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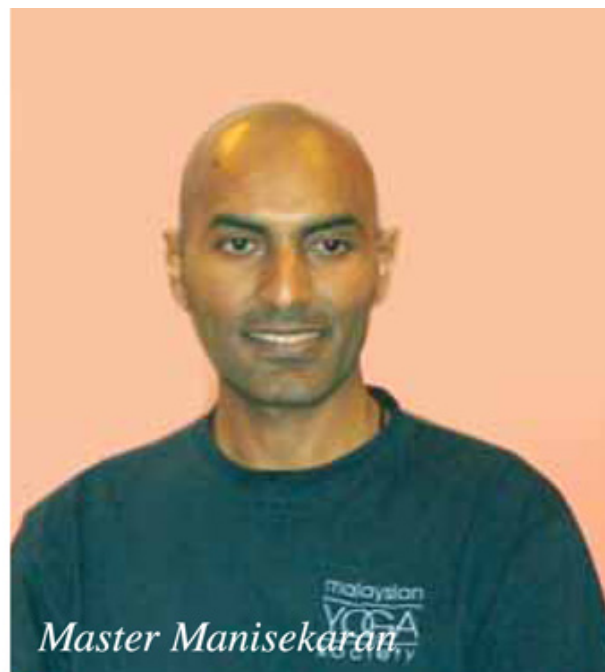
Healing from within



Message from Master Mani

The topic of healing and empowerment seems to have captured the imagination of the masses nowadays. Everyone has explored it in as many ways as possible. At times through modern medicine, at times through complementary/ alternative medicine, and other times through spiritual practices or observations but it is not limited to any of these processes. There are many more processes and techniques out there. Some are mind boggling to say the least but still has its adherents and supporters or continues to draw the curiosity seekers.

In pursuing all these, many have invested much time and wealth. Some dabble out of superstitious leanings, some out of sheer frustration (due to lack of any other means or being given up by their preferred healing modality), and others by referral. The so called unconventional methods have survived centuries of prosecution, ridicule and has often been branded as a practice of charlatans. Is this so? If yes, how come these healing sciences are still alive for centuries? How is it possible that they have become part of the mainstream healing modalities today?



Despite efforts to curb them by many interest groups, lobbyists and big commercial giants, these pure and simple healing modalities have come of age as a recognized entity in many civilized countries. Although there are bad names associated with these healing arts due to some black sheeps in the 'industry', nevertheless one should realize and empathize with this modality as in other modalities that such black sheeps do exist, but that doesn't mean that it is not effective or genuine. So do explore carefully, look out for legitimacy and apply common sense when you do.

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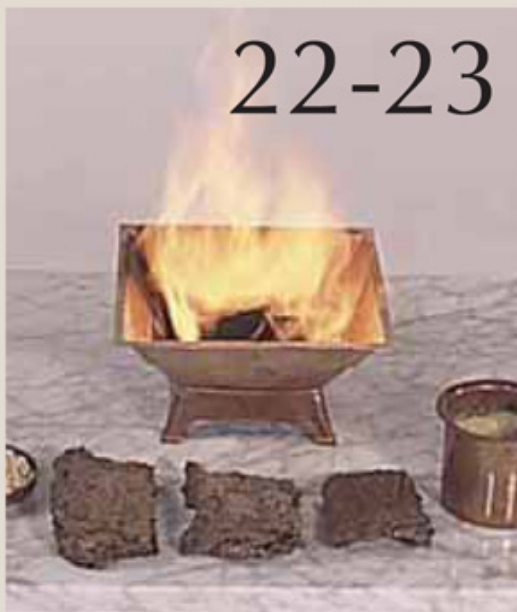
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Advisor:
Master Mani

Chief Editor:
Navanesan

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

Advertising & Circulation:
Nisha Chang, Lee Yan

Graphic Designer:
Danny Kwok

Cover Design by:
Danny Kwok

Printed by:
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Printing (M) Sdn. Bhd.
No. 6, Jalan 6/91, Taman
Shamelin Perkasa,
Batu 3 1/2, Jalan Cheras,
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No.3, Jalan Ang Seng 3,
50470 Brickfields KL



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

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H Healing from within

by Vijaya

When I was 18, I was hopelessly lost, suffocated, blank and psychologically trapped in a thick, dark, dense jungle ... or so I felt. It was like being imprisoned among huge, tall trees that were scary and overpowering. Glorified trees that were getting the sunlight which I wasn't.

Three years earlier, at fifteen, I was led into the emergency unit to see my father lying slumped like a crumpled vegetable on the bed, with tubes, wires and bloodied bandages crisscrossing all over his almost lifeless, almost out-of-shape body. The upper part of his right arm looked as if clumps of meat had been clumsily stitched together in order to prevent the hand from coming off. The sight of a breathing machine on his face was too much.

(Just a few weeks earlier, he would have been one of those fathers, very intent in their pursuit of making a living for the family. Coming back from school, ... oh yes, a school teacher ... he would have worked on tirelessly with the many cows, goats and chickens we had at the vast backyard, until late into the night. He would have relaxed a while before a wrestling programme, football, Dallas or the Sullivans. After me and my three younger siblings nodded off on the sofa, he would have carried each one of us to bed....)

I remember walking out of the emergency unit feeling as if the whole of the physical world had literally swung around, churned and tumbled into an endless pit. A sort of heaviness that I will never be able to describe, that would stump me for ages, settled within.

Whatever I knew life to be before that moment was never the same again.

"Life is like a drop of water upon a piece of heated iron, liable to disappear at any moment." — Swami Sivananda

My father had fetched me back from the tuition class when the accident happened, sometime around midnight. As I was very light, I was apparently thrown off into the drain nearby. I suffered a temporary loss of memory and physically sustained injuries that healed. Mentally, I was guilt-ridden as being the cause of the accident and emotionally I was a total wreck.

I stifled my pain and went into a dangerous world that was a great harm on itself. Deeper and deeper into this world, there was so much of pain and negativity that I became extremely introverted, my self esteem got killed, and on the long run, I started regarding myself as rubbish, a.k.a worthless. Very much into depression, I could see that my mother was too, but I was not in a position to help.

There were other depressing situations to cope with, within and without. Family finance had hit the bottom and even my eating pattern got disturbed for years.

Like attracts like, rubbish attracts rubbish, that's the nature of our being. We have the ability to derive only the worst from the best of situations when the internal is unwell. Like adding salt to wound, as our emotions and thoughts are murky, muddled and boxed up, it's also an easy invitation for imprudent people to take advantage of our vulnerable state of being.

Like Napoleon Hill said, *the mind attracts that which it dwells upon.*

Mostly, it's also easy to expand and extend suffering to others, especially the children at home or people who are dependent on us.

Nevertheless, I'd had a pretty eventful life. Just because I couldn't see the sunlight, doesn't mean

there was none. Look at the trees, there was aplenty, an abundance in fact. Throughout school days, followed by struggles to enter U, the many jobs, University days and then as a working person, I was very persistent in getting knowledge, moving and experiencing. On the outside no one can tell, but the inside was always broiling.

Healing is a pretty cumbersome process. It takes time. Especially after a traumatic experience and lots of continuous severe lessons.

It started with the sky, the stars, the moon, the sun, the trees and plants around the house. Trapped into my own world of utter nonsense and negativity, I would spend endless nights staring into the sky and talking to the plants.

Looking at the skies, I realise now that something akin to Tratak (concentration practice) had happened. Thoughts started falling off as the mind one pointedly gazed only at the stars and touched base with a very calm feeling. Peace oozed out from within every time I looked up at the sky. Still it wasn't deep enough.

It was a consolation. There were also well-meaning host of relatives around us at all times. My mind opened up via extensive reading and by fantastic, eye-opening speeches by well-known speakers, motivators, healers, trainers etc. I had a gala time at the university, doing the thing I had always wanted to do, literature.

There were concrete results but only about 10 per cent.

Books could not do it nor the speeches of the many skillful orators, and especially not literature. Not Shakespeare, not Hemingway, not Dr Mu. Va, not Akilon, not 'Patah Tumbuh', not the meaningful movies I've always made a point to watch, and not even the heart-rending bakthi songs I'd spent the most part of my life singing. (I can still hear my parents singing 'kawasam' together, every night at the prayer room, before the accident.)

After all that I've been through, I was pretty perplexed and not sure why nothing I did could bring about solid results ... as to the internal purification, that is.

