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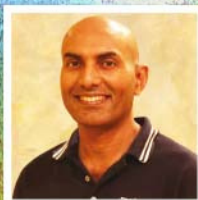
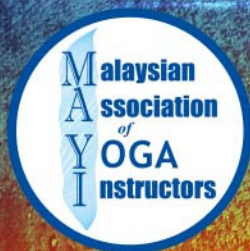
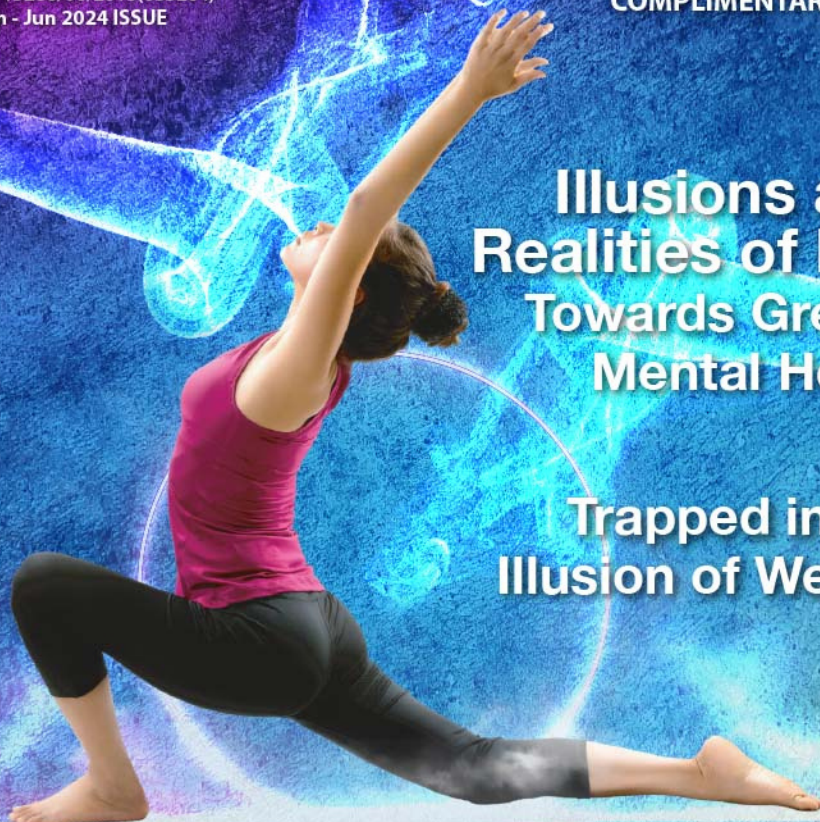
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Jan - Jun 2024 ISSUE

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**Illusions and
Realities of Life:
Towards Greater
Mental Health**

**Trapped in the
Illusion of Wealth**

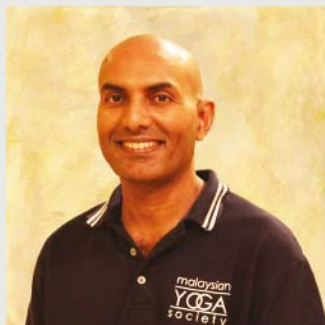


**Message from
Master Mani:
*Truth vs Illusion***

Message from Master Mani

Truth vs Illusion

*Master
Manisekaran*



Illusion is most prevalent in the world of storytelling, drama, excitement, and superstition. Whoever seeks to convey the truth must also employ the necessary tools of storytelling, drama, and excitement without succumbing to the weaknesses of superstition. The world is not going to change easily by relying solely on data, statistics, and facts, but no one can underestimate the potential of storytelling in presenting the truth. Storytelling without data and facts represents the rawest form of illusion.

Yoga in its purest form is based on igniting the mind to think beyond conventional boundaries, to find strength in overcoming superstition, to recognise weaknesses in thought processes, and to empower the mind through practices aimed at unswervingly dispelling illusions.

The greatest service that anyone, as a teacher or guide to humanity, can provide is to be wholly and unequivocally truthful.

YM

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Guided by one of the world's leading yoga exponent
Manisekaran



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Illusions and Realities of Life:

Towards Greater Mental Health

by Dr Chandra Nanthakumar



The Cambridge dictionary defines "illusion" or "maya" as "something that is not really what it seems to be" or "an idea or belief that is not true." Nevertheless, the philosophy of yoga places emphasis on illusion as it ultimately hinders a person's mental, physical, and emotional development. Illusion can be seen as the psychological filter that colours all of our experiences. It can take the form of memories, judgements, or even biases that present a distorted sense of reality. The reality is that illusion or maya not only reinforces the anava (ego) but also strengthens the upadana (attachment). If these traits persist indefinitely without any checks and balances, they will become major obstacles to mental, emotional, and spiritual development in individuals. Hence, people should aim to liberate themselves from these negative qualities.

The eighth limb of Patanjali's classification of Ashtanga yoga is samadhi (liberation). To achieve that level, one has to work tirelessly towards dissolving the ego, which may seem a quite daunting task. Aversion to discomfort must be eradicated, and attachments to pleasures in life must also be eliminated. For the common person on the street, these may pose a challenge, especially when the world today is filled with multiple temptations. That

being said, effort is needed to free ourselves from the illusions of the external world if we want to tread the path of spiritual, physical, and emotional enlightenment.

It is beyond doubt that the practice of yoga, an ancient holistic science of self-realisation and self-manifestation, offers one the prospect to work towards dissolving the maya. Yoga provides the practitioner with useful tools to consciously and mindfully "pierce the mask" of illusion. Patanjali's classification of Ashtanga yoga comprises eight limbs – yama (universal ethics), niyama (individual ethics), asanas (postures), pranayama (expansion of life force), pratyahara (withdrawal of senses), dharana (contemplation of one's true nature), dhyana (meditation), and samadhi (liberation). The truth is the practitioner has the option of incorporating some, if not all, of the limbs into their daily practice for the purpose of enhancing and/or healing their physical, mental, and emotional well-being (Stiles, 2013). While some may develop strong attachments to the external forms of the practice, for example, giving undue attention to the appearance of the body or postures, others dive deep in an attempt to connect with the inner silence, yearning to discover who they really are.

According to Nyer (2019), the first two limbs of Ashtanga yoga (i.e. yama and niyama) are therapeutic in nature. They are both codes of ethics that work at intrapersonal (yama) and interpersonal (niyama) levels. While yama embraces practices like ahimsa (non-violence),

satya (non-stealing), asteya (non-lying), brahmacharya (non-excessiveness), and aparigraha (non-greediness), niyama embodies qualities such as saucha (cleanliness), santosha (happiness), tapas (sacrifice), swadhyaya (self-study), and Ishwara pranidana (surrendering to the almighty). These two limbs are usually embedded into the yoga session or everyday life informally. The practice of ahimsa can be demonstrated when one is performing a challenging asana; one needs to be mindful in not forcing themselves into the full pose. Once they are already in the pose, they are prompted to be cognizant of the feelings of ecstasy and a sense of euphoria that they are experiencing at the present moment; this is clearly an example of santosha. In the same way, all the other traits can be directly or indirectly demonstrated in our everyday life.

Breath consciousness is another important aspect in this real world. Here's a quotation from Thich Nhat Hanh:

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."

This goes to show that illusions may take us into the past or the future like those feelings that come and go, but our breath can never be in the past or future; our breath is in the present. It is NOW. Hence, if we want to conquer the anxiety of life, we have to live in the moment; we have to live in the breath.

According to Goraksasatakam (Kavalayananda & Shukla, 2006):

"When the breath is unsteady, all is unsteady; when the breath is still; all is still. Control the breath carefully. Inhalation gives strength and a controlled body; retention gives steadiness of mind and longevity; exhalation purifies the body and spirit."

That being so, we need to consciously take time to simply pause and observe our breath. The practice of certain pranayama techniques like nadi shodhana enhances a change in brain activity while lowering oxidative stress. The truth is the mind can be controlled through the regulation of prana. Dharana and dhyana are two rudimentary but crucial limbs of yoga to assist us in breaking away from the web of delusion. While dharana helps us with the focus and awareness of an object, dhyana helps us penetrate deeper into holding an uninterrupted flow of consciousness. The reality is that in both these practices, accumulated stresses are emancipated, bringing about a state of well-being (Satchidananda, 2012; Sharma, 2015).

