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Jan-Mar 2018 ISSUE

**The Eight Limbs of
Yoga towards
Enlightenment**

**Projection of
Enlightenment**

**Understanding
the Upanishads
-A Practice in
Jnana Yoga to
Shape Your Life**



**Message from
Master Mani:
*Path to
Enlightenment***



Message from Master Mani

Path to Enlightenment

Enlightenment is infinity experienced within this finite human body and mind.

To say one is ever fully enlightened could be a false statement. Yet to be captivated by the infinite's softest touch itself could have this feeling evoked in the graced person's consciousness.

I believe every such person thought he/she had achieved total enlightenment, but the truth could have been that it was just a dot of infinity.

So, can we ever imagine what could be the total experience of enlightenment, or infinity, within the human framework? We can't, and therefore, we remain awed and humbled, bowing down to this unfathomable infinity called enlightenment.

I believe absolute enlightenment is when everyone else is also brought to that state because we are all part of that infinity. Therefore we will need to contribute to the enlightenment of everyone as our most sacred duty and purpose of this life.

Yoga is one of the paths that can point to that direction of attaining a glimpse of that which would change one for eternity. **YM**



*Master
Manisekaran*



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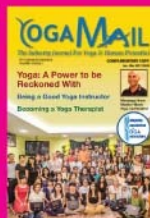
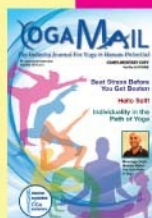
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The Eight Limbs of Yoga towards Enlightenment by Dr Chandra Nanthakumar

The path of enlightenment, as illustrated by Patanjali, the eminent ancient exponent of classical yoga, provides a deep understanding of yoga in the real sense of it. For the common man on the street, yoga may be associated with stretching, twisting the body into a pretzel and boasting one's flexibility by performing an array of postures. Unknown to many, yoga is way and beyond all these. As explained succinctly but lucidly by Patanjali, classical yoga comprises eight limbs or paths. They are yama (universal conduct), niyama (individual conduct), asana (posture), pranayama (expansion of life force), pratyahara (withdrawal of senses), dharana (concentration), dhyana (meditation) and samadhi (liberation).

Each path is insightful in its own way. For instance, the yamas and niyamas dwell into the dos and don'ts on the path of spirituality. The yamas are subdivided into five fundamental rules i.e. non-violence (ahimsa), non-lying (satya), non-stealing (asteya), non-sensuality (bhramacharya) and non-attachment (aparigraha). Even though these five attributes are preceded with the prefix 'non', it does not make them negative in any way. Basically, it implies that once the maya (delusion) is eradicated, the individual becomes benevolent, honest and detached.

On the other hand, the niyamas are classified into the following – cleanliness (saucha),

contentment (santosha), austerity (tapas), self-study (swadhyaya) and devotion to the supreme lord (ishwara pranidhana). Not only the yamas, but also the niyamas have to be practiced diligently for one to achieve restful states and greater clarity of mind for a harmonious way of life.

The third path, which is the asana, is given lots of prominence in most yoga classes. It is a



common sight to see students practise with all their might in order to be able to demonstrate challenging postures. However, it is imperative for the practitioner to be fully aware that these asanas are to be done in a state of "sthira and sukham", which literally means steadiness and comfort. The practice of asanas should not condone any form of violence as clearly stated in one of the yamas. Hence, the practitioner must work towards going into the posture, and then holding the posture steadily for a certain duration, and gradually increase it over a period of time.

More importantly, the holding of the posture is to be done in sthira and sukham. Ultimately, this serves as a preparatory step for deep meditation. According to Patanjali, the ability to sit still without any movement for several hours is a sign of perfection. Though this state is not unachievable, it may take years for one to attain a state akin to this. Regular meditation practitioners, who have yet to master a completely still sitting position, will take a longer time to see significant changes in their spiritual journey towards enlightenment. Swami Svatmarama recommends the full lotus posture as a sitting position; however, this pose is notoriously challenging for those whose hip muscles are tight. Hence, it may be more productive to sit in any posture for as long as it is comfortable.

While many are of the notion that one has to practice and perfect the asanas before moving into the practice of meditation, it is merely an assumption. Undoubtedly, the benefits of doing asanas are manifold. Besides improving flexibility, regular and consistent practice also helps individuals deal with various medical issues such as obesity, cardiovascular diseases, anti-ageing and the list goes on. Also the practice of asanas aids one into the fifth (pratyahara), sixth (concentration) and seventh (meditation) paths in Patanjali's yoga. Nevertheless, one may embark on any one of these paths directly without going through the

asana stage. From a personal point of view, I reckon one will have to practice concentration and meditation with and without doing asana first to experience the impact of the latter.

The fourth path in Patanjali's Yoga is pranayama, which refers to energy control. According to Patanjali, one will be able to achieve energy control by applying various techniques. The common ones include kapalabathi, bhastrika and nadi shodana, with and without kumbhaka (breath retention).

Ultimately, the aim of this practice is to harmonise the energy in the body to a point where its flow is reversed. Instead of flowing outward towards the senses, it flows inward towards the Divine Self that lies in the hearts of all beings. Only when the energy in the body is directed toward the Self, will one's awareness be intense enough to penetrate the shrouds of delusion and enter a state of super-consciousness. It is imperative that the practitioner comprehends the fact that channeling the energy inwardly is the primary step towards divine contemplation. In the practice of asana yoga, it is not uncommon to coordinate breath with every movement.

By and large, all the eight paths in Patanjali's yoga are interconnected in some way or the other. While some may practise one or two of the paths to achieve enlightenment, novice practitioners would find it useful to mix and match as each and every path complements each other, helping one go into deeper states of relaxation, and eventually attaining a state of one-pointedness. **YM**

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1. Sri Swami Satchiananda. (2012). *The Yoga Sutras of Patanjali*. Integral Yoga Publication.
2. Swami Muktibodhananda. (2013). *Hatha Yoga Pradipika*. Bihar School of Yoga.

Projection of Enlightenment

[Part 1 of 2]

by Sri Kumar.S



There are innumerable spiritual books giving explanations, teachings and guidance on the path to spiritual enlightenment. Different books contain different ideas and they always lead to more confusion rather than answering our question. First, we need to understand the essence of the word "enlightenment". Some say it is the ultimate destination of human life, some say it is the outcome of the mind's evolution from the state of ignorance to the state of consciousness, and some say it is the state of Moksha, Nirvana, etc. Let's start with a quick glance at "Enlightenment".

We know in our hearts that there's a natural order to life, something more sovereign than any man-made rules or laws could ever express. This natural order is called cosmic law. The law is the eternal substrate

of the cosmos. It guides the very current of time and space. Every act we perform in this body has to pass through this layer. It's like a celestial check-point! Nobody can escape this! The law will respond and react to our deeds accordingly, which will determine our present and future endeavours. The law is known by some as the "Will of God", "Divine Providence", "The Holy Spirit", "Life Force", but for now we will simply call it "The Law of Cosmic".

The law of cosmic is reflected in us as the source of our inspiration, passion, wisdom, enthusiasm, intuition, spiritual fire or love. When we experience it in the mind it becomes genius, when perceived through the eyes it becomes beauty, when felt with the senses it becomes grace; and, when allowed into the heart it becomes love.

When the love spreads into our soul, we call it the birth of ENLIGHTENMENT.

Deciphering the Siddha poem attached below, written several thousand years ago in 'Sulamani Nigandu'

- One of the ultimate reference on Enlightenment

கடையிலா ஞானத்தோடு காட்சி விரியமே இன்ப
மிடையறு நாமமின்மை விதித்த கோத்திரங்களின்மை
அடைவிலா ஆயுதின்மை அநுதராயங்கள் இன்மை
உடையவன் யாவன் மற்று இவ்வுலகினுக்கு இறைவனாமே

The person who realises that he has mutual connection between his soul and the Universe, which can provide an access to infinite knowledge, infinite vision and wisdom, infinite power, infinite bliss, without name, ego and I-Made thoughts, without association to any caste and status, without desire of materials, money and reputation, infinite life-span, disease-less and vigorous body, without any change of character – Is Living Enlightened Being. In other words... GOD

Are We On The Right Path?