Things would not change unless the internal world does. So, naturally, the seeking for the sunlight was integral in life. Swami Yogananda came into my life and told me very clearly to look for Kriya Yoga.

Then one fine day, I met Master Mani . He was standing at the farthest end of the Bangsar centre. A tall, lean figure that looked pretty small in a very bright, empty hall — full of words of wisdom. A guide. A catalyst.

What a stark contrast to the jungle ... Empty, bright hall and one tall figure that said the sunlight is not outside, but within (smile).

"Healing is an expression of love. It's the highest purpose of human existence. A reason for human to exist. An expression for existence to take place, the number one factor for it to be. Everyone is injured, hurt at all levels. It's the sharing of love that essentially heals."

With that, I walked into his guiding light and I understand things from a brand new light now.

Each of us at the yoga centre, who has stuck around for years, look at each other and marvel at how much we've changed. We've gone through yoga, cleansing, Kriya Yoga, Manipuraka, Prana Vidya, and many other powerful practices like Manas Dharana, Seeding, Tratak and so on.

My otherwise mundane, routine world changes to a 'Wonderful World of Disney' everytime I do yoga and Kriya. If I delay doing Kriya for a week or so, there's still tendency to go back to the old pattern of thinking but, after a few years of practice now I can safely say that I'm able to reverse my mood or the negative pattern of thinking as soon as I realise.

Now, I was only talking about doing Kriya, not even talking about the benefits. There are countless benefits in doing Kriya yoga, one of it is it's ability to penetrate the unused parts of the brain and seep into the unknown parts of the body. It enters the sub-conscious and erases the samskaras, or the negative cellular memories embeded there for ages and ages.

So, when we do Kriya, regularly, what happens is we are in fact cleaning the system little by little, daily ... like opening a tap of fresh water into a pool of muddy one. One day, the whole pool will definitely be filled with clean, fresh, bright, sparkling, energised and totally healed, pristine water.

Without any doubt, change is happening every moment now.

I asked Master about his own healing process:

"Practices, or sadhana, provided me with the tangible experience, healing me at all levels — emotional and physical. It healed my body and my mind. As a child it healed my medical conditions, as a young adult it healed my hurt and injuries. Sadhana produces healing definitely. It creates healing energy at all levels."



"Some say that love is the highest of expressions in existence, but healing takes a higher place. Love (physical or mental) can turn sour, can disappear, can hurt when there's too much of it or too little of it. When this happens, it's healing that saves. Healing is an absolutely positive, inspiring and powerful expression or emotion in the entire realm of existence. When love (physical or mental) leaves behind a damage, it's healing that gives life. It knows no prejudice, colour, gender, beauty ... It is the most neutral of happenings ... it heals anyone, everyone. No one is exempted."

Now, I probe within and can't even find the trace of the pain.

Healing is the most beautiful form of love to be shared with fellow humans and every other existence on earth. Knowing of people and how easy it is for them to be hurt and be suffering very silently, especially the children ... let's reach out and touch!

Everyone has within him the sunlight and has the ability to heal. It's a question of whether he allows himself to or not. **YM**

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EVENTS

Chilling at Ulu Yam Waterfalls

by Nemala

On a lovely Labour Day morning, our big Yoga Family gathered excitedly at the Bangsar Centre before heading to our destination. So where were we heading to this time? We wanted a perfect place to spend fun time with our loved ones while being surrounded by the beauty of nature, and so, the selected location was The Ulu Yam waterfall!

This waterfall is not far from the Kuala Lumpur city centre, approximately 45 minutes drive away. Our convoy of cars was led by none other than Master Mani.

Upon arrival, we unloaded our necessities from the cars and headed towards the waterfall. The very second we stepped into the forest area, a fresh breeze of moist air brushed over my face. Within steps away, I could see the charcoal grey rocks surrounding the rushing waterfall in the midst of the tall trees. The sound of the falling water was calm and soothing. I realised then, it was a sight I had long yearned to see!

A carpet was laid out on higher ground and we quickly set up our picnic spread.

While this was taking place, the children naturally being the most eager, could no longer hold back their exhilaration. They jumped right into the water and were the first to explore and splash around. How excited the children were and they could be heard occasionally exclaiming "It's so cold!". Seeing the children enjoy themselves was enough to spark my inquisitiveness and to awaken the little child within me. Voila! Next thing I knew, I too was in the water with them and true enough, the crystal clear water was as cold as ice.

Very soon everyone was immersed in the water. The air was filled with mischievous giggles as the children started to splash water on everyone around them, whilst some adults were relaxing by the rocks with

their feet submerged in the cool water. Others were playing by the edge of the waterfall, collecting sand and making sand animals of different shapes upon the rocks by the waterfalls. It was the best way to bond with the ever creative young minds that are full of energy. Every single person from the group eventually took a dunk in the fast-pouring water, just to experience the waterfall and clearly they all enjoyed the feel. Amidst all this, we also had the opportunity to see the beautiful view of the falling leaves as the wind blew and a sight that could not be missed was the many colourful butterflies that floated elegantly around the waters. Such a remarkable feeling it was, being so close and in tune with nature.

By midday, all the exertion sharpened our appetites and we soon came out of the water to fill up the growling tummies. As we reached our picnic spot, I was surprised to see the excellent array of food presented. Everyone who came brought a little something to share from burgers, nasi lemak, fried rice, 'Pulao' rice, juices, sandwiches and the list could keep on going. We ate to our hearts' content, and my, oh my... all the food were not only simply delicious and 'finger licking good'... it was all vegetarian! Thanks to the kind and thoughtful effort by everyone.

Many returned to the water after eating while some decided to stay on land to relax under the shade of the trees. Others took the chance to catch up amongst themselves. As the sun was rising to the peak, everyone started to clean up, signalling that it was soon time to leave. All that I could feel was so much joy and contentment. It was definitely a day well spent with serene nature and wonderful people. My gratitude goes to those who planned this trip, and to all who made time to spend with us.

Thank You, Malaysian Yoga Society! We look forward to the next one...



EVENTS

Yoga Franchise Open Day

by Surya



New visitors and friends streamed into Yoga Franchise (YF) studios during its Open Day event held on the 6th of May in Bangsar and 13th of May in Damansara Utama. On these special days, a wide array of yoga classes, workshops and courses offered at YF studios wereshowcased under the banner "Yoga for All".

Guests were warmly welcomed as the event kicked off with a lively yoga performance by the MAYI demo team, which featured creative yoga posture group formations. Variations of postures were also demonstrated at different levels of intensity to show that yoga can be practiced by all.

A mini workshop on Precision & Alignment techniques was presented following the performance, which gave the guests an opportunity to sample the effectiveness of posture adjustments with the help of yoga props such as blocks, belts and blankets. The main highlight here was a better understanding of the spine for better freedom of movements and to reduce bodily discomforts.

The active 45-minutes session certainly worked up an appetite for the guests to then be satisfied with some mouth-watering delights. By this time, just about everyone was acquainted and merrily chatting away with each other until the end of the afternoon.

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A

sana Of The Month

Yoga Therapy for Cancer Patients and Survivors

The form of yoga that is suitable for cancer patients or a person who is dealing with the after effects of cancer treatment is more gentle according to the principles of yoga therapy. In general, exercise helps to maintain health and comfort during the process. Not only that, it also stimulates anti-cancer immune functions. Hence, cancer patients and cancer survivors are able to sustain their health and quality of life through exercise. Yoga therapy is used as not all types of postures are suitable for cancer patients and cancer survivors. Therapeutic yoga breathing helps to increase vitality in the body. Therapeutic yoga postures help in reducing tension and increasing the well-being of cancer patients. The body's respiratory and circulatory systems are healed and nourished through restorative yoga -- in which the practitioner simply relaxes into the pose.

Yoga therapy is helpful for cancer patients and survivors as it increases macrophages activity and anti-cancer immune cells. Moreover, practicing in a group helps lift spirits and encourages regular practice. With the help of a skilled yoga therapist, you can determine which postures fit your body and needs. Hence, the more enjoyable you find your yoga practice, the more likely you will practice it regularly and this will boost your immune system, lift your spirit and restore strength and health. The best yoga for cancer survivors is more gentle and restorative in nature as it allows your body the deep rest needed to heal itself. Yoga practices are deeply soothing and relaxing. Most importantly, cancer patients or survivors should not strain themselves. Doing slowly and concentrating on the postures would make them easier.