In short, the way we lead our lives entirely depends on ourselves. It will be a vicious cycle of pain and pleasure for as long as we continue to indulge in illusions. However, through regular practice of yoga, we will be able to transcend the worldly limitations and plunge into the universe of infinite wisdom.

YM

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Trapped in the Illusion of Wealth

by Nicole Yong.Y.Y.

When we follow the path of Jnana Yoga, the path of wisdom, we go through a process of gaining wisdom through self-surrender and devotion to the divine grace. The gained wisdom helps us not only appreciate, but also discriminate between change and permanence, and that which is real and unreal in the world.

As Jnana yogis, we are aware of some level that wealth is a vivid human experience of the concept of Maya – the world as illusion where things appear quite real but are not what they seem.

Wealth is an interesting topic...

Let's be sincere - how do we interpret that a person is wealthy? Maybe he cruises in a BMW i8 Roadster or a Mercedes Benz AMG GT. Maybe she dons gold or diamond jewellery and only shops at high end shopping boutiques. Could it be that the individual lives at a high-end residential area? Or maybe the individual brings the spouse for high tea at a 5-star resort.

Most people tend to make assumptions such as only those who are rich can afford luxury items, or only those who are rich lead a happy life. Is it true? While these people may seem wealthy, we actually do not know. Let's take a look at the subject of wealth further.

Common Beliefs About Wealth

There are many common beliefs why people are wealthy. It could be because they are successful in their businesses, have wealthy parents, have high-paid jobs, married to a wealthy person or have won a lottery. Whatever the reason is, most people think the more they have, the wealthier they are.

Basically, they want to feel secure and obtain societal recognition.

When we look back 70+ years, people largely bought everything with cash; they hardly used credit cards or cash advance facility. Hence, it was easy to detect who was wealthy as vision is our most trusted sense and influences many of our thoughts and behaviour. Most people still make the same assumptions today.



However, the financial world now is no longer the same. With “credit facility” being introduced to the public, the perception of wealth has become indistinct. Today, we can buy whatever we like by simply swiping the credit card or signing up for a loan one after another, just to satisfy our desire.

Eventually, the man who works as a manager, has a chance of getting a car loan to buy himself an expensive Mercedes. The woman working as an executive can buy massive amounts of clothes and jewellery on her credit card. Well, this is where the world gets blurry. These people may appear rich, but are they really rich?

The problem..... fake richness

Here is the sad part. We see people's wealth displayed on the social media- pictures of them going on luxurious vacations, dining at high-end restaurants, donning fancy branded clothes and living in beautifully renovated homes. People want to prove how "successful" they are. As long as these people can afford their monthly bills, they may be able to maintain this illusion. They may not be aware of what financial independence and financial management are. If they continue living in this illusion, they may never be able to actually achieve real wealth.

In actual fact, these people are often the most stressed as they get their self-esteem from the material world. They try hard to look for solutions - work harder to earn extra to pay for their desires. They live in a world where they feel like that they do not have enough time, and eventually they become exhausted.

When there is a discrepancy between what they want to be and what they actually are, stress builds up. The false ego causes them to go after their illusion - Maya. When stress levels are high, diseases may inflict the body.

Beat the Wealth Illusion

Here are some Truths about Wealth:

I) We need less. We just need a self-sufficient life style – a moderate size house to live in, an affordable car, healthy food and simple clothes. Having a financial management plan allows us to recognise the fact that we don't have to spend more money than what we earn to be happy.

II) Money is not the only reason why we work. Financial compensation will not succeed as a long-term motivator. When you work for the benefit of others, you will find satisfaction in the working life.

III) Wealth won't make us happy all the time. It is simply an illusion that wealth brings us happiness. Studies show that some of the most joyful people are not the wealthiest.

IV) Desire for wealth robs us of our peace of mind. The desire for wealth causes us to work too hard that we become so stressed out. Eventually, we neglect our family.

V) Learn to donate to the people in need. We do not have to be rich to help others. We can buy some groceries for the elderly at the old folk's home. Generous people are happier and healthier.

VI) Practice mindfulness to reduce stress. Mindfulness is an approach that helps us pay attention to our thoughts and feelings. It allows us to slow down our breathing, and gradually calmness sets in.

VII) Learn how to meditate from a qualified teacher. Meditation is a powerful tool to help us reconnect with our inner silence, and rediscover who we really are and the meaning of life.

We always have choices in life. Let's change the way we think about wealth. Start to enjoy our lives a little more instead. Living a minimalist lifestyle will promote individuality and self-reliance. This will make us more confident in our pursuit of happiness. Om, Om, Om. **YM**

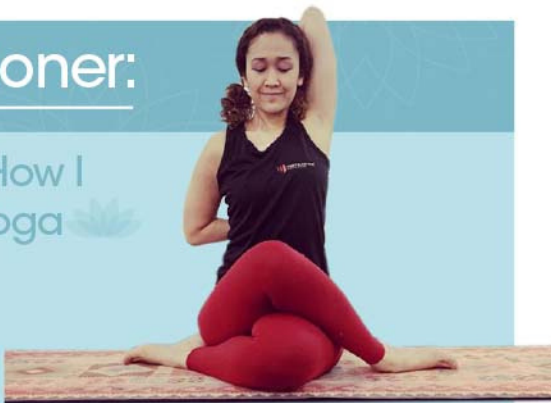
Articles by Practitioner:

Wondering Thoughts and How I Managed Them Through Yoga

Have you ever felt like you had done something but can't remember if you had actually done it? It's like you were running on autopilot. I used to feel like this all the time, but now I can do things on autopilot while still remaining completely aware. If I'm tired, my mind has to work a little harder to focus, but I can still get there more easily. Sometimes the mind can play tricks on you, making you think you've done something, but you're not sure because you physically can't remember it. This used to frustrate me, like leaving the house and thinking you left the stove on, but in reality, you did turn it off because it's a natural reaction after cooking, unless you were distracted and forgot. That's a different story.

Sometimes the mind can also create an illusion that affects our feelings and can lead us away from what is real and what is not. I used to worry about how people thought about me and even worry about how I affected their lives. This took a lot of energy, and the illusion of what other people thought and felt used to keep me awake at night, when in reality, they had no idea this was happening. I used to spend hours, sometimes days, worrying about it.

Regular yoga, meditation, and pranayama practice have been proven to be a wonderful tool to keep the mind at ease and the body stronger. Since I've started regular meditation practice, even for as short as 5-10 minutes a day, I find myself more in tune with my surroundings, my feelings, and my mind. I can quickly let go of things that don't serve me anymore. I can go through the emotions, filter,



by Adelena Gustafsson

accept, and let go. Practicing the physical side of it has kept me in tune and aware of my body and how it works. Whenever I find myself unable to focus, I turn back to my breathing. In Patanjali's Yoga Sutras, the Sanskrit aphorism "Yogas citta vritti nirodha" translates to "Yoga is the stilling of the fluctuations of the mind." This is why yoga is the best way to keep the mind focused and at ease while making us more intelligent and emotionally resilient.

A review was published in the journal *Brain Plasticity* about 11 studies conducted on individuals who began to practice yoga regularly, with no prior background in yoga, alongside those who did not practice at all. The studies spanned a duration of 10-24 weeks, with a focus on Hatha yoga, encompassing meditation, physical practice, and breathing. Brain-imaging techniques were employed to observe the brain's development. "From these 11 studies, we identified certain brain regions that consistently emerged, and they are surprisingly not significantly different from what we observe in exercise research," stated Neha Gothe, a professor of kinesiology and community health at the University of Illinois, who led the research in collaboration with Jessica Damoiseaux, a psychology professor at Wayne State University (1).

Some of my favourite go-to practices are from the **Pawanmuktasana** series. I find that wrist rotations and eye exercises help me the most in finding focus, balance, clearing the mind, and working to set a vision. Concentrating on a very small and specific part of the body demands a lot of focus, and with practice, it helps eliminate distractions. Asanas that require balance are also a good practice for enhancing focus while simultaneously strengthening specific parts of the body, if not all body parts.

Utthita hasta padangusthasana (raised hand to big toe pose) is a wonderful standing asana for improving concentration while coordinating muscular and nervous balance. I've noticed that when I'm a little stressed, it can be challenging to find balance, but it also helps me assess the issue, regain focus, let go, and try again. If I still encounter difficulty, I move on to the next asana to avoid losing focus during practice and attempt it again later, as forcing yourself into an asana can also cause the mind to wander.

