

Patanjali Yoga is called Raja Yoga or Ashtanga Yoga. It has the eight limbs namely (i) yama, (ii) niyama, (iii) asana, (iv) pranayama, (v) pratyahara, (vi) dharana, (vii) dhyana and (viii) samadhi; that includes all types of existing yoga. These eight organs also have their own sub-parts. The seventh organ of yoga, "Dhyana" is beneficial in many chronic diseases such as: cancer, memory loss etc. If your memory is weak, it can be overcome by doing at least 10-minutes meditation and focusing on the movement of the breath during inhaling & exhaling for 10-minutes but keeping eyes closed. It requires to be done daily, but for at least 30-days. By adopting the scientific method of meditation, you can get rid of diseases like: cancer, colds and memory loss and develop the thinking and tendency to make your life meaningful. If we talk about the rapid spread of the Omicron new variants of corona virus and being health conscious from the third wave, then SuperBrain Yoga and Meditation can help the people to get rid of from this.



Bharat Raj Singh, Director General, School of Management Sciences, Lucknow, was born in 1947 at Raibigo in Sultanpur district. He did his schooling from Sultanpur and Jaunpur and received his B.Sc. Degree in 1967 from Allahabad University. BE – Mechanical Engg, from Sardar Vallabhbhai Regional Engg, College, Surat, Gujarat in 1972; ME- from Motilal Nehru Regional Engg, College, Allahabad, and PhD in 2011 from Uttar Pradesh Technical University, Lucknow. He received many national / international awards in researches on environmental science including 3- Limca Book Records in 2014, 2015 & 2017. He published 153 papers, 16-books and 27- book chapters. He is promoting yoga within country & abroad and also inspiring people to stay healthy and live long life by adopting spirituality under the aegis of "Vedic Science Center, SMS, Lucknow".



Satish Kumar Singh, founder and Chairman, SMS Group, was born in 1954 in the district Basti. He received his B.A. and M.A. degree from Allahabad University in 1972 and 1974 respectively. Subsequently, he was selected from Public Service Commission, Allahabad in 1975 and placed as District Supply Officer in Food and Civil Supply department. He retired as Joint Commissioner (Food and Logistics) on 31 December 2013. It is because of his interest in spirituality, Vedic Science Center was established in SMS, Lucknow, which is inspiring scientific researches to stay healthy and the pursuit of life from spiritual aspect.



Sunil Ji Garg, Managing Director, Sunmitra Education, was born in 1963. He received B.Tech (Electrical) from Motilal Nehru National Institute of Technology, Allahabad in 1983 and is a Doctor of Naturopathy and Aromatherapy, Electronic Engineer and Management Postgraduate. He started his career as space scientist in ISRO and then served industry in the field of data communication and development of education tools. He authored 11 courses on diverse topics of Yoga, Aromatherapy, Memory Skills and Computers. His area of interest is research in ancient Indian scriptures, musicology and human nutrition.

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Super Brain Yoga and Meditation

Bharat Raj Singh, Satish Kumar Singh, Sunil Ji Garg



Super Brain Yoga and Meditation

How to Sharpen the Memory?



Bharat Raj Singh
Satish Kumar Singh
Sunil Ji Garg



Vedic Science Center, Lucknow

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Vedic Science Centre, Lucknow

SuperBrain Yoga & Meditation - How To Sharpen Memory?

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Maharishi Patanjali's yoga is called Raja Yoga or Ashtanga Yoga. The eight limbs of yoga are (i) yama, (ii) niyama, (iii) asana, (iv) pranayama, (v) pratyahara, (vi) dharana, (vii) dhyana and (viii) samadhi include all types of yoga that happens. These eight organs also have their own sub-parts. The seventh part of yoga, "Dhyana" is beneficial in many diseases. If your memory is weak, it can be overcome by doing 10 minutes meditation and focusing on the inhaling and exhaling of the breath for 10 minutes keeping eyes closed. Do this daily, but for at least 30 days.

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Dedicated

To



Our most Revered Late Shri Gadadhar Narayan Sinha, Retd. IPS, former DG (P), who was a senior member of the Vedic Science Centre and now abode to Divine (God-Shakti). This book "SuperBrain Yoga and Meditation" is because of his inspiration, motivational strength and torch of patience that I could make my dream true of writing the book for the benefits of public at large.

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Message

Anandiben Patel
Governor, Uttar Pradesh



Raj Bhavan
Lucknow - 226 027

22 February, 2022

I am happy to learn that book SuperBrain Yoga and Meditation is being published by the Vedic Science Center, School of Management Sciences, Lucknow.

Yoga plays a very important role in improving physical health and mental upliftment. It is India's ancient tradition and holy offering of our sage culture. Its simple practices can enhance the individual consciousness and intelligence when applied in an effective manner in day-to-day life. I hope that this book will provide useful information related to SuperBrain Yoga.

I extend my best wishes for the successful publication of the book SuperBrain Yoga and Meditation.

Anandiben Patel
(**Anandiben Patel**)

Preface

The yoga described by Maharishi Patanjali's is called Raja Yoga or Ashtanga Yoga and its eight limbs are (i) yama, (ii) niyama, (iii) asana, (iv) pranayama, (v) pratyahara, (vi) dharana, (vii) dhyana and (viii) samadhi, include all types of yoga that happens. These eight organs also have their own sub-parts. The seventh part of yoga, "Dhyana" is beneficial in many diseases. If your memory is weak then it can be easily overcome by meditation in two ways. Meditate first for only ten (10) minutes and second for only 10 (ten) minutes with eyes closed and only after breathing.

There are many products available in the market to increase memory. It can be good as well as bad. If you ask the truth, neither any one's memory power is weak, nor does age make any difference to it. Forgetting is a normal human nature and it should be considered normal. In India, since the Vedic period, contribution has been made in increasing the memory of the brain by adopting the simple and active method of "dhyana".

Yoga originated from the Yoga Sutras of Maharshi Patanjali's in the second century BC and originated from the Sanskrit root word Yuja (YUJA). YUJ means – to connect or unite each other. Man can attain liberation by using the techniques of physical application and yogic meditation, and thus man is separated from the nature. But unless you get centered with yourself, it will be difficult to reach samadhi.

When you are suffering from any infectious diseases, then anxiety arises in you due to fear. I believe that by adopting the scientific method of meditation given in this book, one can get rid of diseases and the thinking and tendency to make your life meaningful and to serve the public mind will be born.