Alternate Nostril Breathing

Sit in a comfortable position. Close your eyes and be aware of breath flowing through your nostrils. Place your right index and middle fingers at the eyebrow centre. Close your right nostril with your thumb and inhale through your left nostril. Close your left nostril with your ring finger, release your thumb and exhale through your right nostril. Inhale through your right nostril, close it with your thumb, release your ring finger and exhale through your left nostril. Repeat this cycle four times to balance your mind and soothe anxiety.



Shavasana

Full relaxation pose is especially good for your nervous system, invites you to still your mind and let go. Lie on your back with your legs slightly apart and rest your arms slightly away from your body with your palms facing upwards. Place a folded blanket under your head if necessary. Inhale and exhale slowly, easily and completely. **YM**





Articles by Practitioners

Surya Namaskar and Manipuraka: My Trusted Friends In The Himalayan Mountains *by Nirmell*

Sikkim is a hilly paradise situated in the Himalayan Mountain region of Western India. I have hiked many mountains in Peninsular Malaysia for the past 3 years and had always wanted to experience hiking in a foreign land. Arriving in Calcutta with my faithful hiking team, we took a ten hours train ride towards West Bengal and journeyed up to West Sikkim using a jeep. The seven hours drive around the mighty Testa River was an ordeal through the horrendous winding roads and numerous sharp turns. We headed to Yaksom, a small village located about 1700 meters above sea level.

I was taken aback by the serenity and spiritual ambience that surrounded this place, marvelling at the blocks of wooden houses which peppered amongst the greeneries of the majestic mountains. That night, we prepared our gears for the hike on the next day into the Himalayan forest depths. We were briefed on altitude sickness or acute mountain sickness (AMS) which can affect hikers at altitudes above 2400 meters. AMS is due to a combination of reduced air pressure and lower oxygen levels at high altitudes.

Filled with excitement on the next morning, we embarked on our journey and headed westward into the mystical Himalayan forest. In our team were seven locals including a guide, a cook, two pack animal owners and porters who carried the cooking utensils and camp gear. Along the journey, I was mesmerised by the view of numerous mountain peaks which extended towards the horizon in shades of green to blue. How thankful I was to be able to dwell in such beauty. We had lunch after crossing the bridge and proceeded for another 4 hours steep climb to our campsite. By 7pm, we reached Bakhim and rested for the night under a clear night sky.

The next day, I awoke to a discomfort in my stomach. Dizziness crept into my head as the feeling of nausea journeyed forcefully up to my throat and my vision was

blurred. I associated the symptoms with indigestion from yesterday's lunch. We were already at 2438 meters which was an elevation that could potentially trigger the onset of altitude sickness. Despite the discomfort, I journeyed on up a steep path towards our next campsite which was located at 2745 meters. Breathing difficulties started during the strenuous 2km hike which began to show itself gradually as periodic shallow breaths, followed by deep sighing, and the same cycle repeated in rapid succession, depriving me of the chance to relax or regulate my breathing in between. I somehow avoided the watchful eyes of the porters who had noticed my discomfort earlier during breakfast. We soon reached a beautiful horse ranch called Tsoka. Here I felt relieve by the opportunity to utilise the public toilet, assuming that it would solve my discomfort. But it didn't.

After an hour's rest, we ascended towards Phethang but my ability to fully appreciate the beauty around me was robbed by the sudden sense of trepidation and dizziness that shook my balance. I literary felt as if my lungs had been reduced in size and my heart was about to explode as it pounded hard against the low oxygen environment. Unable to walk any further, I had to stop every two or three steps and occasionally bent over to place my forehead on the top of my walking stick, only to face a blue coloured world when I opened my eyes moments later. I felt I was losing my grip and became very angry with myself. I punched on my nose a few times and the coloured vision returned for a mere few minutes, before the dreadful cycle of breath shortness resumed and haunted the rest of my journey. Step by step in peril, I struggled onwards to Phethang. My head was clouded with confusion but I soon made it. While the rest rushed for



the lunch table, I collapsed onto the cold, moist grassy floor. My uncle carried and placed me on a stool, where I forced myself to eat and then excused myself to collapse in a nearby hut in full view of the group!

The guide suggested that I should end my journey and advised me to stay put while the rest of the group continued on. However, I wasn't in a receptive mood. I couldn't even remember when was the last satisfying pull of oxygen I had as everything seemed frozen in time. In the midst of turbulent heartbeat a thought flickered and urged me to do Surya Namaskar. Deep within my subconscious, I remembered the yogis in the coldness of Himalayas could do it! So why can't I? So I gathered the little strength that was left and raised my hands up into namaskar poise in the hut. My first draw of breath only led to a cough that disrupted the process. I stopped to refocus my energy before giving it another go. This time I did it as humbly as I could and completed two full rounds of Surya Namaskar. Instantaneously a warm sensation rushed around my body with a sense of awakening. My vision became crisp clear and my limbs felt agile again. I jumped out of the wooden post and walked out of the hut to the surprise of the porter. I informed him I would continue the journey and assured the rest I would be fine.

The new found stamina I received carried me without any symptoms for about an hour or so, but as we ascended, the symptoms recurred. This time, it came back with a vengeance. The breathing difficulties became worse and everything turned blue again. I was on the verge of collapse but refused to accept that altitude sickness would be my downfall. Left with no other option, I sat meditating in the forest depths under a tall Pine tree. With the serenity of the forest around me, my mind calmed as I initiated Manipuraka and waited. I was confident this would provide me with the energy I needed to reach my destination. My body felt much better and breathing returned to normal. This allowed me to continue walking slowly to reach

Dzongri Base Camp (about 13,000 feet)! Before any symptoms could take over me again, I entered my tent and skipped dinner that night.

My sleep wasn't peaceful; I shivered throughout the night and had to rush out to ease myself in the wee hours of the morning. The next morning I woke up in a terrible condition. I could barely raise my body but I was determined. I hadn't come this far to fail now. Struggling to rise, I patiently did Surya Namaskar. At this point, at least I was able to walk and felt much calmer than before. At 4am in the morning, we journeyed to the final peak.

While everyone had reached the peak, I continued a lone struggle with each step to the intense heat beat and breathing shortness. In a deep corner of my mind, I wondered what altitude sickness would have done to me if I never knew basic Surya Namaskar techniques. But I knew another Surya Namaskar session was not possible here on the hill slopes, so I pushed myself to continue ahead when suddenly my vision turned into a hazy golden yellow. It was the AMS!

My eyes were half opened as I dragged my feet on. I was only 10 minutes away to the peak and was reluctant to miss the sunrise. Here, I gently awakened my Manipuraka chakra to activate self healing and a blissful ray of Universal energy radiated throughout my body to bring me comfort as the sun rose in the sky. What a wonderful welcome it was! Without halting any longer I raced towards the peak.

Five minutes later, I stood proudly atop Dzongri Peak at 4200 meters with my wonderful friends. I marvelled at the magnificent 360degree view of the ice capped mountain range. Silently in my heart, I thanked the blessings of Yoga, Manipuraka and my friends who helped me pull through the journey with a memory that would last a lifetime.



A

rticles by Practitioners

Flowing with the Universal Energy

by K. Saravana Sealan

I was introduced to Malaysian Yoga Society (MYS) when I participated in the International Yoga Instructor Course (IYIC), MYS Karma Yoga Project in Batu Arang, conducted by Master Mani and his awesome team in November 2011.

I remember Master Mani mentioned during the course that yoga postures (asanas) were 'realised' by the ancient sages or 'Siddhas'. And the postures were 'realised' through Cosmic intervention to cure and correct imbalances of the body or to help maintain the internal organs in optimum health.

Ever since then, I've always pondered on how the ancient sages or 'Siddhas' might have come up with all the yoga postures to keep them in that state of health and mind...

There had to be a shift in mindset through a 'technique' for a phenomenon like this to happen, I thought to myself...

The Manipuraka workshop was brought to my attention by Saandhi (a cool yoga consultant with MYS). When we were discussing energy and how one could use the Universal energy to help others heal and to heal oneself, the workshop Manipuraka came up. I was excited with the idea and was eager to know more.

It was during the Manipuraka preview session by Master that my quest found an answer: Manipuraka allows yoga to happen, naturally. Yoga here is the union of mind, body and breath.

How cool it would be to embark on this workshop as it worked with energy directly and seamlessly from the Universe. What was most inviting about Manipuraka was that as a healer, one does not need to know what the person to be healed is 'suffering' from. On top of this, the healer will NOT feel a tinge of pain or anxiety, before or after the healing. Better yet the healer will be feeling fresher and healed themselves. It seemed like double bonus! My two friends and I decided to sign up for the Manipuraka workshop.

