterial circulation, and increases venous and lymphatic flow
- Frees knots of muscular tension and relaxes connective tissue
- Stimulates the skin and underlying nerve endings
- Aids in the elimination of accumulated toxins and waste products
- Promotes flow of energy

Some immediate benefits that you can experience from Shirobhyanga

- Reduction of tension in neck, scalp, face and jaw
- Helps eyestrain, nasal congestion and ear-ache
- Relief from headaches, sinusitis□
- Release of internal fibrous adhesions, knots and nodules
- Improved mobility in the upper back and shoulders
- Stronger immune system
- Nourished scalp, encouraging strong, healthy hair
- Improved circulation and younger looking skin
- Better lymphatic drainage, and removal of toxins
- Relief from stress, anxiety and can induce a feeling of euphoria (happy feeling)

Step by step simplified Head, Neck, Shoulder massage technique

1. Pour a small quantity of warm (40-45deg C) coconut, gingelly or pure mustard oil into palms
2. Place palms on either side of the head at the frontal area, slowly and firmly glide your palms according to the contour of the head to the base of the neck. Go back to the starting point and repeat the stroke 3-5 times.
3. Grasp fistfuls of hair at the roots and tug gently from side to side, keeping your knuckles very close to the scalp. Cover the entire head.
4. Place the fleshy part of your fingers tips at the hair line starting from the front of the head. Gently do a zig-zag movement to the back of the head.
5. Gently use your thumbs to circle the head's occipital area.
6. Place your right hand on the left shoulder and gently do a circular motion then slightly squeeze the shoulder muscles while sliding hands down to the elbow. Repeat the same on right shoulder. Repeat 3-5 times on each side.

NSR Centre

39A - 41A , Jalan SS21/60
Damansara Utama (Uptown)
47400 Petaling Jaya

Tel: **03-77241072** Fax : **03-77241079**

Office hour : 9.00am - 7.00pm

Contacts : Lee Yan , Bryan





Yoga Therapy: Alzheimer's & Parkinsons Disease

Alzheimer's disease (AD) is the most common form of dementia among older people that seriously affects a person's ability to carry out daily activities.

AD slowly involves the parts of the brain that control thought, memory and language. The most common early symptom is difficulty in remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. If the condition progresses they need total care.

Cortisol and adrenaline are naturally produced hormones in response to stressful situations. For individuals who experience chronic stress cortisol levels stay high and the consequence is damage to brain cells, in particular the part of brain that helps sort and store memories. Studies have shown that *the size of hippocampus in Alzheimer's patients is considerably reduced* and its function is likewise slowed.

Both Alzheimer's and Parkinson's disease affect specific parts of the brain. Although no known medical treatment can stop these two diseases, there has been positive research findings that indicate that yoga practices can play a crucial role to manage the diseases and also in their prevention.

Research Findings

Yoga & PD

1. In 2002, a study performed at the John F. Kennedy Institute in Denmark recorded a 65 percent short-term increase in dopamine levels during restorative yoga and meditation in the test group.
2. A physical therapist and research assistant professor at the University of Arizona, Becky Farley, observed that yoga induces relaxation in people with PD which helps control tremors, activates affected muscle groups, and can be a steady reminder of where your body should be and how it should move.
3. In 2005, a pilot study conducted at Cornell University placed 15 people with Parkinson's in a 10-week long yoga programme, after which participants reported less trunk stiffness, better sleep and a general feeling of well-being.

Parkinsons disease (PD) is a degenerative disease characterized by a loss of *dopamine* producing nerve cells in the related region of the brain. *Dopamine* is the neurotransmitter responsible for muscles coordination and normal motor control.

Symptoms begin with taking smaller steps or problem with balance; softening of the voice and tremors on one side of the body, then gradually, on both sides; and day-to-day tasks become more difficult. Eventually, nursing care is required.

Some studies have shown a precursor to Parkinson's is an REM sleep disorder and there are also indications of reduced dopamine levels in individuals who are chronically stressed.