Currently, this deadly corona virus epidemic where people have inspired you to stay healthy in many ways can be checked by adopting the "SuperBrain Yoga and Meditation" system among the

people. Now curiosity has increased, if we talk about the rapid spread of the Omicron (Variants) corona virus and being health conscious from the third wave, then through yoga and meditation, it is not only helped the suffering people to get ridoff memory losses and incurable diseases like cancer and colds, but found great help to those who are found with the symptoms of Omicron.

In this book, we have mentioned simple methods about yoga and divided into 8 chapters. These are mainly -

1. Subject Introduction,
2. Importance of food and drink,
3. Importance of exercises – sit-ups prevalent from Vedic times,
4. SuperBrain Yoga - methods and benefits
5. Increase Memory through Meditation
6. Simple methods of meditation – feeling of calm Mind
7. Careful treatment of diseases by meditation and
8. Benefits from yoga practice - experience and publicity.

The book through 8-chapters contain - diet to stay healthy, brain-exercise, superbrain yoga method, simple and active method to increase memory and simple method of meditation (with pictures). The various benefits of meditation which is the seventh part of Patanjali's Ashtanga Yoga have also been highlighted. Along with these details, how many types and which methods are to be adopted in various diseases, have also been given in its description.

At the end, a discussion has been mentioned with few peoples who do regular superbrain yoga, so that the readers can get benefits by studying superbrain yoga and meditation and adopting this yoga. It is hoped that readers will definitely share their experiences gained from this book with us, so that it can be benefited by spreading it to more and more people. We always welcome any of your suggestions, which will be useful in making this book more meaningful.

Dr. Bharat Raj Singh
Satish Kumar Singh
Sunil Ji Garg

Acknowledgement

By studying its mythological texts under aegis Vedic Science Centre, Lucknow, about 500 articles have been published in daily newspapers/magazines for the society since April 2015. In the same sequence, on the demand of the public and on the suggestion of the members and friends of the Vedic Science Center, I have got an opportunity to write a book on the title "Superbrain Yoga and Meditation".

I have mentioned, the mythological texts, views of spiritual thinkers, along with the practical experiences and spiritual contemplation of some foreign institutions, in the simple methods of its implementation and how its benefits can reach to the public in general. It is divided into 8-chapters in sequential manner. It has been written mainly addressing "subject introduction, eating habits, superbrain exercise, superbrain yoga-method, memorizing meditation with simple and active method, method of meditation, treatment with meditation and yoga practice and benefits". I hope, readers will get advantage of the text written in the book and send their suggestions. I hope with her blessings, the yoga and meditation method mentioned in this book "Superbrain Yoga and Meditation" will also be helpful in benefiting people in a lasting way.

First of all, on behalf of the all the members of Vedic Science Center, College administration and Abdul Kalam Technical University; I would like to express our gratitude to Hon. Prime Minister, Shri Narendra Modi ji, and Hon. Chief Minister, Uttar Pradesh, Shri Yogi Aditya Nath Maharaj ji, for their sincere efforts in restoring the Indian Spirituality for the benefits of mankind at large. This center will always be indebted to the Hon. Governor of Uttar Pradesh, Smt. Anandiben Patel for her blessings that will continue to inspire us to restore the heritage of Vedic period.

I also express my gratitude to Shri Satish Kumar Singh, who is the founder & Chairman of School of Management Sciences, Lucknow, co-author of this book, for making the book alive with his important suggestions. I also extend my sincere thanks to Er. Sunil Ji Garg, co-author of the book for adding his knowledgeable methods for reviving memory.

Here the author would like to thank all the respected members of the Vedic Science Center, who gave their suggestions from time to time so that the teachers and students should do regular superbrain yoga and practice of meditation and this mythology of India are promoted as a sacrament.

In the same order, I would also like to express my sincere thanks to all those people, in particular; Dr. Manoj Kumar Mehrotra, Director, School of Management Sciences, Lucknow; Dean, Dr. Dharmendra Singh; Head of the Department (HAS), Dr. P.K. Singh etc., who have always been helpful in shaping this book and also express my appreciation to the publisher, Lulu Press Inc., USA and others who have contributed directly or indirectly to this book.

The author cannot forget to mention the support of his wife Mrs. Malti Singh, children - Nidhi and Rahul Singh, Saurabh and Deepika Singh, Gaurav Singh and grand children - Navaditya, Nandika, Jayani and Jaitra etc. who has been inspiring factor to shaping the book "Superbrain Yoga and Meditation".

At the end, the author would like to express his sincere thanks to Shri Sharad Singh, Secretary and Executive Officer, School of Management Sciences, Lucknow, for the encouragement given by him from time to time.

Dr. Bharat Raj Singh,
Director General (Technical),
School of Management Sciences, and
Chairman, Vedic Science Centre, Lucknow

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Summary

Yoga is 5,000 years old style of Indian knowledge. It is originated from the Yoga Sutra of Maharshi Patanjali's and there is science behind living properly. Thus it is necessary to include it on daily life. The yoga of Maharshi Patanjali's is called Raj Yoga or Ashtanga Yoga. The Yoga has eight limbs: i) Yama, ii). Niyama, iii). Asana, iv). Pranayam, v). Pratyahara, vi). Dharana, vii). Dhyana and viii). Samadhi, that include all types of yoga, it happens. These eight organs also have their own sub-parts. The seventh part of yoga, "Dhyana" is beneficial to many diseases. If your memory is weak then it can be easily overcome by meditation in two ways. First - 10 (ten) do meditation and second - 10 (ten) minutes close your eyes and focus only on the movement of the breath (inhaling and exhaling). Do this daily, but must do it for at least 30 (thirty) days.

There are many products available in the market to sharpen memory. It can be good as well as bad. If you ask the truth, no one memory power is weak, nor does age make any difference to it. Forgetting is a normal human nature and it should be considered normal. In India, since the Vedic period, sharpening of memory of the brain has been practiced by adopting the simple and active method of "dhyana".

In this book through its 8-chapters, diet to stay healthy, brain-exercise, superbrain yoga method, simple and active method to increase memory and simple method of meditation (with pictures) and its various benefits has been explained in detail, and also about the meditation which is the seventh part of Patanjali's Shashtanga Yoga has also been highlighted. Along with this, details of how many types and which methods are adopted in various diseases have been described.