The Manipuraka class was an experience, beyond words...

Unlike Hatha Yoga, Manipuraka involves something called 'Saktipat' (which by definition in Wikipedia refers to the conferring of spiritual "energy" upon one person by another). Saktipat is considered an act of grace (anugraha) on the part of the Guru /Master or the divine. Its reception cannot be forced and the recipient must be open to such an influx.

As the definition implies, the openness of the recipient, is a vital aspect to the successful transmission of this energy from the Master. From there, it is the recipient's perseverance and commitment to the practice, to evolve, just like any other practices.

After Manipuraka, we were all feeling refreshed from the experience. It was wonderful...

For the following week, it was self-practice and self-healing for me before any external healing was advised.



Subsequently while practising Hatha Yoga, I realized that there was so much more grace and fluidity in the movements and postures. The energy level in the body was increasing gradually, making the yoga practices, coupled with "Manipuraka awakening" a complete Joy and therapeutic.\

Now, Surya Namaskar (the Sun Salutation) seems to 'happen' gracefully, with numerous effortless rounds.

Some postures that I've never seen before, seems to naturally find its way in the healing, whenever it's allowed. One such posture happened when I had a backache and allowed Manipuraka self healing to do the correction. I later found out that it was sethu asana (bridge pose) - a posture to strengthen the back.

One day, when my nephew was complaining of a headache, Manipuraka healing came to the rescue.

Whenever I feel the energy within me or around me getting lower than usual, Manipuraka / Universal Healing Energy will help to balance the energy.

While 'skyping' with a dear friend in America, I learned that she was going through some emotional turmoil and needed some help. While explaining about the Universal Energy Healing, I allowed the healing energy to pass to her. In the next few days she found herself cheerful again. I realized that as a healer, we can also do distant healing on emotional issues.

Recently, when I was working on a research paper on child psychology (an assignment for the Super Yoga Kids Instructor Course), there was information overload and it brought some anxiety and agitation, distracting me from focusing on the completion of this paper. There seemed too much to read, digest, understand and write.

After practicing Manipuraka, I realized that the mind was composed and calmer... When I sat down to write the research paper, the information seemed to flow somehow. I managed to complete the research paper almost effortlessly.



Manipuraka is the Universal Energy trying to pass through one's body and back to the Universe. In the midst of flowing, it unclogs, heals or cures the blocked energies, through spontaneous corrective movements, be it physical, emotional or intellectual level, in order to maintain the same intensity and energy as it is coming from the Universe. I believe, eventually, as the Universal Energy is allowed to flow, more and more positive transformation could be realized by the practitioner, be it in the physical, emotional, intellectual, energy, psychological or spiritual realms.

My sincere gratitude and Namaskar to Master Mani for the Saktipat and the teachings, Saandhi for her enthusiasm to share, Meiwan (the SYKIC Trainer, who inspired me to look into Child Psychology for the Research paper) in rekindling the experiences of Manipuraka for this writing to be possible, the MYS, MAYI, YF Team of awesome people, family, friends and the Universe.

Through this, I wish the Universe offers the same or better means for Everyone to Enjoy a Fuller, Healthier, Joyous Life!

Manipuraka, from the Universe, to the Universe, by the Universe... Let the Universe heal itself. Let the benefits be positive for ALL... How Humbling... Thank you ! **YM**



Manipuraka Awakening

(Spontaneous Physical
Movements) & **UniYoga**
(Universal Yoga Healing)



**What you can acquire from the
Manipuraka practice:**

- Enhance your wellbeing and positive energy field
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- Learn to sustain energy levels by tapping into the unlimited universal source
- Experience self-healing potentials
- Learn how to heal others
- Rediscover latent intuitive powers
- Tap into inner knowledge
- Experience movements of energy with full consciousness

Date: 23rd September 2012 (Sun)
Time: 10.00am – 2.00pm
Venue: Damansara Utama (Uptown)

Preview: 22nd July 2012 (Sun)
Time: 3.30pm – 4.30pm

In February 2009, I was going through depression. Hormone changes was happening within me and taking charge of my body and mind. I was angry, emotional, with a loss of appetite and depressed. Through the Manipuraka practice, I started feeling positive, energised and changes were taking place within me. My anger has reduced and I am calmer now. Manipuraka has the ability to change me in terms of health, mental and emotional wellbeing. I have healed myself (my heel, knee and migraine) completely by directing the energy to the exact spot. I have also healed my daughter's stomach ache and fever. Embracing Manipuraka has enriched my life in many levels, helping me find inner calm in a fast and stressful environment, whilst promoting total body health. I am able to shift my negative thoughts to positive and Manipuraka allows me to feel at ease and more complete with myself.

-Devi Nair

**Upon completion of the workshop you will be entitled to unlimited free practice sessions*



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- Cures premature ejaculation
- Gaining mastery over the sexual impulse
- More joyful physical relationships
- Improved fertility for conception & a natural way of contraception
- Sense of inner peace & balance
- Heightened mental capacity & memory
- Weight loss

Date: 23rd September 2012 (Sun)
Time: 4.00pm – 6.30pm
Venue: Damansara Utama (Uptown)

Preview: 22nd July 2012 (Sun)
Time: 3.30pm – 4.30pm

My spouse and I are both practitioner of Urdhva Retas and we both found it to be one of the best techniques we have ever learnt. The most uncanny thing is that after a full night of intimacy, we are both still radiant with energy, not drained or pale and can have a productive day full of activity. Our relationship has deepened and become stronger since Urdhva Retas. There is no longer any feelings of craving or insecurity between us as a couple. At times we can even go for months without any physical intimacy and yet there is still such closeness, sensitivity and love between us.

- Anonymous

5 years ago, I had a 5cm ovarian cyst removed in an operation. Unfortunately 6 months later, another cyst of 3cm and a few fibroids were detected again in my uterus. After attending the Urdhva Retas workshop, the pain reduced in frequency, my chronic constipation was cured and my menses became regular. Subsequently, an internal ultra-sound scan result confirmed that the 3cm ovarian cyst and fibroids have disappeared! I am so amazed by the wonderful benefits of Urdhva Retas Yoga.

-Yuki Ng



Contact:

03-2260 5322
03-7726 6682

Email:

theyogafranchise@yahoo.com

Website:

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Y

ogic Wisdom For Daily Living

avidyā asmitā rāga dveṣa abhiniveśaḥ pañca kleśāḥ

The five afflictions are ignorance, egoism, attachment, aversion and clinging to life. II.3

dr̥g darśanaśaktyoḥ ekātmatā iva asmitā

Egoism is the identification of the power that knows with the instruments of knowing. II.6

by Jamie Spatafore

Patanjali says that at a basic level there are five afflictions that keep us from realizing our true nature. Of the five, egoism is often the least discussed. What is it? Of course we know how it is used in everyday language. We say that a person is “egotistical” when he/she only thinks of him/her self. Or perhaps he/she has an inflated sense of themselves.

As usual Patanjali goes directly to the heart of the problem. He says that egoism is actually wrong identification. He says that egoism arises when we wrongly identify with what is taking place in our mind and body. This coincides perfectly with our discussion in the previous issue of Yoga Mail. Let us review using the example of sight. Either artificial or natural light falls on an object and illuminates it. That light then bounces off the object into our eye. The eye then relays that information or picture to our brain. Let us stop the process right here. What has the eye done? Has the eye actually done anything at all? Can we say that the eye has created the image? Or can we say that the eye is a neutral party that only receives the images presented to it?

The only way we know or experience the world around us is through the five senses. Therefore we can say that the senses are the instruments of knowing. Without them, we would only be internalized beings instead of externalized beings and the world would not exist. Let us be clear, this is the way nature intended. There is no problem here. The problem, as Patanjali states it, is wrong identification.

So how do we identify ourselves to others? I will just say “I”; “I like this”, “I don’t like that”. I don’t go around saying “this body that is so tall, weighs so much and has white skin, likes that”. The easiest thing to

understand is our existence. We affirm our existence with the use of “I”. One day when you are feeling particularly aware just watch how many times you and others use the word “I”. We cannot stop it. It is so natural. This is a direct sign that there is something else, something deeper than what we see, hear, taste, touch or smell. We actually know this by experience.

