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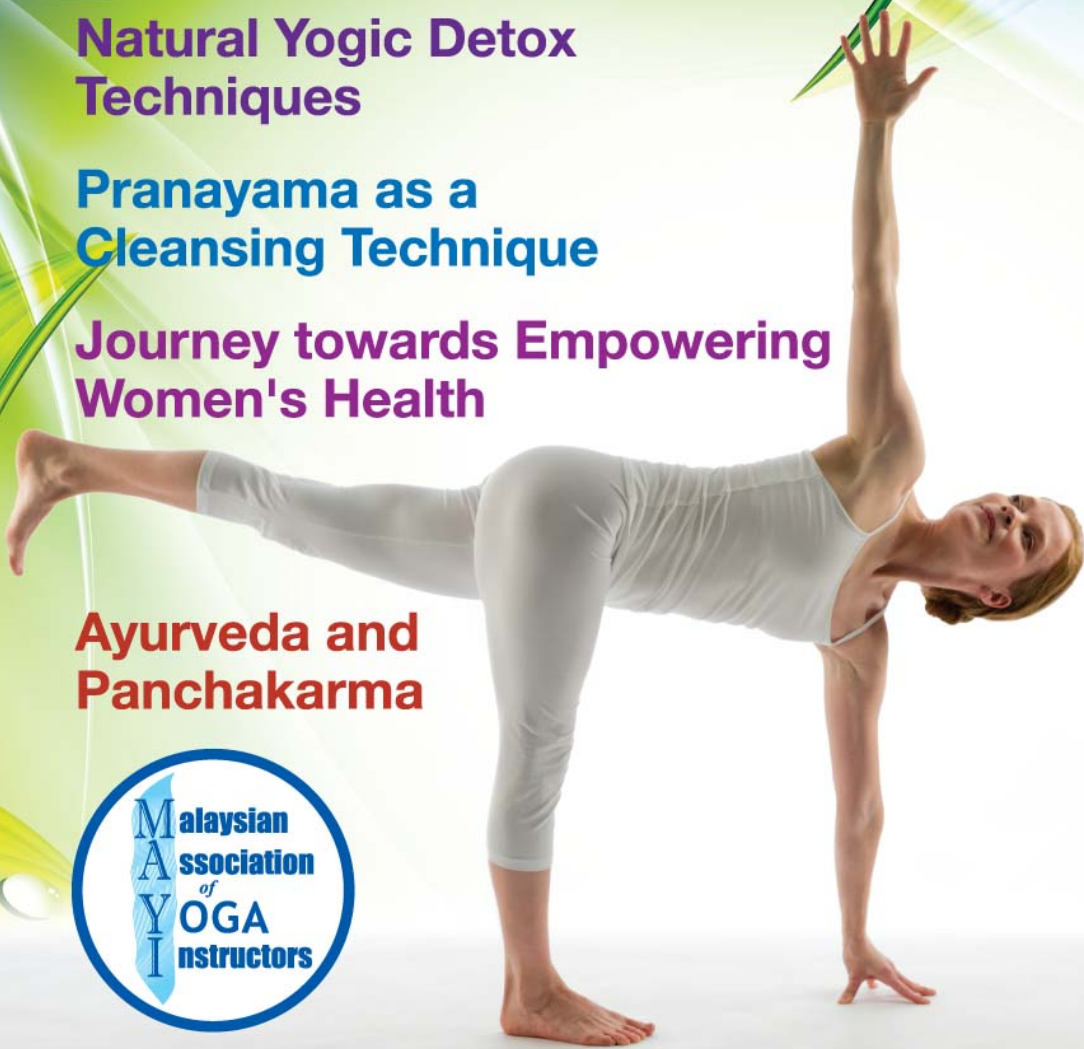
Jan - Mar 2015 ISSUE

**Natural Yogic Detox
Techniques**

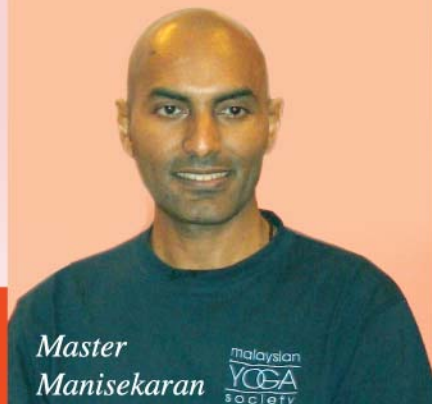
**Pranayama as a
Cleansing Technique**

**Journey towards Empowering
Women's Health**

**Ayurveda and
Panchakarma**



Message from Master Mani



YOGIC DETOX

Yogic detox is a process of cleansing the body of toxins and strengthening it internally. It is a unique process that is a part of yogic training and it's almost cost-free — the only thing you need is water and salt.

But some of these processes do not even need water and salt because they may just be bodily cleansing that have amazing benefits on our physical and mental states.

Sometimes, we may falsely subscribe to the belief that the more complex and expensive a detox programme is, the better it is. It is time to rethink that notion, because truth may be far from that.

It may, in fact, prove to be harmful because most of these methods were never fully tested in the first place. Some may just be fads that come and go; and in the process, does a lot of damage to those who subscribe to them.

Yogic detox processes, on the contrary, have been practiced for thousands of years. Because they are effective, people from other cultures and even doctors and trainers have adopted some of these techniques.

Yogic detox processes, on the contrary, have been practiced for thousands of years. Because they are effective, people from other cultures and even doctors and trainers have adopted some of these techniques.

Some of them freely use and teach the Jala Neti technique, for instance, but do not even acknowledge it as a contribution of yoga, while others modify the techniques according to their needs and purposes.

Yogic detox processes have traditional value and need to be kept simple — so simple and effective that there is no need for modified versions of yogic cleansing. Why do we need to modify when they work so well?

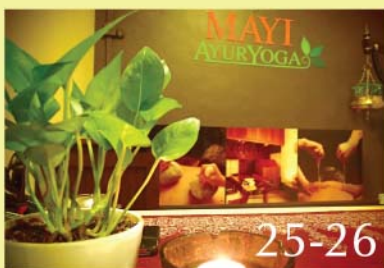
Through yogic detox, we can continue evolving so that we are closer to moksha, or liberation, with a healthier body and calmer mind. **YM**

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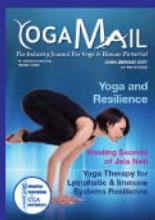
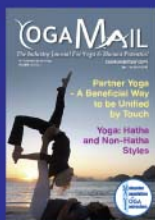
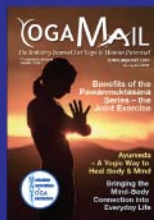
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by Nirmell Satthiyasilan

Yoga in ancient times was looked upon as a living tree, from its various roots of yogic philosophies, emerged strong branches of practice, allowing yogis to reap the fruits of health, and experience the flowers of wisdom. The golden reservoir of yogic practice and well-being is nestled under Patanjali's Yoga Sutra, which is compiled under the eightfold path, known as the Asthanga. It comprises of Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

These paths are written guides for a practitioner to live a healthy and meaningful life. However, as time progressed, it is noticeable that yoga practice in the modern world has become more asana-centric. This seemed to have risen due to the nature of today's work-life pattern, which is set on a fast paced environment to achieve success regardless of the body's health status. Such pressure-driven work environment eventually leads to the build-up of stress. This effect is further magnified when coupled with the habit of consuming highly imbalanced diets, which contributes to the inhibition of the full benefit while practicing yoga asanas.

Daily consumption of food which is heavily laden with sugar, salt, preservatives and colouring leads to various detrimental effects as toxins gradually build up in our system. Humans are also directly susceptible to various toxin accumulations through the food chain. When kept unchecked, it leads to the depletion in health and vigour, or in severe cases, cancer. In most of the cases, the patients only regret once it's too late. Thankfully, under Patanjali's yogic wisdom, mankind is offered the knowledge of purification and detoxification techniques known as Shatkarmas (bodily cleansing techniques).

The guidelines for detoxification is embedded under the second path of the Ashtanga, called the Niyamas, which means "specific observances", to promote a positive environment for yogic growth. Under the Niyamas there are five components called Saucha (Purity), Santhosa (Contentment), Tapas (Self-discipline), Svadhyaya (Self-study), and Ishvara Pranidhana (Awareness). Amongst these, the lustrous Saucha is undeniably a great integral aspect of a true yogi.

In Saucha we are presented with the principles of diet and also detoxification techniques known as Shatkarmas. Yogic detoxification prepares the body and mind to be fit and allows other practices such as

asanas and pranayama to be wholesomely experienced at a deeper level. Despite everyday basic cleansing practices such as bathing, brushing teeth and so on, we are aware that the human body is continuously prone to the accumulation of acid, mucus, toxins and also microorganisms. If left unchecked, regions such as facial sinuses, mucus linings, walls of the stomach and intestines could be clogged, inflamed and severely affected. Also, conditions such as gastritis and constipation can arise, and affecting our efforts in living a healthy life.

Fortunately, since Saucha directly deals with the effects of today's imbalanced work life and diet, we find many around the world are now using or adapting to these ancient yet effective practices with proven success records. There are six types of detoxification techniques under Shatkarmas, called the Neti, Dhauti, Nauli, Basti, Kapalabhati, and Trataka. For the first part of this article, we shall cover three components within the Shatkarma cleansing practices.



Jala Neti (Nasal Cleansing using water)

Among the neti variants, the two commonly practiced techniques are known as Jala Neti (using water) and Sutra Neti (using string), with the former being a easier method and widely practiced. The Jala neti, or nasal irrigation technique uses warm salt water to clear out mucus and debris blockages from the nose. It is done by using a neti pot to gently pour in warm saltwater into one of the nostrils, and letting the water enter the nasal path, and flow out naturally through the other nostril, while the head is tilted about 45 degrees to the direction of the outflow. The process is then alternated between the nostrils until the blockages are completely cleared. Interestingly, the choice of fluid to cleanse the nasal path is not limited to saltwater. Although the prerequisite is to use warm fluid, but it may be mixed with various medicinal herbs such as cinnamon, turmeric, ginger and so on for specific benefits.