By doing yoga and meditation regularly, there is an increase in white blood cells in the body and due to these white cells, the immunity against disease increases. When the immunity of our body increases then no virus or germ is able to infect us. Our body automatically destroys it by its disease-fighting system.

At present, the epidemic caused by the corona virus has inspired people to get vaccinated by any brand of vaccines to stay healthy, but other hand it has also increased the curiosity among people to adopt the method of yoga, superbrain yoga and meditation etc. Now let's talk about the rapid spread of Omicron (Variant) corona virus and being health conscious from the third wave, then by regular practice of yoga and meditation, all the suffering people can be prevented from diseases like Omicron corona virus and can help a lot to give relief from incurable diseases like cancer. Therefore, we need to take out at least 25-30 minutes from our daily routine to practice yoga and adopt the guide-line of Corona.



1.

Introduction

We all are familiar with how memory plays a role in our lives. How can we learn something without memory? Ability to learn is essential for our life and we cannot learn anything until we do not know what happened last time. Have you ever felt confused - because you can't remember the name of the knowledgeable person you were talking to or you are feeling anxious and helpless when something you memorized well a day before the examination, could not be remembered during the examination. Apart from this, we have to feel very embarrassed when we forget many small-small things kept around or could't remember what you were talking.

Memory helps us; with who we are, in maintaining our mutual relationships, in our problems and in making decisions. So a good memory can help you achieve many successes. Keeping this in mind, we present some facts in front of you to improve your memory.

Some people remember the smallest details and some people remember new things very quickly and easily. To learn this, we have to make our brain more effective. To improve and make your brain power more effective, some of the following tips have to be adopted.

1.1 Agile the Body

We know that by exercising it is not only keeps your body fit, but it also exercises your brain. But if we do not do regular exercises, it weakens the arteries that supply oxygen to your brain. It also gives tendency of blood clots that accumulate in these arteries, which do not allow oxygen to flow properly. To avoid this, it is necessary to exercise every day and we should also walk in the morning and evening.

1.2 Relieve Stress

Some times you experirnce that if something is infront of you it develops irritation / tension in the mind or anger. Try to keep yourself away from such things as too much stress can lead to depression. The depression always weakens your memory power and you cannot concentrate on anything. To avoid this, it will be necessary to consult a doctor (**Fig. 1**).



Figure 1: Mental patients with stress

1.3 Get Proper Sleep

It is observed that if you take continuous sleep of 7 to 8 hours everyday, that will increase your memory power. With proper sleep, your brain will work actively and you will be able to remember things easily. Because when we get enough sleep, it sharpens the memory. Even during work, if you take a nap of 10 to 15 minutes in between or close your eyes, this increases the power of the brain more.

1.4 Write Down Important Things

If you want to remember any important information, then write it down, writing makes it easier for us to remember things. By writing the thing, blood flowing in our body get oxygenated and it

sharpens the mind. For this, you can start writing emails, or even start a blog. This will definitely help in increasing your ability to remember.

1.5 Listen to Music

During a research, it has found that music is a very good way to recall memory. If you remember something while listening to a song, later on, you can call that song or music in the brain and it will bring back to your memory.

1.6 Boost Your Brain Power

Just as the body needs proper energy to work, similarly the brain also needs power to sharpen the memory. It is fact that between 50 and 60 percent of your brain's weight is full of fat and fat is very helpful in increasing memory power. So by eating such things which have a lot of mixed fat, you can remember things for a long time. Thus it is advisable to eat more and more green leafy vegetables.

1.7 Understand Things by Seeing

Sometimes the things that we are not able to remember by reading, they get remembered by looking at them. Meaning-pictures, charts etc., which are in your text book. Also, if you are not remembering something, then you can remember that thing by making an image of it in the mind itself. You can also make your own charts or pictures.

1.8 Teach Others

It is observed that we can remember what we want to remember even by reading it aloud. Similarly, research has also shown that when we teach something to others, it makes us remember that thing better in our brain. This means that by teaching others, you can sharpen your own memory.

1.9 Word Puzzle, Play Card

It has been found from the study that by playing two things (word puzzle & play card) regularly, your brain remains more active. So

pick up the newspaper everyday, solve word puzzles, quizzes, and play card games.

1.10 Must Eat Milk or an Egg in Breakfast

Scientifically, it is proven that Vitamin-B burns the body's glucose. Apart from this, you take green vegetables and fruits in breakfast, as a healthy breakfast improves your work performance throughout the day. Thus you must take atleast milk or an egg in your breakfast.



2.

Importance of Food

The brain is that part of our body, without which no part of the body can function. You can sharpen your mind by including some special herbs in your diet. We know that with age, memory also becomes weak, but the problem of memory loss does not come only in old age. Thus, we need a balanced diet and exercise to maintain our memory power at all ages. Now we will take the information about the use of good-diet.

We know very well that if we do not take a good diet, then our body will also work less according to the same diet. Similarly, to make the mind sharp, we have to pay special attention to our food and drink. Therefore, we all should eat bananas, apples, dark green vegetables, ginger, carrots and tomatoes in the diet. You should also eat cashews, almonds, and walnuts. You can also eat sweets and chocolates for a good memory.

Let us take further information about some such simple remedies, which prove to be very useful in increasing memory power –

- 1) Put 9-Almonds in water at night to get soaked and peeled them in the morning and grind them finely to make a paste. Now heat a glass of milk and dissolve almond paste in it. After it is boiled well, take it off . Also add 3-tea spoons honey to it and drink it in a moderately hot condition. After drinking this mixture, do not take anything for two hours.
- 2) Brahmi is a famous herb to increase mind power. It is beneficial to drink one spoon of its juice regularly. Chewing its seven leaves gives the same benefit. Brahmi contains anti-oxidant elements, in which the reduction of mind power is checked.

Brain Power!