Yoga & AD

- 1) A University of Pennsylvania study found that meditation performed 12 minutes a day, for eight weeks, increased brain activity in areas central to memory and improved cognition and well-being in patients with memory loss.- *2010 Journal of Alzheimer's Disease*.
- 2) Another study found that in a meditative state, there were significant increases in brain activity, especially in the areas of the brain central to memory (also the first part of the brain to decrease in function when a person develops Alzheimer's disease) - *Nuclear Medicine Communications, 2009 journal*.
- 3) A study was published supporting the notion that long-term meditation is associated with higher activity in the frontal areas of the brain, which help mediate attention, emotions and memory - *Consciousness and Cognition, December 2010 issue*.
- 4) The Psychiatry Research: Neuroimaging, January 2011 issue, revealed that different meditation practices actually changed brain blood flow in different brain areas.

How yoga postures help:

In general, yoga postures come in unending combinations that work on all the axis of possible body movements, including cross coordination, and this is important to stimulate activity in related areas of the brain.

Joints exercises (Pawanmuktasana series) to encourage mind body awareness and remove stiffness



Eka Pada Pranamasana

Balancing poses to exercise balance coordination system



Janu Sirshasana

Forward bending to release tensions from lower back, spine and spinal nerves



Combined breathing and yoga posture to relieve tensions. Simhagarjanasana –Roaring Lion to get back in touch with the playful, childlike part in adults

Guided yoga relaxation and light meditation:

Special methods involving finger tips acupressure point “Mudra” and sound to reduce stress levels, improve sleep and brain activity.



Other suggestions:

Yoga Detoxification

Gentle Ayurvedic massage therapy

It is recommended to seek guidance from a qualified yoga therapist. Yoga Franchise offers free 1st Yoga Therapy Consultation by appointment. Please call 03-22605322 (Brickfields) or 03-77276682 (Damansara Utama)

Eco's Echoes

'Less is More'

- A Lifestyle Choice.



Anthony Tan Kee Huat
(Executive Director, CETDEM).

This world getting smaller by the day. Globalisation and Liberalisation are concepts that have transformed planet Earth into one gigantic commodity as well as a borderless marketplace for goods and services. To some, that's the bright side with no downside. However, the dark side to this story is the abuse of a seemingly limitless capacity to create innovative and new forms of additions which nurtures the Global Citizen at the expense of Mother Nature.

Society in general frowns upon the addiction to and abuse of substance. Wikipedia states that 'addiction has been defined as physical and/or psychological dependence on psychoactive substances (for example alcohol, tobacco, heroin, caffeine and other drugs) which cross the blood-brain barrier once ingested, temporarily altering the chemical milieu of the brain.' I hasten to add, we are correct to hate the SIN of addiction, but ALL of us are challenged to love and rehabilitate the SINNER.

Capitalism fueled Globalisation, has in turn, fueled the culture of Consumerism. 'More is Better' has become the mantra repeatedly professed by media professionals through their advertisements on billboards, newspapers, magazines and in the new media of social networking, citizen reporting and blogs.

The clear line between WANT and NEED of the good old days has become blurred beyond recognition for far too many people. Life, for a huge majority us, has become way too cluttered. Each of us have our own list of worries and concerns. Our attention is drawn and diverted by overt and subtle messages which convince us that some product or service will satisfy a perceived need. 'How much is enough?' is one of the most mystifying questions faced by humanity. 'Enough' transcends the physical, philosophical and spiritual dimensions of life.

The symptoms of the 'More is Better' malady are an uncontrollable desire to 'keep up with Joneses' and own the latest clothing, gadget, car, house, etc ... the

list is extensive and non-exhaustive. It can even manifest itself in excessive and compulsive 'green behaviour', like accepting, collecting and hoarding reusable shopping bags.

The alternative lifestyle of choice is 'Less is More'.

'Less is More' offers a living standard that challenges the practitioner to live by volition. It proposes a values based life which is uncluttered and unhindered by excessive amounts of thoughts and possessions. No, I'm not advocating the austere life of a hermit (although it does have its advantages and attraction) but I am proposing a sustainable lifestyle which simply offers more life to live.

Sustainable Living means having an adequate and comfortable lifestyle while leaving a minimal negative impact to the environment. It means using the available resources as a thoughtful Steward of Creation, and making sure these resources are well managed so as to ensure that future generations can also enjoy the use of said resources.

Looking back into your childhood year, you would have probably heard phrases like, 'everything in its place and a place for everything', and 'waste not, want not'.

Consider these thoughts:

- I will unlikely have a use for a document/email which I haven't referred to in the past 6 months or more.
- I will take a short time getting what I need, when I keep a place neat.
- The amount of useless stuff I keep is proportionate to the amount of space I have.