Everything we do is an attempt to create pleasure, to gain something that we want, or to push away something that is undesirable that we don't want. We live our lives pursuing happiness "out there" as if it is a product. We have become slaves to our own desires and craving. Every time we think of a solution to one problem, we create two more problems. This is because we don't change our minds; instead, our

minds are changed by events. We tend to believe and follow what our predecessors and the generation before us followed. What if they were wrong? We don't come to our own conclusions without any outside influences.

When we see something wonderful in someone's life, we immediately try to impersonate their life. These practices directly crush the free-will of life. Because the path we choose is not specifically designated to us. To some extent, we are travelling towards something which can't be achieved or never existed. Because our souls are trapped in someone else's dreams or desires. When we realise this fact and destroy the walls of falsehood that we have built, life and destiny will be fully integrated and everything becomes one. This understanding will open a new dimension within us, that we do not need a label or identity to be named. The Universe, just like our consciousness and understanding, is ever expanding. And, when we box up our beliefs with a label or name, then we become limited to the name, and the ability to expand becomes constricted. Only when we merge with the existence, we are free. As long as we and the existence are separated, there is no such thing as freedom. The moment we are aware that we are nobody, no ego, and when we act out of our role, this is enlightenment.

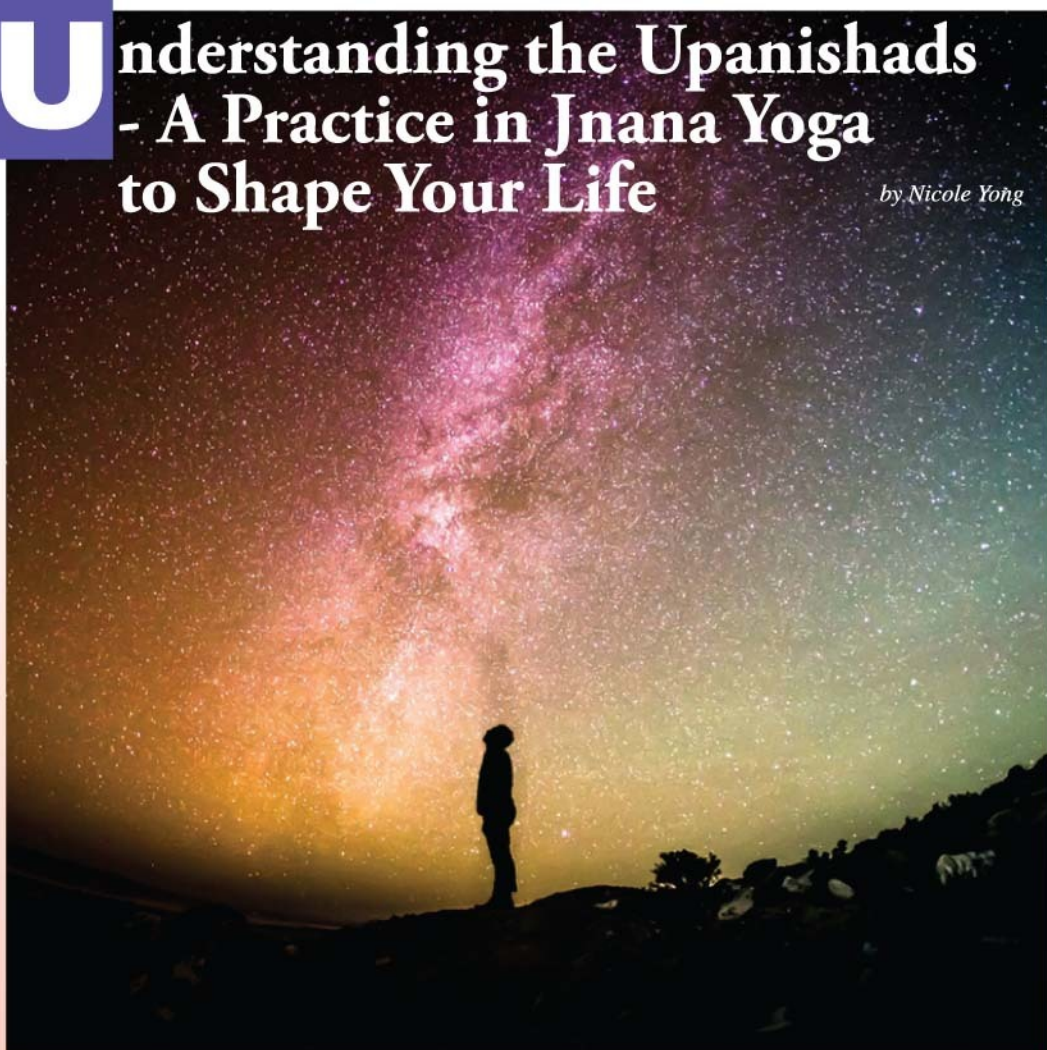
Remember, enlightenment is not a rare visitor in our life, it is our constant companion, because that is the nature of our being. **YM**

To be continued



Understanding the Upanishads - A Practice in Jnana Yoga to Shape Your Life

by Nicole Yong



The Journey Begins

When working in a chaotic, fast-moving environment, the normal stresses of life get multiplied and bring more stress, both to body and mind. A few years back, I joined the Hatha Yoga classes as they allowed me to de-stress outside of work.

It looked like a culture shaped to physical perfection. I remember being naïve. I felt a bit intimidated by people wearing tank tops with fancy stretchy yoga pants looking like magazine models. Comparatively, I felt my own body was slightly flabby and neither flexible nor strong at that time.

I felt more confident after completing the International Yoga Instructor Course with MAYI Yoga Academy. I continued as an apprentice teacher, working on physical Asanas, Pranayama and Yoga Nidra, which helped me improve my practices and general wellbeing. I also joined the Malaysian Yoga Society's (MYS) Karma Yoga projects like the National Yoga Camp for teenagers.

During the course, we were introduced to Yoga Sutra and some ancient yoga texts.

I understood that the final goal of all practices was liberation, or Moksha in Sanskrit.

Small Upanishad Seed Appears to Sprout

Some months later, after completing the Kriya Yoga course, I joined the Kriya revision classes for two semesters. Here, Master Manisekaran covered the Upanishad texts after the classes. I loved listening to him.

This is when the small Upanishad seed started to sprout in my mind day to day. So, I bought "The Twelve Principals of Upanishads" by Dr E. Roer, and started reading it to gain deeper knowledge on the subject. It felt like a rich diet for my mind, but I did not force myself to memorise any of the verses.

Later, I found that when I read the texts again, I could appreciate them more. The understanding of yoga reached an entirely new level. I learnt that the Upanishads raised and broadened the human lens of perception and self-awareness.

So what is the meaning of the word "Upanishad"? The Sanskrit word literally means sitting close to. Uh-huh.... definitely not sitting around to gossip all day long! From my understanding, through the guidance of my Master and the reference book, Upanishad

meant sitting close to the Guru with the willingness and sincerity to listen and learn the philosophy on how to live and how to be.

Let's Get More Personal

This is from the opening of Isa Upanishad, which begins with this verse:

*Om! whole is that, whole (too) is this;
From whole, the whole cometh;
Take the whole from the whole, (yet) the whole remains.*

Om! Peace, Peace, Peace, Hari Om.

The first time I read the Isa Upanishad, I realised something about the universe. Out of curiosity, I did some research via documentaries on YouTube and read articles on some websites, including NASA, to know more about the Universe.

We all know the solar system has one sun and nine planets, including one moon and earth, that's all. But after I dug more into the info and photos of the galaxies on the NASA website, I was beyond amazed. Huh, one light year is equivalent to 10 trillion kilometres



(1,000,000,000,000, which has 12 zeros)?! The Milky Way Galaxy is about 100,000 light years across?! Our sun is just one of the stars among the hundreds of billions of stars in our Milky Way Galaxy, and the Milky Way is just a small part of the Universe?! There are a few hundred suns in the Milky Way Galaxy?! What is this Universe, time, space and life?!