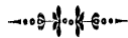


Figure 2: Walnut shape matches the brain

- 3) Walnut is helpful in increasing memory power. Its regular use is beneficial. It will be useful to take 20-gram walnuts along with 10 grams of raisins; (Shape of Walnut shown in **Fig. 2**).
- 4) Eating an apple regularly is beneficial in weak memory. Eat it 10 minutes before taking a meal.
- 5) The fruits in which the elements of phosphorus are found in sufficient quantity, they are especially useful in increasing the memory power. Grapes, Kharak, Anjeer, and Oranges should be used regularly to increase mental power.
- 6) Foods containing less sugar are useful. Similarly, particulate sugar should be used in beverages also. Insulin plays an important role in keeping our mind active and sharp. Fish is a very good food for this. Omega 3-fatty acid available in fish strengthens the memory power.
- 7) Make cinnamon (dalchini) powder. Lick 10 grams of powder mixed with honey. It is a good medicine for weak mind.
- 8) Taking coriander (dhania) powder mixed with two spoons of honey increases memory power.
- 9) Using one spoon of amla juice and two spoons of honey mixed with it gives immense benefit in forgetfulness.
- 10) Grinding ginger, cumin and sugar candy and consuming all three is beneficial in the condition of low memory.

- 11) Drinking milk and honey mixed together also enhances memory. 250 ml cow's milk mixed with two spoons of honey should be drunk, it is a very useful remedy for students.
- 12) There are special elements to increase memory power in sesame(til). Making a tilkut of 20 grams sesame (til) and a little jiggery (mishri) and consuming it regularly is the most beneficial treatment.
- 13) The use of black pepper powder mixed with real ghee improves memory.

We all know that while maintaining the memory power, it is necessary to keep mind active, on the other hand exercising the body and mind is also very beneficial, which we will get to know in the next chapter.



3.

Importance of Sit-Up Exercises

Who is not familiar with the prevalent sit-up exercises from the Vedic period? When we remember our school days, we remember the experience that if any student did not come school after completing the home work, then we could get a very “stressful and painful punishment” in the class by the school teacher. It was nothing but to stand apart and do "Uthak-Baithak".

Do we know that this most painful and stressful punishment was given to some extent for our betterment? 'Uthak-Baithak' used to be such a punishment that every child must have had to do it at some point or the other. This punishment was given to us in the form of “Uthak-Baithak” by pulling the ear, for not doing the homework or not giving the correct answer to the question asked by the class teacher. The actual pain resulting from this was felt around the ear and on both sides of the brain. Since it is an action based on experimental exercise, which was given to weak students as punishment, and behind this punishment there is a basic science, which was implemented thousands of years ago, in teaching methods of the Gurukul.

Its practical method was, first by holding the left ear with the finger of the right hand and the right ear with the finger of the left hand, then by pulling the ears and doing “Uthak-Baithak” (Fig-3.1).

The sit-up exercise was held 15-20 times and sometimes 40-50. This was done more when the student was more weak in education.



Figure 3.1: Sit-Ups in Gurukul

It is a type of exercise that helps in increasing the blood flow to the left and right sides of the brain. This results in the activation of memory cells. It also improves the functioning of the brain, enhances memory and stimulates the neuro cells of the person. However, when you hold the earlobes, it depresses the essential acupressure points. This process helps in sharpening the memory. It also helps children with disabilities to develop autism and improve Asperger syndrome.

In the year 2016 in October, some scientists of France found in their research that the punishment process of Sit-Up and holding the ear, which is being adopted in school since Vedic period in India, has confirmed the sharpening of memory and it is called the subtle yoga of the brain i.e., Super Brain Exercise.

Superbrain yoga classes are now being run in the United States and other countries, whose video you can see-

<http://www.youtube.com/watch?v=KSwhpF9iJSs>



Figure 3.2: Head of the baby in the womb

Let us present another scientific and biological side of it in front of you. Observe the shape of the ear, although the ear is protruded to hear the sound. It is a strange shape without bones, which is neither in the form of a beak like an animal, so that even subtle sounds can be heard, nor is there any solid shape, so that it can act as a protective shield at the time of injury etc. If you notice this, then some thing looks out in the shape of the child growing in the womb and made of muscles. If you look carefully at **Fig.3.2**, you will surely believe that it is the head of a child growing in the womb, which looks like the forehead of a human ear. The frontal of this ear is related to the arteries of the human brain. Therefore, due to the acupressure points, the brain cells, i.e., neuro-cells, get stimulated by the stretching of the frontal portion and the memory becomes sharp. Although this type of exercise is called punishment in today's era and it comes under the violation of

human rights. So at present, this exercise is no longer practiced in all schools.

We would like to clarify that this is a kind of exercise based on scientific facts, which all parents or guardians must get 5-10 times done in their children in the morning in their respective homes, so that the continuity of their memory will be maintained.

Apart from this, youths and elders also have to keep in mind that they must do it in the morning as a regular exercise to keep their memory upright. Because it activates the cells of the body and makes them energetic. Along with this, if you cannot do sit-ups along with Bhramari exercise, then do the process of heating the ears for 3 minutes. Your memory will remain forever and the habit of forgetting due to the weakness of old age will also end.

Now, we must have known the reason for the strange punishment of the old Sit-Ups of our childhood, which all of us must have had to go through this phase at some point in our childhood and will help to establish our partnership as a thinker to restore the effective exercise established by the sages of India, which was designed to preserve or sharpen the memory from childhood to old age!

Blessed is India's soil and its Sage monk; our ancestors, whose knowledge has been given to human beings since time immemorial by becoming a guide to the whole world.



4.

SuperBrain Yoga- Method and Benefits

During Vedic period - how in India, the ancient simple and active exercise, was practised to increase the memory of the brain; which is now being studied by the scientists of other countries for its implementations, is given in this chapter. Let's spread this information to all sections of the society.

4.1 Scientific Principles

Grandmaster Chao Kak Sui, a scientist and leading authority, has claimed that a simple and ancient exercise in India has an energizing effect on the human body and its regular practice benefits in enhancing the memory of the brain - due to this his more interest grew as a scientist. He began researching the effects of various techniques and energies on the body, especially related to the brain.

In the year 2005, after many years of dedicated research, experimentation and documentation, he wrote a book called "Superbrain Yoga" which explained this simplified yoga and its proper technique. In this book, rational exercise and its beneficial effects on brain functioning are described in a sequential manner.

According to Grandmaster Chao Kak Sui, the great Indian sages, based on their subtle and long-term studies and the principle of ear acupuncture, developed a technique that is extremely useful for increasing people's understanding; unfortunately, how and which proper technique should be adopted to practice it, either its distorted form has been adopted or the original form of this technique has been lost. Therefore, it is very important to understand the simple process and principles of Superbrain Yoga.

Grandmaster Chao Kak Sui explained in relation to Superbrain Yoga that the brain works like a battery and working on the principle of learning and sharpening the brain, the brain has to be recharged daily with yoga power, to the maximum capacity and also according to the need.