I learned a very powerful lesson while managing a Secondary School Energy Efficiency competition. The lesson is - Knowledge without Action is Wastefulness. It is illustrated by the story of Everybody, Somebody, Anybody and Nobody.

**EVERYBODY knows that the lights
should be switched off after
EVERYBODY had left a room.
SOMEBODY should have done it,
ANYBODY could have done it,
but NOBODY did. Why?
Because NOBODY took responsibility
to switch off the lights.**

'Less is More' proposes a responsible lifestyle. Some Simple Rules of 'Less is More' for us live by:

Rule 1 – Get rid of things I have no use for.

Rule 2 – Store away things that I use on a periodic basis.

Rule 3 – Separate clothing into frequent and not so frequent use compartments.

Rule 4 – Give/throw away something old before buying/accepting something new.

Rule 5 – Rent/borrow instead of buying/owning.

Rule 6 – Buy/take perishable goods up to the amount you need.

Rule 7 – Eat until you feel you are not hungry; do not eat until you are full.

Do you know of people who have more than a television in their home; 2 cars or more in the front porch; change their phone every 2 months; or spend beyond their means and live off their credit cards?

Mahatma Ghandi put in not too many words. 'There is enough for everyone's Need, but never enough for everyone's Greed'.

The Environment has suffered and continues to pay the price of human use and abuse. The excessive and unsustainable rate of fossil fuel utilisation over the past 2 centuries have contributed to the current high concentrations of man-made Greenhouse Gases in the atmosphere, thus resulting in the current crisis of

Global Warming and Climate Change. If we continue on this self destructive path, we will be like a virus which eventually kills the host it lives off.

But all is not lost.

Michael Jackson sang the words, 'Heal the World, make it a better place. For you and for me, and the entire human race.' MJ was spot on then, and this message is still valid today. We have to start with ourselves, by carefully examining whether our choices are made from Need or Want/Greed. I am convinced that each individual will come to the conclusion and realise that we are responsible for the present and the future, that each of us is a Steward of Creation.

Are you willing to go against the flow of society's misdirected value traffic? Start living out "Less is More" from this day onward, and teach our children to do the same. Some day in the future, their children will proudly attest that, "My grandparents made a positive contribution to Heal the World".

About CETDEM.

The Centre for Environment, Technology & Development, Malaysia (CETDEM) is an Environmental NGO based in SS2 Petaling Jaya. CETDEM has been 'Always Promoting Sustainable Development' since 1985, committed to improving environmental quality through the appropriate use of technology and sustainable development. We have focused much energy on raising awareness among Malaysians about the importance of achieving a sustainable lifestyle through environment-friendly practices, with special emphasis on energy usage, transport and organic farming.

For more information on CETDEM and its activities, visit our website at

<http://www.cetdem.org.my>, or contact Anthony Tan (03-78757767 / ed@cetdem.org.my).

Experience Yoga With Us!

One Free Trial Class for All



visit us at Facebook / Treyoga
or email us your queries on
treyoga@gmail.com

Yoga has proven to be relevant and effective for the pursuit of one's well-being at any age at any stage.

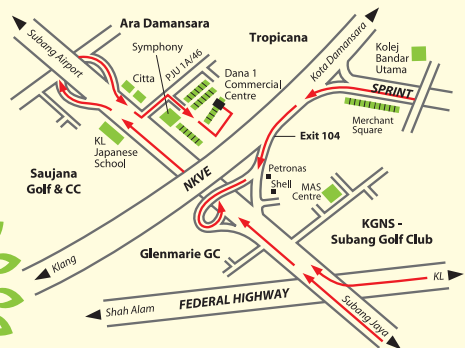
The Iyengar tradition is systematic and dynamic with emphasis on precise alignment and therapeutics. It develops strength, stamina, flexibility, coordination, balance and concentration.

Iyengar yoga is known for the **use of props** such as belts, blocks, bolsters and ropes to cater to individual needs and safe practice.

Classes at TreYoga:

- 🌱 **Yoga for All Adults**
- 🌱 **Yoga for kids**
- 🌱 **Prenatal Yoga**
- 🌱 **Periodic Workshops with Iyengar Certified Teachers**
- 🌱 **Special classes for senior citizens**

We offer our students an encouraging and safe environment to learn and practice yoga, guided by trained, experienced and dedicated teachers.