Oh, I feel dizzy already. On earth, it takes 286km to drive from Kuala Lumpur to Komtar in Penang. Looking at all these numbers is essential in understanding how huge the Universe is. On one clear dark night I quietly looked up and realised the change in my perception: the majestic Universe is infinite, no matter plus or minus, the infinite remains.

I thought my existence in my family is very special, but Isa Upanishad and science show how totally insignificant I am. I'm thinking about the facts and trying to visualise the truth. Compared with the vastness of the Universe, how big are humans? Even collectively, we are as big as a dust... temporarily living on a very small planet orbiting a bright star in one stunning galaxy... among billions... in a supreme Universe that is a billion years old.

The Nature of Reality is Cosmic Love

The entire Universe is in motion. All the creations have their duties. The Universe lets the sun revolve around the centre of the Milky Way galaxy where there is a mass of gases, stars, asteroid, comets, planets and other objects.

The Universe allows earth to rotate perfectly on its axis. It is bound by gravity and moves along with the Sun. If it moves slower, we can be frozen or toasted by the Sun, depending on which side of earth we're on. If faster, the strong winds would blow the humans away.

The guardian planets of Jupiter and Saturn are mighty huge and in the right size - enough to protect earth by shielding us from the comets. The moon stabilises the tilt of the earth and stabilises the wobble of earth's spin, thus

indirectly helping to reduce the fluctuating temperature on earth. The natural existence such as the gases in the earth atmosphere, like oxygen and carbon dioxide, the plants, water, soil and the living beings, are in the exact right proportion to sustain all life on earth.

Even if there are a few percentages of changes in any of these, humans can be wiped off. It seems that the Universe has humbled itself to love and harmonise the whole world. It has allowed the evolution of life on earth to take place. Earth is a school for us to learn and attain higher fulfilment. What is human compared with the Universe?

Sometimes a lot of questions run through my mind.

"Why do people value their careers blindly, while chasing after money and fame?"

"Why do people seek superficial glamour?"

"Why do they believe they are 'special' and associate only with other so-called special or high-status people?"

"Why do people crave for respect and recognition?"

Financial success is a powerful motivator, but in the journey of chasing after financial success, the real meaning of life might go unnoticed. It would influence the values one has and the relationship between family members and people around them.

Some of us think that human life is difficult, having to face high stress, disappointments, diseases, poverty, disasters, arguments, disputes, fights, depression and so on. Perhaps the Universe does show the truth to humans. But can humans see and listen through a pure loving heart? When people are exposed to the same messages, they may leave with different understandings and meanings, which are

according to their own beliefs and perceptions. People with over-inflated egos tend to confuse themselves. Their minds would be “overflowing” with their own needs and opinions. They see their desires as more important than the wellbeing of those they are supposed to love.

The Universe has given each of us a unique combination of abilities, interests, skills and talents.

Whether we are housewives, husbands, mothers, fathers, cleaners, teachers, cooks, doctors, painters, musicians, businessmen, etc., we are serving our family members and the community. No one is superior to anyone else. Life is a continuous flow with exchanges of giving and receiving.

If we think our talents and skills are simply to make a lot of money and fame... and then retire, we might be facing a lot of misery in life. The addiction to material stuff and wealth can lead to diseases; things that you own, may end up owning you.

The Universe shaped us and all the arrangements are the best arrangements. We are not as special as what we think. Whatever we do, work heartily to serve others and it is enough to make a difference. I truly realise that serving enables me to be aware of who I am. The Universe gets the credit.

I realised that I love my family members and also all my friends. Just like the warmth of old friendships amongst us, there's more joy and harmony - deep and full. Home is the first place for us to learn how to love. When love is in the house, it helps mould caring relationships that can last for lifetimes.

Later, we will naturally humble ourselves... giving a smile, a hug, encouragement, prayer and a helping hand to someone in need. We start to volunteer ourselves to join the local

community. As we uplift others and they find healing, we are consoled. Our hearts gradually will soften too. With the blessing from the Universe, this is how humans evolve gracefully... and live a “rich” and “fulfilling” life.

Therefore, if you think that yoga is just the practice of advance yoga postures or breathing techniques only, the most meaningful definition of yoga is easily lost. I remember my Master told us what the great ancient sages taught... there are several paths we can follow in order to reach the goal of Self-Realisation.

Thus, Hatha Yoga emphasises cleansing techniques and yoga postures, which lead to the steadiness and comfort of the body. Then follows Raja Yoga, which involves breathing techniques that help to expand the prana within the body and lead to a calm state of mind; and meditation practices help to master our minds.

Next, Karma Yoga is the path of unselfish actions of serving others without expectations or craving for rewards, recognition and name. It helps to purify the mind. Finally, Jnana Yoga the yoga of wisdom. The study of Yoga Sutra and Upanishad broaden our understanding on the essence of Yoga. Yoga philosophies act like the Global Positioning System, which shows the direction and deepens our awareness to know about the Self.

These four paths can be a perfect combination of practices that lead to a life full of love and mercy... eventually becoming a part of our consciousness. Yes, it is a matter of experiencing and feeling... and not knowledge. The Upanishads give my study of yoga a warmer and sweeter feel. Squeezing the image of the Universe in my mind, I know I am part of the Universe. Truly thank you my Master, the yogis and the Masters of all the yoga philosophies.

Om ! Peace, Peace, Peace, Hari, Om. **YM**

EVENTS

MAYI Graduation 2017 – Growing with Yoga

The ever-grand MAYI Yoga Academy Graduation Ceremony 2017 was held on November 12, 2017 at Wisma Sejarah in Kuala Lumpur this year!

Guests began streaming in at 2.30pm and were seen entertaining themselves at the Lucky Draw booth, and many took the opportunity to imprint this special day by taking photographs with their fellow course mates at the photo booth, which doubled up as a photo contest where 5 winners were selected on the spot!

The entire area was buzzing with excitement, activity and wonderful communication as always. Everybody was dressed to his/her best - lifting the ceremony to the height of professionalism that matched huge award ceremonies.

A whopping 260 students graduated this year, completing their training and hours in various courses, namely, the International Yoga Instructor Course, Pranayama (Breathing Techniques) Instructor/Practitioner Course, Dhyana (Meditation) Instructor/Practitioner Course, Super Yoga Kids Instructor Course, Pregnancy Yoga Instructor Course, Yoga Therapist Certification Course, Ayurveda Massage Therapist Course, Ashtanga Yoga Instructor Course, Kundalini Kriya Yoga, Prana Vidya, Manipuraka and Urdhva Retas.

The meaningful ceremony, to celebrate their

achievements, was officiated by Master Manisekaran with an ever-inspiring speech, providing words of wisdom to all and congratulating the 2017 graduates.

Apart from the certificate-giving ceremony, guests were also entertained by wondrous performances by some of the International Yoga Instructor Course graduates as well as the little yogis from the Super Yoga Kids programme.

Beautiful and heartfelt sharing from Harvey, Nicole Yong, Ng Tung Yan, Rosita, Roy and Ashlynn Williams gave the guests deeper insights to how meaningful yoga is in propelling one to the path of continuous growth, self-discovery, clarity, truth and enlightenment.

The celebration certainly felt like an international gathering of sorts. The graduates were not only from Malaysia, but from Australia, Brazil, Brunei, China, Egypt, France, India, Indonesia, Iran, Korea, Maldives, Pakistan, Singapore, the United States, the United Kingdom and Rwanda. MAYI has truly become an international hub for yoga! The certification courses in MAYI, which are registered with the Malaysian Ministry of Education, have certainly garnered the attention of practitioners from all over the world.