The focus of new technology and brain research is based on the intelligence dynamic and primarily to - memory, think, sense, learn, perform, test, measure, express and connect to the regeneration of brain cells that fundamentally lead to it. It is believed that regular Superbrain yoga practice acts as a bridge between understanding and providing unprecedented opportunities.

4.2 Appreciable Evidence

A Florida teacher, Robin H, revealed that he used to do Superbrain Yoga in the mornings to students of classes 6 and 8 in the month of September 2015, and the children used to do it with great interest and enthusiasm.

One day in the morning the students reminded him that they could not do Superbrain Yoga today; thus make them practice. To this the teacher replied that there is no time and it will not be done today. This made the children very sad. Although it was made before breakfast. The children were very sad and dissatisfied even at the time of lunch. On this count, the teacher said that now superbrain yoga will be done after breakfast and before class starts. After doing superbrain yoga at rescheduled time, the children were found to be more focused and alert in their study. This will make them - taking more interest in studying (Fig.4.1).



Figure 4.1: Superbrain Yoga Practice in the Classroom

It made me very happy that all the students became more focused, alert and interested in studies. This proves that by doing superbrain yoga in the middle of class timings, memory increases in the child. Therefore, it should not be considered a punishment, but it is a yoga connected on a scientific basis, which was discovered thousands of years ago in India and was implemented in the Gurukul education system.

4.3 Some Basic Facts About The Brain

It will be useful to know some basic facts about the brain, which are given below:-

- Our brain consists of 100 billion neurons, which are connected by innumerable nerves.
- The size of the brain is not as important as the number of nerves that effectively contribute to the proper functioning of the brain.
- There is a left and right hemisphere in the brain and these hemispheres of the brain have different functioning systems. These hemispheres control the organs on the opposite side of the body.

- The weight of the brain is about 3 pounds, which is only 2 percent of the human body weight. But for the smooth functioning of the brain, 20 to 25 percent oxygen and blood are required.
- The brain controls and controls the various parts of the body.
- The brain has the capacity to store data from about 100 million books.

4.4 Increase in Alpha Wave by Superbrain Yoga

We all know that the human brain is an important part of the body, which plays an important role for memory, decision ability, communication and work performance. Various methods are adopted for the measurement of the capacity and functioning of the brain, in which the frequency of brain waves, coherence in performing different tasks simultaneously and the left-right and front-back of the brain are found to be involved in each other.

4.5 Frequency Measurement of Brain Waves

The measurement of brain waves can be divided into four parts-

- Beta waves:** Beta waves in the brain generally occur in the frequency of 15-30 Hz, due to which the brain remains awake and daily activities and full conscious state are also generated.
- Alpha waves:** The range of alpha waves is 9-14 Hz, this gives relaxation to the brain and provides peace. This state of the brain is very useful for meditation and creative work.
- Theta waves:** Theta waves are 4-8 Hz, in this state the brain remains in deep relaxation, meditation and intuitive state.
- Delta waves:** The range of these waves is 1-3 Hz, in this condition our brain transmits the body to the state of deep sleep and deep meditation without dreaming.

In this way, when our brain remains in the range of alpha wave, then we perform work with great capacity. Good creative and

inspiring work is done in this range. Athletes also demonstrate their good ability within the range of this wave. In scientists - brilliant ideas come in this range of wave. Therefore, the brain works very effectively in the capacity of alpha waves.

It has also been found in the study that by doing one minute of Superbrain Yoga, there is a greater increase in alpha waves and the person increases interest in doing more work during these alpha waves range.

4.6 Method of Measurement of Brain Capacity

We know that our brain is divided into two parts - left and right. It is semicircular and the two parts have the ability to perform different functions independently. Therefore, if the waves of the left part of the brain are effective, then it starts working and if the waves of the right side are effective then it helps in working there. In this way the brain is more effective either on the left side or on the right side.

The left and right parts of the brain in which activities are connected, a detailed information is given below in **Table-1**:

Table1: Effect of Left and Right Side of Brain

Left Side Effect	Right Side Effect
1. Logic	1. Oral instructional Transaction
2. Ration	2. Planning
3. Sequential	3. Rational Thinking & Understanding
4. Analytical	4. Conversation and Writing
5. Structural	5. Control of Consciousness
6. Objective	6. Understanding of Cause and Effect
7. Conscious	7. Look Inside Objects

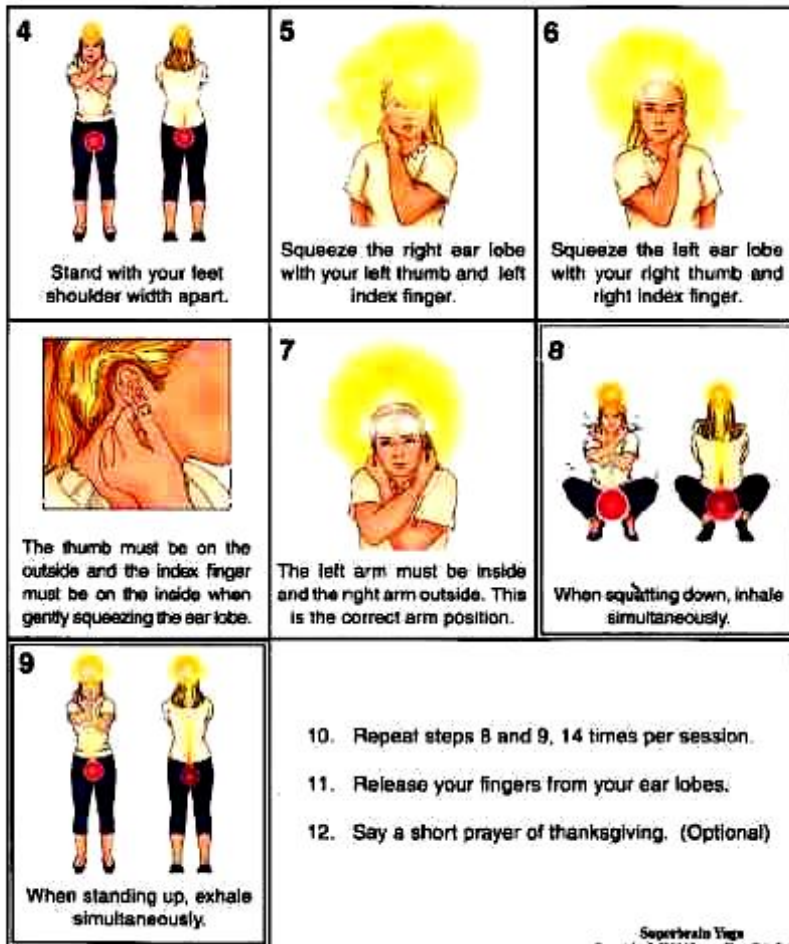
4.7 Method and Training of Superbrain Yoga

The method of superbrain yoga was mentioned above, but it is being discussed again as shown in **Fig. 4.2**.