To Inquire/Register please contact founder teachers:

Carol Zerina

016-602 6368

TreYoga is inspired by the Tree of Life.
TreYoga aspires to be a place for learning, living and loving LIFE!"

D3A-9, Dana 1 Commercial Centre,
Jalan PJU1A/46, 47301 Petaling Jaya, Selangor

Inner Insights: A Four-Dimensional Life Journey with Kriya Yoga

by Boey C. P.

I am an aircraft engineer with Malaysian Airlines and in my work I do a lot field work which involves climbing. One day at work, I fell down from a place 11-feet high and hurt my lower back. The doctor reported that my lumbar L5 and sacrum S1 vertebral discs were damaged. I was in my early 30s then and I thought that my life was gone, destroyed ... my career and vision over.

One of my colleagues, Karu, asked me to meet his yoga master and I said, "Nah! I am not interested in these things." So I went on to consult many surgeons and chiropractors to help my condition. I thought then there must be something more in life than this.

Karu approached me again later and this time he managed to persuade me to meet with Master Mani. What did I have to lose anyway since I didn't have to fork out any money? I just had to spend 3 hours in his class. When I finally met Master Mani in 2006, I thought to myself, "Wah! This guy is bald, tall and dark." Somehow I decided to give him a chance.

Thus began my journey with him. I didn't know what I was getting into or what yoga was. I just followed the class which was held in the Brickfields studio then. My condition improved. We did asanas at first and then after 3 months, Master asked me to join the Kriya class. When I asked him what Kriya is, he just laughed. I thought, "How can I join something which I don't know? Tell me what Kriya is." Master just laughed again and smiled. Again I decided I had nothing to lose since it was just an additional 40 minutes after the asana class which I was already attending. And so we learned the Kriyas over a period of 20 months, just one Kriya technique per month. The Self Mastery course students are very lucky as they can now complete 20 Kriyas in only five months.

You see, when Master found we were not ready to go on to the next Kriya technique, he would keep on repeating the same lesson. At that time, we thought, "Aiyo ... so boring - same thing again, week after week after week." But later on we realised that we were perfecting the art of that particular Kriya and only after we had perfected it, we moved on.

When I look at my life now, I see that there is no such thing as good or bad. It's all an experience in life. For each good, look at it, enjoy it and let it go. And then you move on. You don't indulge, you don't get attached and you don't over enjoy it. The enjoyment is only a memory. Every situation that comes is only a memory, everything is temporary. Your life, yourself, everything is temporary. Your life is lent to you, borrowed from the Universe. So similarly, every experience that comes to you, be it good or bad, is just temporary. If a bad experience comes to you, the Universe wants you to learn something from it.

During Kriya, you are aware and you are looking around your environment and yourself. Similarly, you can put Kriya into life, into something not nice that happened to you. You watch it, try to understand what the lesson is, learn from it and move on. The worse thing that can happen to you before you leave is regretting something you did not do or something you did. Be it good or bad, do not regret as everything is an experience in life.



What happened to me during this 5-year journey with Master Mani is that Kriya has evolved my life. In the past when something bad happened, I would indulge in it and ask why it happened to me. I would think that it was bad karma, good karma, bad luck and all those things. But now there is no more of that. Now I smile at everything that happens to me, be it good or bad. The Universe wants me to learn from it. That is what Kriya did for me. I don't get upset or angry anymore.

Kriya helps bonding with loved ones, bonding with your teacher and bonding with the people around you. It builds good relationships. Life is an experience with my wife through Kriya. I have been married for a year now and my wife understands my commitment to practice daily. I never miss it.

Life is like sitting in a "sampan" on a river. Just flow, just follow. Don't go against the flow. While flowing down the river, look left, look right, look down and look up at the sky. At the bottom, you can see the fish, the rocks and on the left and right you can see the trees, the birds. On top, the sky. So that is your whole life's journey, a four-dimensional journey.

From a very analytical person, I have become someone who doesn't analyse anymore. What's given to me today, I live now and let it go. Every moment is like this. Like if you are caught in a traffic jam for example. Can you do something about it? You can curse or you can just experience the jam. How to experience the jam? Perhaps you can practice Kriya or just be aware of yourself and your surroundings then. If you look at the driver in the car next to you, he may be cursing. Smile at him. May be one day he will knock on your door to ask how you do it and you can share.