Congratulations to all graduates! And may everyone continue to grow with Yoga! **YM**





The Malaysian Yoga Society (MYS) National Yoga Camp 2017 initiated the Boys Camp which was held from 10th to 16th Dec 2017 and the Girls Camp which was held from 17th to 23rd Dec 2017. Soon after the MYS Yoga Clinic programme drew to a close, the versatile and composed group of volunteers spearheaded the overall camp work, and oversaw the preliminary tasks till the completion of the programme. The programme was mooted by MYS founder and president, Master Manisekaran 12 years ago and has been since fully supported by MYS instructors and volunteers.

There were 173 participants for the Boys Camp and 127 participants for the Girls Camp, totaling it to a whopping 300 participants in total! 50% of the overall participants are from the underprivileged category, and all of them are sponsored.

The camp has its earned wit and with the above diversity, this dynamic devout leader, Ravin.S, definitely has something to tell.

"One of the main purposes of National Yoga Camp is to introduce the ancient technology of yoga to everyone especially to those who have no prior knowledge in yoga. In this process, challenges may occur, it could even shatter the minds of our volunteers, but this is the time for us to practice our Sadhana in sustaining perseverance and righteousness while handling every unexpected situation. The best possible programme content and facility must be made available throughout the camp."



It was a task to shortlist the venue as high expectation and criteria has to be met. Ravin and a team of volunteers filtered close to 28 schools and finalised Sekolah Menengah Teknik Kuala Lumpur as the camp's official venue. The school has an in-door hall with a stage, and is spacious enough to accommodate the camp participants. There was dormitory accommodation for each participant, along with sufficient bathrooms. The school is surrounded by nature and lush greeneries providing fresh air and a retreat feel.

Although promotional aspects were strategized, the path took a twist as this hardworking and dynamic team kept seeing a slow turnaround of participants registering for the camp through word of mouth. With the help of RTM Minnal, Astro, THR Raga and Facebook etc, enquiries began to pour in from all around the country as an outcome of the decision. Through this effort alone, 90% of the targeted participant's number was achieved.

Applications and enquiries soon piled up. Demand rose as the public realised the vision and mission of the National Yoga Camp, which were directly aimed at restructuring the society to form young future leaders with quality moral values through the teachings of yoga. Each call was attended with reverence, conviction and assurance on the transformation of their children. To which, they promptly agreed to enroll their children into the camp without hesitation.

The decoration of the school hall and compound was also prioritised. The team took charge of



setting up and preparing the hall decoration along with other new volunteers. The hall was filled with yogic philosophies, and characters from Mahabaratha and Ramayana. It felt surreal that the characters were alive in the eyes of the participants who absorbed every story, during the camp as a bee surplus in nectar, engraving the message deep into their consciousness.

Alongside the preparatory challenges, the team also faced a shortage of volunteers (a group of volunteers were away and were only available to assist from the fourth day of the camp onward). Lectures on the 'Eight Limbs of Yoga', especially on the 'Yamas and Niyamas' (moral segments and character building components) to ensure a good flow of knowledge was relayed to the young minds. On top of it, the streams of Yoga; Hatha Yoga, Karma Yoga, Bhakti Yoga and Jnana Yoga were explained in detailed. This was the highlight of the year, as the messages were addressed from new dimensions, depicted from ancient divine histories, merged with scientific proofs, and connected to the current era on how to manage our life. The lectures were delivered with impactful modulation, yet understood by every participant though there are various age differences.

Few special topics that gave a huge positive impact on the participants were Ravin's talk on **'The Language of Intelligent Field'** which inspired and uplifted the participants, that all are pervaded with the power to translate the possibilities of our mind into the reality of the world. Participants were deeply seeded with scientifically proven truth, that there are no challenges that can't be overcome. Other impactful talks are **'Shatkarmas'** by Dr.



Chandramalar and Ms. Nithya, **'Yoga Values From The Perspective Of A Medical Practitioner'** by Dr. Rathimalar **'Utilising Yoga To Excel In Studies and Its Method'** by Mr. Arutchelvan, **'Sadhana - Discipline Undertaken In The Pursuit Of Goal'** by Ms. Anuradha, **'Ayurveda - Way Of Life'** by Ms. Saandhi, **'Plant Your Legacy Project'** by Ms. Kavi Amutha and Ms. Kavi Vitya whereby participants were taught about each herbal plant, its uses in health management and how to care for them, **'Yoga Asana'** talk accompanied by guidance on advance poses by Mr. Durai, **'Achievers Pathway'** whereby Ravin revealed the secrets which made his student achieve the record breaking 15 A1's in SPM, and an **'Inspiring Talk'** by Dr. Mahaletchumy Arujan, a famous Malaysian Scientist. Lastly, a special talk and Q&A sessions was conducted by Master Manisekaran.

Hatha Yoga sessions were conducted by 3 instructors, Ms. Kavi Vitya, Ms. Anuradha and Ms. Saandhi, for the main camp, and the yoga instructor course was conducted by Mr. Durai (for the boys) and Ms. Saandhi (for the girls) to prepare them to become yoga teachers. This gave participants in-depth knowledge on asana techniques, breathings, contra-indications and modifications. On the final day, the instructor course students taught yoga poses to their fellow main camp participants and received a grand applause for their skill learnt.

Participants were required to rise from sleep at 5am daily for Shatkarmas activities (yogic detox). Initially, it was a bitter pill for the



participants. But with constant motivation and support from the instructors, the participants adapted well. They willingly started to take showers in the morning, did their best in yoga sessions, were attentive during the lectures and able to grasp the knowledge, and ate satvic vegetarian meals which were specifically prepared for the camp to ensure the right supply of nutrients for the participants. Participants who were home sick were given opportunities to speak to their parents at night, but eventually they were all able to evolve, learning to divert their mind into camp activities productively.

In the evening, there would be a Kirtan session (devotional singing) and followed by the practice of Trataka. Ms. Puguneswari taught and sang the devotional songs with divine ecstasy and brought the participants to a musical euphoria. The rhythmic claps and beats brought forth the true essence of Bhakti Yoga through kirtan. On the 6th days of both the boys and girls camp, there was a segment called 'Creativity in Yoga' where participants were given a task to create a new yoga pose and to perform on stage. It was amazing to witness the participants' enthusiasm in mastering even the advance variations of asanas, under the guidance from experienced yoga instructors.

On the final day, the closing was truly spectacular in its own way. Participants were presented with a T-Shirt each, and they wore it for the graduation ceremony. The quote printed on the T-Shirt, 'YOGAS CHITTHA VRITTHI NIRODHA' acted as a reminder to the participants that yoga is the mastery of the fluctuation of the mind. The Hatha Yoga session



looked unified with all participants wearing the camp T-Shirt. Then, there was an experience sharing session by participants. Everyone was touched with the heartfelt statements made by the participants. Contentment can be seen in the eyes of each participant and their parents. Where the participants were so grateful to be part of this life changing yoga camp and promised to continue their sadhana at home. Certificates, Yoga Handbook and medals were given in appreciation to participants.

All volunteers and instructors are grateful to Master Manisekaran for the opportunity given to serve the community and to increase quality of life.

It's all about **Karma Yoga.... YM**



Yogic Wisdom For Daily Living

1.2 *yogas citta vritti nirodhah*

by Jamie Spatafore

Yoga is the stilling of the fluctuations of consciousness.

For this edition, we are going back to the beginning, or we can call it back to the basics. We have discussed this verse before, but sometimes you need to look back to see how far you have travelled.

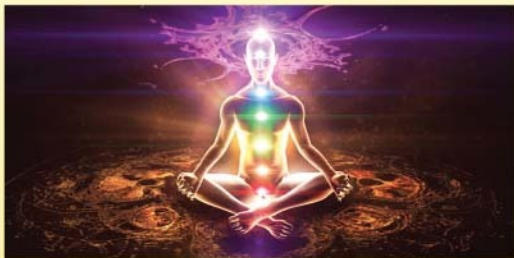
A quick online search on “what is yoga” will give you hundreds of thousands of thoughts, articles and commentaries. We do not need the Internet for this answer. Sri Patanjali has given it right here. This is the true definition of yoga. The yoga sutras are similar to a research article where the problem is first given. Most of us can reflect on this sutra and satisfactorily walk away and say, yes Patanjali is correct, this is the definition of yoga.