Master Choa Kok Sui™

SUPERBRAIN YOGA™ PROCEDURE

1. Face east. For old people, face north.
2. Connect your tongue to the palate.
3. Preferably invoke for Divine Blessing. (Optional)



Superbrain Yoga
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Figure 4.2: Using the Superbrain Yogic Action

SuperBrain Yoga Procedure of Master Chao Kak Sui is shown in **Figure 4.2** above.

a). How to do SuperBrain Yoga

- Stand tall and straight with your arms by your side.
- Lift your left arm and hold your right earlobe with your thumb and index finger. Your thumb should be in front.
- Lift your right arm and hold your left earlobe. Your right arm should be over your left arm.
- Inhale deeply and squat down slowly to a sitting position.
- Stay in this position for 2-3 seconds.
- Gently exhale as you rise again. This completes one cycle.
- You may repeat this cycle about 20-30 times every day.

By doing one to two minutes of practice continuously, the frequency of alpha waves increases and an unexpected increase in memory is found.”

The practice of 'Superbrain Yoga' in foreign countries has been started regularly in the teaching world. whereas our sages had researched it thousands of years ago and implemented it smoothly in the Gurukul and elementary education system, which used to be implemented in basic education till the 1970s in India as shown in **Fig.4.3**.



a) Students at Class Rooms in India



b) Jaitra at Sydney

Figure 4.3: Superbrain Yoga Practice

Yoga is a science that harnesses the innate capability of the body to improve its powers and functioning. It can act as an instant cognitive boost. It helps relieve stress, which enhances the operation of the brain. Some pranayamas and yoga asanas like: Bhramary, Paschimottanasana, Setu Bandhasana, Sarvangasana and Halasana are found for activating a more efficient brain.



Figure 4.4: Superbrain Yoga Practice by Indian Common People

b). Benefits of Super Brain Yoga

Super Brain Yoga activates acupuncture points on the earlobe that stimulate your gray matter. This exercise helps your brain by:

- Synchronizing left and right side of the brain.
- Distributing energy levels and inducing calmness.
- Stimulating thinking capacity.
- Increasing mental energy.
- Making you more creative.
- Developing cognitive powers.
- Improving focus, concentration and memory power.
- Boosting decision-making skills.
- Relieving stress or behavioral problems.
- Making you more psychologically balanced.

Therefore, it is necessary to restore and re-establish the ancient science to enhance the memory in educational system as our Sagas gifted us from their many many year's research. It is also essential to practise common people as a part of Yoga class to regain their memory and to get relief from old age forgetness as shown in **Fig. 4.4**. This brain exercise is known to help patients with Alzheimer's, mild depression, Attention Deficit Hyperactivity Disorder (ADHD), Down's syndrome, autism, and dyslexia among others. It should be followed-up with the meditation.



5.

Increase Memory Through Meditation

In India, since Vedic times, our Sagas has been contributing to sharpen the memory of the brain by adopting a simple and active method of "meditation". Now there are many products available in the market to increase memory. It can be good as well as bad. To be honest, nobody's memory power is weak, nor does age make any difference to it. Forgetting is a normal human nature and should be considered normal process.

5.1 Meditation Increases Memory

The yoga of Maharishi Patanjali is called Raja Yoga or Ashtanga Yoga. In the above eight limbs (i) Yama, (ii) Niyama, (iii) Asana, (iv) Pranayama, (v) Pratyahara, (vi) Dharana, (vii) Dhyana, (viii) Samadhi, all types of yoga are included. These eight organs yoga also have their own sub-parts.

Meditation, the seventh limb of yoga, is beneficial in many diseases. If your memory is weak then it can be easily overcome by meditation in two ways. First just for 10 (ten) minutes of meditation and second for only 10 (ten) minutes close your eyes and focus only on the movement of the breath. Do this daily, but for at least 30 (thirty) days.

- a. **10 Minutes Meditation:** If you do not understand this meditation, then just close your eyes for 10 minutes, Scientists say that closing the eyes for 10 minutes increases memory power. You sit in any Sukhasana and close your eyes for only 10 minutes by putting an alarm

and focus only on the movement of breath. Do this every day at least 30 days.

- b. Use of Reverse Memory:** Whenever you go to bed, remember the events of your daily routine in reverse order with your eyes closed. Like what you were doing before sleeping, then what were you doing before that, then carry such memories till you wake up in the morning. Continuing the sequence of the routine, increase the Memory Reverse (re-leaving memory).
- c. The Gain:** Continuing the practice of this reverse remembrance with meditation, after a month, where the memory power will increase, but after a few months it will develop amazing memory power in you. You can never forget at any age and under any circumstances.



Figure 5.1: Ten Minutes Meditation With Eyes Closed

5.2 Types of Meditation

You know the types of asanas and pranayama, but very few people know the types of meditation. Of course, meditation is tailored to suit each individual's mood.

5.2.1 The Four Parts of Meditation: Meditation can basically be divided into four parts- i) seeing, ii) listening, iii) breathing and iv) focusing on thinking with eyes closed and silent state. The vision of seeing or witnessing-meditation, listening to hearing-meditation, breathing in pranayama-meditation, and concentrating on thinking with the eyes closed can be called Bhrukuti meditation. There can be thousands of sub-types of the above four types of meditation.

You can do these four types of meditation lying down, sitting, standing and even while walking. Thousands of types of yoga and meditation have been described in Hinduism by adapting to the above methods, which are according to the mood of each person. Lord Shankar had told 112 types of meditation to Mother Parvati, which are stored in Shiv Gyan Bhairav Tantra.