Do Kriya every day. Don't miss it. It is like having meals for your soul! **YM**

Inner Insights: In The Journey Of Mastering Myself

by Sharmini

I can still remember vividly when Franco Yong asked me if I was interested to join him for a yoga class in Brickfields. We were flying back to KL after completing our Master NLP Practitioner Program in Brisbane, Australia. I said sure. Not knowing much about who was teaching and what kind of yoga, I trusted Franco and went for it. That was back in July 2005. When I met Master Mani for the first time I knew I was at the right place and at the right time in my life to learn from him and grow. When the student is ready, the Master appears, it's true.

As I began learning the self mastery techniques, I realized I was tapping into ancient practices and knowledge that were thousands of years old. And every word that came out of Master Mani was an invitation and affirmation for me to be all I can be. It was the beginning of an exciting and rewarding journey deeper into me. NLP (Neuro-Linguistic Programming) taught me that all our experiences are coded in the language of our senses and programmed into our neurology. Consequently, we behave and create our life based on these programs. The results we have in our life is our feedback. Are these programs that we are currently operating from, getting us what we want? If not, we have to change them. That process of change is the single most hardest work to do, or is it?

I wanted change in my life. My relationship, my career, my family and my bank account did not reflect what I wanted and deserved. I knew it was up to me to make the change. In order to succeed, I needed to be in alignment with all that I wanted. My mind controls my emotions, my emotions fuel my body into action or inaction. The tools I learnt from NLP helped me understand how my mind works, yet I was not its master. The kriya yoga practices allowed me to use my body to gain greater control over my mind and emotions. Every posture, sound and motion that I moved into, was to engage my chattering conscious mind, so that in the glimpses of quiet and stillness, my unconscious genius mind gets to surface and be awoken. That became my purpose and goal; to access the trillions of files of data, knowledge and experiences that was stored in my unconscious. Now, with clear and focused intention, I can tap into me for the resources I need so that I can be, do and have what my heart truly desires.

My Tuesday Kriya class was my longest most rewarding commitment of time and effort. I was consistent and disciplined about attending class. Yet I was free and unattached as to how and when I practiced the kriyas. I knew it was not about DOING Kriya. It was really about being present every moment in the state that KRIYA helped me achieve and experience, no matter where I was and with whom. This remains my sadhana.

Many, many times, Master Mani would paint beautiful pictures of bliss, pleasure, perfect health, freedom and I would shout out loud in my mind, "I want that, and that! I want it ALL!!". I would look up and Master would be smiling, as if he had heard me. Be careful of what you ask for, you just might get it all and some.

Master Mani has taught me about whole, complete and total love. Love is abundant and ever flowing from everywhere and everyone. Everything we do is for or because we don't have love. When in doubt ... love! When rejoicing ... love! When



afraid ... love! Love is unconditional, giving, forgiving, unlimited, eternal and freedom. As Master Mani says, "We don't need more warriors, the world is in dire need of lovers. Be an exemplary one!" And I have learnt to love myself first without criticisms, judgements and assessments. My work as a Life Coach is to love the individual to his highest good and to see the best in him always. And with his permission, awaken him to his AMAZING potential.

Since I began this journey, I have experienced profound life changing events that were painful yet they were my greatest learning. I sailed through them with grace and gratitude. Being a drama queen, everyone around me was truly surprised how composed and calm I was through it all. Afterall, I did ask for change. Alchemy is transmuting pain and suffering into light. As I learn to surrender, life started unfolding full of magic and miracles. My being is open to the gifts and wonders of the Universe. Ask and it is given..I believe it and so it is true for me.

Through my sadhana, the doorway to The Source from which all is created, is now open. Appreciation and gratitude for what I have now, allows me to manifest more of what I wish for, speedily and with little (or no) effort. I can tell you many incidents where my goals and wishes all come together serendipitously. How you ask? I learn, integrate, practice and am still perfecting how to attract what I want. The evidence of what I have created reassures me that I am on the right track. It's a process we all can learn. However, we need to let go of the old and relearn new ways of thinking and being. Master Mani is a walking library. I was fortunate he agreed to meet my NLP coach Don Power for a modelling exercise where I learnt of Master Mani's beliefs, higher programs and strategies. It was a true privilege and like a sponge, I soaked it all up. I never doubted or questioned anything I heard. I was always open and accepting, it was the quickest way to gain my own personal mastery.