But, this is the easy part. After this, differentiation comes in and this is where the trouble starts, as well as the hundreds of thousands of thoughts, articles and commentaries. There are some beings out there, although probably only a handful, that can read this second sutra and reflect on it and say “Yes it is. This is the answer to life. I understand it now. I am satisfied.” This is probably not us. We need something more. Intuitively we can comprehend, but reading this sutra gets us no closer to the truth than we were before.

If we take this sutra as the absolute truth and then hold on to it tightly, then we have an immediate shift in our awareness. We immediately realise that all the foundations, associations and teachers out there, who are arguing that “yoga is original and pure” are not actually arguing about yoga. They are arguing about yoga practices, because if the definition of yoga/union is what Patanjali says then there can be no argument. There can only be an argument on how to get there.

Patanjali in his compassion has not let us down. He knows our problem. We can say, “Ok sir, that definition is good, but what do I do now?” This is where the other one hundred and fifty verses come in and this is where all the arguments and disagreements on “purity of practice” start. For now, we let those discussions rest because we are not interested in the journey. We want to know the destination. We are like the kids in the back seat asking the parents “are we there yet?”

So again, let's go back and take an overview. First Patanjali gives us the definition of yoga. Then he gives us the benefits of obtaining that state. Then he gives us the reasons why it is so difficult to obtain that state and what is stopping us. Then he gives us some possible practices to alleviate or clear those blockages. Then he gives us some possible signs that the practices have progressed. Finally, we end up right back where we started with the last pada, which is titled Kaivalya. Kaivalya means aloneness.



This is the set-up of the entire collection of sutras. They are like a pyramid. The first two sutras are the tip of the pyramid and as Patanjali keeps expanding, it gets broader and wider. You see the truth is the truth no matter what. There can be no differentiation or shades of truth. It is exactly what it is. That is why only one sutra is needed. If we can just fully understand this concept and see that all of our disagreements are only based on the practices, or journey, and not the truth, or destination, then we can go ahead with what we are doing with peace in our heads and hearts. Peace. **YM**

Articles by Practitioners

A Seeker's Journey in the Realms of Yoga

by A Seeker

Finding the truth about oneself and the existence within this creation has become a road less travelled because we become so lost in living "life" rather than understanding it. If we do take that journey, we realise that we travel with a sheath of darkness until the darkness is dispelled and clarity appears in its absolute.

Once we go on a search for the meaning of life and death, and the reason for creation, with the deepest intensity, I believe we will start to experience life in a way that is difficult to understand and comprehend. However, we find nature has its own way of taking us into Her arms and guiding us to the truth – the Absolute Truth.

With the grace of the Universe, which I see as the Divine Mother, I am writing this article to share a humbling experience.

I believe my journey in finding the truth began several years ago – meeting a few 'Gurus' along the way. However, the journey found the root when I started Kriya Yoga under the guidance of my beloved Master – Kriya Yogi Manisekaran – for whom I would always have my gratitude and reverence for his continuous blessings and guidance.

My curiosity this year intensified and I started the journey in many different ways to understand the meaning of my being here in this dimension. Raja Yoga and Bhakti Yoga are my main paths in trying to understand the meaning of life and to understand the "Spirit" that I am. Some call it becoming spiritual, but attach a very great meaning to it... so much so it has become superficial rather than keeping it simple and becoming naturally woven with nature. When this understanding of being simple and "extraordinary" (a state of being more and more

ordinary rather than a thought of greatness for which the word "extraordinary" is often used) seeped into my mind, a simple experience happened, slowly but surely changing the way I take the journey in understanding myself.

I was blessed to be at the foothill of the Velliangiri Hills, India, a few months ago and I was deeply thinking about the meaning of life. This happened after going through a turmoil of thoughts in the few weeks preceding my journey.

I was walking along the sacred place contemplating on what I thought I already knew about life and its existence. As I went back to my simple room and lied back on the bed... just watching the ceiling fan doing its existential duties... I pondered on what life is all about. The thoughts of what I thought "already knew" came about.

In a sudden moment, I felt all the knowledge I seemingly had about life disappear. I couldn't remember anything, but I know I am just here. First, fear came into me. I thought I had lost my mind. Other than my being here, I couldn't remember anything. I just knew I was here. I felt that all the supposed knowledge I had, had been completely wiped out. A voice inside me said "I don't know anything about life. I have not experienced it." Then the feeling of fear disappeared and was replaced by joy, calmness and total bliss. In fact, I was happy that all the existing knowledge had disappeared.

Now I realise that this is what Master Manisekaran once mentioned in class about being happy and in a state of total bliss for no apparent reason. A short moment of bliss felt like a lifetime. But longing for such feeling again continues.

This is where I believe I got the greatest lesson of my life. It is a lesson for me to understand that I don't know anything about life. What I know is only the pieces of knowledge gathered that made me a believer. But none experienced. I learnt that in the journey of understanding the self, one has to let go of everything that one believes in and start afresh. This may be extremely difficult because our current knowledge, including from the spiritual texts, would have been deeply rooted in us and would have provided us the feeling of "Significant Self". I learnt that one has to become insignificant first, in order to experience existence.

This teaching has now become the very basis of my life and the way I approach the study of spirituality. This very experience turned me into a "Seeker" rather than a "Believer".

In me, I asked, "How can I go through a lifetime without knowing what creation is, but exist in this dimension by merely being enveloped in beliefs?" Would the beliefs gathered from books (even from the sacred spiritual books), teaching from Gurus and all other channels of information, which are mere information, be sufficient when my last "Prana" leaves the physical body? I told myself that if even all I can do in this lifetime is to scratch the surface of the truth, it is sufficient in anticipation of continuous learning in the next dimension, if it exists.

I see seekers of truth quoting the Gita, Vedas, Upanishads, Puranas and other religious sacred books as absolute truth. Their joy seems to stem from the fact that they have read these sacred books and they have become learned and know the whole truth of life. Here, I must say unequivocally that I am not arguing the truth of the sacred texts; I am merely asking myself how I know it is the truth for me. All these texts provide me a guide, but to understand life, I need to experience it.

As one Spiritual Master said, "I teach you what I know, but it is not the truth for you unless you have experienced it."

After I wrote the above paragraph, I came across a book while cleaning my study room. It was surprising that I went into a page that Swami Rama of the Himalayas was told by his Guru that indirect knowledge of life is no knowledge at all, but only experience of life is true. He mentioned that one can gather knowledge from the text, but go and find out whether what is mentioned in the sacred books is true, by experiencing it. This is true learning. The experience in the Velliangiri Hills taught one of the most fundamental things to me. It truly changed my perspective in taking this journey of lifelong learning... that is to become a seeker rather than a believer and start anew without having the fear to let go of all previous knowledge.

What I am hoping from writing this article is to share the understanding that knowledge comes in many forms. It dispels the darkness from us. They are great guides for us. While we continue to learn, consider becoming a "Seeker" rather than a "Believer" and do not be afraid to let go of all that we have learnt, that would have created the "Significant Self".

I leave this article with a short note to thank the Universe, of which I see as the Great Divine Mother – The Preserver of Creation:

*Salutation to You, My Dear Divine Mother
Humbled By Your Love and Compassion
Which You Bless Me without Any Contemplation
Your Love for Your Son Sees No Boundaries*

*I Feel Your Illumination
As Your Shadow's Warmth Graces My Being
A Feeling of Immortality Senses Me
As I Am With You, At All Times and Dimension*

-A Seeker of Life

Inner Insights: My Vital Yoga Journey

by Seenevasan Naidu

What is Yoga? What are its benefits? These were the first two questions that appeared in my mind when I heard about Yoga.

I am Seenevasan Naidu and I would like to share my experience in Yoga. Basically, Yoga stands for the union of body, mind and breath. This may sound simple, but it has a deep impact on a person emotionally, mentally and physically.