Is this feeling of “I”, the power that knows, as stated by Patanjali? Let’s investigate further. When we wake up in the morning we say, “I slept well”. Someone may ask how we know this. Were our senses working at the time when we were asleep? Were they receiving images of light, sound, touch, smell and taste then? The great sage Ramana Maharshi will say, “Do you doubt your existence in deep sleep?” Of course we will not doubt it. Upon waking we will say, “I slept well”. We absolutely know this to be a fact even though our senses cannot provide direct testimony to that fact. Therefore, there must be a deeper awareness that does not depend on the 5 senses for knowing.

Once again let us backtrack and clarify. There are not two “I”s. There is not one “I” that is awake and seeing the world through the five senses and another “I” that is aware during sleep. They are the same “I”. This one “I” has the power to know with or without the senses. It is not dependent on the senses. It only uses them as the instruments of knowing.

So if we want to realize our true nature and obtain freedom, we have to deal with all five afflictions of which egoism is one. We need to use our direct experience that while the “I” uses the instruments of knowing, it is different and beyond them. If it weren’t, we would cease to exist during deep sleep which we know in our heart is not true. Peace. **YM**

At Your Fingertips: **Detoxify & Start Healing From Within** *by Lee Yan*

Everyday we are exposed to countless types of environmental toxins and harmful substances that burden our body. Little do we realise, our home is a place where most of us are exposed to toxins. This ranges from detergents, all purpose cleaner, air freshener, insect repellent to pesticides, among others that we may be using.

These harmful substances could end up in our body and our children's body, and may even cause health issues. Have we ever given any thought about the chemically loaded toiletries and personal care items which we spray or apply on our skin? It is estimated that 60% of what we put on our skin are absorbed into our body. An average adult apply 126 unique types of ingredient on their skin daily and nearly 90% of them have not been evaluated for their safety. Ever wonder whether those hard to pronounce terms on the product labels are safe to use for our body? Think twice!

One main direct contributor of toxins to our body are the heavily processed foods that we consume. The consumption of processed, artificially flavoured and coloured foods with excessive quantities of white sugar or white flour may also contribute to degenerative diseases such as cancer. As our modern diet contains high saturated fat and animal proteins, it has also led us to an almost universal state of imbalance of gastro-intestinal health.

How the body copes when overwhelmed by toxins

Our body has its own organs of detoxification. These detoxification organs help to filter and break down the toxins so that they can be flushed out from the body. The detoxification process is very important for the body systems to function at its optimum and remain as healthy as possible. Over time, our organs may grow weary from the overloading of detoxification task. However our body is amazingly resilient and very often will not show any definitive symptoms. But when they do, they appear in non specific symptoms such as decreased in energy level, headache, fatigue, and weak immune system and minor digestive problems such as bloating, gas, belching, indigestion and constipation. Most of us either ignore these early manifestations of toxins overloading or suppress the symptoms with antacids, gas relievers, laxatives and numerous other modern drugs.

Healing is a natural state... so why does the body not heal?

In the philosophy of regeneration, healing is a natural state. Our body will heal on its own if we provide a proper environment. However, with the increase of total body burden it has compromised the body's regeneration process and healing capacity.



For example, our intestinal tract instead of being an organ responsible for supplying nutrients and eliminating waste, it turns into a gigantic waste dump that increases the toxic burden on our already overtaxed body. This toxic environment in our body may lead to changes in permeability of the intestinal wall, which allows the absorption of many toxic chemicals into the blood stream. As a result, the total toxic load in the body is increased which places an additional burden on the liver and the kidneys, our main organs of detoxification and elimination. This vicious cycle known as auto-intoxication is repeated continuously if we do not do anything about it.

Cleansing for healing

In yoga & ayurveda science, for good health great emphasis is placed upon the cleansing and regeneration ability of the body. These promote the elimination of accumulated waste products and metabolic toxins from the digestive tract, the bloodstream and other parts of the body while rectifying the states of physiological imbalance. A systematic cleansing helps to improve the functions of the key detoxification organs such as liver and kidney to function at the optimum. A gentle and effective cleansing complements and enhances other healing practices that we may be doing.



Cleansing and benefits

After a cleanse, we will also experience great benefits which will manifest as increased vitality, improved skin complexion and a youthful appearance, healthier body weight, balanced hormones, better concentration, being able to think clearer, feeling of general wellbeing and an increase in overall fitness and energy.

Tips for “Spring Cleansing”

1. Replace daily personal care and household products with non-toxic ones
2. Perform a detoxification programme once or twice a year to improve bodily functions
3. Increase vegetable and fruits intake in our daily diet
4. Practice yoga techniques and exercises to support the detoxification process
5. Embrace and enjoy the process of cleansing

Tips for choosing a detoxification program

1. Choose one which is gentle and complements other healing practices
2. It must be natural, safe and non-invasive
3. It must support individual lifestyle and dietary needs

Reducing self intoxication is important to promote healing. As mentioned, our body will heal itself when provided with a good environment. The choice of foods that promoted self-healing are crucial to speed up our body healing process.

To know more about how we can effectively cleanse our body, a detoxification programme is held every month at NSR centre. The next detox programme will be on 7th July, 5th August and 14th October. There will also be a body detox retreat scheduled on 14th to 16th September. For more information please contact 03-77241072.

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Yoga Therapy: Cancer

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. The body is made up of trillions of living cells. Normal body cells grow, divide and die in an orderly fashion to allow the person to grow, to replace worn-out or dying cells or to repair injuries. Cancer starts when cells in a part of the body start to grow out of control. Instead of dying, cancer cells continue to grow and form new, abnormal cells which can also invade other tissues.

A cancerous cell is a weak and confused cell with incorrect genetic information, genetic predisposition, improper usage of indriyas (senses) in carrying out day to day activities, over exposure to carcinogenic substances (foods, smoking, alcohol, pollution) radiation, viruses and also mental & emotional factors. Cancer can take place in any part of the body. When ama (toxins) is accumulated in the body, it takes the form of a tumour or ulcer which keeps growing.

Yoga therapy to complement cancer treatment on a few levels:

1st Level - the physical body (anamaya kosha)

Simple asanas to work on different muscle groups to release tensions and stresses to give deep rest to all organs and internal systems. This will enable basic defence mechanism to recoup faster.

2nd level – slowing and balancing the breath (pranamaya kosha)

Various breathing techniques and comfortable sitting positions to restore breath balance between the two nostrils and feeling of deep relaxation

3rd level – emotional and mental levels (manomaya kosha)

Reducing hypersensitive reactions that cause great anxieties through Yoga Nidra and Cyclic Meditation. When emotions subside and mind goes into a state of deep rest, a resolve is made to strengthen the will and immune defence.

Further levels are not discussed here but can be explored through consultation with an experienced yoga therapist.

Cyclic Meditation - A cyclic sequence that alternates stimulation and relaxation is used to go into deep silence by stretching consciously and systematically and then relaxing using various postures like Pada Hastasana, Ardha Chakrasana, Ardhakati Chakrasana, Shashankasana and Ushtrasana to stimulate at muscular level. All the postures are performed with a slow speed maintaining internal awareness (observing, as a Sakshi, various changes in the system with eyes closed). Cyclic Meditation sequence also includes Techniques of Instant Relaxation, Quick Relaxation and concluding with Deep Relaxation. **YM**



Ardha Chakrasana



Ardhakati Chakrasana



Pada Hastasana



Shashankasana



Ushtrasana



Vajrasana

For a free yoga therapy first consultation please call: 03-22605322 (Brickfields/ Bangsar); 03-77276682 (Damansara Utama)

Eco's Echoes

Healing of the Environment with Homa Therapy (Part One)

"At sunrise the many fires, electricities, ethers and more subtle energies [or pranas] emanating from the sun extend all the way down to the coordinates where the sun is said to rise. It is awesome. The flood enlivens and purifies everything in its path, destroying what is impure in its wake....." (Vasant Paranjpe)

We all live on this planet and we are part of something bigger than ourselves; we are part of the environment. We all breathe the same air and drink the same water. We all walk on the same ground and experience the same sunshine and moonlight. Earth is something that we all have in common. It is our home and it makes sense to preserve it.

In this article we shall explore a traditional way to cleanse our environment – in particular the earth's atmosphere. In the Vedic science of bioenergy - Ayurveda the Homa is an Aesthetic Therapy which is a collection of sound and smoke. In this process the smoke generated by the herbs burned along with ghee is similar to that inhaled in Ayurveda "Inhalation Therapy". In the Ayurveda Panchakarma therapy called "Nasya", the nasal administration of different medicated oils /juices are practiced. When smoke is used in the inhalation treatment it is called as "Nasa Dhooma".