Gomukhasana (cow's face pose) is an excellent seated asana that induces relaxation. When practiced for more than 10 minutes, it can help alleviate tiredness, tension, and anxiety. It is also effective in relieving backache, which, in my case, can impact my ability to concentrate.

Yoga Nidra or Shavasana is the best of all practices as it induces complete mental, emotional, and physical relaxation by turning inwards, and consciousness is separated from all external awareness and sleep. I find that when I have a lot on my mind and am unable to focus on just one thing or relax, Yoga Nidra helps slow down my mind, allowing me to see plans or set goals clearly.

The state of awareness intensifies during the practice of Yoga Nidra or Shavasana, aiding the body's recovery.

Pranayama is a wonderful way to conclude a practice, and my most favourite is Bhramari pranayama (the humming bee breath). Just as the name suggests, humming it essentially sends vibrations throughout the entire body, and when practiced correctly, it has an amazing calming effect on the mind. It is one of the best breathing exercises for freeing the mind from anxiety, frustration, and agitation. I have found that it significantly reduces anger. A study published in the International Journal of Physical Education, titled "The Effect of Bhramari Pranayama on the State of Anxiety in Sedentary Males from Gwalior," found that regular practice of Bhramari pranayama had notable results in reducing anxiety.

Sometimes, our minds wander, and it's hard to focus or distinguish reality from illusion. This can lead to stress, affecting us both emotionally and physically. So, it's always helpful to return to a simple practice of awareness or physical exercise to regain our focus and continue with our daily routine. "The fact that yoga helps manage stress may also explain some of its other cognitive benefits — for example, stress is known to shrink the hippocampus, so anything that reduces stress likely counteracts that shrinkage as well" (3). When in doubt, I always return to my yoga mat. **YM**

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Articles by Practitioner:

Vibrant Gujarat: A Journey into Greatness and History

by MonikNaturopata

"Traveling leaves you speechless, then it turns you into a storyteller." Ibn Battuta.



A traveler at heart and a lover of challenges that take me out of my comfort zone, for my maiden trip to India, in April 2023, where I was invited to be part of a wonderful group of Malaysians to discover the vibrant state of Gujarat, in the Saurashtra region and home state of Mahatma Gandhi, the Father of the Nation.

In this article I want to narrate my short experience of a few days of crossing through Gujarat, a state in western India that promised a captivating mix of culture, history, and amazing landscapes. Expectations were high and the journey began with the promise of unforgettable discoveries.

During my immersive journey, I discovered the wonderful Indian culture with all the nuances of colours, smells, and tastes, which I will try to describe in a few words.

As everything has a beginning, let's start with its valuable people, I was surprised by their kindness, always friendly and smiling, attentive to help me in the best way so that I could take the best memories of their country. It is surprising to see so many people together and therefore living together serenely. It should be noted that not everyone speaks English on the streets and yet communication is established in a different way. This is not a barrier to receiving their attention. Also, appreciate its varied and delicious gastronomic dishes adjusted for all palates. And I learned about the different climatic changes in India that are given by its exceptional geographical location that further enrich its culture.

The preparation of the trip was relatively easy and with very good indications from the organisers, always attentive to my questions. However, you must apply for a visa in order to enter the country.

Finally, the day of the beginning of my odyssey arrived, after several hours of travel, my first stop was, Hyderabad, where I was only for a few hours to continue to our destination Ahmedabad, the largest city in the state of Gujarat, where I was welcomed by a chaotic whirlwind full of life, sounds and aromas.

A bus was waiting for me there because a large part of the journey is by land, there is so much to visit in such a short time!



After recovering a little, I went out to visit the surroundings, where I began to compose the mosaic of experiences that was being assembled before my eyes and that I will cherish forever in my memory. I came across the already well-advertised sacred and free cows of India where I observed how people decorate them, respect them and let them roam freely among cars and pedestrians without disturbing their passage, regardless of the city's traffic congestion.

Already a little more acclimatised to the excessive heat of the season we went to visit some temples that left me perplexed by their decorations, structures, and history; at the same time, they gave me their inestimable freshness during my visit to finally arrive at the temple of the Sun in Modhera, which is not only considered one of the great icons of Western India, but also invites us to explore its exquisite labyrinths of contrasts. There you can watch a beautiful sunset and an unforgettable sound and light show.

After a restful night's sleep, we begin our journey to the city of Dwarka, the golden city of Lord Krishna, where he lived for a long time. This city is located at the mouth of the Gomti River, which according to Hindu mythology is the daughter of the sage Vashist, and bathing in its waters can wash away sins. I, for one, appreciated the freshness of its waters and continued with the visit of the temple of Dwarkadhish, one of the four great Dhams (sacred city) of India and a famous pilgrimage site of the country. The temple is located next to the Gomti River and seems to have emerged from the waters of the Arabian Sea. It is believed to be 2500 years old and features a shikhara (spire), 43 meters high, which is adorned with minute carvings and a huge flag made of 48 meters of cloth.

Soon after, I embarked from the port of Okha to visit the Nageshwar Shiva temple which is one of the oldest temples in the country and is dedicated to Lord Shiva. Where I saw the largest statue of Lord Shiva that I have ever seen in my life. The imposing 25-meter-high statue of Lord Shiva in a semi-lotus position is a spectacular sight and possesses impressive architecture. Its splendour is worth all the boat adventures of the trip.

Back on dry land I headed to Porbandar, a coastal city, to visit Kirti Mandir, the birthplace of Mahatma Gandhi and Sudama (friend of the Lord Krishna), to end the day at Somnath, another place of pilgrimage (tirtha) on the coast of the Arabian Sea, where the "radiant phallus" (yiotir linga) of the God Somanath (Shiva) is located. The site is less than a kilometer from the mouth of the Hiran River, on the banks of which the Lord Krishna had died. And where spirituality mixes with the sea breeze creating a serene and reflective atmosphere.



From very early in the morning and with boundless energy I set out to visit the Sasan Gir National Park, a unique place in the world apart from the jungles of Africa where you can find the majestic lions roaming freely. The entire forest in the park is dry and deciduous, making it the ideal habitat for the Asiatic lion. Lions and leopards are the park's main attraction. In addition, you can also see species such as the sambar deer, the chowsingha (the only four-horned antelope in the world), the jackal, the Indian fox, the



hyena, among many other animals. Spread over an area of 1,412 km², the park has a central area of about 258 km². While lions were completely wiped out from other parts of Asia, the nawabs of Junagadh protected lions in their hunting grounds, and from a population of about 20 lions in 1913, numbers increased to about 523 in 2015.

During the day we also visit Shree Golokdham Tirth, where you can admire the footsteps of Sri Krishna before taking your divine journey.

Even though the trip was coming to an end and the fatigue was beginning to be felt, we stopped in Veraval to admire the slope of the sun and its beautiful shades of colours. Motivated and excited to explore Narbada, where she would go to visit the "Statue of Unity; a colossal masterpiece of engineering and artistry that celebrates the diverse unity of the nation. This visit was not a chance encounter for me, it is a journey into greatness and history. The statue depicts architect Vallabhbhai Patel, the visionary leader of modern India, known as the "Iron Man of India" who helped unify the nation. Personally, that strategic place is not only the monument but a space for reflection and contemplation, its tranquil and well-designed gardens provide an ideal space for introspection.

Finally, my last night in India was spent at a glamping site in Garuashwar in front of the Narbada River. Where I was able to practice Yoga outdoors in harmony with nature. A magical experience.

At the end of my journey, I found myself satisfied by the diversity, resilience, and warmth of its people. This first excursion was more than a geographical exploration, I lived

a journey to the heart of India, where history, spirituality and cultural diversity were intertwined in a unique experience. Gujarat, from the bustling streets to the enchanting landscapes, wove an indelible tapestry of unmentionable situations that I will always carry in my mind. Every corner explored not only met, but exceeded my expectations, turning my first encounter with India, into an odyssey marked by such beautiful memories and images that it has become a recounting of adventures that I like to share with affection to friends and lovers traveling around the world. Gujarat will always hold a special place in my heart.