When I was 13 years old, I was overweight and doctors said I could develop heart diseases if I continued to put on weight. I was looking for a solution to reduce body weight and be healthy. At that time, my cousin Reaasigan was attending the Teens Yoga classes conducted by MAYI Yoga Academy's Super Yoga Kids in Brickfields.

I could literally see changes in him in terms of flexibility and health. He recommended yoga to me. My whole life changed after that. In the very first yoga class I attended, the students were practising advanced asanas (postures) for that year's yoga competition, and I was very inspired.

When teacher Julie asked me to take part in the competition, I refused because I was shy and still not flexible. She told me yoga is not only about doing advanced asana or holding challenging poses, it's also about enjoying the process. She motivated me and taught me the asanas I needed to do to prepare for the competition. It was a completely new experience for me.

I joined the competition and I really enjoyed doing the asanas. In the same year,

Malaysian Yoga Society (MYS) organised the National Yoga Camp for the first time. The main objective of the camp is to spread yoga awareness and teach its benefits to the youngsters. It was a 7-day camp. In the camp, my knowledge about yoga deepened, especially on the Yama (restraints) and Niyama (observances) values.

Yama and Niyama are about how we should live our lives and what we need to do in order to attain a peaceful and harmonious life with others and also ourselves. Previously, I thought yoga was only physical in nature, but at the camp I understood that it was about living life in a wholesome and meaningful way.

Through the Shatkarma (cleansing) techniques, I learnt about the importance of practising Sauca (cleanliness) in body, mind and emotions. Trataka (concentration practice), for example, helped me greatly improve my performance in studies. As I followed these steps, my concentration and memory powers increased. It helped me remember things easily and do well in the exams.

I started to continuously attend yoga classes.

In the second year of the yoga camp, I joined the Learn to Teach, Teach to Learn (LTTL) programme for students who previously attended the camp. I got a wonderful insight into the teaching of yoga. I took the opportunity to learn the teaching skills, about Pranayama and a variety of other asanas.

After the second camp, I started teaching yoga to family members and friends. My interest in yoga increased tremendously. I started joining every workshop, festival celebration and gathering organised by MYS and MAYI Yoga Academy. There I got to meet and interact with many other instructors. Some of them shared their life experiences and personally motivated me.

In the third yoga camp, I was promoted as a volunteer. Here I learnt to do Karma Yoga (Yoga of service) by helping the participants without expecting anything in return. It made me feel happy and gave a lot of self-satisfaction.

Days passed. My life's biggest challenge was SPM. I surrendered completely to yoga. I did yoga every day and that helped me improve in studies as well. Sleep was one of my biggest challenges. Yoga helped me overcome this problem through Yoga Nidra. Yoga Nidra is a deep relaxation practice that is equivalent to 6 hours of sleep. It helped me feel healthy and energised throughout the SPM year. In the end, I scored 4As, 3Bs, and 3Cs in SPM.

Recently, I took up the International Yoga Instructor Foundation Course (IYIC), and now I'm teaching yoga in some schools. My parents are very proud to see me as a yoga instructor at the young age of 18. Now, my body mass index is at a healthy level. I'm living a healthy lifestyle with daily practice of yoga.

Yoga is also helping me in sports. I play futsal and badminton weekly. An average athlete needs a lot of stamina to play. People know that physical activities increase stamina, but what they don't know is that stamina can be built and maintained through the practice of yoga.



Very simple and effective breathing techniques help to build stamina and control our breath during physical activities. One of it is called Bhastrika. I do this exercise every morning, together with the yoga asana practices. It has helped me greatly to be active in sports. Now, I'm able to play with full energy for a longer period of time compared with last time.

Yoga has helped me improve in sports and all other aspects of life as well.

I would really like to thank my teachers and friends, and whoever guided me through my vital yoga journey. I would like to tell that yoga is not only about physical health, it's about sound mental and emotional health as well. Whoever wants to do a great favour to themselves, please start on yoga. You can really see the difference. Thank you. **YM**



Podhi Kizhi Ayurvedic Treatment

Introduction to Ayurveda

Ayurveda is a 5,000-year old system of natural healing that has its origin in the Vedic culture of India.

It is based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit, and also reminds us of the dynamic integration between our body and environment.

Its main goal is to promote good health, not to fight with diseases.

More than treating illness, Ayurveda is a science of life. "Ayur" means life and "Veda" means science of knowledge. It offers a body of wisdom to help on ideal daily routines of diet, behaviour and other proper use of the senses.

Ayurvedic herbal treatments are usually safe and well-tolerated.

Although it depends on the disease, one will experience improvement within 10 to 15 days of taking treatment.

The full course of the herbal treatment should be taken so that the disease is properly treated and a complete benefit can be achieved.

How do Ayurveda Medicines Work?

Ayurveda describes three fundamental energies of our inner and outer environments, movements, transformation and structure. It is known in Sanskrit as "Vata" (wind), "Pitta" (fire) and "Kapha" (earth). These primary forces are responsible for the mind and body characteristic.

They are also called "doshas". They control how the body works. For each element, there is a balanced and imbalanced expression. When Vata is balanced the person is lively and



creative, but when there is too much movement in the system he/she tends to experience anxiety, insomnia, dry skin, constipation and difficulty in focusing.

When Pitta is functioning in a balanced manner, the person is warm, friendly, disciplined, is a good leader and a good speaker, but when it is out of balance he/she tends to be compulsive and irritable, and may suffer from inflammatory conditions.

When Kapha is balanced, one is sweet, supportive and stable, but when it is not, there may be a tendency to experience weight gain and have sinus congestion.

If the toxins are abundant in the body then a cleansing process known as panchakarma is recommended to purge unwanted toxins. It is also to strengthen the immune system to restore health and wellbeing.

Case Report

A 51-year old right-hand dominant woman slipped from a staircase and fell down on her right side. She was diagnosed with a right-side **Fracture of Right Greater Tubercle.**

Based on observation, she had **Brainstem cavernoma with LT sided hemiparesis** and was going to a neurosurgeon for follow up treatment at the hospital. Her exam further revealed **Hypertension and Diabetes Mellitus and fixation of screw on right greater tubercle**. Her shoulder was then reduced with splinted brachium supported by an assistant on humerus head.

A sling was provided and the client intrusted to keep her arm for support for four weeks. Client took up physiotherapy treatment, but pain remained and was not able to move her hand actively. And pain gradually increased during the nights.

Client came for consultation and I highly recommended her podhikizhi ayurvedic treatment for stiffness and swelling of her right shoulder blade and hand. Client was examined and kept under observation for the past one month.

A Case Study of Ayurveda Research on PodhiKizhi Treatment

Ayurveda offers many remedies for pain relief. Many treatments are combined to give a long-standing relief from pain, stiffness, swelling and other complaints associated with sore joints and bones, and musculoskeletal and neuromuscular pains.

They also rejuvenate, relax and strengthen the joints, muscles and soft tissues. Many treatments are highly useful in preventing diseases like arthritis and lower back pain.

In this case, I would like to expand the Podhi Kizhi Ayurvedic Treatment for the client.

Podhi Kizhi (also called Churna Pinda Sweda) is one popular treatment from the list of highly-effective remedies in Ayurveda towards pain relief.

The therapeutic action of Podhi Kizhi is that our skin is a large highly complex organ and structurally integrated organ system, and the



components of the skin are cutaneous membrane with hairs, nails and exocrine gland.

When the procedure starts, increased temperature will be the result of vasodilation, and an increased flow of blood through the area will occur so that necessary oxygen is supplied and toxins are removed. The active ingredients of the medicinal herbs help to act as muscular relaxants, and to reduce pain. In fact, with an increase of blood supply, the metabolism will increase as a result of output responsible for removal of disease from the cells, and this will help to nourish the skin.

Podhi Kizhi is the herbal powder used in this procedure. Herbs are cleaned, dried and powdered. These are tied into a bolus using a suitable cloth. Medicated oil may be applied over the body.

The herbal powder bolus is heated during the treatment. It is beneficial in treating arthritis, removing toxins from the circulating system, and it's found to be effective in certain lower-back aches, cervical spondylitis and frozen shoulder.