Although our nose cell linings are adapted to trap dust and dirt, it tends to produce a lot of mucus to counter microorganisms attacking or causing infections. Over time this results in the clogging of nasal passages and sinusitis. Through Jala Neti, the warm saltwater efficiently loosens and dissolves the internal blockages caused by mucus and allows the practitioner to experience a great relief from sinusitis in a matter of seconds. By practicing this regularly, one can experience the many benefits such as, clearing and relief of the sinus cavities, cooling down of excessive heat in the facial and head region, reduction of headaches and migraines, efficient eye cleansing through the flushing of tear ducts, and also positive emotions of harmony right after completing the practice.

Vaman Dhauti / Kunjal (Stomach Wash)

There are various types of Dhauti specific for mouth, teeth, ears, stomach and intestine cleansing. Here, we shall focus the most common technique known as Kunjal or stomach wash. This technique involves drinking about one litre of warm saltwater early in the morning right after waking up. Although this practice of consuming a whole litre of salt water might be uncommon to most, it is important to drink the fluid in regular intakes until the whole stomach feels full. After that, the practitioner gently induces vomiting sensation by placing two of his fingers inside the throat, and milks the root of the tongue. The vomiting process is initiated and a gush of stomach contents together with the excessive stomach acid and mucus are flushed out. Vomiting is continued until most of the saltwater taken earlier is completely removed.

Through this technique, the entire stomach and esophagus linings are cleansed. By observing the colour of the fluid that was flushed out, it can give the practitioner a good indication of the health state of his digestive tract linings. Right after completion, it gives the practitioner a great clarity in vision and the feeling of lightness in the body relieves all the stress of the body. Voice regulation is also improved with the speech becoming clearer and sharper. Most importantly, Kunjal stimulates the digestive fire in the stomach for those with a sluggish and less active digestive system. When done regularly, Kunjal eventually removes bad breath and gas related problems. Besides that, the strong contractions experienced in the chest region while vomiting is also an excellent lung cleansing method, which in turn highly benefits asthmatic patients.

Varisara Dhauti - Shankaprakshalana (Colon Cleansing)

This is known as the colon cleansing or Shanka-

prakshalana, and is an excellent practice to reset the healthy condition of the large intestines.

However, in comparison with the two techniques described above, Shankaprakshalana is only done twice a year, and under the guidance of an expert teacher. This technique also takes more time compared to Jala Neti and Kunjal.

Firstly, the practitioner drinks several glasses of warm salt water and performs five specific yoga asanas to stimulate the bowel movement. The practice is then repeated, and after a few rounds of glasses of water and asanas, a visit to the toilet is required. The steps are then repeated until the bowel contents are fully flushed out and the coloration of liquid stool has become clear. Upon completion, the practitioner would experience a very light sensation and resting is required for about an hour or so without sleeping in between.

Next, comes a very important step known as "Kicheri diet". Practitioners must start this special diet which is made from rice cooked with ghee and lentils/mung dhal. This special nurturing diet is continued for about a month and aids in cleansing our digestive flow, relining and strengthening the intestinal walls, supplying the body with quick nutrients and also proteins. As an additional step to increase further benefits, it is also important to stop the intake of salt and sugar for about a week or two. The body then undergoes a complete rejuvenation and the digestive system is reset to a healthy state Shankaprakshalana is truly an amazing technique that alleviates a wide variety of digestive problems such as indigestion, gas, acidity and constipation. By reducing these problems, it further improves the immune system of the body and relieves other chronic inflammatory diseases, and also excessive weight can be reduced rapidly through this practice.

To sum it up, yogic detoxification and cleansing techniques are highly recommended tools that bestow numerous health benefits to its practitioners. Many people who practice these ancient branches of alternative remedies are experiencing a better and long lasting relief from adverse health conditions. The mode of observance under yogic detox is also a fairly straight forward one – as long as the practitioner observes the shatkarma techniques with discipline and diligence personally and preferable under the guidance of an expert teacher, he or she will definitely benefit by experiencing a higher state of health of the body and mind. **YM**

Yoga is gaining popularity not only amongst the young and old, but also with children. It is not uncommon to find primary school children attending yoga classes diligently these days. Because of the various benefits it brings to the body and mind, more people are gradually moving away from Western medical treatment and seeking solace in the practices of yoga. Yoga is not just about perfecting asanas and having a flexible body, but its cleansing techniques, especially the breathing techniques, have been proven to be have miraculously yet amazing results. One of the eight limbs of Yoga in accordance to Patanjali's classifications in the Yoga Sutra is Pranayama (Stiles, 2013). This life force or vital energy focuses on the regulation of one's breath. The ancient sages shared that this vital energy, also known as prana, can be cultivated and channelled through a series of techniques.

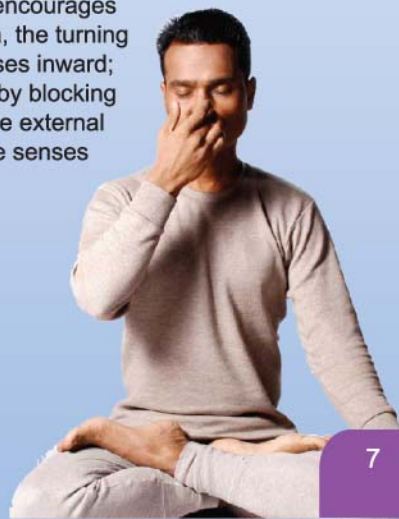
There are so many types of pranayama techniques, each influencing the functioning of the brain in specific ways. Since breath is connected to the body and mind, research has shown that breath affects the functioning of the brain (Srinivasan, 1991). Many pranayama techniques induce cleansing and thus bring about improvement in health even to the extent of managing psychosomatic disorders.

The autonomic nervous system (ANS) in the human anatomy is affected by the pranayama techniques. This system is made up of the sympathetic system and parasympathetic system and it is connected to the biological processes of the human body such as digestion, respiration, heart rate, immune function, peristaltic movement for excretion, and even sexual arousal. Nevertheless, it is not the scope of this article to discuss all the pranayama techniques; hence, only three effective techniques associated to cleansing will be dealt with.

Bhramari, or the humming bees' breath is a very easy type of pranayama to learn. It has tremendous therapeutic potential for those who suffer from anxiety, depression or those who are rajasic in nature (Nerurkar, 2013). The power of this breath develops from its effects on the ANS. This breath is done by sitting in a comfortable position and placing each of the thumbs on each of the external auditory canal. Once the entire body is relaxed, inhale consciously, and on prolonged exhalation, make a low to medium-pitched humming sound in the throat. It is the lengthening of the exhalation that activates the calming parasympathetic branch of the ANS. The findings of the research on the use of this pranayama conducted at the Nepal Medical College revealed that there was an immediate positive effect on the blood pressure and heart rate (Nerurkar, 2013). Five minutes of Bhramari pranayama, which is about six to seven repetitions produced a significant drop in the systolic and diastolic blood pressure.

The mind is cleansed through the incessant buzzing sound in the throat. The reverberations induced not only causes the cerebral cortex to send impulses directly to the hypothalamus, but it also siphons out the brain's metaphysical thinking, thus increasing the brain capacity.

Bhramari encourages pratyahara, the turning of the senses inward; therefore, by blocking some of the external input to the senses with the



fingers, this effect can be heightened. In brief, the five-minute slow paced Bhramari pranayama induces parasympathetic dominance on the cardiovascular system (Nerurkar, 2013). Therefore, Bhramari cleanses the mind by reducing the blood pressure, relieves migraine, tension, and headaches, and improves concentration and memory.

Another cleansing pranayama is Kapalabhati, one of the six shatkarmas in yoga. This pranayama works on the frontal brain; therefore is sometimes known as the frontal brain purification (Sedan, 2013). Kapalabhati involves short and strong forceful exhalations while inhalation takes place passively. Since this pranayama works on the anahata and manipura chakras, health issues pertaining to respiration, blood circulation, asthma, bronchitis, and lung capacity are greatly improved. This cleansing technique is so effective that weight loss in the abdominal area also takes place. A study conducted at the Yoga University in India revealed that the peak expiratory flow rate and pulmonary functions improved significantly (Dinesh et al., 2013). In this study, 60 healthy male and female volunteers aged between 17 and 20 years were subjected to six weeks of Kapalabhati training which started with 30 times of deep exhalation in one minute, then it was increased to five minutes per day, twice daily and finally three times per week for six weeks. Dinesh et al. (2013) found that the airway around the pulmonary system improved. This is because Kapalabhati has the ability to purify the entire respiratory system and in turn, it ensures radiant and glowing skin complexion. According to Dinesh et al. (2013), practising Kapalabhati for six weeks leads to a significant decrease in the sympathetic activity, and this finding concurs with that of Raghuraj et al. (1998).

Lastly, the Panting Dog Breath of Fire is an excellent Kundalini yoga pose that helps detoxify the entire body and cleanse it of all toxins (Sedan, 2013). Ideally, this pose should be done at the end of any Kriya and just before the final relaxation pose. The Panting Dog

Breath of Fire as the name suggests is a breathing exercise that needs to be done slowly and mindfully.

The technique is simply done by sitting in the thunderbolt pose or any other comfortable pose. With the mouth open wide and the tongue hanging out, pant forcefully just like how a dog would for about 15 seconds. The duration may be increased gradually up to five minutes with time. This pranayama is so powerful that it not only flushes out toxins from the system, but also tones the abdominal muscles and prevents fat from accumulating in that region (Sedan, 2013).

All in all, the benefits of practicing pranayama are multifarious. Besides, being a tool for detoxification, it brings tremendous health improvements to those do it daily. It is highly urged that all pranayama techniques be done on an empty stomach after practicing asanas.