Master Mani reminds us when there is pain, there is no longer pleasure. I now seek only pleasure. I choose the path of least resistance and usually end up in the unknown. As I face my fears, I have implicit faith and trust in myself. And with the Universe as my partner, I am triumphant. I am always deeply grateful and appreciative for Life's generosity to me. Who would have known I could learn all this from a simple man waiting in a plain room. **YM**

Life for teenagers is very exciting and busy, and often filled with activities that leave little or no time to relax and connect with their inner self. Immense changes are taking place in the teenage body and mind, and staying fit and healthy means a lot more to teenagers today (than merely avoiding a cold or a cough). They are becoming more concerned about looking and feeling good, eating well, getting more exercise and managing stress.

This realisation has sent teens looking for something to help them make sense of a chaotic world. As they are more likely to become more self-conscious than other age groups, Super Yoga Kids' Teenage Yoga Class provides positive support and encouragement throughout the lesson time by guiding teenage students into becoming more focused and more aware of their potentials, in a safe and respectful way.

Teens are not judged by the perfection of postural performance or what others look like. They are simply encouraged for self-expression, creativity and freedom. Thus allowing teenagers to be individuals of their own right and helping to connect them to their own inner knowing.

Try this out before starting your revision or assignments and see how it changes the clarity of your mind!



Nadi Shodhana (Alternate Nostril Breathing)

1. Sit in a comfortable position (keep the spine straight while remaining comfortable).
2. Close your eyes and breathe in and out naturally.
3. Gently place the right middle and index fingers at the centre of the eyebrow.
4. Keep the right thumb beside the right nostril and the ring finger beside the left nostril.
5. Softly press the right nostril using the right thumb and slowly inhale and exhale 5 times through the left nostril.
6. Release the right nostril and press the left nostril with the ring finger.
7. Slowly inhale and exhale 5 times through the right nostril.
8. Remove your hand and keep your eyes closed for a while to enjoy the tranquilizing effect of Nadi Shodhana.

For more information about Super Yoga Kids programmes, log on to www.superyogakids.com and be our friend in Facebook (SYK Superyogakids) or contact **03-2260 5322 or 03-7726 6682**

Teens Yoga





Producing World Class Yoga Instructors International Yoga Instructor Course (IYIC)

- Learn the **art of teaching** the wonderful science and philosophy of yoga
- Experience positive **mind-body transformation**
- The '**Ideal Job**' of working part time while earning a full time salary
- Be a part of the biggest health industry – **YOGA!**

In the course:

- Learn more than **400 asana** variations
- **Hands-on approach** and guided open discussions on theories and practical
- **Specialised technique** of verbalizing instructions, public speaking, presentation and communication skills
- Karma Yoga (community service) activities, teaching assignments & involvement with **yoga related projects**

An aspiring IYIC graduate:

Nigel Hing (age 19) took up IYIC before going abroad for his studies as he thought it would be a useful for keeping healthy and the certification might come in handy. Sure enough, shortly after he settled down at Drake University, U.S.A. last year, he was hired to teach yoga on campus as the health centre coordinator found his yoga training to be unique and different from the usual yoga classes already being conducted. Hing sees it as a great opportunity to make new friends in a new place and is also happy with the extra income that he earns.

Part Time Classes commencing in May 2012

Registered with the Ministry of Education



Contact:

03-2260 5322
03-7726 6682

Email: theyogafranchise@yahoo.com
Website: www.yogafranchise.com.my

Precision & Alignment Workshop Series

While the general practice of asana in its wide range of traditions and styles may initially be for keeping fit, more and more practitioners are drawn into it further when they discover that the practice also increases their mental clarity and focus besides removing mind-body stresses and discomforts. MAYI Precision & Alignment (P&A) Workshop Series enhances asana benefits to yet another level of moulding the body to desired tone, suppleness, strength, health and more safety during practise. Another very important effect is also in directing the flow of prana (life force energy) more appropriately within while being in an asana. Through watchful awareness in aligning an asana precisely one will find a further deepened sense of inner peace after practise. For practitioners who view asana as an art form of expression P&A will bring forth more life into each posture.