The duration of the treatment is from 30 to 45 minutes according to the condition of the individuals. This is done from seven to fourteen days.

Benefits of Podhi Kizhi (Bolus Massage)

- It will relieve pain, stiffness and swelling associated with arthritis and other painful conditions.
- It will cause sweating and bring about lightness, and a feeling of health in the affected joints, muscles and soft tissues
- It will stabilise the mobility in affected joints, muscles and soft tissues
- It will eliminate the body toxins, establish health and tone up the joints and soft tissues
- It will improve the movement of the joints
- It will remove water retention in the tissues and effusion of joints

- It will soothe the nerves and improve blood circulation
- Fractures
- Fever
- Severe inflammation

The Procedure of Podhi Kizhi Treatment

Each ingredient has its purpose. Rock salt is for relieve of pain and hold heat for swedana effect; the fresh turmeric is for antiseptic; coconut is for moisturising; fresh ginger, clove, cinnamon, cardamom and black pepper are heating elements; dry neem leaves have anti-bacterial properties; and lemon leaves have a healing effect.

In this treatment, the herbs are heated to tolerate temperature and are tied in a bolus. The bolus is heated in a pan and dipped in herbal oil and continuously rubbed over the pain area.

A couple of boluses are prepared for changing and backup. Once the bolus gets cooled, it is changed with another.

The bolus is repeatedly interchanged with backup bolus throughout the treatment duration. The key is to maintain the temperature of the bolus. The procedure is repeated many times as per estimate time of this treatment.

Patient Complaint:

- Having bad pain and swelling on right shoulder with blue black mark.

Observation

Skin Colour: Blue Black with skin rashes around the stitches.

Muscle Spasm (swelling hand):

Left hand (Stroke): Right hand (Fracture):

Biceps: 36 Biceps: 39.2

Forearm: 28 Forearm: 26

Wrist: 20 Wrist: 18.5

Muscle Power (max force of hand):

Left hand: 1/5 Right hand: 2/5

Nature of pain: pulling pain and tingling sensation around the hand.

Type of Treatment (first visit):

- Podhi Kizhi (one hour and thirty minutes).
- Massage with hot water using towel (ten minutes).
- Apply heated oil all over the hand and cover with clothes.

Week 2

Muscle Spasm (swelling hand):

Left hand (stroke): Right hand (fracture):

Biceps: 36	Biceps: 38.5
Forearm: 28	Forearm: 25.8
Wrist: 20	Wrist: 17.9

Muscle Power (max force of hand):

Left hand: 1/5 Right hand: 2/5

Nature of pain: pain with mild tingling sensation

Type of Treatment (second visit):

- PodhiKizhi (one hour and fifteen minutes).
- Massage with hot water using towel (ten minutes).
- Apply heated oil all over the hand and cover with clothes.
- Advise client the position of sleep, self-assisted exercises for both hands.

Patient Review: Client could feel the pain reduced compared with the previous week, and could feel a mild tingling sensation at night. Client's blue black mark on the skin was changing.

Week 3

Muscle Spasm (swelling hand):

Left hand (Stroke): Right hand (Fracture):

Biceps: 36	Biceps: 37.2
Forearm: 28	Forearm: 24
Wrist: 20	Wrist: 16

Muscle Power (max force of hand):

Left hand: 2/5 Right hand: 3/5

Type of Treatment (third visit):

- PodhiKizhi (one hour and fifteen minutes).
- Massage hand with heated oil and hot water using towel .
- Self-assisted exercises for both hands.

Other exercises (joint mobility):

- Passive stretching of stroke hand.
- Active assisted exercise for fractured hand.
- Weight bearing for fractured hand.

Patient Review: Clients claimed that pain had reduced further and felt a very mild tingling sensation at night. Client was able to hold a small object with the fractured hand.

Week 4

Muscle Spasm (swelling hand):

Left hand (stroke): Right hand (fracture):

Biceps: 36	Biceps: 36.5
Forearm: 28	Forearm: 24
Wrist: 20	Wrist: 16

Muscle Power (max force of hand):

Left hand: 2/5 Right hand: 4/5

Patient Review: Client claimed that pain had reduced and had a very mild tingling sensation at night. Skin texture was clean. There were no rashes around the joints, no more swelling or stiffness around the hand and said the limitation of screw fixation made it difficult to move her hand with full range of motion.

Client felt very happy with the podhi kizhi ayurvedic treatment. It really worked and she requested for oil massage and some manual exercises for her stroke hand.

Conclusion

Podhi Kizhi is the best treatment in Ayurveda to reduce pain and swelling, and catches related to neuromuscular and musculoskeletal disorders. Please don't be shy to meet a consultant to get clarity on your condition. Proper diagnosis should be made before a treatment is planned, and the best way to do it is under the supervision of a doctor. **YM**

The Journey to the Path of Enlightenment for the Young Minds



There are different paths and disciplines of yoga to help us realise our higher nature.

Since the beginning of time, we have always looked for fast fixes and easy ways to journey on the spiritual paths — hoping for one without struggle; a path free of challenges that will bring us to the end quickly with no sacrifices or efforts.

What more in the current climate we live in, the young have all the information at their fingertips. Life seems to take them to different levels where access to many teachings is vastly possible, wherever they are in the world. However, these might cause lots of confusion and drama in their young minds. I call it the “unorganic teachings in the paths of enlightenment.”

Young people are so involved in reaching out and being educated via the World Wide Web for what's in and what's not that they forget the fundamentals of the path. A teacher should always be present for teachings as deep as this. Without one, it is so easy for teachings to be misunderstood or misrepresented.

Traditionally, these paths were written as a guide for much meaningful living. Having said that, let us look at the three fundamentals of the path of enlightenment.

My personal favourite is this first one: detachment from worldly things. This is certainly not an easy feat, especially for the young — detaching oneself from material possessions. After all, we live in a multimedia

and fast-moving world where things are part of our social standings. Kids go to school with the latest sneakers, new models of mobile phones and the list goes on. So, how can we incorporate this “worldly-possession detachment” into our daily lives? Truthfully, we cannot give them up altogether, however we can minimise; seek to have only what is necessary, without the need to splurge financially and ethically.

Secondly, performing good deeds, which should come naturally to all of us. After all kindness begets kindness. Teach our children to do a little kindness every day; something that satisfies their soul and nourishes their being. Give a stray some water; help their exhausted parents after a whole day of work by making dinner or cleaning up afterwards. All these constitute good deeds. Simple as it may seem, these tiny bits of kindness each time do add meaning to your day.

It is our role as human beings to evolve and get better with time. Provide guidance so our children can get to know themselves better. What works and does not, within themselves; things that make them tick every single day. Know their likes and dislikes and definitely know their strengths and weaknesses. Be wise in their knowledge of self. This third component of the path is imperative for all human beings. Without getting to that level of knowledge of oneself, it is so easy to be strayed. Living life with no purpose or intention is so similar like being in a boat without oars; hardly any destination. Not good, especially for growing minds.

Moving forward, imagine combining the three elements we just covered with the eight limbs of yoga. Firstly, what are the eight limbs of yoga?

In short, they are the eight aspects of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Each aspect is indeed a guidance on how to live a meaningful and purposeful life. Let's understand these eight components and explore it with our children.

For a start, yama and niyama are compulsory qualities a person should adopt for spiritual development. It is said no other components are beneficial if not performed alongside yama and niyama. So, let us explore the all-important yama and niyama.

Well, yama is self-restraint; the control or continence of one's actions. In this modern world, it is so easy to be swayed, hence yama will keep one in check. There are altogether five branches that constitute yama: Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (moderation of the senses) and Aparigraha (non-possessiveness).

Niyama is observances and there are also 5 components: Saucha (purity or cleanliness), Santosha (contentment), Tapas (self-discipline), Svadhyaya (self-study) and Ishvara Pranidhana (surrender).

With such a comprehensive list from yama and niyama, it's no wonder they are an integral part of the eight limbs of yoga.