YM

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EVENTS

Holistic Year-End Yoga Experience for Teenagers

by Vijaya

So much had happened from December 1 to December 13. This year's National Yoga Camp 2014, organised by the Malaysian Yoga Society (MYS), was absolutely inspiring and exciting. More than 300 students from all over Malaysia got the life-enriching experience of yoga under the purview and guidance of Master Manisekaran, the founder and president of MYS.

On the first and second day, it was not surprising to see the sour faces of the older boys and girls, especially when the rules and regulations were laid out.

Fourth day into the camps, held in both Sg. Buloh Saraswathy Tamil School in KL (December 1 to 6) and Kangkar Pulai Tamil School in Johor (December 8 to 13), there was an amazing transformation already taking place.

By the sixth day, some of the feedback and comments were that the children felt more flexible, they could breathe better, their flu and sore throats have disappeared, they felt stronger, better, healthier, happier and very motivated to continue practices.

Sharwin Kumar, 12 years old, from Johor, was briefly taken out of Johor Camp for an interview for class placement in his school. On the way back, his parents said he refused outside food and expressed his wish to get back to the yoga camp as soon as possible. He didn't want to miss the new asanas, or postures, the MYS volunteers were teaching.

Vijayah, 16, had severe stomach ache. She explained that she didn't want to miss the asanas either and she bore with the pain for a few hours before she finally came to me.

That was touching and very encouraging.

Sharwin's parents commented that they were amazed with the external and internal difference they could see in their otherwise angry and rebellious son and marvelled at his brighter face



Yoga Camp KL

and polite manner — all in three days. They were so amazed that they wanted to come all the way to KL to meet Master Manisekaran and join the next International Yoga Instructor Course, or IYIC, if possible. In the short while they came to visit Sharwin, they learnt the Lion Roaring Pose for their younger son who has stammering problem and also Kunjal technique to be rid of their own stress.

Talking of stress, the immediate changes we could see in the kids both in KL Camp and Johor Camp were the clarity and openness in voicing out their opinions and expressing themselves. Based on their own confessions, they are of completely opposite temperaments: quiet, suppressed, shy, angry, nonchalant, indifferent, non-responsive, etc.

About 140 students plus 20 primary and kindergarten students took part in the KL Camp while about 160 students happily spent six days of intense practice from 5am to 10pm in an open



Yoga Camp KL

hall at the Kangkar Pulai Tamil School in Johor. This included more than 70 students who participated in the "Learn to Teach, Teach to Learn" training course, which is equivalent to MAYI Yoga Academy's IYIC Level 1.

The agenda and approach in both camps were very different this year. In the KL Camp, there were more talks interlaced with asanas every 15 minutes besides specific yoga sessions, while in the Johor camp it was all the way asanas, with trainee teaching sessions, Hatha competition and yoga revisions which were interlaced with students' presentation and talks.

Adjustments were made according to place, environment, students' temperament, response and receptiveness, but focus was on the asanas, Shatkarmas, Yama and Niyama topics and also the students' complete understanding of what yoga is, its tremendous benefit to their body, mind and emotions and also the correct way of practising them all. Turiya Deva, 18, who had taken part in the past year camps, sent a powerful message to the Johor Camp participants.

"I do my practices daily. My memory has improved, I'm a whole lot calmer, I never get angry anymore and yoga has helped me remain steady and centred at all times. I'm one of the top scorers in the matriculation final semester exams. When the mind is steady, centred and calm after the practices, I feel that I don't have to mug for long hours. I can absorb what I study faster and more effectively. This saves a lot of time and I feel relaxed at all times."

Yoga Camp Johor



Yoga Camp Johor

Divakar, 17, one of the participants from Johor Camp wrapped it all up with this statement during the sharing session:

"When I came to this camp, I wasn't very happy and I didn't know anything about yoga. But after six days here, I feel very happy and I have got the opportunity to learn the real meaning of yoga. Yoga is not merely a form of exercise, but a way of life."

Things that most adults need (and willing to pay thousands of dollars outside to get) like techniques to relax, detox and de-stress, the children got for a pittance: Ayurvedic food, talks on Ayurveda practices, more than 84 asanas, 20 pranayama techniques and five out of the 6 shatkarma cleansing techniques.

What a fruitful way to spend the December holidays! **YM**



EVENTS

Over 200 complete their journey as instructors at MAYI's graduation ceremony

by Susan Tam

Cheers, smiles and congratulatory wishes were excitedly shared by the 210 students gathered at MAYI Yoga Academy (MYA) graduation ceremony in November.

The men and women, some of whom brought their loved ones and children, celebrated joyously as the occasion marked their official certification as yoga instructors, yoga therapists, teachers and ayurvedic therapists and professionals.

At the ceremony, several experienced instructors put on a dazzling yoga performance, showing off their skills in partner yoga moves and acrobatic maneuvers that wowed the crowd.

Graduates were clearly elated by the celebrations, taking countless photographs with their family and friends. "I took up the course because I am passionate about yoga, and I believe it has changed my life. I am so happy to be finally receiving my certification," said Navanithya Ramasamy, who completed three levels of the International Yoga Instructors Course (IYIC) which is approved by the Ministry of Education, Malaysia, and the Partner Yoga Instructor Course.

These courses are part of an array of training and certification programmes run by MYA, all of which are endorsed by Malaysian Association of Yoga Instructors (MAYI).

Another graduate, Joanna Audrey said, "I wanted to learn how to teach yoga and how to minimise injuries to myself. Learning the proper techniques keeps my practice safe and beneficial to me and my students." These graduates are from all ages and backgrounds, made up of professionals, freelancers, housewives or

those looking for a way to diversify their skills or simply learn about the benefits of yoga.

The courses vary from two weeks to three months, covering detailed knowledge about techniques and the philosophy behind yoga and ayurvedic practices.

Trainee instructors are also required to teach at MYA's studios in Bangsar, Brickfields, Damansara Uptown and Selayang Utama as part of their practicum. They are also encouraged to help the less fortunate, either by offering free classes to the underprivileged or spend time at Malaysian Yoga Society's yoga camp for the needy, as part of their coaching programme.

Among the courses being offered at MYA are International Yoga Instructor Course, Pranayama (Breathing Techniques) Instructor/Practitioner Course, Dhyana (Meditation) Instructor/Practitioner Course, Super Yoga Kids Instructor Course, Pregnancy Yoga Instructor Course, Partner Yoga Instructor Course, Precision and Alignment Instructor Course, Yoga Therapist Certification Course, Ayurveda Massage Therapist Course, and Kundalini Kriya Yoga Course.

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Featured Asana

Ushtrasana (Camel Pose)

Step by Step:

1. Sit in vajrasana.
 2. Stand on the knees with the arms at the sides.
 3. The knees and feet should be together, but may be separated (hip width) if this is more comfortable.
 4. Lean backward, slowly reaching for the right heel with the right hand and then the left heel with the left hand.
 5. Do not strain.
 6. Push the hips forward, keeping the thighs vertical, and bend the head and spine backward as far as it is comfortable.
 7. Relax the whole body, especially the back muscles, into the stretch.
 8. The weight of the body should be evenly supported by the legs and arms.
 9. The arms should anchor the shoulders to maintain the arch of the back.
 10. Remain in the final position for as long as is comfortable.
 11. Return to the starting position by slowly releasing the hands from the heels one at a time, and slowly bring your head, neck and upper body forward.
- * *Breathing should be normal throughout the practice.*
* *You may rest in Shashankasana upon coming out from this asana.*



Benefits:

- Beneficial for the digestive and reproductive systems.
- Stretches the stomach and intestines, thus alleviating constipation.
- The backward bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, rounded back and drooping shoulders. Hence, the posture is improved.
- The front of the neck is fully stretched, toning the organs in this region and regulating the thyroid gland.
- Helpful for people suffering from asthma.

Contra-Indications:

- Not to be performed by people with severe back ailments such as lumbago unless under the guidance of a competent instructor.
- Those with high or low blood pressure, migraine, and neck injury should take caution with this pose.

A

rticles by Practitioners Journeying into the Self

by Vijaya



"Did you get to see Kriya Babaji? Were there any vibrations?" asked my wide-eyed and curious friends after the Malaysian Yoga Society's meaningful and memorable trip to Southeast of Utrakand, India, from September 13 to 19, 2014.

I playfully told Anu: "Yes, I did, and in fact, he climbed up the mountain with me!"

To that, Master Mani's reaction was: "Delusion!"

I witnessed major external transformations in India... especially in the aspirations and expectations of its people. After the appointment of their new premier Narendra Modi, every Indian was craving for progressive changes, but some things would never change — at least not for now.

Notwithstanding current spiritual developments, with the country's continuing pursuit of "Godhead" and "Guruhood", it's always interesting to see how the past never wanes. Mahatma Gandhis, Ramana Maharishis, Vivekanandas and Babajis are still alive on the Indian soil today as they ever were.

For me, it was enlightening to walk with Master Mani up the mountains to all the intriguing temples, caves, riversides... everywhere. I was immersed in the moment.

"Every second that passes is past. Only here, now, you can realise Godhead and Guruhood... in this moment! It's your experience and not what someone else bestows on you," he had said in class before.

In all ages, the message from the Masters themselves has always been this. But even as we are thinking of these great personalities, praying, worshipping, crying ... the "second" that they mentioned passes by, and in oblivion we live.

Then there's this other issue... ego!

I was already getting lessons on "ego" before the trip and it culminated perhaps in the underground cave of Patel Bhuvaneshwar.

It was a cave everyone was talking about since day one, besides the cave Kriya Babaji had allegedly meditated in. We climbed up the Kriya Babaji cave in Dunagiri on September 16. I was with Master Mani and as usual he took the opportunity to masterfully dig out some deep-set issues that I kept safely stored away in some untapped parts of the brain. Firstly, am I compassionate to every being, who is but a manifestation of the one pure consciousness?