To conclude, I would like to express my gratitude to the MAYI group, which organised and extended its invitation for me to participate in this wonderful journey, which I received as an unexpected gift, and which



illuminated my life this year in many ways. Your generosity in every kind and intentional gesture you shared with me added a special sparkle to this chapter of my life. Well, not only did I get to know a small part of India, but I learned more about the importance of friendship and human connection. That's why I can't fail to mention the richness of our coexistence during this trip, every smile shared, every story told and every discovery together, created memories that I will treasure forever. Thank you, dear MAYI family, for opening the doors of your friendship to me and may this journey be the beginning of many more. **YM**

The Significance of Co-operative Organisations

Co-operatives, often referred to as co-ops, are a unique and powerful model of economic and social organisation that have been making a positive impact across the globe for over a century. Rooted in the principles of collaboration, mutual support, and democratic decision-making, co-operatives represent a different approach to business and community development. Let's explore the concept and importance of co-operatives and how they contribute to economic, social, and environmental well-being.

Understanding Co-operatives and Its Principles

A co-operative is a business or organisation that is owned and operated by its members for their mutual benefit. Unlike traditional enterprises where ownership and control are concentrated in the hands of a few, co-operatives are based on the principle of one member, one vote, ensuring that decisions are made collectively and democratically.

Co-operatives operate under a set of guiding principles known as the Rochdale Principles. These principles include voluntary and open membership, democratic member control, member economic participation, autonomy and independence, education, training, and information, cooperation among co-operatives, and concern for the community. These principles underpin the core values of co-operatives, which emphasise self-help, self-responsibility, equality, and solidarity, and they provide a framework for the operation of co-operatives in Malaysia, helping to ensure that they serve the best interests of their members and the broader community.

Co-operatives in Malaysia are governed by the regulatory authority known as the Malaysia Co-operative Societies Commission, commonly referred to as the "SKM" (Suruhanjaya Koperasi Malaysia). It operates under the purview of the Ministry of Entrepreneur and Co-operatives Development (MECD).

The Importance of Co-operatives

1. **Economic Empowerment:** Co-operatives provide individuals and communities with the means to harness their economic potential. By pooling resources, members can access markets, negotiate better prices for goods and



services, and improve their financial stability. This economic empowerment is particularly crucial for marginalised groups and small-scale producers.

2. **Local Development:** Co-operatives play a vital role in building and sustaining local economies. They often source their products locally, create jobs, and reinvest profits in the community. This, in turn, helps in preserving local traditions, culture, and identity.
3. **Democratic Decision-Making:** In a world where power imbalances are pervasive, co-operatives offer a democratic alternative. Every member has an equal say in decision-making processes, fostering a sense of ownership and participation.
4. **Support for Marginalised Groups:** Co-operatives have a strong tradition of supporting vulnerable and marginalised communities, such as women, indigenous people, and minorities. They provide a platform for these groups to access resources, gain economic independence, and advocate for their rights.
5. **Environmental Sustainability:** Many co-operatives are committed to sustainable practices, whether in agriculture, energy, or consumer goods. They often prioritise long-term sustainability over short-term profits, making them a force for positive environmental change.
6. **Resilience in Crisis:** During times of economic downturn or crisis, co-operatives have shown remarkable resilience. Members often come together to overcome challenges collectively, ensuring that individuals are not left to face hardship alone.
7. **Access to Basic Needs:** Consumer co-operatives, in particular, play a vital role in providing access to essential services like healthcare, housing, and education. By pooling resources, members can secure better quality services at more affordable prices.

At a whole, co-operatives represent a powerful force for economic and social transformation, offering a model of business and community

organisation rooted in democratic principles, social responsibility, and mutual support. Their importance extends beyond economics to encompass social, environmental, and cultural dimensions. In a world facing growing inequality and environmental challenges, co-operatives provide a compelling alternative, demonstrating that people can work together to build a more equitable and sustainable future. As we navigate the complex challenges of the 21st century, the co-operative model remains a beacon of hope, embodying the timeless values of cooperation and solidarity.

The Story of Koperasi MAYI Malaysia Berhad (KMMB)

In the serene world of holistic wellness, where mindfulness, well-being, and community are at the core, Koperasi MAYI Malaysia Berhad (MAYI Co-operative Malaysia Limited) stands as a shining example of collective empowerment. Established with the vision to support and uplift yoga instructors, this co-operative has been a game-changer, not just for its shareholders but for the entire wellness community in Malaysia.

Koperasi MAYI Malaysia Berhad, affectionately known as KMMB, came into existence as a brainchild of the Malaysian Association of Yoga Instructors (MAYI) - a renowned organisation dedicated to promoting yoga and holistic well-being. Recognising the challenges faced by yoga instructors and practitioners in Malaysia, the founder of MAYI, Master Mani, envisioned a platform where they could come together, share their passion, and receive the support they deserved.

In 2021, this vision became a reality, as KMMB was officially registered as a co-operative. Since then, it has been on a mission to empower and improve the lives of wellness enthusiasts across the nation.

The Benefits for KMMB Shareholders

1. **Voting Rights:** One of the key advantages of being a shareholder in KMMB is the ability to actively participate in decision-making. Shareholders have a voice in determining the direction and policies of the co-operative.
2. **Access to Wellness Programmes:** Health and wellness are paramount in the world of yoga. KMMB offers its shareholders access to various wellness programs and activities, ensuring that the physical and mental well-being of the community is a top priority.
3. **Small Business Opportunities:** The co-operative fosters entrepreneurship by providing opportunities for shareholders to start and run their small wellness-related businesses. This

support contributes to the economic empowerment of its members.

4. **Instalment Payments for Wellness Products and Programmes:** The co-operative understands the financial constraints that the community may face. To make wellness products more accessible, KMMB allows shareholders to purchase them through convenient instalment payments.
5. **Travel the World:** Shareholders can embark on memorable journeys through KMMB's tailor-made trips. Whether it's an adventurous getaway or a cultural expedition, travel trips for co-operative shareholders are a gateway to diverse, enriching, and affordable travel opportunities with like-minded members.
6. **Bereavement Support:** In times of loss and grief, KMMB extends its support to shareholders. It offers a safety net, both emotionally and financially, to help them navigate challenging times.

However, the benefits of a KMMB are not limited to the above as KMMB has many more community building projects in the pipeline. This is because KMMB's impact extends beyond its shareholders. It serves as a unifying force in the wellness community, bringing all health enthusiasts together.

Through various events, workshops, and collaborations, it nurtures a sense of community and belonging among its members.

The co-operative also contributes to the wider community by participating in community building initiatives and social causes. This commitment to social responsibility is a reflection of its holistic approach to well-being, which encompasses not just the individual but society as a whole.

The Journey Ahead

As it continues to grow and evolve, KMMB remains committed to its core mission - to empower the community by promoting holistic well-being. Its journey is one of unity, support, and collective growth, echoing the very essence of holistic wellness itself.

In a world that often prioritises competition and individualism, KMMB stands as a shining example of the power of cooperation. By empowering its shareholders, enriching the lives of health enthusiasts and strengthening the broader community in Malaysia. In the spirit of togetherness and holistic well-being, KMMB paves the path to a healthier, happier Malaysia, one person at a time.

For more information, visit
www.koperasimayimalaysia.org

Ayurveda – Beyond Massages



by Jessica



Ayurveda seems to have taken a backseat in the hustle and bustle of modern life, with material comforts becoming the norm, while we ignore the various gifts that nature has to offer us on an everyday basis. Instead of being in harmony with nature, we have adopted artificial practices that disturb the equilibrium of the mind and body. We can't sleep, concentrate, or relax. Much like a fog, illusion shrouds everything that we experience. That being said, it is possible to find a balanced, middle ground in which we are not living completely in illusion nor without it. Instead, by recognising that there is illusion but pushing to see beyond the veil of illusion to seek Truth, one can find a state of harmony and acceptance.

The three main illusions versus truths in Ayurveda are often related to the mind, and body. These illusions include the misconception that material comforts alone can bring happiness, the belief that artificial practices can replace natural ones, and the idea that we can find true harmony without recognising and addressing the illusions that cloud our experiences.

1. Considered Role in Health

Ayurvedic massage is just one component of the Ayurvedic system of natural medicine, where the intention and focus are on working with the energy channels of the body to create a unique experience that prioritises relaxation, stress relief, and the release of emotional blockages. It is not merely a massage but offers more than just relaxation. Ayurvedic body massage is performed with acute awareness of the marmas and chakras. In Ayurveda, marmas are vital points similar to acupressure points. When manipulated correctly, they revitalise the entire body. Though marmas are numerous, there are 107 major ones located at the junctions where flesh, veins, arteries, tendons, bones, and joints meet, serving as the secondary seats of subtle energy (Prana or Qi). It is at these areas that pain and weaknesses tend to congregate. Marmas are also the points where the elemental life forces of ether, air, fire, water, and earth converge, and, therefore, where the body's organising intelligence is most concentrated.