- (i). **Seeing:** There are lakhs of people who have gone on the path of accomplishment and salvation just by seeing. This is called staying in the sense of sight or witnessing. You can see, but at present you cannot see. Your so many thoughts, tensions and imaginations keep you disconnected from the present. Seeing and understanding (not thinking) the present consciously i.e. consciously is the witness or the visionary meditation.
- (ii). **Listening:** There are many who become hearing by listening. It is said that Sunnah was attained only after hearing it. It's very difficult to listen. Listen carefully to the sounds coming from near and far. Close your eyes and ears and listen to the sounds coming from within. When this listening becomes deep, then gradually it starts to be heard - naad. That is, the vowel of Om.
- (iii). **Breathing meditation:** Breathe deeply in and out with closed eyes, breathe as deeply as possible without forcefully pressing, being aware and aware of the breath coming and going. That is the simplest and primary method of Pranayama meditation.
- (iv). **Eye-brow Meditation:** By closing the eyes and meditating on the forehead situated between the two

eyebrows, experiencing inner peace by being completely silent from outside and inside. To keep watching the darkness consciously is eyebrow meditation. After a few days, the light appears out of this darkness. First black, then yellow and then blue turning white.

Now let's talk about the traditional type of meditation. This meditation is of three types- a). gross (root) meditation, b). jyotirdhyan and c). subtle meditation.

- a) **Gross (Root) Meditation:** The meditation of gross things is called gross (root) meditation - like sitting in siddhasana with eyes closed and meditating on any deity, idol, nature or the heart chakra located inside the body is gross meditation. Imagination is important in this meditation.
- b) **Jyotirdhyana:** Kundalini is situated in a spiral in the middle of the mooladhara and the lingam. Jyotirdhyan is the meditation of the Jyoti form Brahma at this place.
- c) **Subtle Meditation:** Sadhak should meditate on Kundalini while performing the rituals of Sambhavi Mudra, this type of meditation is called subtle meditation.

5.2.2 Meditation Place: If you are really serious about meditation and you want to sit and meditate, then it is important for you to choose a good place. There is a need of space in the beginning to meditate. Well, the place to meditate is a temple. Temples were built so that people can go there and meditate, but since now there are worship, recitation and hymns in temples, they cannot meditate there. Ancient temples were built according to meditation.

The place of meditation should be such where there is no noise and pollution. The place should be clean and of normal temperature. You can also avoid noise by putting cotton in the ears. Mosquitoes can be avoided by applying mosquito nets, but if there is pollution in the air, then decide how to avoid them. Like the shade of a tree or the shelter of a cool hut gives relief to a person stricken by heat, similarly Hatha Yoga is considered as a

refuge for the recluse and the worldly ones, suffering from worldly troubles.

- a. **Place of Meditation:** When you want to do spiritual practice, stay as far away from the hustle and bustle of the city as possible in an environment full of natural resources, where there are people with religious attitudes and there should be sufficient availability of food, water, fruits, roots etc. Since this is your proper place of worship, hence choose such a secluded place and build a small hut there.
- b. **How to make a hut:** Keep in mind that there should be no stone, fire or water around the hut. Allocate a separate place for that. The door of the hut should be small, there should not be any break or hole in the walls, there should not be any burrow in the ground, which increases the risk of rats or snakes etc. The land of the hut should be flat, it should be well coated with cow dung, keep the hut very pure, that is, there should be no insects and pests. Make a small pavilion outside the hut, under which there is an altar in it to perform the havan, wherever you want, you can keep the smoke burning. It will come in very handy in winters. Nearby there should be a good well or kundi, whose sail is surrounded by walls. If there is no well, then keep in mind that you do not have to do any kind of effort to bring water and the water is clean.
- c. **Ultimately:** the seeker who lives in the kind of place, can achieve success in practice by getting as much solitude as possible, but Hatha Yogis experience that the pure environment proves to be very helpful in carrying forward the sadhna and achieving speedy success.

5.3 Miracle Experiences of Meditation

Meditation is wonderful. We basically have three bodies like this. The physical, the subtle and the causal, but apart from this body there are other bodies. There are mainly seven chakras in our body. A body is attached to each chakra. The composition of our body is very amazing and wonderful. The visible physical body is

not just a combination of blood, bone and flesh, the bodies that move it are separate. This is experienced in Kundalini awakening. A person who has been meditating continuously for four to six months may sometimes experience more than one body. That is, one is this root (physical) body and two other bodies coming out of that body. In such a situation, many meditators get nervous and they think that they do not know what it is. They think that I should not die. Frightened by this experience, they stop meditating. Once meditation is lost, it is difficult to return to the same state again.

5.3.1 Understand This Experience – What is visible is our physical body. We cannot see the other subtle body, but we can feel it in sleep. This is what is called manomaya body in the Vedas. The third body is our causal body which is called vighyanmaya body.

5.3.2 Potential of The Subtle Body - The subtle body is encircling our physical (root) body. The field of energy that surrounds our body is the subtle body. The subtle body is also like our gross body; That is, it can also see, smell, eat, walk, speak, etc. Apart from this, this body has many other abilities like it can see across the wall. One can know what is on anyone's mind. He can go anywhere in a moment. He can foresee and know everything about the past etc.

5.3.3 Potential of the casual body - The third body is called the causal body. The causal body surrounds the subtle body. It is also called seed body. It contains the seeds of the lust of the body and the mind. It stores our thoughts, feelings and memories in seed form. After death the physical-body perishes within a few days and the subtle-body dissipates in a few months and merges into the energy of the causal body, but after death the same causal-body moves from one place to another and with this Manomaya and physical body are attained again by light, that is, a new birth takes place. The causal body never dies.

For this reason many siddha yogis from the body become capable of entering the divine. When a person meditates continuously, after a few months this causal body starts coming into action.

That is, the consciousness of a person begins to be situated in the cause. Its power increases with meditation. If a person continues to meditate fearlessly and consciously, then surely he can go beyond death. To go beyond death means that now one has stopped living in the physical and subtle bodies.

5.4 What is Meditation?

Waking up from within is meditation. To remain in a state of thoughtlessness all the time is meditation. - Osho

Zen of Japanese and meditation of China, both these words are abrogates of meditation. In English it is called meditation, but the word awareness is closer to it. The word Dhyana of Hindi is close to it. The basic meaning of meditation is awareness, awareness, senses, witnessing and sighting.

Meditation, the seventh limb of yoga, is very important. Meditation is such an element that by practicing it, everyone automatically starts to cultivate, but this rule does not apply to other parts of yoga. Meditation is a state of standing between two worlds.