Am I aware of the one pure consciousness in everything?

Before I proceed to the Patel Bhuvaneshwar experience, there was this brief and wonderful one at the Mauni Maa Ashram.

I know I suffer from a certain prominent delusion. Perhaps a desire. It had always materialised as a misconception or a misunderstanding that puts me in very awkward situations with certain men (which is not Master). I have always witnessed it in my mind and it's not an experience I enjoy.

I was very aware of it when the bus stopped very close to a hill. Instead of taking the front way, I saw my friend Chandra venturing to the back of the bus, inadvertently brushing against a bush of rosy wild plants. I followed her loyally, and ooo la la... she, me and a few others got this amazing, sharp and very painful stings on our necks, backs and hands.



Gosh, we were stung by wild plants!

The locals told us it was "Bijju" plant. Leena Karmakallio later informed us "nettle" is quite common in Finland and has great medicinal value. Ok, that was a blessed sting then; the traces of which lasted for the next few hours. After that I saw "Mr Bijju", one of the safe guardians of the pristine Himalayan range, almost everywhere. In fact, he had other cousins; one of whom stung Master's fingers as well.

After the sting, the issue that was causing great unease in my heart was still there. I knew I had to offload it somehow, but wasn't quite sure how. I kept looking at Master and wondering why there was a need for this same issue to crop up time and again... all the time... in fact it was a major dampener in my first trip to Himalaya in 2008.

What's the need for it, Master? ...I kept asking that in my mind and as usual Master didn't show any reaction. It was deep-rooted in my mind and I didn't know how to get rid of it.

I was emotionally and mentally uneven. I think it was at the Neem Karoli Baba temple now, I felt a compelling urge to just sit down and "surrender". I did. I saw Master walking pass me as if nothing important was happening on the planet. I closed my eyes then and continued in the "surrender" mode.

Later, I saw him sitting relaxed outside the temple and I gladly took a seat beside him.

"Saw you meditating...", he remarked casually.

"I didn't see you even slightly noticing me, Master... Anyway, I wasn't meditating. I think 'Manipuraka' was happening".

(My wonderful experience was that while sitting in the state of "surrender", there was a slight shift in the way my head felt and I became aware of a very subtle yet intense movement of energy in the head, and suddenly I was getting answers! I felt the "burdening" issue within me resolving by itself and an amazing feel of peace and clarity started to descend into my heart.)

"That's interesting, Mei Wan also said the same thing (about Manipuraka). So, are you relieved now?" he asked.

"Oh yes, Master, thank you for being here with me," I said.

He smiled and I could see his eyes turning blue and orange... that's my private joke with Master that he has these deep set of intriguing blue eyes... like the sea, see?

A guide in front of you is worth a million in the books, anytime. In fact, the great guides via their books and their many miraculous ways have guided you to one... that's what I say.

Awakenings aside, another joke was that every time the tourist guide, Raj, mentioned Mauni Maa (meaning a mother who had observed 'mouna', or divine silence, all her life), Andrea had heard it "Munimma" instead. Haha...

Getting back to Patel Bhuvaneswar.

The descriptions of Patel Bhuvaneswar were floating in the air like a fantasy or rather a nightmare. It was such a compelling one that some of my friends gave up before they ventured into the cave, some came up after initial attempts and some experienced terrible attacks of fear. When I came face to face with the cave-hole, my first impression overrode all the build-ups and reactions of all my friends.

The hole was pretty narrow, there were chains hanging down each side, but there were lights and tiny steps to help one glide down to the caves below. My interesting first reaction and realisation was: "Frightening? Man... this is exciting!!".

Indeed it was very exciting to squeeze my way through the small hole while encouraging and helping little Janeve down. Being flanked by Niithya at the back, the little sweetheart was actually smiling and laughing her way down.

All of us who were waiting down in the cave were then in smiles when Sumi, her mum, Viknesh's mum and just about everyone came down the hole happily, including the very brave 4-year-old Dheeran darling. They got huge hand claps from all 46 of us, including the guides, down under a dark cave that was lighted up by our presence.

The fear was but a play of the mind. It showed how our lives can be swayed by the misconceptions, delusions, fallacies, false impressions and conditions formed entirely in our minds.



Coming out of all these is what Yoga and Kriya are all about. Becoming more and more aware; more and more secure; nearer and nearer to reality and truth.

My Babaji was beside me up on the mountain and down in the Patel Bhuvaneswar cave. Since I was feeling adventurous, I proudly led the way over more difficult parts. Then, when I was helping some people up an uneven and slippery rock, there was a slight gesture from Master, and my whole world came down collapsing on me: the ultimate slap on ego.

Who is the "you" in everything you do?

Yoga is about self-realisation.

The rightful place for ego is under Shiva's feet.

When the spiritual gurus have reached Godhead; have become one with that; would there be an "ego" or "individual" left whether in name, form or even in the idea? Aren't they manifestations of the one superconscious state?

What Babaji, what Shirdi, what vibrations could there be but the pure consciousness alone in everything?

YM



Articles by Practitioners

My Personal Journey in Discovering Saucha – Practising Purity and Clarity

by Susan Tam

My first reaction to the word Saucha was puzzlement as I had not learnt about this principle. Saucha is part of the spiritual observance of the Niyama, one of the eight limbs in Patanjali's Yoga Sutras.

These eight limbs or known as steps provide us with guidelines on how to live a meaningful and purposeful life. They help us be aware of self-discipline, how to be healthy and give attention to the spiritual aspects of our development. The eight limbs are - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Niyama is then broken down into a set of five observances. They consist of Saucha, Santosha, Tapas, Svadhyaya and Ishvara Pranidhana.

Let's look at Saucha's deeper meaning, where it covers the understanding of purity and cleanliness, and not just applicable to the physical sense or aspect of our lives.

Through yoga poses or asanas we regularly exercise the body, helping detoxification processes and improving blood circulation, so we can remove impurities and toxins from our health systems so that we are free from elements that are not good for us. While pranayama helps us to cleanse and improve our breathing functions, so we are able to oxygenate our blood and entire body, keeping our system well and healthy.

We may not be aware of this, but we're also practising Saucha when we behave with strong civic-mindedness at the yoga studio. This happens when we clean our mats, arrange them in rows for a class or roll them up neatly at a storage area after yoga practice is over. We do that so the environment is clear, clean and comfortable after each session. We also take this cleanliness practice to our homes, workplaces or common spaces where we meet our friends and spend quality time with our families.

Taking Saucha into a non-physical understanding, we practice this principle to purify the mind, thoughts, spirit and emotions. Purity does not mean adopting a religious stance or abstaining from aspects of life deemed 'unpure'. The definition of purity when practising Saucha allows a person to be clear and clean, in intentions for instance. When an individual does something or makes a decision, it is free from hidden agendas or sinister motives. Similarly, when pure love is shared with others it is not mixed with envy, rage or jealousy.

One other way of looking at how Saucha affects us is how we choose to surround ourselves with positive thinking friends, influences and those who provide us with healthy encouragement and support, keeping our mental and social health free of clutter and pessimism.

During meditation, we use effective and powerful tools to 'cleanse' our minds of any negativity. Each time we sit comfortably to meditate, we are guided to be aware of our thoughts, letting them pass through our minds like clouds in the skies. We're also taught during visualisation exercises to collect all our negative emotions and to bundle them up to let it disappear, either to be 'thrown' towards the sun, oceans or so far away where the eye no longer witness these unhealthy emotions.

All these practices, whether physical or deepened in spiritual development, must be practiced without judgement, without criticism, but acceptance that we are all learning to grow and be better about living a meaningful, positive and harmonious life.

As a practitioner deepening my understanding of yoga, learning about Saucha is refreshing as it offers knowledge and awareness of how it important it is to be positive or allow positive energy to fill up the spaces in our lives - while

teaching, learning or even imparting yogic benefits to friends and loved ones. I learn Saucha now at a time when confronting two difficult moments in my life.

The first was to have lost a loved one unexpectedly. An uncle who was well, spirited, funny and kind-hearted left the family suddenly after a brief period of illness this year. One Wednesday, we saw him for at the hospital, without knowing the he would pass away only in a matter of hours. All the emotions of grief, sadness and feeling of loss flooded our hearts. It was very tough to learn to accept reality, to let go of our loved one and to finally be 'clean' of these negativity and sadness. Grief is a painful process, but necessary one I feel, to help us cope and be aware of how vital it is to find space in our hearts and minds for strength and the motivation to carry on with life.

My second is one I still struggle with. An older sibling faces severe skin conditions known as eczema, made worse with stress-related environments. He has faced this all his life,

resulting in reclusiveness or even low self-esteem and negativity. I feel he needs to know more about Saucha to be able to let go of all the negative emotions that are side effects of the physical aspects of his life. However, I am having difficulty engaging him, whether in face to face conversations or otherwise, without him clamming up. The many years of prejudices, criticism and harsh reaction has affected his well-being.

As yoga practitioner and a younger sister, I must find creative ways to imparting this simple but yet powerful knowledge, hopefully being able to at least plant a seed in his mind that he has the support of his family, that he is worthy and that he must try to conquer the negativity to welcome the positive. I must share with him, that one way of healing, is to begin with the mind – have clear thoughts and emotions, while letting go of the disorders or clutters of life's experiences. So, to do so, I need to look for new ways of practising Saucha myself, and methods of engaging my own loved one, to hopefully bring about a healthy sense of well-being and healing for those who are in need. **YM**

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II.14 te hlada paritapa phatah punya apunya hetutvat

by Jamie Spatafore

'According to our good, bad or mixed actions, the quality of our life, its span, and the nature of birth are experienced as being pleasant or painful.'