Yajnya is the technical term from Ayurveda denoting the process of removing toxic conditions of the atmosphere through fire (also known in as Homa). Thus Homa or Agnihotra is a healing fire for purifying the atmosphere considered as old as creation.

It is a process in which a specially prepared fire performed at sunrise and sunset daily can heal the atmosphere in our homes. Homa also nourishes plant life and neutralizes harmful radiation and pathogenic bacteria. It harmonizes the functioning of Prana (life energy) and can also be used to purify water resources. Pure, nutritious, fragrant gases are produced.

The central idea in Homa is that when the atmosphere is healed by us then the healed atmosphere also heals us. The nutrients that pollution robs from our environment are replenished. The most basic Homa is tuned to the biorhythm of sunrise/sunset. It is said that

the performance on a regular daily basis establishes the healing energies necessary for a healthy environment.

We may also view that all of life (including us as humans) is made up of light bound by matter energetically. During a Homa fire, when something such as wood is placed into the fire, matter is being released back to its original essence which is a light. Fire transmutes the earth energy into a light energy releasing it to purify the atmosphere.

The process of Homa involves preparing a small fire with dried cow dung cakes in a copper pyramid vessel of fixed size and putting some grains of rice and ghee (clarified unsalted butter) into the fire exactly at sunrise and sunset accompanied by the verbalisation of two simple Sanskrit mantras. As Sanskrit is a language of vibration it is said that changes in the atmosphere can be made with these mantras during the process. Besides the energy from the fire; subtle energies are also created by the rhythms and mantras vibrations.



As the abundant healing energy emanates from the Homa pyramid a magnetic-type field is created, which neutralizes negative energies and reinforces positive energies. Homa purifies the atmosphere of pollutants and neutralizes harmful radiation. The resultant atmosphere gives nourishment to plant life. If Homa is performed as prescribed the basic effect reaches up to 12 kilometers into the atmosphere and a $\frac{3}{4}$ km diameter around the copper pyramid.

Materials Required for Homa/ Agnihotra

- copper pyramid of prescribed shape and size
- dried cow-dung cakes
- 100% pure cow's ghee (clarified butter)
- unpolished, unbroken rice grains
- sunrise/sunset timings up to seconds accuracy
- simple Sanskrit Mantra

Dried cow dung cakes are used to prepare Homa fire. Traditionally dried cow dung are made into pancake-like patties from fresh cow dung and dried in the sun then stored for daily use as fuel. It is a proven fact that medicinal properties are present in the cow dung cakes and the resultant smoke that emanates after burning them. Cowdung contains plenty of Menthol, Ammonia, Phenol, Indol, Formalin and specifically its bacteriophages eradicates the pathogens and is a recognized disinfectant. Cow dung can absorb all the three rays -- alpha, beta and gamma. According to Uttam who has worked in the ministry of science and technology of India, traditionally thick layers of cow dung lining outer walls of houses will absorb harmful gamma rays. This was reported in The Times of India 2011

In all ancient cultures, like the native Indians of North and South America, Scandinavians, Asians and Africans, cow dung applications are used for a variety of ailments. In books of folk medicine practiced in Europe, one finds many references to cow dung as a medicinal substance.

It is the opinion of an Italian scientist that merely with the smell of fresh cow dung malarial fever and the pathogenic bacteria vanishes. The Russian scientists too have found that objects or the walls of houses coated with cow dung paste protects or safeguards them from radiation. Many doctors in the West are taking interest in Homa and experimenting with the dried cow-dung powder smoke while treating respiratory problems.

Cow's ghee is an essential ingredient. Homa cannot be and should not be performed without it. Cow's ghee in Homa fire produces acetylene, the energy of excessive heat, which sucks in the polluted air and purifies it. The gases that are produced from burning of the cow's ghee possess the wonderful capacity of removing mental tensions and curing many diseases.

MANTRAS

There are vibrations that exist everywhere. It is only vibrations when you go into it. Where there is vibration there is also sound. When mantras are uttered, the sounds activate special vibrations that will create certain effects and the desired results are realized. These vibrations exist for everything, so anything can be activated or transformed by mantras. **YM**



Copper Pyramid



Dried Cow-dung Cakes



Cow's Ghee



Rice Grains



Sunrise/ Sunset Timings



Sanskrit Mantra

Inner Insights: My Yoga Discovery

by Mogana Wandaia

I can still remember, the first time I went to Meditation class when I was only 14 years old. I had no idea at all about kundalini meditation at that age but enjoyed watching people sitting in padmasana, spine erect and closed eyes peacefully. That's where my passion for inner journey started.

A Kundalini Yoga Guru initiated me and I had beautiful experiences. My spiritual thirst started from that day onwards. Even though I didn't understand about Kundalini, chakra's and meditation at that tender age, I felt a pulling inside of me look further. I become the Guru's disciple and helped out in his meditation classes. Eventually, I had to put my spiritual interest aside due to commitment and studies until the perfect timing.

When things settled down a little, I started to be involved in other streams of yoga too, like Bhakti and Raja Yoga. I helped the organisation in their management and karma yoga projects while my thirst for the inner truth became more intense. The experience with Raja Yoga was amazing but I felt something was still missing. I explored more and more, reading from books, attending motivational classes and tried many other ways to gain more knowledge.

One day, I went to a spiritual talk and after the talk I spoke to the preacher who noticed my passion and excitement in spirituality. He introduced me to study Kundalini Yoga from an International Kundalini Yoga Association. I took up the course and their teachings of Kundalini Yoga is more scientific. Here I learned other types of yoga, like Guru Yoga, Laya Yoga, Mantra Yoga and the list goes on. I then started to teach meditation and yoga classes but whatever I did there is still a kind of emptiness within me. And finally I realized that what I was seeking could only given by my own True Guru. You see, we can have thousands of gurus but only one Satguru.

I started to travel to many places looking from one group to another group, different gurus and spiritual paths but nothing satisfied my inner calling. I was disappointed many times by the things that were happening in the name of spirituality, but never gave up and I took it as a lesson to venture further.

One day while I was driving around my neighbourhood, I saw a small banner with a MAYI Logo which attracted my attention. I had experienced Kundalini Yoga, Bhakti Yoga, Raja Yoga, Karma Yoga ... etc. but not Hatha Yoga (physical postures and exercises) which I did not feel any interest. But I thought to give it a try. So I called and spoke to my Hatha Yoga teacher, Navanesan, a very humble, simple and flexible hatha yogi. To my amazement I started to enjoy his classes and he encourage me to become an instructor. I'm not very keen on physical exercises but I found Hatha Yoga made my mind and body stable. For some time I had been sitting in meditation for very long durations and started to live in an isolated way, not grounded. But by practicing Hatha Yoga, my mind and body started to become align. I became more physically, mentally and emotionally stable and grounded.



From my own experience, I believe physical exercises makes a lot difference in our spiritual path, just like Patanjali Yoga Sutra said, "Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi. I took up MAYI International Yoga Instructor Course and also Super Yoga Kids Instructor Course and started to teach yoga for children too.

One day while I was in MAYI Bangsar centre for a workshop, I met Master Manisekaran for the first time. He is simple, humble and has very strong personality within him. The first impression that I had was "That's my True Guru" and felt like I knew him forever. His energy is just like a deep calm river, unconditional love and personality beyond the understanding of mind. The qualities of a perfect enlighten being who lives in a human body in a simple and pure way.

I decided to join the Manipuraka workshop and felt I had found what I was looking for all these years. I was connected to my inner guru by my external guru Master Manisekaran. After all this searching at every corner of the world for my true guru, I met him not far away and in my own country. I do really believe now, the quote "when you are ready your guru will appear". That's exactly what happened to me. I felt very blessed and honored to meet Master and started to live in my own dharma life by his blessings. The effect of initiation might not be the same for every individual but it will definitely help us to come back to the correct track for us to live a peaceful life.

Master gave me the chance to open up to humanity service, which is the highest yoga possible. I started to teach yoga at a few Tamil schools and enjoyed being with the children. Children always have pure energy, at the same time they can easily be influenced by external sources, just like clay can be molded into any form. Sowing the seed of knowledge in fertile soil which is pure, can produce a healthy and beautiful tree in the future. Master's intention to bring yoga to schools is the best service to humanity.