2. Use of Oils

Ayurvedic Massage always uses oils. The benefit of warm oil is a soothing and nourishing experience for the skin, lymph, blood, and nervous system. It can shift toxins from areas of weakness in the body where they naturally accumulate. It can ground and support the emotional state and aid the body's natural lubrication systems. In Ayurvedic Massage, the oil is always warmed and herbal. In fact, there is not just one type of oil used in Ayurvedic Massage, but a combination of several oils with specific healing and therapeutic properties. Oil is

Ayurvedic massage's great strength, as it is a complex, warmed, and herbal blend designed around the client's constitution.

3. Ease of Implementation

In Ayurvedic Massage, the therapist works exclusively with hands and arms, often employing more effort and muscle strength to provide the massage. The massage strokes vary from deep to superficial, following the flow of energy channels, nerve pathways, and hair growth. There are three types of movements - active (strong pressure), passive (delicate stroking), and persuasive (pinching or kneading the small muscles with the thumb and forefinger). All systems offer a full body massage. However, within full body massages, Ayurvedic massage places more emphasis on joints, head/neck, shoulders, arm, and hand massages. Ayurvedic Massage particularly focuses on the head

through Indian Head Massage and Shirodhara - a warmed oil flow directly onto the third eye (forehead). Ayurvedic massage is much more comprehensive. It is a pleasant and beneficial experience to appreciate the value, scent, and feel of warm aromatic oils on the skin, along with a more thorough head and hair massage, offering what many consider to be the Indian Head Massage and Shirodhara as part of the full body massage.

Whether Ayurvedic massage is part of a more comprehensive Ayurveda programme or is simply undertaken for the sheer pleasure of a deeply relaxing, indulgent body massage, it is one of ancient secrets. By living in a harmonious way that nourishes right thought, action, and lifestyle, one can find ease from suffering and attain liberation. Start by integrating small and easy aspects, and it will soon become a part of your daily life. **YM**

Ayurveda MassageTherapist Course



Our health and wellness depends on a delicate balance between the mind and body. Learn and discover the philosophy of Ayurveda through the Ayurveda Massage Therapist Course - an interactive course featuring the tridosha (the three life forces or energies), essential herbs, and important Ayurvedic techniques for holistic wellbeing.

Ayurvedic techniques taught in the course:

- Abhyanga Snanam
- Navara Kizhi
- Shirodhara
- Soundarya Vardhini
- Padhabhyanga
- Podi Kizhi
- Shiro Abhyanga
- Udwarthanam
- Janu, Grevia & Kati Vasti



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Duality in Parenting - is it Regressing?

SuperYogaKids CORNER



by Dr Sumathi

I cannot be who you want me to be, because you and I think me to be two very different people.

- C.J. Peterson

As parents, there's no denying we want only the very best for our children. In order to ensure they get, as well as become that, we do our very best to make that happen. Our best intentions then turn into a burden, creating pressure, anxiety and fear just to name a few things.

Where does this intention stem from? What does it mean for us and for our children? It stems from our childhood. A transgenerational blueprint has been handed down to us from our parents. A blueprint that unambiguously states we have to be good parents and nothing short of that and our duty is to make our children happy and successful. We buy into this belief leaving the poor child no choice but to be happy and successful as dictated by us (the parents), and in due course, relatives, teachers and society.

We fail to realise that our quest to be a 'good' parent is fueled by fear – the fear of not fitting in, the fear of not being good enough. The ultimate illusion which has been passed down is we have to be someone in order to be worthy - we have to do more, accomplish more and be perfect, nothing less. For as long as we fail to see through this illusion, we are in danger of mass production, fitting into molds, cloning whatever that has been dictated by societal standards.



When we fail to question what is, what always has been – i.e. children are to be seen and not heard, don't talk back, don't question – when we fall prey to duality where everything is labelled and judged – good or bad, right or wrong, - when we fail to see things as they really are, we will never awaken. We will continue to build on our expectations of perfection in our children – oppressing their sense of self with criticism and control because we fear 'bad' and 'wrong'. Where is the space for the child to experience, know and trust the 'self'? Duality is an illusion. There is no good or bad, right or wrong – everything is relative when examined closely. The rain that wets the clothes hung out to dry, feeds and nourishes the plants in the same garden.

By uncompromisingly imposing our standards and expectations on our children, we leave a lasting and painful struggle that carries into adulthood – filling them with guilt and shame while they grapple with their sense of self as they have been conditioned to be whoever they are expected to be and not their true selves. Do you recognise this struggle within yourself or someone dear to you? Have you ever wrestled with such kind of feelings and the crushing guilt of not having met your parent's expectations?

As parents, we are in a position of extreme power by default. Children are completely and helplessly dependent on us. When we parent 'unconsciously', blissfully unaware of our conditioning, we do so much damage.

Some of the common expectations (just to name a few) we may have as parents include:

"Study hard and get good results." I have yet to meet a parent who feels otherwise. "I expect you to get straight 'A's in the coming exam. If you don't, you will not get (insert object of interest, holiday etc.)." There's even a veiled threat in there. What about the child who has been struggling to pass all this while and has now managed to come up with 'B's – that's an amazing progress. However, in an attempt to encourage them, we say – "Well done, I'm sure the next time you'll get 'A's." – Anyone else hear 'Not Enough'?

"Behave yourself. Don't talk back." I'm sure all of us have said it at one time or another. I've said it enough times myself. Children learn this lesson well; they stop questioning and stop telling and when they are in trouble they will silently 'endure' their suffering because we 'expect' them to be quiet. How many pedophiles and abusers have gotten away scot free because first, we taught our children to behave and be quiet and second, because we don't 'listen' to them?

"I want my child to become a (insert profession of choice)." Often a child is pushed into following the path of their parent or at least the choice of the parent. "I never got to study medicine and become a doctor. You have to become a doctor." All's well if that's the child's ambition – but what if the child has no interest in the field and wants to become a musician or an interior designer?

To be fair to us parents – we come from a place of love and affection for our children. However, we fail to realise that our communication with our children is not based on love and respect. Instead of gently guiding them into discovering what's best for them – we tend to impose on them in the guise of advice and assistance. When our expectations are unreasonable, we set our children up for feeling like a failure.

We often convey 'outcome expectations' to our children – like in the first example – I'm sure you'll be the top child in your class, or the best athlete at the sports meet. Setting outcome expectations sends them the message that we value results over everything else, including the child. It sends the message that we only love you if you live up to our expectations. Children become nervous before a test, recital, sporting event because they're afraid of the outcome – specifically failure. Anxiety leads to poor performance or not trying at all, to avoid failing. As a consequence, learning and progress cannot take place. Clearly outcome expectations hinder progress and a growth mindset.

"Can't I expect my child to get good grades, do well in sports and other activities, or behave well?" " NO WAY! What kind of parenting is this?"

Well, allow me to share with you what I've learnt. Realistic expectations aren't about settling, it's about truly understanding and respecting our child for who they are and helping them grow in their own unique way.

In my quest to deepen my yoga practice and understand the yogic philosophies and way of life better, I often find that the guiding principles founded in the eight limbs of yoga

serve as a potent reminder of how this interaction can be set up for better success.

Start with **mindful awareness**: It helps ensure we are truly parenting consciously from a place of love and respect. Notice and understand our children's character and nature and accept them for who they are. Be aware of the expectations we impose on our children and when we do it. "Why is winning that competition so important?"

Practise **Ahimsa** – non-violence, compassion. Remember that not only beating and yelling but even the silent treatment and rejection are controlling behaviours on our part that will increase distance and disconnect us from our children.

Exercise **Satya** – truthfulness. When we answer the above questions with absolute honesty to ourselves – we often learn that the 'issue' usually has nothing to do with the child, but has a lot to do with ourselves.

Observe **Asteya** – non-stealing. Allow children to exercise their childhood. Hold space for them to play, explore, experience and discover and connect to their 'self' – and infinite source of wisdom and love.

Practise **Aparigraha** – letting go. We need to let go of our expectations to be perfect parents and for our offspring to be 'perfect children'. If we don't, our conditioning and limiting beliefs will hold us back from being our authentic selves.