This is a great verse about a largely misunderstood concept, Karma. Quite often we say "this person must have good karma" or "that person must have bad karma". These statements are solely based on what is happening to them in this moment and quite frankly it is false.

At first glance, the sutra above appears to be disagreeing with me but look at it again. It does not say due to good, bad or mixed actions that this life is either pleasant or painful. It says due to good, bad or mixed actions it is experienced as pleasant or painful. The experience is totally separate from reality. In reality, karma or action is just happening. It is neither pleasant nor painful from the yogic perspective. However, our minds that have been shaped by our good, bad or mixed actions will experience it as one or the other. See the difference? It is subtle but that difference is the heart of yoga and the heart of liberation.

This is where the practice of law of attraction falls short. So many people use positive visualisation and thoughts to get what they want. Are they successful? I don't know. I don't really care because Patanjali has said that life is only experienced as pleasant or painful. In reality, it is beyond both of them. Good or bad are just mental modes and they are not real anyway so why waste time trying to shape your life into something good or bad? Why not just relax and experience life as it comes? Why put so much effort into something that has the same value as

the moving pictures on a movie screen? Why not put that effort into moksha or liberation?

The Rishis have said that taking a human birth on this planet is very difficult to achieve and to waste it chasing objects that have the same lasting value as our shadow is worse than killing one's parents.

If Patanjali and the Rishis of old are right then what do we do? We can't imagine a life without striving for one's goals and trying to achieve something. These thoughts are the next obstacle and they have trapped many a sincere seeker. The truth is we can do anything we like. It is the mental approach that matters. We can run a charity that feeds thousands of people but we are no closer to liberation than the day we were born. We can run a billion dollar company and already be free from birth and death. It is all in our identification with the work.

For me, this sutra is both liberating and terrifying. Liberating because I realise I can do anything I want in this life. I am not bound by what culture, religion or tradition dictate. I can cross all of those boundaries if I choose. It also terrifies me because it is like walking a tightrope without a net. What happens if we fall? And that is the real point of every meditation class or satsang or retreat. If you think you will fall, you will definitely fall. If you think you won't fall, you definitely won't fall. What are the similarities in these two? Thinking. It is all in your mind. You are creating your own life with your thoughts. Whether it is a nightmare or a daydream it is up to you. Patanjali will bring you back down to earth and say why create anything at all, just be.

A t Your Fingertips:

Journey towards Empowering Women's Health

by Lee Yan

As a Natural Slimming Trainer and Ayurveda Practitioner, I work with many women with menstrual, fertility, and digestive imbalances, weight gain and some form of hormone imbalance. It has become a very common sight where females of various ages, and as young as 11, having some type of women's health issue. While most mothers juggles all of the family's activities and demands, health care of their children and spouses, a woman rarely pays attention to her own needs, particularly her own state of health.

Let's examine some of common problems women are encountering:

- PMS / Menstrual pain
- Bloating, abdominal cramps, swelling, constipation
- Chronic fatigue / tiredness / lethargy stress
- Hormone imbalance
- Weight gain / Obesity
- Hair Loss
- Urinary tract infections
- Polycystic Ovary Syndrome
- Fibroids
- Osteoporosis
- Endometriosis

Moderate to less common:

- Breast or cervical cancer
- Infertility

Irregular Menses and Hormones Imbalances

With our current lifestyle of eating much highly processed food, drinking high quantities of stimulating beverages that contains caffeine, alcohol and sugar, and being in a highly stressed environment have greatly affected a woman's body system. All these stresses constitute a poor environment for the body to rejuvenate and heal, and as a result, throws her hormones out of balance. For many, this may lead to irregular menses and other hormone related issue.

One of the commonly-heard-of conditions now is Polycystic Ovary Syndrome (PCOS) in which a



woman's hormones are out of balance. An endocrinal disorder, it affects approximately 5 to 10% women in their reproductive age (15-45 years) and is one of the leading causes of infertility or menstrual disorders in women.

Women suffering from PCOS have multiple cyst formations in their ovaries, which result from disruptions in their normal menstrual cycle. As a result, the ovary becomes enlarged and produces excessive amounts of hormones. This excess, along with the absence of ovulation, may cause infrequent menstruation, irregular bleeding, infrequent or no ovulation, multiple immature follicles, increased levels of male hormones, male pattern baldness or thinning hair, growth of excess facial and body hair, acne, oily skin, dandruff, dark coloured patches of skin specially on neck, groin, underarms, chronic pelvic pain, increased weight or obesity, diabetes, lipid abnormalities and high blood pressure. Insulin resistance, diabetes and obesity are closely associated with PCOS as visible symptoms.

According to Ayurveda (Traditional Indian Medicine System), PCOS can be caused due to an imbalance of any of our body primordial internal

energy system that causes accumulation of toxins in the weaker channels of the body and affects the balance of female hormones which can lead to formation of ovarian cysts.

In many cases, once the body is balanced through proper guidance on nutrition, functional movements, improving the mind-set and through a detox programme such as a total body detox programme, women will be able to observe positive changes in their conditions.

Testimonial

"Six months after undergoing the NSR programme, a small abnormal growth at my reproductive organ which was detected by my doctor was gone! I'm very happy with the results and I truly appreciate the rejuvenating experience". - Ms. Teh

Weight Gain / Obesity

Another common issue faced by women is weight gain. Some are due to sedentary lifestyle and some to hormonal imbalance. A recent study, published in *The Journal of Strength and Conditioning Research*, involved scientists at Arizona State University in Phoenix recruiting 81 healthy but sedentary adult women. All of the women were overweight based on their body mass index, but some were significantly heavier than others. None had exercised regularly in the past year.

The women were told that they would be joining a fitness study and would exercise in order to improve their aerobic endurance. The scientists asked the women not to change their eating habits in any way.

Then each woman began a supervised exercise programme designed to be vigorous but manageable by most people, said Glenn Gaesser, a professor of nutrition and health promotion at Arizona State and senior author of the study. The women walked on treadmills at the laboratory three times per week for 30 minutes at a pace that represented about 80% of their maximum endurance. They continued the programme for 12 weeks, with the scientists repeating the original fitness and other tests every month during that time.

At the end of 12 weeks, the women were all significantly fitter than they had been at the start. But many were fatter. Almost 70% of the women had added at least some fat mass during the programme, and several had gained as much as 10 pounds, most of which was from fat. Hence, women who are looking to lose weight have to look closer in all aspects of their body system apart from exercising.

The advice I usually share with those who seek our healthy and natural weight loss programme is to stay consistent, and be patient with the nutrition guidance and their individually tailored movement. Guiding them to achieve adequate and quality sleep and managing daily stress levels is an important module in our programme. Typically, a person should not lose more than one kg per week, but it could be more or less depending on our individual body. And bear in mind that weight will fluctuate depending on the amount of water you are retaining, the time of day, and one's hormone levels. If the cause of weight gain is due to imbalanced hormones, a routine will be introduced for the individual to improve in that area. This way they can focus on the process of natural weight loss while getting closer to their desired objectives with clear sight.

Testimonial

"I noticed that ever since I began the programme, I've lost 10 lbs. and this is simply amazing! I've never felt so good in a long time. I like the 'empty' feeling of the missing huge spare tyre in the midriff. Now, when I practice the movements, it feels great!" - Ms.Chan

Home DIYs Solutions

While many mainstream options may involve some form of medication or drugs or medical procedures, why not start with some healthy regime on your own and compare the results in a dedicated time frame? If you do not see any obvious results, tweak and adjust accordingly. To look and feel your best at every age, it's important to make smart lifestyle and health choices such as healthy nutrition intake, active daily activities and manage stress level. If you're unsure how to go about starting, perhaps getting a qualified person to guide you will be an ideal solution.

Many women whom I work with, may not even realise basics such as their natural time for menstruation or how changes in light intensity and environment factors affects their hormones which involved in regulating our cycles. When our hormones are in balance with the larger rhythms of nature, we are less affected by discomfort or pain.

Personalised Plan

At NSR, we provide guidance to women who come to us to improve their health and also to regain their ideal body weight.

After understanding the clients' case history in detail with a basic assessment, we will create a tailor-made treatment programme according to their specific conditions, such as time, age, metabolic type, mental and emotional conditions, and suitability to their individual lifestyle. The programme usually consists of authentic balancing and cleansing herbs, nutrition chart as well as a lifestyle plan.

By going through the suitable programmes for your body type, we can help to bring your body and menstrual cycle back into alignment. Conditions such as endometriosis, cysts, fibroids, infections, PMS, infertility, hormonal imbalance can be improved and energetically cleanses our internal system that benefits our reproductive system leading to a healthier and fitter body.

Usually, results can be seen in as little as four weeks. Not only did women come to find relief for their conditions, during the course of the programme they also feel emotionally uplifted, and feel stronger and fitter in all aspects of their life. This is also a time to allow them to re-connect with the body element and their internal energy.

By shifting the way we think and bringing some attention back to ourselves, we are not just doing ourselves a favour but also for our family. Apart from being able to accomplish everyday tasks easier, healthier and fitter women are more efficient, in a better mindset and able to have more time for our family and friends. If you like other women searching for solutions to either improve, alleviate or to enhance your overall health, I will be very happy to hear from you.

Background: Lee Yan is actively guiding women (young ladies, mothers, corporate figures) who want to regain their ideal body weight, improve their overall health, and be physically, mentally and emotionally fitter. She believes that if we can start paying attention to our body and our approach in life, a lot of the health problems can be alleviated.

YM



For more information on how you and your family can benefit from NSR's programmes, treatments, and products, please feel free to contact NSR Centre Damansara Utama at **03-7724 1072**.



Yoga Therapy: Yogic Internal Cleansing to promote self-healing ability

by Surya Tay

While our body has self-healing ability, this may be obstructed by accumulation of toxins called ama internally. According to Yoga Therapy there are three fundamental energies called doshas in the body: Kapha, Pitta, Vata, which needs to be in balance to establish good health.