I hope our Karma Yoga projects will be more successful with more instructors coming forward to help these needy children. We should not make the same mistake done by our ancestors, who keep all the precious gift/secrets to themselves which could help humanity today. All the treasures will turn into ashes when one becomes selfish. Life is short and resources are unlimited, so let's learn to share. Teach to learn and learn to teach.

Thank you, Master for all your patience and guidance without words. **YM**

Inner Insights: Mastering the Self

by Polly Lim

I was first introduced to the Self Mastery programme by my hatha yoga instructor, Priya Tee. After much persuasion, I finally attended the preview conducted by Master Manisekaran last year. After listening to Master's explanation on what Self Mastery is and its benefits, I immediately signed up for the course. Of course, during the time of signing up, I was quite sceptical whether all that had been said was achievable, since it was too good to be true! It sounded like a miracle happening in one's body & mind!

In Self Mastery, we were taught to perform various types of asanas, learn different types of breathing techniques, purification of the body & mind, re-seeding for mental health and rejuvenation, kriya yoga, relaxation, etc.

It has been nearly nine months since I completed my Self Mastery course. I honestly admit that most of what Master Mani said is coming true for me. The changes are happening slowly and subtly, but it is definitely happening.

The most noticeable change is how sometimes ideas and thoughts spontaneously come to my mind, especially when I am doing trouble shooting. I have always considered myself to be a typical left-brain person who has to think things through thoroughly and logically, and when ideas just "pop-up", the feeling is incredible. At times I'm amazed at my own intelligence! (Ha! Ha!).

According to some of my friends, I seem to have lost some weight. How exactly it is related to Self Mastery, I am unable to explain. But I do know that it has improved my self-esteem. My colleague has commented that I have mellowed down. I am by nature an impatient and firm person as I like things to be done quickly (dislike procrastinating) and efficiently. Now I am much able to control my emotions. At times when I feel my irritation or anger building up, I will pause and take a deep breath. Previous, I will just blow my top off.

During class, Master always stresses on being tolerant, kind and generous to all living things, be grateful, have respect for others, be caring and many other positive virtues. He is a living testimonial of all that he preaches. As such it is very easy to relate to his teachings as he practices what he preaches.



Through Self Mastery, my ability to visualise and imagine has slightly improved. Previously, if you were to put me in a maze, I will be totally lost. But now, I am quite confident of my ability to find my way out (literally speaking). Honestly, in spite of finally managing to remember all the 20 types of kriyas, I still have difficulty visualising the baby red snake, pink lotus blossoming, bright sparkling lights and the flow of energy from one chakra point to another. However, I am confident that with time and practice, and of course not missing classes, I will be able to master this.

Before I end, I would strongly recommend anyone (especially yoga practitioners) to take up this Self Mastery course. You will not regret it. The benefits gained are immeasurable compared to the money spent on this course. I am most thankful to Master Mani for sharing his vast knowledge with us and to Priya for persuading me to join the Self Mastery course. **YM**

Emotional Wellbeing for the Family

Children are abundant with emotion and they are certainly not shy about displaying and expressing them. We have seen how they have laughed (and oh! how contagious their laughter could be!) and how they have cried over losses, pain, or even mere tantrum.

When children cry or sulk, adults have the natural urge to pacify and console them. Sometimes we triumph and sometimes we fail miserably resulting in louder wailing and dire consequences follow suit (usually publicly embarrassing scene). As adults, we coax and we pacify, sometimes we blackmail or threaten, and at times when all else fails, we end up begging and giving in to them by giving them what they want. And when this happens, we can almost be sure that this behaviour would repeat itself (simply due to the 'reward' they are getting). There is simply no one 'solve-it-all' solution.

The only best solution, it seems, is to guide the children themselves into understanding their own emotions and to balance it.

Practicing yoga asana on a consistent basis will help to balance not only the physical health but also the emotional body.

Think about this:

Have we been encouraging our children to express their emotions (be it positive or negative) or have we been selective on acknowledging them?

Have we been giving excuses: "Not now, I'm tired." or "Talk to your dad/mom." to avoid dealing with the situation?

It's time to be more proactive in creating a harmonious atmosphere for the whole family to communicate better with each other!

Simple pointers for parents:

Honour the child's emotion

When the child cries, instead of asking them to stop crying, acknowledge it: "I see tears are rolling down your cheeks. Let's see how we can dry up the tears..." Avoid saying things such as: "Boys don't cry", "Don't be a cry baby", etc.

Praise them

Praise the child even for little effort that they have accomplished. Eg: Finishing their meals, cleaning up after themselves, getting up early, dressing up by themselves, helping to set the table, etc.

Openly discuss emotions

Rather than keeping negative emotions as a taboo, discuss it! Eg: when you (the parent, teacher, etc) is upset with the child, acknowledge it. "I feel sad when you (leave the dishes on the table) because it would be great to see the family helping each other".

Contentment

Be truly contented with the development and state of our children and praise ourselves for it! A happy caretaker, makes a happy child!

Express yourself

Use some asana (movements) as a form of expression. Let the body move freely with neither judgement nor fear of failure.

Some simple practices for those who feel that they need to 'channel' it out:



Roaring Lion Pose (Simharghajasana)

Method:

- Sit on your heels and rest your palms on your thighs.
- Breathe in slowly and deeply.
- As you exhale, allow your jaw to open wide and stick your tongue out as far as possible while making a loud roaring sound!
- Repeat the above 5 times



Standing Swinging Pose (Uthitha Lolansana)

Method:

- Standing with feet wide apart, inhale and raise your hands above your head.
- As you exhale, let your arms and upper body swinging forward and downward freely. You can make a 'Hah!' sound while swinging.
- Inhale while you raise your hands and upper body up to the original position and repeat the swinging movement.
- Repeat the above 5 times and come up to standing position slowly.



Try this out!

Sit together back to back in a comfortable position with eyes closed. (Hint: if with a small child, let the child sit on your lap and hold him/her close to your body)

Take a few deep breaths in and out as both of you synchronize and feel the rhythm of each other's breath.

Think about all the wonderful times the both of you have had together and feel the joyfulness surging through you and radiate this wonderful feeling to your child.

Continue to envision this wonderful image and the feeling of love. (Verbalise this so your child can understand and participate in the practice with you)

Make this resolution together: "We are a healthy and loving family and we communicate well with each other."

Slowly open your eyes, smile to each other and give each other a big hug.

SYK classes include:

- ★ Yoga Kids Class
- ★ Teens Yoga Class
- ★ Family Yoga Class
- ★ Pregnancy Yoga Class

For more information about Super Yoga Kids, log on to www.superyogakids.com or find us in Facebook (SYK Superyogakids)

Pregnancy Yoga Course

Learn to guide expectant mothers throughout the pregnancy and watch them radiate with confidence and grace while the baby inside her blossoms with love and vitality.

Understand and practice simple yet beneficial yoga practices catered to different trimesters of the pregnancy.

Suitable for:
Yoga Instructors
Midwives
Expectant mothers
and mothers-to-be

Weekly Pregnancy Yoga classes by certified Pregnancy Yoga Instructors are available in Brickfields and Damansara Uptown.

Joy
For



Precision & Alignment

Asana Workshop series **Level 1**



Learn how your body works as a living instrument through:

- Understanding what yoga asana alignment is and how to make appropriate adjustments
- Exploring body & mind within comfort zone & without comfort zone
- Effective use of muscles groups to conserve energy
- Grounding and centering the posture – when to continue holding, when to stop
- Fun with partner and yoga props (blocks, belts, blankets, wall, etc.)
- Seeing how each asana unfolds (stages of each posture)
- Becoming one with an asana – Doing or Being?
- Breathing life into asana



Benefits:

- Enhances the practice of all asana traditions at all levels (Hatha, Vinyasa Flow, Power, partner work asana, etc.)
- Introduces a more meditative approach to practicing asana
- Improves focus and awareness
- Better understanding of structural yoga therapy
- P&A techniques adds finesse to teaching - demonstrates how clear and detailed asana instructions can be expressed



5th August 2012

Workshop 1

- Experiential study of the spine and its movement range
- Freeing the spine - Hip & Shoulder Openers
- Building core strength
- Acceptance: Optimum Stretching & Strengthening versus Straining
- Selected foundation asanas to refine

Workshop 2

- Hands on approach to Anatomy - interplay of the limbs and the spine
- Aligning External Posture with Internal Image
- Anchoring Roots to Rise from the Ground
- Unfolding Standing Asanas

12th August 2012

Workshop 3

- Head and Tail of Forward Bends
- Spinal Twists - Turning from Inside Out
- Using the whole spine in Backbends
- Deepening upper back, shoulders, hips flexibility
- Selected asanas to refine

Workshop 4

- Foundations of Support – preparation for arm balances & upside down poses
- Upper body & core strength
- Discovering the Lightness of Being
- Selected asanas to refine

"Precision & Alignment Practitioner Level 1 Certificate will be awarded to participants who complete all 4 workshops (total 12 hours) in the series. Each workshop duration is 3 hours."