P&A will teach one to undo the habitual process of being too mechanical with asanas and bring freedom of expression to a more gentle grace. All yoga asana styles and traditions will benefit including various types of traditional Hatha Yoga, Vinyasa Flow, Power Yoga, Partner work asana and more.

P&A Workshop series are well researched and partly inspired by the works of Sri B.K.S. Iyengar and Vanda Scaravalli. The syllabus includes a fusion of modern science anatomy and physiology with ancient yogic principals to meet 3 main objectives:

1. **Experiencing Anatomy in Action**
- a mind engaging exploration of the structural body and its mechanics through precise awareness and alignment for a more stable and safer advancement in asana practice.
2. **Refinement** of Moving in, Holding and Moving out of Asana – a deepening study of mind-body connection from the start to the finish of an asana to counterbalance the emphasis on the external physical anatomy that predominate the current asana culture.
3. **Personal Perfection of Asana** – discovering the art of expressing a physically and energetically aligned asana, bringing it to life according to your own perfection.

Techniques in P&A may bring one closer to glimpse the state of “meditation” by using the body as a tool. For yoga teachers, P&A adds finesse to asana teaching techniques. It also provides a more experiential understanding of structural yoga therapy for those exploring healing through asana.

There are 2 levels of P&A Workshop Series where each level comprises 4 workshop modules suitable for both yoga practitioners and teachers who have basic to intermediate yoga experience. Participants will be guided through a specially selected set of asanas in each workshop and the principals of P&A will be

applied for a hands-on communicative learning experience. Modification keys will be provided for participants who chose not to attempt the more advanced asana featured in each module as the learning is more about refining the practice rather than the final pose.

Level 1 and Level 2 Practitioner Certificates will be awarded to participants who complete each P&A Workshop Series (12 practical hours per level). Teaching enhancement certification workshops (Teaching Yoga with Precision and Alignment, TYPA - 6 hours) are also offered at the end of each level of workshop series suitable for yoga teachers. **YM**

To register for the Precision & Alignment workshops, call
03-2260 5322



Chef Yogi's Food Notes!

Piquant Pegaga tossed with Toasted Coconut (Kerisik)



INGREDIENTS:

- 100 gms Pegaga herb (Brahmi)
– cleaned and cut
- 200 grams – grated Coconut
– white only
- 1 tablespoon Ginger
– finely shredded
- 1 stick Serai (Lemon grass)
– finely chopped
- 6 shallots – finely chopped
- 8 Chilli Padi – chopped

Method:

1. In a wok toss grated coconut on low heat till golden brown, set aside.
2. Heat 2 tablespoons oil and fry ginger, serai, shallots and chilli padi till fragrant and lightly brown.
3. Add in grated coconut, mix well and add salt to taste.
4. Keep frying till coconut is soft but dry.
5. Remove from heat and toss with blanched Pegaga herb.

Pegaga - Pennywort or scientific name *Cantella asiatica*.

Benefits:

- Boosts blood circulation and stimulates hair growth.
- Improves circulation and strengthening veins and capillaries.
- Reduces vascular inflammation, and improves wound healing.
- Alleviates fatigue and reduces the effects of depression and insomnia.
- Increases brain power, and improves memory and concentration.
- Relieves the symptoms of colds and respiratory problems, strengthens the immune system, and treats leprosy.

SCHEDULE OF COURSES: MAY – AUG 2012

MAY

4/5/2012	DU	International Yoga Instructor Foundation Course
6/5/2012	BSR	Yoga Franchise Open Day
7/5/2012	BSR	Musculoskeletal Physical Examination, Common Conditions And Its Remedies
10/5/2012	DU	Self Mastery
12/5/2012	BSR	Manipuraka Practice Session
12/5/2012	BSR	Train-The-Trainer: Master Class
13/5/2012	DU	Yoga Franchise Open Day
13/5/2012	BSR	Anger Management Workshop
19/5/2012	BSR	Self Mastery
20/5/2012	DU	International Yoga Instructor Foundation Course
26/5-4/6/2012		10 Days- Essence of Nepal 2012

JUNE

2/6/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 1
2/6/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 2
10/6/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 3
10/6/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 4
17/6/2012	DU	Partner Yoga Instructor Course
17/6/2012	DU	Precision & Alignment: Level 1 Instructor Workshop 1
17/6/2012	DU	Precision & Alignment: Level 1 Instructor Workshop 2