The balance of the three doshas directly affect the individual inherent constitution and any of the doshas may be aggravated by numerous factors such as environment, age, lifestyle (diet, stress, exercise, rest), thoughts, feelings, emotions. This imbalance results in accumulation of ama which eventually spread into blood stream and lodge in weak internal organs/tissues causing disease:

Aggravation of	Physical condition	Psychological tendency
Kapha (mucus)	Colds, congestion, sneezing, allergy	Attachment, envy, greed, possessiveness
Pitta (Bile)	Acid indigestion, heartburn, diarrhea, rash, acne	Anger, highly critical, perfectionism, jealousy
Vata (wind)	Constipation, abdominal distention, sciatica, arthritis, insomnia	Fear, anxiety, insecurity

In Yoga Therapy internal cleansing methods - Shatkarma, can enhance self-healing ability and strengthen the immune system by effectively eliminating accumulated ama.

Jala Neti

removes doshas accumulated in the head, sinus, and throat region by salt water irrigation of the nasal passage.



Kunjla Kriya

(regurgitative cleansing) removes excess kapha and pitta by drinking a prescribed amount of warm salt water on an empty stomach and vomiting immediately



Shankaprakshalana

is a complete digestive system cleansing which involves drinking a prescribed quantity of salt water then performing 5 dynamic asanas according to specific therapy instructions to evacuate waste, removes excess pitta, kapha and vata. A special vegetarian diet is followed for one month after the cleansing.

Trataka

is a subtler technique of candle gazing which clears accumulated mental toxins (mental problems, suppressed thoughts). By stimulating the light sensitive pineal gland, it also improves quality of sleep which is fundamental to the healing process.



You are recommended to consult an experienced yoga therapist before attempting any of the Shatkarma practices. For a free yoga therapy first consultation please call: **03-22605322** (Brickfields/Bangsar); **03-77266682** (Damansara Utama)

Eco's Echoes:

Your Supernatural Power (Part 2)

by Ravi.S

EXPERIMENT II

Scientists working with the US Army investigated whether the power of our feelings has an effect on DNA. According to traditional thinking, once tissue, skin, organs or bones are removed from a person, any connection with those parts of the body should no longer exist. This experiment however shows us that something very different is actually happening!

The researcher collects a swab of tissue from the donor and taken it to another room, where they began to investigate a phenomenon that modern science says shouldn't exist. The donor was shown a series of videos to create genuine states of emotion inside his body. The material ranged from wartime to erotic to comedy footages. When the donor experienced emotional "peaks" and "dips", his DNA showed a powerful electrical response at the same instant in time. The experiment was repeated with the donor and his DNA separated by greater distances of 350 miles. The time interval measured between the emotion and the DNA's response was zero. Although distances measured in hundreds of feet separated between the donor and the samples, the DNA acted as if it was still physically connected to his body. The implications of this experiment are vast and mind boggling.

Firstly, does this mean when a living organ is transplanted into another human, the two individuals somehow remain connected to each other? On a typical day, often that contact is physical even simply by shaking his or her hand. Individual's DNA stays with us and ours remain with them in the form of skin cells. Does this mean that we continue to be linked to those we touch as long as the DNA in the cells we share is alive? The answer is 'YES'. The quality of that connection appears to be determined by how conscious we are of its existence.

Secondly, if the donor is experiencing emotions within his or her body and the DNA is responding to those emotions, then something must be traveling between them that allow the emotion to get from one to the other place, right? The fact is, there's no need for the donor's emotion to travel. The experiment proves that human emotions have already been in the DNA and everywhere else the instant they were created. And

distance appears to be of no consequence with regard to the effect. This makes a perfect sense on the power of our prayers which able to reach at instant though separated by land regions or oceans!

EXPERIMENT III

The effect of human emotion on our body's health has long been accepted in spiritual traditions throughout the world. 'Institute of HeartMath' focuses its research on the place in our bodies where emotion and feeling seem to originate: human heart. The most significant findings reported is the circular shaped electromagnetic field of energy that surrounds the heart and extends beyond the body for 8 feet in diameter.

The researcher isolates human DNA in a glass beaker and then exposes it to a powerful form of feeling known as 'coherent emotion'. They applied emotional self-management techniques involving up to five practitioners and intentionally quieting the mind, shifting one's awareness to the heart area and focusing on positive emotions. The results were undeniable and the implications were unmistakable. The bottom line, human emotion changed the shape of the DNA without physically touching it or doing anything other than creating precise feelings in their bodies.

We have been conditioned to believe that our DNA doesn't change in response to anything that we do in our lives. But this experiment shows us that nothing could be further from the truth. In case of positive emotion such as gratitude, appreciation, love and compassion, our DNA is expanded and relaxed. However, in case of negative emotion such as anger, fear, frustration, jealousy, hate, and stress, our DNA is tightened up, shortened and DNA codes are switched off. This proves partial death is happening in us. Even if our negative emotion happens with a logic and valid reason, it still harms us more than whom we are thinking as our enemy. When we develop the habit of 'Nothing to Lose', we become a powerful person. By having a right feeling or belief, we can change the shape of our DNA and literally changing our immune system.

to be continued...

Inner Insights:

Stepping into the Science of Yoga

My journey of Yoga started when I read a book named the Yoga Sutras of Patanjali a few years ago, which was translated by a Yogi named Madhvacharya. The Yoga Sutras of Patanjali was originally written by one of the 18 revered Siddhas named Patanjali Maharishi. Before I encountered this book, I used think that modern day Yoga specifically focusses on asana to make oneself physically fitter as this is how it was presented to the world - as a physical exercise. But after reading this book I gained a deeper understanding of the importance of each of the Eight Limbs of Yoga and how it correlates with one and another, and subsequently guides us to the ultimate goal of practicing Yoga.

Even though I have been exposed to this science through various religious books in the past, nothing really captivated me to learn Yoga like this particular sutra as it contains scientific step-by-step approaches. With this, my quest to learn Yoga began.

I started with practicing very basic breathing techniques as published in a book. I practiced very very little at the beginning but after a few years I got to know about MAYI from a dear friend, Mr. Durai, and contacted Master Mani through Facebook. The rest was history.

Few weeks later I started practicing Hatha Yoga conducted by Master. The weekly classes were fun and they made me feel more balanced every single week! The difference between learning from a book and learning in classroom is that when we practice it ourselves (from a book) we may not be certain of the correct amount of practice, and we may not understand the changes that will happen to our body, mind and emotions. But when we learn it in a classroom under the tutelage of a person who has thorough knowledge about the practice, the learning and understanding is smoother and is without adverse effects, and thus, it gives us some momentum in our practice.

Months after the first session, I attended the Kundalini Kriya Yoga course which I initially thought was very complicated for my level due to my lack of experience in Hatha Yoga (I have been formally practicing Yoga for only 10 months!) and to advance to such an intricate practice seemed impossible. Yet my fellow Yoga classmate, Saandhi, who was a senior student, convinced me that I truly needed the Kundalini Kriya

by Ratish Murali



Yoga practice. I enrolled into the course and soon realised that my perception was wrong.

Initially, I find the practice overwhelming. But as Master guided us through the practice, I realised what the Kundalini Kriya Yoga practice really does to my body system – it made me more aware of all my daily actions and thoughts. Due to this heightened awareness, all my unhealthy habits just fell away without an inch of force. As a result, my overall health improved. So much so, family members and friends have commented that I have become calmer compared to the years before.

Moreover this practice keeps me ever interested every single day because every time I practice it's a different experience all to itself – just as how Master explained it to us at beginning of the course. The practice became part of my nature and the wonderful experiences continue to flow even after the practice for the day has been concluded. Wherever I am, whether at work or when interacting with different people, I learn something new about myself and I always strive to improve. And having experienced the sole unity that binds us as one, I learn to accept others for who they are.

I also recently attended the Urdhva Retas workshop taught by Master Mani – an ancient siddha technique which gives us the ability to redirect the source of vibrancy and vigour to the higher centres of our body. It is truly a brilliant experience!

Having benefitted from the various practices of Yoga, I will urge everyone to take one step in this path, experience it, and feel the differences themselves. It's time we learn and share these wonderful practices.

My humble obeisance to all the Gurus, Yogis, Siddhas and especially Master Mani for making Yoga a part of my life and I thank everyone whom have knowingly and unknowingly directed me to this path. Om. **YM**

Inner Insights: Discovering a Whole New Me through Yoga

by Navanithya Ramasamy

My parents enrolled me in BharataNatyam at the early age of 4. As many of us know any form of dance involves many physical movements, grace and requires a certain degree of fitness. On the other hand Yoga involves Pranayama (breathing techniques) and Asana (postures) which helps enhance the physical flexibility, balance, posture and body movements. Several hand gestures and mudras used in BharataNatyam are one of many characteristics in Yoga as mudra healing described in the Patanjali's Yoga Sutra. Perhaps due to this correlation between Bharatanatyam and Yoga, my dance class always begin with a yoga session as a warm up and that's how I was introduced to yoga.

While growing up I tried Yoga in many studios and teachers around Klang Valley since Yoga is my preferred way of keeping fit and healthy. I always enjoyed yoga more than any other type of workout. In early 2013 I remember when I was looking for a place to practise yoga the last thing I wanted was to walk into a yoga studio filled with group of people working hard perfecting their asanas. I wanted more than just asanas but I didn't know what. And I found the answer in MAYI.

As soon as I discovered MAYI online, I signed up for their annual Rajana Silver Membership package. My first lesson was at MAYI's Brickfields studio, and my first impression is that I loved the simplicity and down-to-earth setting of the studio, just like yoga itself. I attended their classes diligently; already being a yoga practitioner before coming to MAYI I was falling in love with yoga all over again through their traditional and authentic way of practising yoga. I loved how MAYI instructors emphasise on mind, body and breathe awareness during yoga asana session.