Heed **Brahmacharya** – moderation. Instead of outcome expectations, focus on goals. By focusing on goals and progress i.e. the process, children are more likely to perform better and achieve the outcome anyway. Discuss with them the necessary efforts to

reach their goals. Support, acknowledge and encourage them every time you witness them making efforts – acknowledge a positive attitude, perseverance, patience, focus, or discipline.

Perform **Svadyaya** – self-study. Turn inwards and understand ourselves in order to liberate ourselves from that conditioning that no longer serves us. Our children will not do as we say, but they never fail to do as we do. When we self-study, we encourage our children to do the same too.

Observe **Tapas** – discipline. This is a difficult part. Like I said before, the blueprint is transgenerational – undoubtedly then there's a whole lot of undoing to work on. That aside, interaction with children is extremely rewarding, but it can also be taxing when they try to find their place in the world. It's not always easy to remain calm, centered and loving in our interactions as much as we would all love. Remember to have compassion for ourselves. Every change that we make needs to be constant and consistent in order for it to come to fruition – and for that, self-discipline and self-mastery are vital.

Until and unless we are ready to let go of our belief systems of what is good or bad, right or wrong, we cannot awaken - to see things as they are. We will only continue to allow fear to perpetuate our expectations of how to be and inflict it on our younger generations. **YM**

SYK classes include:
Yoga Kids Class, Teens Yoga Class,
Family Yoga Class, and Pregnancy Yoga Class.
Classes are available at Brickfields, Bangsar,
Damansara Utama, Selayang, Subang and Klang
For more information about MAYI Super Yoga Kids,
log on to: www.superyogakids.com
and connect with us at Facebook:
SYK Superyogakids
Email: superyogakids@gmail.com



From Past to Present

by Kenny Kong

Have you ever wondered what our ancestors used to treat their dry skin, brighten up their faces or clean their hair and body?

Skincare archaeological evidence dates way back to 6,000 years ago to ancient Egypt. Under extremely harsh climate, one would wonder how they managed to keep their skin healthy. Evidently, they made exfoliating scrubs from aloe vera and sand, moisturizers from olive oil, lotions from fenugreek, castor and moringa oils, and face masks made from honey and milk.

Similarly, the Ancient Greek men and women regularly moisturised their bodies with a mixture of honey and olive oil. It was a Greek physician who invented the first cream using rose water, beeswax and olive oil.

The Ancient Romans were particular about cleanliness and good skin health. The ingredients found in their facial cream were corn, flour, milk, butter, flower oils, almonds and saffron. The Ancient Chinese were equally concerned about skin care. It was during the Shang Dynasty, around 1760 BC, that skin care really began in China. One of the cleansers ever recorded was made from seaweed, jellyfish and songyi mushrooms.

That being said, the Ancient Chinese placed a lot of emphasis on a holistic approach when it came to skin care. They made sure they ate a balanced diet, stayed away from sugar, dairy products, wheat and fried foods, kept the body hydrated, exfoliated regularly, had quality sleep every night, exercised and meditated consistently.



The Ancient Africans, on the other hand, implemented a lot of the natural elements from the African plants and trees into their beauty products. Besides rituals, the local ingredients used made their skin glow. Some of these notable ingredients include Mongongo nuts, argan oil, shea butter, kalahari melon seed oil, marula oil, rooibos and macadamia nut oil.

However, today, there are lots of studies being carried out to study the causes and effects of skincare products. Many of these studies have been funded by the skincare industries; hence, there is a likelihood that the findings may be skewed. As a consumer, we must be mindful of the choices we make and not be cajoled into the web of deceit.

For instance, a particular website on the internet cited some of the causes of skin cancer. According to skincancer.org, skin cancer is one of the most common cancers worldwide. In the United States, one in every five Americans will develop skin cancer by the age of 70 and at least two people die every hour due to skin cancer. Also, having lots of sunburns doubles the risk of contracting skin cancer. Even though the statistics is appalling, the author has deviated from the real cause of this deadly disease. Instead, UV rays from the sun and tanning beds have always been blamed; hence, the mushrooming of the synthetic sun screen lotion as a remedy to prevent sunburns. However, hardly anyone has revealed the harmful effects of the sun screen lotion.

While the society is in full praise of innovation and convenience, we, as consumers, need to be mindful of the products we see on the shelf. It is not uncommon to find “natural products” but containing less than 5 per cent of natural ingredients be it tea tree oil, cocoa butter or neem. Usually, these natural ingredients are mixed with chemicals such as parabens, phthalates, triclosan, sodium lauryl sulfate (SLS), propylene glycol and petroleum which are all poisonous to the skin. The whitening and bleaching creams are equally detrimental; they contain chemicals such as mercury, steroids, monobenzone, hydroquinone, and niacinamide. These chemicals can lead to kidney damage, skin discoloration, excessive scarring, poor brain function and impaired speech and hearing. Unknown to many, these chemicals can inhibit the production of key hormones.

Today, many skin care companies not only promote an entire line of skin care products to cater to one's needs, but also include personalised services. This is one way of enticing prospective customers and maintaining loyalty. When the products are marketed, it is made to seem so real that these skin care cosmetics can bring about change in one's image. Little do these customers know that it is just an illusion; the chemicals in the products will not only damage the skin, but also the internal organs, eventually.

In conclusion, the world that we are living in is surrounded by illusions. If we look deep enough, we will find the truth. Many choices that we make daily are somewhat influenced by our previous experiences and memories. It is time to revisit our ancient past and liberate ourselves from the unhealthy patterns that is causing destruction to our lives. We need to learn to say “NO” to chemical products. **YM**

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MAYI's all-natural products are available at MAYI Infinity. The range of products which include self-care products, botanical beverage mix, pet care, and herbal capsules are all plant-based and do not contain chemical. For enquiry, contact 017-370 9038 or visit www.mayiinfinity.com.

Events

MAYI Graduation 2023

The theatrette at Bangunan Getah Asli at Kuala Lumpur was infused with an air of celebration and achievement as the MAYI Graduation Ceremony for 2023 unfolded. Under the guiding light of Master Manisekaran, a luminary in the realm of yoga and wellness, the event honoured the graduates who completed various specialised courses, each designed to deepen their understanding and practice in different facets of holistic wellness.

The ceremony commenced with an air of anticipation as Master Manisekaran took the stage, radiating wisdom and inspiration. In his speech, he shared profound insights into the essence of yoga, emphasising its transformative power not only on the physical body but also on the mind and emotion. His words resonated deeply, kindling a fire of motivation within the graduates, igniting their passion for spreading the light of wellness.

The graduates were recognised for their dedication and perseverance in completing their courses offered by MAYI, and each certification symbolised their commitment to mastering various aspects of yoga and wellness.

Beyond the certificates, it was also a celebration of community and camaraderie. The ceremony showcased a presentation on a community project, highlighting MAYI's commitment to making a positive impact beyond the walls of the academy. Certificate of Appreciation were presented to all whom have selflessly contributed to community teaching via Karma Yoga projects by the Malaysian Yoga Society and the Malaysian



Association of Yoga Instructors respectively.

Adding an element of excitement, a lucky draw showered attendees with gifts, fostering an atmosphere of joy and gratitude. A photo booth adorned with joyful props allowed the graduates to capture the essence of the day, freezing moments of triumph and togetherness. The introduction of the MAYI Air Water Generator, an innovative initiative promoting sustainability and wellness, further underscored the academy's dedication to holistic living.

As the ceremony drew to a close, the graduates left with more than just certificates; they departed with a renewed sense of purpose, armed with the teachings and encouragement from their mentors and peers. The event stood as a testament to the transformative power of yoga and wellness, inspiring a new generation of advocates for holistic living.

The MAYI Graduation 2023 wasn't merely a culmination; it was a beginning—a commencement into a world where yoga, wellness, and community intertwine to create a brighter, healthier future for all.

A big congratulations to class of 2023! **YM**

Air Water Generators:

A Sustainable Solution to the Global Water Crisis



Clean and safe drinking water is an essential requirement for human life. However, many regions across the world face a looming water crisis, with millions of people lacking access to potable water. Factors like climate change, pollution, and population growth have exacerbated the issue, making it one of the most pressing challenges of our time. In response to this crisis, innovative solutions are emerging, and one of the most promising is the Air Water Generator (AWG).