JULY

1/7/2012	DU	Precision & Alignment: Level 2 Practitioner Workshop 1
1/7/2012	DU	Precision & Alignment: Level 2 Practitioner Workshop 2
1/7/2012	BSR	Smart Conversation Workshop
5/7/2012	BSR	Super Yoga Kids Instructor Course
8/7/2012	DU	Self Mastery
8/7/2012	DU	Precision & Alignment: Level 2 Practitioner Workshop 3
8/7/2012	DU	Precision & Alignment: Level 2 Practitioner Workshop 4
14/7/2012	BSR	Manipuraka Practice Session
15/7/2012	DU	Precision & Alignment: Level 2 Instructor Workshop 1
15/7/2012	DU	Precision & Alignment: Level 2 Instructor Workshop 2
29/7/2012	BSR	International Yoga Instructor Foundation Course

AUGUST

5/8/2012	BSR	Yoga Franchise Open Day
12/8/2012	DU	Yoga Franchise Open Day
12/8/2012	BSR	Shatkarma Workshop
15/8/2012	DU	Partner Yoga Instructor Course
23-26/8/2012	DU	Self Mastery - Retreat

Workshops that work!

Anger Management

Learn to Control Your Anger Even When Everything Goes Wrong!

Excessive anger destroys relationships, careers, health, and inner peace. It saps the joy of living, leaves you feeling ashamed and foolish, and it turns everyday challenges into explosive battlegrounds. Break the vicious cycle of anger through this workshop specially brought to you for a renewed hope in yourself and your life again.

May 2012

Shatkarma

6 Cleansing and Detox Techniques

Acquire the he know-how of yogic natural cleansing of the sinus, lung, bowel, blood purification, organs of digestion which are especially good for:

- Removal of toxins build-up
- Rejuvenating the nasal passage, digestive and intestinal systems
- Restoring the natural internal balance
- Achieving youthful complexion and healthier skin



August 2012

Smart Conversation

Small Talk

How to Start Conversation, Keep It Going, Build Networking Skills and Leave a Positive Impression!

Do you sit nervously through job interviews waiting for the other person to speak or have you been passed over for a promotion and you are not sure why, or just tongue tied in front of your boss? Then it's time to let the Fine Art of Small Talk work for you! Learn how to:

- Start a conversation - even when you have nothing to say
- Turn every conversation into an opportunity for success!
- Learn to connect with others & come across as composed and self-assured when entertaining clients
- Avoid awkward silences and "foot in mouth" disease
- Make a positive, lasting impression from the minute you say hello.

July 2012

Herbs That Heal!

This workshop is the outcome of over three decades of journeying and interactions with traditional medical

practitioner, herbalists, traditional medicine men and women. Introduction to a large number of the most common herbs, including well-loved familiars and special herbs are followed by a thorough explanation of its medicinal uses in particular ailments, with detailed information on the preparation and dosage of each remedy.

November 2012

Workshop Fees: RM300 each

**Package price for all 4 workshops:
RM600 only ... and attend
Short Course on Effective Sleep
worth RM500 for **FREE!****



Guided by one of the world's leading mind-body technologists, Master Manisekaran

With 32 years of experience in yoga, he continues a 14 years track record of full time instructing commitment, propelling him as one of the world's leading yoga exponents, Master Mani propagates some of the most effective human potential technology trainings and today, he is on the crest of a rapidly growing yoga movement in Malaysia and globally.

Contact:

03-2260 5322
03-7726 6682

Email: theyogafranchise@yahoo.com

Website: www.yogafranchise.com.my

Organised by:



Endorsed by:



The Best Self Improvement Course In The World

Self Mastery Programme

Super Health , Creativity , Love & Wealth

Develop "out of the box thinking" to turn problems & obstacles into springboards for success

Increase personal magnetism

Manage and relieve stress

Enhance communication skills for better relationship and many more!

Look & feel fresh and youthful

Increased capacity to think, act and focus

Strong, toned, healthy and rejuvenated body

Brickfields
3, Jalan Ang Seng 3,
Brickfields, KL.
+603 2260 5322

Bangsar
81A, First Floor,
Jalan Bangsar, KL.
+603 2282 4980

Damansara Uptown
89A, First Floor, Jalan SS21/37,
Damansara Utama
+603 7726 6682