After each session, there was a smile on my face and a spark within me I have never felt in any other yoga classes I attended elsewhere. I knew I found my answer. I wanted yoga as a work-in not a work-out. I wanted to feel it from the inside out, rather than make it perfect from the outside in.

One fine day I was having an off-the-cuff chat with Mei Wan about the International Yoga Instructor Course (IYIC), she was explaining to me what it is all about. I never thought of being a Yoga instructor before so I told her I'll think about it and rushed for my class. As soon as the class was over I went back to her and said "I'll sign-up!" And that's how my journey as an aspiring Yoga instructor started.

For me, IYIC course in MAYI with their exhaustive syllabus is an excellent tool to comprehend the fundamentals and principles of yoga and science behind each Asana and Pranayama. It's not only for those whom inspired to be a Yoga instructor but for everyone who enjoys practising Yoga and is interested in personal development and growth. Apart from theories during the coaching sessions, trainees were given the opportunity to teach in actual classes to gain experience and develop more teaching skills, it really helped me with the skills to grace the stage confidently as a Yoga instructor.

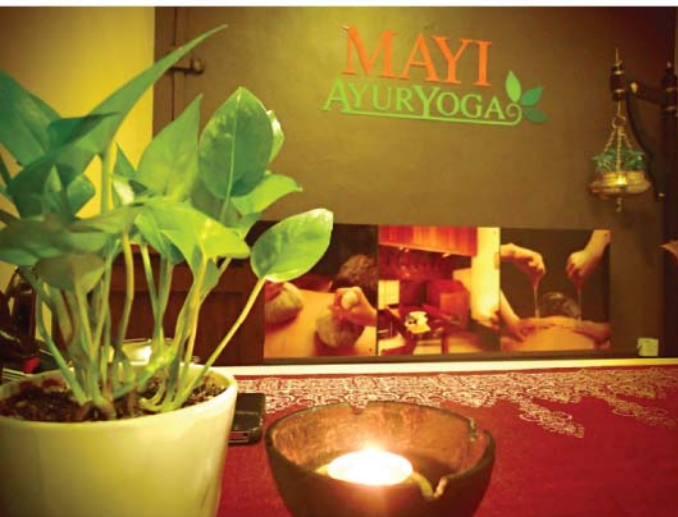
It was also a privilege to be trained under Master Mani, a modern time Yogi and a kind of teacher who inspires each student how to come out of your shell and find their wisdom. He is a wonderful mentor who compassionately evokes self-inquiry and I look forward to continuing my teaching and learning to inspire others as he has inspired me.

Having completed all three levels of IYIC and Partner Yoga Instructor Course, I'm glad I did it. I can ensure my learning will not stop here. Looking back, it's a perfect gift I got for myself! I enrolled into IYIC with a simple hope to deepen my practice but the reality is I graduated as a whole new me and MAYI has become my new family. This was an adventure that inspired, challenged, pushed and encouraged me to grow. In a matter of months I became more self-aware and self-confident than any time in my life. It gave me a whole new purpose to my life.

Much love and gratitude to the entire MAYI team. **YM**

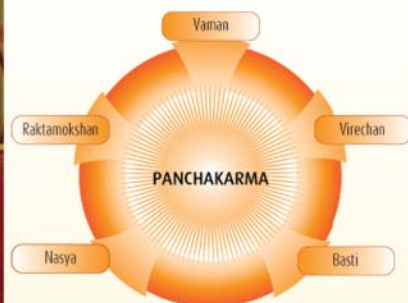


Ayur Yoga: AYURVEDA and PANCHAKARMA



Natural Detox & Rejuvenation

by Mogana Ananda Jyoti



Detoxification (or detox), is fast becoming a renowned term among the health-conscious, as everyone is seeking for some form of alternative way to keep their bodily systems clean and healthy. This is not a new discovery to be celebrated- rather a revived science, which has been practised by yogis, Ayurveda and siddha practitioners for a long time. Despite the fact that detoxification has become popular in recent times due to increased awareness, we need to understand and consider the safety of the various detox programmes which are presented to us - are there more harm caused to the body and mind rather than healing benefits?

What more to say - with all the sophisticated mechanisms, allopathic medicine, chemical-based detoxification, technologies and machines created for cleansing, which may be of generic in nature on the one side, and result oriented on the other. This is not to repudiate any practice, but rather to arouse the interest and awareness towards understanding what is happening within the self at the mental and physical plane. Any idea which creates introspection towards such an understanding should be embraced. If only we know and understand that there are natural detoxification

and rejuvenation programmes for our systems.

This is precisely the reason this ancient practice called Ayurveda, which gives a complete approach to living rather than just another health-care system, has withstood the test of time. Its basic principle incorporates a more subjective or intuitive approach to any gaining of knowledge, by contrast to modern science which objectively analyses and investigates. For instance, in healing disease, modern science tries to do so with technological means by investigating its root cause usually by finding a 'foreign object' in the body that has caused that illness, it then searches for ways to get rid of it, or a way to stop any prevailing pain. Its advancement has definitely proved to alleviate many people's suffering and made their lives better.

However, as far as Ayurveda is concerned, it has no such means to investigate the disease. In fact, some of the therapists, practitioners and healers, are not even medical doctors or have any intellectual knowledge to understand human anatomy and biology. Rather, Ayurveda believes

that any suffering or pain that we experience essentially shows that we are doing something that does not align with the nature and our body, mind and soul. Its subjective understanding hence prompts one towards taking responsibility of own-self and instigates the 'fundamental' change required for self-caring and self-healing, which is to be sustained for the entire lifetime.

As such, what modern science refers as 'root cause' to a disease is not essentially a root cause, but merely the 'causing factor' or symptom, as quintessentially 'root cause' should be connected to the nature of life or way of living. Ayurveda suggests that prevention is always better than cure and it is worthwhile to devote our efforts in taking good care of our health.

One of the most precious gifts Ayurveda offers us is Panchakarma. It is a branch in Ayurveda specific for detoxification and rejuvenation practices. 'Panch' means five and 'karma' means actions and techniques used for the cleansing process - not only for the body alone but also for the mind. Panchakarma, although an ancient practice, is still very much rooted due to its unique quality. It utilises only things available in the nature, without changing much of their original quality to preserve the life force which is contained in everything. Ayurveda believes that nature has the power to heal any illness. Thus, Panchakarma is to be practiced by all to keep their body and mind healthy throughout their lifetime- not only as a healing or curing for diseases, but for prevention and cleansing.

Panchakarma is made up of five actions, working towards eliminating toxins which deteriorate bodily functions: Vamana, Virechana, Basti, Nasya Karma and Raktha Mokshana. Due to the difficulty in conducting some of the procedures, Panchakarma has been transformed to suit the needs of our modern society, as it is any five actions devoted for effective cleansing for each self. Every Ayurveda centre has its unique way of conducting Panchakarma procedure, in line with the expertise available locally; some are intense while others are simple yet powerful. However,



the Panchakarma procedure will not deviate from its purpose of total cleansing and rejuvenation.

In fact, the benefits of the Panchakarma should not be understated by merely seeing it as a detox programme for the body. Through our observations and experiences at MAYI AyurYoga, Panchakarma is a rebirth and renewing procedure to the entire system, which may go as far as restoring the ideal state of the body. Most people start to lead a very happy, peaceful and healthy lifestyle after undergoing this rejuvenation practice, displaying common results such as being no longer addicted to coffee, alcohol and cigarettes, and having their stress levels reduced, while being relieved from irritable bowel movements. The change they feel are not only for the body, but also for the mind. This is because at MAYI AyurYoga, Panchakarma and other programmes are customised for each client according to their dosha, lifestyle and needs which naturally encourage them to follow the procedure as part of their tapas (discipline/routine).

Our niche is the combination of Yogic techniques with Ayurveda which we find to be bringing tremendous benefits for us as practitioners and also for our clients. The simple yet effective therapies and techniques which we combine can be practiced like a new lifestyle as it is a combination of hatha yoga, shatkarmas, Ayurveda herbs and therapies, massage, cleansing, breathing techniques and simple meditation. It can be done from a minimum of seven days, to a maximum of 21 days. **YM**

SAUCHA – PHYSICAL AND MENTAL HYGIENE FOR OUR CHILDREN AND FAMILY

Saucha resonates purity and cleanliness in many levels. In fact, it radiates purity and cleanliness in EVERY level and perspective – internal, external, physical, mental, and emotional, while encouraging respect for the self as well as for others, and not forgetting, for the nature.

The primary practice of Saucha for children (and for any individual) would be our personal hygiene both in and out of the bathroom. It begins daily when we visit the bathroom moments upon waking up in the morning – to wash our face, brush our teeth, scrap our tongue, clear our bowels, and take a refreshing shower. Then the practice continues out of the bathroom, where the bedroom, dirty laundries, dining table and utensils are cleaned after meals. And it continues well out of the house – keeping the neighbourhood clean, maintaining cleanliness in public transports and at public places, and keeping the classroom and school ground tidy.

Although all which were mentioned so far are displays of external cleanliness, another important aspect of Saucha lies in mental hygiene – cleanliness and purity of the mind. As actions spring from the mind's intent, it is essential to instil 'pure and clean' thoughts in our children's lives, and cultivate this positive and admirable characteristic from within. From this, their whole being, including their actions, vibrates with genuineness and sincerity.

Children, in every region and culture, emit the same pureness. Fundamentally, they see the world with neither prejudices nor biases. Anything and everything that surrounds them appear to them as their teachers and provides them the opportunities to learn. In time, they develop their attitudes from friends whom they socialise with, books they read, movies they watch, and information which they garner from the internet, and more importantly, from their own ability to discern all these information. The people and other learning resources that surround them could greatly influence their perspective. Mostly, if they demonstrate a bias, it stems from an influence of one or a combination of 'teachers' mentioned.