Air Water Generators are cutting-edge devices designed to extract moisture from the air and convert it into clean, pure drinking water. These generators have the potential to address the scarcity of clean water by providing a sustainable and eco-friendly source of hydration, free from contaminants, rusty pipes, or chemical treatments. In this article, we will explore the technology behind Air Water Generators, their impact on the global water crisis, and the future of clean water access.

The Global Water Crisis

Access to clean and safe water is a fundamental human right, as recognised by the United Nations. Despite this, a significant portion of the world's population still lacks reliable access to clean drinking water. The global water crisis is a multifaceted issue driven by several interconnected factors.

1. Population Growth: The world's population is steadily increasing, putting immense pressure on existing water resources. As more people compete for limited supplies, the strain on water sources intensifies.

- 2. Climate Change:** Climate change is altering weather patterns and leading to more frequent and severe droughts and floods. These extremes disrupt the water cycle and make it challenging to predict and manage water resources.
- 3. Water Pollution:** Pollution from industrial and agricultural activities, as well as inadequate sewage systems, has contaminated many water sources. This pollution poses health risks and further depletes available clean water.
- 4. Inadequate Infrastructure:** In many regions, inadequate infrastructure, old and rusty pipes, and inefficient water distribution systems result in significant water losses. This, in turn, limits the availability of clean water.
- 5. Conflict and Displacement:** Conflict and forced displacement often led to inadequate access to clean water for affected populations. Many refugees and internally displaced people are forced to rely on unreliable water sources.

According to the report, published by UNESCO on behalf of UN-Water and released on March 22, 2023 at the UN 2023 Water Conference in New York, it is stated that: Globally, 2 billion people (26% of the population) do not have safe drinking water and 3.6 billion (46%) lack access to safely managed sanitation.

Between two and three billion people experience water shortages for at least one month per year, posing severe risks to livelihoods, notably through food security and access to electricity. The global urban population facing water scarcity is projected to double from 930 million in 2016 to 1.7–2.4

billion people in 2050. The growing incidence of extreme and prolonged droughts is also stressing ecosystems, with dire consequences for both plant and animal species (1).

Importance of Access to Clean Water

The significance of clean water access cannot be overstated. It is a fundamental requirement for human health, sanitation, and overall well-being. Lack of access to clean water contributes to a range of global challenges:

1. **Health Impacts:** Contaminated water sources lead to waterborne diseases, including cholera, dysentery, and typhoid. These diseases result in millions of deaths each year, primarily affecting children.
2. **Sanitation:** Access to clean water is vital for sanitation and hygiene. It helps prevent the spread of disease and improves overall living conditions.
3. **Education:** Children often miss school due to water-related illnesses, hindering their education. Reliable access to clean water at schools is essential for students' attendance and well-being.
4. **Economic Development:** Insufficient access to clean water limits economic development. Without reliable water sources, agricultural productivity declines, and industries struggle to operate efficiently.

Air Water Generators: A Solution to the Crisis

Air Water Generators (AWG) present a sustainable and innovative solution to the global water crisis. These devices use advanced technology to extract moisture from the atmosphere, which is then purified to create safe, clean drinking water. Here's how they work:

1. **Moisture Extraction:** AWGs pull in air from the surrounding environment. This air

contains moisture in the form of humidity.

2. **Filtration:** The extracted moisture passes through a series of filters designed to remove dust, debris, and contaminants.
3. **Condensation:** The moisture is then cooled, causing it to condense into water droplets.
4. **Purification:** The condensed water undergoes purification processes, such as UV sterilisation and activated carbon filtration, to ensure it meets the highest quality standards.
5. **Storage and Dispensing:** The clean and potable water is stored and made available for consumption.

Air Water Generators offer many key advantages:

1. **Independence from Water Sources:** AWGs extract moisture from the air, making them independent of traditional water sources like rivers or groundwater. This makes them suitable for regions with limited access to freshwater.
2. **Purity and Cleanliness:** The water generated by AWGs undergoes rigorous filtration and purification processes, ensuring it is free from contaminants, pollutants, and chemicals. It provides consistently clean and safe drinking water.
3. **Sustainability:** Many AWGs are designed to be energy-efficient and can operate using renewable energy sources such as solar panels or wind turbines, reducing their environmental impact and long-term operating costs.
4. **Versatility:** AWGs can be deployed in a wide range of settings, including urban areas, rural communities, and disaster-stricken regions, offering a versatile solution for different water supply needs.
5. **Low Maintenance:** Once installed, AWGs typically require minimal maintenance. Routine filter

replacement and system checks are generally all that is needed to ensure their efficient operation.

6. **Reduction in Water Loss:** Unlike traditional water distribution systems that often suffer significant water losses due to leakages and aging infrastructure, AWGs produce water directly at the point of use, minimising losses.
7. **Energy Efficiency:** Advancements in AWG technology have improved energy efficiency, ensuring that the process of extracting moisture from the air consumes minimal energy.
8. **Emergency Preparedness:** AWGs provide a reliable and immediate source of clean drinking water during emergency situations, such as natural disasters or infrastructure breakdowns, helping to meet critical water needs.
9. **Health and Well-being:** Access to clean water is fundamental for human health and well-being. AWGs contribute to preventing waterborne diseases and improving overall living conditions in regions with limited access to safe water.
10. **Reduction in Plastic Waste:** By producing clean water on-site, AWGs can help reduce the need for bottled water, contributing to a decrease in plastic waste and its associated environmental impacts.

These advantages collectively make AWGs a valuable solution for addressing water scarcity, ensuring access to clean and safe drinking water, and promoting sustainability in various contexts and regions.

What the Future Holds

In a world facing an escalating water crisis, access to clean and safe drinking water remains a fundamental human right and a pressing global challenge. As the demand for fresh water outpaces its supply, we are confronted with the urgent need for innovative

and sustainable solutions. AWGs emerge as a beacon of hope in this crisis, offering a path to a future where potable water is within reach for all, regardless of geographical location or the state of local water sources.

The advantages of AWGs, from their independence from traditional water sources to their energy efficiency and low maintenance, are transforming the way we address the water crisis. These systems not only provide access to clean water but also reduce the environmental burden of traditional water extraction and distribution methods. Moreover, they are a testament to human ingenuity, offering a lifeline in emergency situations, improving health outcomes, and contributing to a more sustainable, plastic-free future.

As we navigate a world where the vital resource of fresh water becomes increasingly scarce, the adoption of innovative technologies like AWGs is a testament to our capacity to adapt and address the most pressing challenges of our time. These machines, capable of harvesting water from thin air, are not just a technological marvel; they represent a lifeline for communities battling water scarcity. With continued innovation and wider adoption, AWGs hold the promise of transforming the way we access and consume water, safeguarding the well-being and future of our planet and its inhabitants. In the face of the water crisis, the potential of Air Water Generators shines brightly as a beacon of hope, illuminating a path toward a future where every individual enjoys the fundamental right to clean and safe drinking water. **YM**

References:

1. *Imminent risk of a global water crisis, warns the UN World Water Development Report 2023*, <https://www.unesco.org/en/articles/imminent-risk-global-water-crisis-warns-un-world-water-development-report-2023>

4-in-1 Function

Air Water
Generator

Hot & Cold
Water
Dispenser

Air
Purifier

De-
humidifier

Atmospheric water is defined as water that is produced from the humidity - the air we breathe. The water produced is **pure** and **natural**. It is often classified as dew water.

MAYI Air Water Generator (AWG) is a device that **PRODUCES WATER** from the **air we breathe**. It is a device that is **BEYOND** the traditional water filtration systems.

GREAT REASONS TO DRINK WATER PRODUCED BY MAYI WATERS AWG

- A cleaner source of water as it comes from humidity in the air - the air that we breathe.
- Pure, clean, safe and healthy drinking water providing the body with higher absorption rate and elevated detoxification of the entire body system.
- High percentage of dissolved oxygen providing body with high rejuvenation capabilities.
- No ground contaminants such as naturally occurring chemicals, leakage from septic tanks, waste disposal from animal farms and other sites or other chemicals introduced by human activities.
- No residual chemical introduced by water treatment and filtration facilities, which potentially harms the human body.
- No typhoid, cholera, and other water-borne diseases eliminating any form of bacterial and viral infection.
- No rust and other water contaminants from old piping infrastructure.