**For further enquiries and registration
please call: 03-22605322**

Chef Yogi's Food Notes!

Pumpkin Soup



The pumpkin gives this recipe a 'creamy' appearance and taste.

- 3 cups of pumpkin flesh
- 2 cups of vegetable stock
- 1 Tablespoon non-hydrogenated margarine
- 1 Tablespoon flour
- 1 Tablespoon brown sugar
- 1 teaspoon black pepper
- 1 teaspoon turmeric
- ½ teaspoon lemon zest

Steam pumpkin flesh till soft. Combine pumpkin and stock together in a medium pot and allow mixture to simmer. Combine margarine and flour to make a thick paste. Slowly beat the paste into the pumpkin, stirring until smooth. Add sugar, pepper, turmeric and zest. Stir and allow soup to simmer until heated.

Vitamin C – Vitamin C helps fight free radicals, improves immunity and promotes the production of collagen. The high Vitamin C content in pumpkins also offers protection against various forms of cancer.

Vitamin A – Pumpkin is a rich source of Vitamin A. Regular consumption of pumpkin (both seeds and flesh) can promote the health of your eyes and boost your immune system remarkably.

Potassium & Zinc – Pumpkin is loaded with potassium and Zinc. Studies show that eating a potassium-rich diet can prevent onset of cardiovascular diseases and hypertension. Zinc is important for providing bone density support for people at risk for osteoporosis. It boosts the immune system and promotes reproductive health.

Anti-Inflammatory Effect – The Beta carotene present in pumpkin has antioxidant and anti-inflammatory properties. Regular consumption of pumpkin can protect against joint inflammation and arthritis. Pumpkins have been known to provide relief from inflammation quickly, without the harmful side-effects of anti-inflammatory medicines.

Turmeric – It has active components which have strong cytotoxic effects against certain forms of cancer.

SCHEDULE OF COURSES: JUL – OCT 2012

JULY

1/7/2012	BSR	Help Others! Communicate Better Through the Fine Art of Small Talk Workshop
1/7/2012	BSR	Super Yoga Kids Instructor Course
8/7/2012	BSR	International Yoga Instructor Course - Intermediate
14/7/2012	BSR	Manipuraka Practice Session
22/7/2012	BSR	Manipuraka & Urdhva Retas Preview
29/7/2012	BSR	International Yoga Instructor Foundation Course
29/7/2012	DU	Help Others! Herbs That Heal Workshop

AUGUST

5/8/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 1
5/8/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 2
12/8/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 3
12/8/2012	DU	Precision & Alignment: Level 1 Practitioner Workshop 4
12/8/2012	BSR	Help Others! 6 Cleansing and Detox Techniques Workshop
12/8/2012	BSR	International Yoga Instructor Course - Advance
23 - 26/8/2012	Selesa Resort, Bkt. Tinggi	Self Mastery & Yoga Retreat
31/8/2012	Vivekananda School, Brickfields	Malaysian International Yoga Competition

SEPTEMBER

2/9/2012	DU	International Yoga Instructor Foundation Course
9/9/2012	DU	Pregnancy Yoga Instructor Course
9/9/2012	DU	Help Others! Manage the Emotion of Anger Workshop
14 - 23/9/2012		Trip to Beijing, China
23/9/2012	DU	Manipuraka Workshop
23/9/2012	DU	Urdhva Retas Workshop
30/9/2012	BSR	Partner Yoga Instructor Course

OCTOBER

6/10/2012	BSR	Manipuraka Practice Session
7/10/2012	DU	Prana Vidya
13/10/2012	DU	Pranayama (Breathing Technique) Instructor/Practitioner Course
21/10/2012	DU	Super Yoga Kids Instructor Course
21/10/2012	DU	Smart Conversation Workshop
28/10/2012	BSR	Short Course on Effective Sleep

BSR: Bangsar; DU: D'sara Uptown
 *Subject to change without prior notice

Self Mastery and Kriya Yoga Retreat at Selesa Resort, Bukit Tinggi

23rd ~ 26th
August, 2012

Experience the Self Mastery Course in this special Residential Intake and be introduced to the Kriya Yoga techniques – The Ultimate Self Development Course.

Kriya Yoga students:

Meet and greet other Kriya Yoga practitioners! Take time off to refresh and rejuvenate yourself with this first ever Kriya Yoga Retreat with Master Mani.

Yoga enthusiasts:

Enjoy Hatha Yoga sessions and evening group activities and discussions with like-minded people. Plenty of opportunity to express your love to nature while enjoying unlimited doses of fresh air!

Categories:

- Newly Enrolled Self Mastery Students
- Refresher (completed Self Mastery Course)
- Normal Retreat Holiday (exclude the Self Mastery and Kriya Yoga sessions. Only attend Hatha Yoga & evening group activities/discussions. Other time will be Free & Easy).
- Enquire about our Special Family Package.

Daily Itinerary:

6.00am – 7.00am	: Shatkarma: Natural Cleansing Techniques
7.00am – 8.30am	: Wholesome Morning Workout: Hatha Yoga, Pranayama & Yoga Nidra
8.30am – 9.30am	: Breakfast
10.00am – 12.30pm	: Kriya Yoga with Master Mani (Retreat Members: Free and Easy Outdoor Activities)
1.00pm – 2.00pm	: Lunch
2.15pm – 2.45pm	: Yoga Nidra
3.00pm – 5.00pm	: Kriya Yoga with Master Mani (Retreat Members: 4.00pm – 5.30pm: Yoga Asana Session)
5.30pm – 7.00pm	: Free and Easy Outdoor Activities
7.30pm – 8.30pm	: Dinner
8.30pm – 9.30pm	: Philosophy of Yoga and Living by Master Mani
9.30pm – 10.00pm	: Meditation, Memory, Creativity & Concentration Practice with Master Mani

Note:

Day 1 (23/08): Programme starts after Check-In time at 3.00 pm
Day 4 (26/08) Programme ends at Check-Out time at 12.00 noon



Contact:

03-2260 5322
03-7726 6682

Email:

theyogafranchise@yahoo.com

Website:

www.yogafranchise.com.my

2012 MALAYSIAN INTERNATIONAL YOGA COMPETITION

- It's that time of the year to show your skills to the judges at the Malaysian International Yoga Competition.
- Taking part is easy!
- Just get an entry form by logging on to our website or email us for more details.
- This competition is open to all yoga practitioners, professional or recreational, from the age of 4 onwards.
- Registration fees are RM15 (children) and RM30 (adult).
- All proceeds from this event will go to various charitable activities in Malaysia.
- With attractive prizes to be won, this is an EVENT not to be missed!

Date: 31 August 2012, Friday

Time: 9.00am to 6.00pm

Venue: Kandiah Hall, SJK (T) Vivekananda,
Jalan Vivekananda, Brickfields,
50470 Kuala Lumpur, Malaysia.

PRIZES PRIZES PRIZES

RM5000 (YF Courses Cash Voucher) for the overall champion

RM3000 (YF Courses Cash Voucher) for the finalist of adult category (19 years and above)

RM500 (YF Courses Cash Voucher) for the finalist of children category (4 years to 18 years)

Certificates, trophies and other prizes will be awarded to the top 3 winners of each category and overall champion. Certificates will be given out to ALL participants.

(All YF Courses Cash Vouchers are sponsored by Yoga Franchise Sdn Bhd & not redeemable for cash)

* Closing Date for Registration: 15th August 2012

www.malaysianyogasociety.org

Malaysian Yoga Society
No. 3, Jalan Ang Seng 3, Brickfields,
50470 Kuala Lumpur, Malaysia.
Tel: 03-2260 5322 / 03-7726 6682
Email: malaysianyogasociety@gmail.com
Contact Person: Vivien (012-6555 192)

Presented By:



In cooperation with:



Brickfields

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

Bangsar

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

Damansara Uptown

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

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