As their parents and mentors, adults naturally play an integral role in cultivating and nurturing the essence of mental Saucha in children. Yet, of course, we should lead by example by embracing this commendable quality through practice. Since we are all familiar with personal (physical) and environmental hygiene, let's see how we as adults can instil and demonstrate mental hygiene.

DE-CLUTTER OUR MINDS...

Clearing the clutter in our minds may take some practice. So, we can give it a head start by not putting in extra clutter. Abstain from activities and thoughts which are not beneficial or those which can be detrimental to both the body and mind. Instead of gathering to gossip or talk about unproductive subjects, utilise the gathering to discuss about subjects which are positive and those which are beneficial to the self and to the community.

What's in our minds is what we allow to enter through our senses. We can explain to our children that they may not have control over what comes into their field of senses, but they have the power to make a conscious decision to turn away rather than continue engaging. This applies in both the 'real' world AND the cyber world. Be socially responsible when interacting in both worlds – be vigilant when receiving information, and be thoughtful when expressing and sharing opinions and comments.

...AND FILL IT WITH POSITIVISM.

Help our children choose activities which are educational for the body and mind. Surround ourselves and our children with people by joining hands to create a positive environment and community. Wait not for others to make the move – be the one to initiate the movement. Start by creating a harmonious home environment. Have good thoughts about our children and all family members, and maintain these good thoughts even when we are going about with our errands, be it grocery shopping, picking up our children from school, cleaning the house, or preparing meals.

Use positive words when conversing with our children and everyone else – words which build and uplift ourselves and others. Cultivate and nurture qualities which are calming yet rejuvenating for the body and mind – qualities such as kindness, thoughtfulness, truthfulness, gratitude, and so on. Let our children see life as a playground of positive learnings!

Our austerity towards the practice of Saucha can uplift our lives as it improves our personality, giving

us a positive self-awareness. When we have pure and clean intentions, our whole being will naturally emit a positive vibration.

Here's a Saucha Project for the family:

- Work on three areas around the house and neighbourhood which need cleaning.
- Start a Saucha Journal and put in three wonderful thoughts every morning and practice it throughout the day.
- Say at least one wonderful comment to every person you meet!

SYK classes include Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Facebook: SYK Superyogakids.

Contact: Brickfields (03-2260 5322),

Bangsar (03-2282 4980),

Damansara Utama (03-7726 6682) and

Selayang Utama (03-6127 5693).



Educating the Whole Child

Pregnancy Yoga Instructor Course

20th Feb 2015



What you will learn

- Overview and general understanding of pregnancy flow
- Anatomy and physiology of the pregnant body
- General guidelines of yoga practices in pregnancy
- Yoga asana for the different stages of pregnancy
- Pranayama (breathing techniques) during pregnancy
- Relaxation and positive visualisations during pregnancy
- Living well during pregnancy, labour & beyond

Super Yoga Kids Instructor Course

1st March 2015



What you will learn

- Overall concept of yoga and yoga for children
- Yoga asana for children
- Pranayama (breathing techniques) for children
- Relaxation and positive visualisations for children
- Mind acceleration and memory training techniques
- Creative teaching techniques
- Creating fun and effective teaching materials



Chef Yogi's Food Notes!

CHIA SEED PUDDING – 5 minute dessert



INGREDIENTS

- 1 – 1 1/2 cup coconut milk*
- ½ tsp vanilla bean paste/extract
- Sprinkling of cinnamon powder
- 1 tablespoon organic maple syrup/ honey/gula Melaka/agave/ molasses for sweetening
- ¼ cup chia seeds (biji selasih)
– yes the same seeds used in bandung and local desserts!
- Toppings: fruit and nuts of choice. Honey dew, blueberries, strawberries, kiwi fruit, mango etc
Sprinkling of sunflower seeds, flaked almond, pepita, cashew nuts etc

DIRECTIONS

1. In a medium bowl with a lid, combine all the ingredients. Mix well and refrigerate. During the first 30 minutes, stir the mixture every 10 minutes as it thickens and doesn't get lumpy.
2. Cover and refrigerate for at least 3 hours or overnight. Add more coconut milk if you don't want the pudding to be too thick.
2. Serve when the mixture reaches a custard-like consistency. Top with fresh fruits and nuts flakes. Can be served warm or cold. Ideal for breakfast or a healthy dessert.

**Although coconut milk is all the rage at the moment, you can also use almond milk or unsweetened soya milk for a different flavour.*

SCHEDULE OF COURSES: JAN - MAR 2015

JANUARY 2015

7/1/2015	DU	Kundalini Kriya Yoga Course
11/1/2015	BSR	International Yoga Instructor Course - Advance
11/1/2015	DU	Full Intestinal Cleansing Practical Session
11/1/2015	BSR	International Yoga Instructor Foundation Course
18/1/2015	DU	International Yoga Instructor Course - Intermediate
19-23/1/2015	BSR	International Yoga Instructor Foundation Course
29/1-1/2/2015	TBA	Ayurveda Retreat

FEBRUARY 2015

7/2/2015	DU	International Yoga Instructor Foundation Course
8/2/2015	DU	Jala Neti Workshop
9/2/2015	DU	Yoga Practitioner Short Course (English/Chinese)
20/2/2015	BSR	Pregnancy Yoga Instructor Course
23-27/2/2015	DU	International Yoga Instructor Foundation Course
28/2/2015	SU	Ayurveda Holistic Wellness Bodyworks Course Level 1

MARCH 2015

1/3/2015	BSR	Super Yoga Kids Instructor Course
1/3/2015	DU	International Yoga Instructor Course - Advance
3/3/2015	SU	International Yoga Instructor Foundation Course
7/3/2015	DU	International Yoga Instructor Foundation Course
7/3/2015	BSR	Prana Vidya Course
8/3/2015	BSR	International Yoga Instructor Course - Intermediate
8/3/2015	DU	Anti-Aging Yoga Workshop
12/3/2015	BSR	Kundalini Kriya Yoga Course
14/3/2015	TBA	Yoga Outing
15/3/2015	DU	Short Course on Effective Sleep
16/3/2015	DU	International Yoga Instructor Foundation Course (Chinese)
25-29/3/2015	Sungkal Hot Spring	Kundalini Kriya Yoga Course Retreat

APRIL 2015

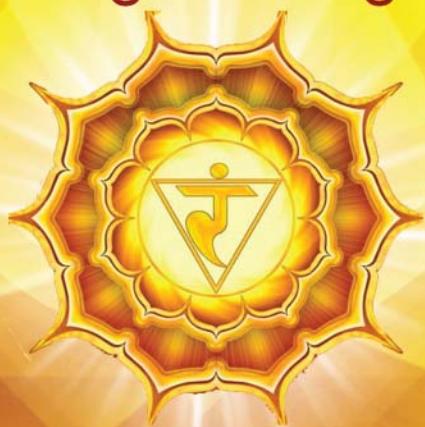
1/4/2015	SU	Kundalini Kriya Yoga Course
5/4/2015	BSR	Manipuraka Workshop
5/4/2015	BSR	Urdhva Retas Workshop
5/4/2015	DU	International Yoga Instructor Foundation Course
6/4/2015	DU	Silver Senior Yoga Programme (English/Chinese)
11/4/2015	BSR	International Yoga Instructor Foundation Course
12/4/2015	BSR	International Yoga Instructor Course - Advance
17/4/2015	BSR	Pregnancy Yoga Instructor Course
19/4/2015	TTDI Park	Yoga Outing with Healthy Diet
20/4/2015	DU	Yoga Therapist Certification Course
26/4/2015	BFS	Precision & Alignment: Level 1 Practitioner Workshop Series

"BFS: Brickfields; BSR: Bangsar; DU: D'sara Uptown; SU: Selayang Utama

*Dates are subject to change without prior notice. Kindly refer to www.mayi.org.my for updates"

A Pair of Workshop for Double the Rejuvenation and Healing of Body and Mind

Manipuraka Awakening & Universal Yoga Healing



The practice of Manipuraka and Universal Yoga Healing has worked wonders for many practitioners. It's great for enhancing your wellbeing and positive energy field, tapping into inner knowledge, experiencing self-healing potentials by awakening the healing energy within 30 minutes, learning how to heal others, and sustaining energy levels, among many other benefits.

Urdhva Retas



The practice of Urdhva Retas allows the energy which is normally dissipated in the lower chakras to be re-channelled to the upper chakras, transforming it into a higher energy (ojas) that is used for higher realisation. Other noted benefits include youthfulness and radiant countenance, an increase of energy and vitality, toning and strengthening of the male/female reproductive system to reduce the risk of issues related to this system, improved fertility, and heightened mental capacity and memory.

5th April 2015 at Bangsar

Manipuraka : 10.00am – 2.00pm
Urdhva Retas : 4.00pm – 6.30pm

TWO ENLIGHTENING COURSES TO RECHARGE YOUR BODY AND UNLEASH YOUR POTENTIALS

Kundalini Kriya Yoga Course

Kundalini Kriya Yoga is one of the most powerful and effective technology that could maximise the potential of the brain, unleash your potential, and remove mental and emotional congestions, giving you a positive state of mind and internal blissfulness.

Prana Vidya Course

In Prana Vidya, the practitioner extracts the dormant life force essence and sends it to various parts of the body, completely recharging and revitalising the body, and expanding the consciousness leading to mental clarity, greater awareness and the ability to cope with situations.

7th Jan 2015 at DU

12th March 2015
at Bangsar

25th – 29th
March 2015
Retreat at Sungkai
Felda Hot Spring

1st April 2015 at
Selayang Utama

7th March 2015
at Bangsar

MAYI
YOGA ACADEMY
MindBody • Authentic • Yoga • Inspiration

Brickfields | 3, Jalan Ang Seng 3, Brickfields, KL.

Bangsar | 81A (1st Flr), Jalan Bangsar, KL.

Damansara Uptown | 89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.

Selayang Utama | 8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt Caves.

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