MAYI Air Water
Generator

For more information:

contact: 03.2201 5664 | website: www.mayiwaters.com | email: mayiwaters@gmail.com

Featured Asana

Namaskarasana (Salutation Pose)

STEP by STEP

1. Starting position: Squat with the feet flat on the floor about hip-width apart. The knees should be wide apart and the elbows pressing against the inside of the knees. Bring the hands together in front of the chest keeping the palms pressed together.
2. Inhale and bend the head backwards and simultaneously use the elbows to push the knees as wide apart as comfortable.
3. Hold this position for 3 seconds while retaining the breath.
4. Exhale and straighten the arms directly in front of the body. At the same time, push in with the knees, pressing the upper arms inward.
5. The head should be bent forward with the chin pressed against the chest.
6. Hold this position, retaining the breath, for 3 seconds.
7. Return to starting position.
8. This is one round.



BENEFITS

1. Profound effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck.
2. Increases flexibility in the hips.

CONTRA-INDICATIONS

Not for people with knee problems or sciatica.



One-pan Mexican Rice Skillet with Corn and Tomatoes

by Nicole Yong

Ingredients (for 2 person):

- 1 tablespoon organic grape seed oil
- 1 teaspoon minced ginger
- 1 teaspoon cumin
- 1 cup white rice (recommendation: use Basmati Rice as it is a low to medium glycemic index food. For diabetics, small portions of basmati rice can be a part of your healthy diet.)
- 1 cup tomatoes, diced
- 2/3 cup water
- 1 cup corn
- 1/2 cup small cherry tomato, each cut into half
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon paprika smoked ground
- 1/2 teaspoon oregano leave (dried)
- kosher salt and pepper to taste, (about 1/2 teaspoon)
- 1/2 tablespoon lime juice
- 1 tablespoon chopped fresh cilantro

Directions:

1. In a large non-stick skillet, heat the organic grape seed oil over medium heat. Sauté ginger minced, cumin for about 30 seconds. Add diced tomato and rice, coat with the oil and cook for about a minute.
2. Add in water and corn into skillet. Add the red pepper flakes, paprika smoked ground, oregano leave, salt, and black pepper.
3. Bring mixture to a boil, then reduce heat to a simmer, and cover with a lid. Simmer on low heat for around 20 minutes until rice is tender and liquid is gone. Add the cherry tomato into skillet.
4. Squeeze some lime juice and sprinkle with cilantro. Serve warm.



MYA Calendar: Mar - June 2024

MAR

02/03/2024	MAYI Open Day
03/03/2024	Super Yoga Kids Instructor Course
04/03/2024	Ayurveda Massage Therapist Course (Female)
06/03/2024	Super Yoga Kids Instructor Course
09/03/2024	Kundalini Kriya Yoga Course
09/03/2024	Yoga Therapist Certification Course
10/03/2024	International Yoga Instructor Course - Foundation
11/03/2024	Ayurveda Massage Therapist Course (Female)
11/03/2024	International Yoga Instructor Course - Intermediate
17/03/2024	YogaAsana - the Handstand & Arm Balance Core Activation Series Workshop
17/03/2024	Manipuraka Awakening & Universal Healing Energy Workshop
17/03/2024	Urdhva Retas & Anti-Ageing Workshop
20/03/2024	International Yoga Instructor Course - Advanced
22/03/2024	MAYI Mindfulness Yoga Retreat at Ashram
23/03/2024	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
24/03/2024	International Yoga Instructor Course - Advanced
31/03/2024	Management of Scoliosis Workshop
31/03/2024	Pranayama Workshop

APR

05/04/2024	Kundalini Kriya Yoga Course
07/04/2024	Manipuraka Awakening & Universal Healing Energy Workshop
07/04/2024	Urdhva Retas & Anti-Ageing Workshop
13/04/2024	Pranayama (Breathing Technique) Instructor/Practitioner Course
15/04/2024	Super Yoga Kids Instructor Course
20/04/2024	Asthanga Yoga Workshop
20/04/2024	Dhyana (Meditation) Instructor / Practitioner Course
21/04/2024	Self Beauty Care Workshop
21/04/2024	Super Yoga Kids Instructor Course
28/04/2024	Introduction to Chakras - the Wheels of Life Workshop

MAY

01/05/2024	Full Intestinal Cleansing Practical Session
05/05/2024	Teaching & Finetune Yoga with Precision Workshop 1
05/05/2024	International Yoga Instructor Course - Foundation
05/05/2024	Ayurveda Massage Therapist Course (Female)
06/05/2024	Pranayama (Breathing Technique) Instructor/Practitioner Course
11/05/2024	International Yoga Instructor Course - Foundation
12/05/2024	International Yoga Instructor Course - Intermediate
12/05/2024	Slimming Body Tone workshop
13/05/2024	Pregnancy Yoga Instructor Course
18/05/2024	Prana Vidya Course
18/05/2024	Ayurveda Massage Therapist Course (Female)
19/05/2024	Good Parenting Workshop
26/05/2024	Pranayama (Breathing) Workshop
27/05/2024	International Yoga Instructor Course - Foundation (Online)

JUNE

02/06/2024	Super Yoga Kids Instructor Course
02/06/2024	International Yoga Instructor Course - Intermediate
07/06/2024	International Yoga Instructor Course - Foundation
08/06/2024	Dhyana (Meditation) Instructor/Practitioner Course
09/06/2024	Pranayama Workshop
09/06/2024	Pregnancy Yoga Instructor Course
15/06/2024	Prana Vidya Course
16/06/2024	International Yoga Instructor Course - Intermediate (Online)
21/06/2024	Yogathon Event
22/06/2024	Jala Neti (Nasal Cleansing) Workshop
23/06/2024	Yoga Day
23/06/2024	International Yoga Instructor Course - Foundation
24/06/2024	Pranayama (Breathing Technique) Instructor/Practitioner Course (Online)

MAYI JOINTS AND MUSCLE CARE



**Tamarindus Indica Seed
Extract (Tamarind)**



**Resin Boswellia Serrata
Extract (Boswellia)**



**Rhizome Curcuma Longa
Extract (Turmeric)**



**Piper Nigrum Fruit
Extract (Black Pepper)**

MAYI OBIFIT



**Folium Moringa Oleifera
Extract (Moringa)**



**Folium Murraya Koenigii
Extract (Curry Leaf)**



**Rhizome Curcuma Longa
Extract (Turmeric)**



**Fructus Capsicum Annuum
Extract (Bell Pepper)**

MAYI D-WELLNESS



**Mormodica Charantia
Extract (Bitter Melon)**



**Trigonella Foenum-Graecum
Extract (Fenugreek)**



**Tinospora Cordifolia Extract
(Heart-Leaved Moonseed)**



**Cinnamomum Verum
Extract (Cinnamon)**



**Boerhaavia Diffusa
Extract (Red Spiderling)**



**Gymnema Sylvestre Extract
(Australian Cowplant)**



INTERNATIONAL YOGA INSTRUCTOR COURSE

The course bases its success on personalised training and hands-on approach that nurture the confidence of budding teachers. Equip yourself with effective teaching skills and expertise that will empower you to make the positive career change you have always dreamed about.



DHYANA (MEDITATION) INSTRUCTOR/PRACTITIONER COURSE

This course implement guided meditation which provides valuable information on using proven Creative Visualisation and Guided Imaginary Techniques to generate energy and manage stress. It induces the best teaching methodology with evergreen wisdom of ancient eastern culture.



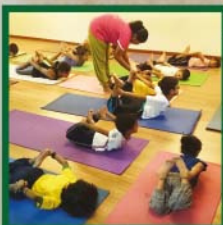
PRANAYAMA (BREATHING TECHNIQUE) INSTRUCTOR/PRACTITIONER COURSE

Watch yourself progress from learning about the basics of breathing to understanding the complex connection between the breath and the subtle body, and advance to learning the five types of breath; vitalising, nourishing, expansive, cleansing, and expressive.



PREGNANCY YOGA INSTRUCTOR COURSE

This course consists of specialised interactive and practical techniques to coach pregnant ladies throughout the different phases of pregnancy so you can conduct safe and effective pregnancy yoga classes with confidence.



SUPER YOGA KIDS INSTRUCTOR COURSE

This course is packed with an interesting and fun-filled syllabus to enhance the understanding and importance of yoga for children. Its hands-on approach will have you equipped with teaching skills and teaching materials by the end of the course.

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Damansara Utama
Selayang
Subang
Klang**

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89B (2nd Flr), Jalan SS21/37, D'sara Utama, 47400 PJ, Selangor.
8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, 68100 Bt. Caves, Selangor.
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