Moving along, the third component of the eight limbs is postures or practices, also known as asanas. In the yogic context, our body is a temple. Through the practice of asana, we develop a habit of concentration and discipline.

Pranayama, or breathing practices, play an important part in our mental, physical and spiritual wellbeing.

Weaning away or disconnecting the mind from our ten sensory organs is also known as pratyahara. Let us look at these ten sensory organs; they are broken down into two branches: the active expressions consist of eliminating, reproducing, moving, grasping and

speaking. And then come our five cognitive senses and they include smelling, tasting, seeing, touching and hearing. Imagine yourself disconnecting from these expressions and senses. Hard? Yes. Fulfilling and enlightening? Most definitely!

Concentration, or dharana, is the sixth component. So, what do we mean by concentration? It is a fixture of the mind on something which in turn helps us in concentrating better. Dharana is only possible if your mind is free from distractions. Oh my, I wish I would have known this sooner. Definitely, it would have been so helpful during my days as a student!

Meditation is known to be good for our spiritual and physical wellbeing; even more so when exposed at a tender age. This has even been proven from the scientific standpoint. It is known as dhyana.

The last component of the eight limbs is known as samadhi, which also means the state of superconsciousness. In samadhi, the mind becomes still and in total awareness of the present moment; in a constant state of euphoria. I cannot think of anyone who does not want to be happy all the time.

With all these explanation of moving towards the path of enlightenment, we can all fully grasp the amazing benefits they have in our lives when practised diligently. Take full advantage of a young age. If started earlier, imagine all the goodness one will reap.

This amazing journey is not going to be a walk in the park, but that walk will definitely bring you to, if not closer, to the path of enlightenment.

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, Puchong, Subang, and Klang.

For more information about MAYI Super Yoga Kids, log on to:

www.superyogakids.com

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Facebook: **SYK Superyogakids**

Email: superyogakids@gmail.com



Featured Asana

Supta Pawanmuktasana (Leg Lock Pose)

Step by Step:

1. Lie down in Shavasana and relax.
2. Bend the right knee and bring the thigh to the chest.
3. Interlock the fingers and clasp the hands on the shin just below the right knee.
4. Keep the left leg straight and on the ground.
5. Inhale deeply, filling the lungs as much as possible.
6. Exhaling, raise the head and shoulders off the ground and without straining bring the right knee to the nose.
7. Remain in the final position for a few seconds.
8. While inhaling, return to the base position and relax the body.
9. Repeat on the other side.



Variation:

This asana may be repeated by bringing both knees and bringing both thighs to the chest.

Benefits:

- Strengthens the lower back muscles and loosens the spinal vertebrae.
- Massages the abdomen and the digestive organs and is therefore very effective in removing wind and constipation.
- Massages the pelvic muscles and reproductive organs.



Contra-indications:

- People suffering from high blood pressure or serious back conditions such as sciatica and slipped disc.



Chef Yogi's Food Notes!

Vegetarian Kaya

by Kim Ooi



Ingredients

- 700 g pumpkin
- 400 g coconut milk
- 200 g brown sugar
- 2 tbsp custard powder
- 1/2tsp salt

Method:

1. Skin pumpkin, cut into small pieces and steam for 20 minutes.
2. Mash the pumpkin while still hot.
3. Mix all the ingredients in a mixing bowl and strain it.
4. Transfer mixture into a pot and cook over low heat until the mixture thicken.
5. Let it cool down before storing in sterilised jars.

SCHEDULE OF COURSES: JAN - MAR 2018

JAN

07-11/01/2018	SLG	Ayurveda Massage Therapist Course
14/01/2018	KLG	International Yoga Instructor Course - Foundation
15-19/01/2018	USJ	International Yoga Instructor Course - Foundation
20/01/2018	DU	MAYI Yoga Academy - Damansara Utama Open Day
21/01/2018	BSR	International Yoga Instructors Course - Advanced
21/01/2018	BSR	International Yoga Instructor Course - Foundation
20/01/2018	BSR	Pregnancy Yoga Instructor Course
20/01/2018	PCH	International Yoga Instructor Course - Foundation
22-26/01/2018	USJ	Super Yoga Kids Instructor Course
22-26/02/2018	SLG	International Yoga Instructor Course - Foundation
28/01/2018	PCH	Super Yoga Kids Instructor Course
28/01/2018	USJ	Jala Neti Workshop
28/01/2018	DU	The Natural Beauty Workshop
27/01/2018	KLG	Jala Neti Workshop
28/01/2018	BSR/PCH	International Yoga Instructor Course - Intermediate

FEB

03/02/2018	BFS	Ayurveda Massage Therapist Course
04/02/2018	USJ	Kundalini Kriya Yoga Course
04/02/2018	KLG	Mini Detox Workshop
05-09/02/2018	SLG	International Yoga Instructor Course - Foundation
05-09/02/2018	KLG	International Yoga Instructor Course - Foundation
05-09/02/2018	KLG	Ayurveda Massage Therapist Course
12-16/02/2018	BSR	International Yoga Instructor Course - Foundation
16/02/2018	BSR/PCH	Full Intestinal Cleansing Practical Session
17/02/18	BFS	Ayurveda Massage Therapist Course
23-25/02/2018	PCH/BSR	Pregnancy Yoga Instructor Course
25/02/2018	USJ	Manipuraka Awakening & Universal Healing Energy Workshop
25/02/2018	USJ	Urdhva Retas & Anti-Aging Workshop
25/02/2018	KLG	Ayurveda Massage Therapist Course
26/02-02/03/2018	BSR	International Yoga Instructor Course - Intermediate

MAR

04/03/2018	KLG	MAYI Yoga Academy - Klang Open Day
04/03/2018	USJ	Cardiac Health Awareness Programme
05-09/03/2018	BSR	Ayurveda Massage Therapist Course
09/03/2018	BSR	International Yoga Instructor Course - Foundation
11/03/2018	BSR	International Yoga Instructor Course - Foundation
11/03/2018	SLG	Kundalini Kriya Yoga Course
17/03/2018	USJ	YogaAsana - the Back Bend Series Workshop
18/03/2018	BSR	Anti-Aging - the Bodyworks of Inner Rejuvenation Workshop
18/03/2018	DU	International Yoga Instructor Course - Foundation
18/03/2018	KLG	Manipuraka Awakening & Universal Healing Energy Workshop
18/03/2018	KLG	Urdhva Retas & Anti-Aging Workshop
19-23/03/2018	BSR	Kundalini Kriya Yoga Course
19-23/03/2018	KLG	Super Yoga Kids Instructor Course
19-23/03/2018	BSR	International Yoga Instructor Course - Advanced
24/03/2018	SLG	Mini Detox Workshop
25/03/2018	PCH	Ayurveda Massage Therapist Course
25/03/2018	KLG	International Yoga Instructor Course - Intermediate
25/03/2018	KLG	Short Course on Effective Sleep
25/03/2018	USJ	International Yoga Instructor Course - Foundation
25/03/2018	BSR	Manipuraka Awakening & Universal Healing Energy Workshop
25/03/2018	BSR	Urdhva Retas & Anti-Aging Workshop
26-30/03/2018	DU	International Yoga Instructor Course - Foundation
26-30/03/2018	BSR	Super Yoga Kids Instructor Course
29/03/2018	DU	Prana Vidya Course

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NEXT INTAKE:

4TH FEB 2018 AT SUBANG
11TH MAR 2018 AT SELAYANG
19TH MAR 2018 AT BANGSAR
21ST APR 2018 AT BANGSAR
4TH JUN 2018 AT SELAYANG

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Prana Vidya opens up the awareness of the vast stores of energy within the human body, and teaches us how to consciously utilise them for the improvement of personal health and that of others.

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NEXT INTAKE:

29TH MAR 2018 AT DAMANSARA



*Let's celebrate the New Year
with a new addition!*

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8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt. Caves.
11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.
11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.
18A, Jalan Sanggul 1, Bandar Puteri, Klang, Selangor.

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