- **Definition of Meditation:** Tatra Pratyayaktanata Dhyanam. 3-2 .. Yoga Sutra means- where the mind is engaged in that one-way movement of instinct is meditation. Dharana means bringing or holding the mind in one place, but Dhyana means that wherever the mind is stationary, walking a string of instincts is meditation. To be awoken of it is meditation.
- **Meaning of Meditation:** Meditation does not mean concentration. Concentration is like the spot light of a torch, which focuses only on one place, but meditation is like a bulb that spreads light in all four directions. Generally, the attention of common people can be very less, but the meditation of yogis is like sunlight, in which everything in the universe is captured.
- **Kriya is not meditation:** Many people mistake as actions to be meditation – such as Sudarshan Kriya, Transcendental Meditation Kriya and Sahaja Yoga

Meditation. On the other hand, the mistake of considering the method which is being adopted as meditation.

Many saints, gurus or mahatmas suggest various revolutionary methods of meditation, but they do not tell that there is a difference between method and meditation. There is a difference between action and meditation. Action is a means, not an end. Action is a tool. Action is like a broom (cleaning tool).



Figure 5.2: Meditation - The Way to Get Rid of Actions and Thoughts

Sitting with your eyes closed is not meditation. Remembering an idol is also not meditation. Chanting the rosary is not meditation. It is often said that meditate on God for five minutes - this is also not meditation, it is remembrance. Meditation is freedom from actions. Freedom from thoughts.

5.4.1 Nature of Meditation: Innumerable imaginations and thoughts go on simultaneously in our mind. Due to this, there is an uproar in the mind. We don't want to yet it goes on. You are making yourself less and less by thinking continuously.

Meditation is to remove unnecessary imagination and thoughts from the mind and move to pure and serene silence.

As the meditation deepens, one becomes situated in the witnessing sense. Not even a moment of any emotion, imagination and thoughts has any effect on him. The primary form of meditation is the silence of the mind and brain. Thought, imagination and living in the pleasures and pains of the past is against meditation.

In meditation the senses merge with the mind, the mind with the intellect and the intellect in its own form, the soul. Those who do not understand the sense of witness or sight, they should initially practice meditation with their eyes closed. Then after increasing the practice, whether the eyes are closed or open, the seeker remains connected with his nature and finally he can remain in the state of meditation even while doing some work by being in the state of witnessing.

5.4.2 Methods of Meditation: One of the many methods of meditation is that meditation is not done by any method, it happens automatically. Thousands of methods have been described in yoga and tantra of meditation. There are many rituals and rituals in Hindu, Jain, Buddhist and Sage Sangat. The method and action are to break your physical and mental sleepiness so that you become meditative. Here are some of the simplest methods of meditation, but it is wondrous.

Special: There are thousands of methods of meditation. Lord Shankar had told 112 - methods to Mother Parvati, which are stored in 'Vigyan Bhairav Tantra'. Apart from this, there are many methods in Vedas, Puranas and Upanishads. Saints and Mahatmas keep on telling the methods. Among them, especially 'Osho Rajneesh' has described more than 150 methods of meditation in his discourses.



Fig. 5.3: Yogis Meditating While Sitting In Siddhasana

- (i). Sitting in Siddhasana, first exhale the inner air deeply through the breath. Of course, do it. Then close your eyes for some time and just inhale and exhale deeply. In this process the polluted air of the body will come out and the mind will be calm and the body and mind will be happy. By doing this daily, meditation will start to awaken.
- (ii). Close your eyes and sit in Siddhasana. Then remove the tension from your body and mind, that is, let it loose. Remove tension from the face as well. Feel absolutely calm. Feel your entire body and mind being completely calm. All the organs from the nails to the head are relaxed. Stay in this state for 10 minutes. This is enough to know the spirit of witnessing.
- (iii). In any Sukhasana, close your eyes and sit calmly and still. Then take turns observing your body from toe to head. During this, keep on feeling that every part of the body you are observing is becoming healthy and beautiful. This is the secret of health. Prepare body and mind for meditation.
- (iv). The fourth method is the revolutionary method which is being used by more and more people. This method is called to remain in the witnessing sense or in the sense of the observer. Of course, seeing is everything. Do not think while

watching. You can do this meditation method anytime, anywhere. It can be used well while walking on the road.

See and feel that the 'thoughts and feelings' in your mind are like a bee buzzing on a hive, which can be removed and enjoy the 'honey'.

Make the atmosphere fresh and spiritual with aromas and music during all three of the above simple meditation techniques. For the fourth method, use a pleasant environment in the morning and evening.



6.

Simple Methods of Meditation

We have read in the previous chapter that meditation is the best method to calm a distracted mind – it gives us a feeling of peace. With its continuous practice, we can realize how the mind keeps us engrossed in trivial things and how meditation also saves us from worrying excessively and restless about the future.

We must have heard the words 'adrenaline rush' many times. This is when we worry excessively about a potential threat. For example - when we ride an exciting swing, our adrenaline hormone level increases, which causes our heart rate to increase, muscles get tense and the body starts sweating profusely. It has also been proved scientifically that the amount of this stress hormone can be reduced significantly by regular meditation practice.

6.1 How to meditate?

One important question- how to meditate? is often asked. It is the same way we ask how to breathe, how to live, how to be alive or how to love. You may be asked questions whether you learn to laugh and cry or how to cry or laugh? To be honest, no one ever taught us how to be born. Osho says that meditation is our nature, which we have lost in the glare of the world.

The starting elements for meditation are:

- a) breathing movements,
- b) mental movements
- c) the goal of meditation and
- d) Living consciously.

If you pay attention to the above four, then you will learn to meditate.



Figure 6.1: How to Meditate

6.1.1 Importance of Breathing Movement: In yoga, the movement of breath has been recognized as an essential element. This is how we are connected to the inner and outer worlds. The speed of breathing changes in three ways – 1). Attitude, 2). Atmosphere, 3). Body movement. In this, the speed of breathing is more driven by the mind and brain. Just as there is a huge difference in its speed between anger and happiness.

Our age decreases and increases with the speed of breathing. All can be controlled by controlling the breath. That's why breathing helps to focus and activate attention. While meditating, when the mind is wandering unsteadily, by concentrating on the breathing activity, gradually the mind and brain become stable and meditation starts. While meditating, the process of taking deep breaths and exhaling slowly gives physical and mental benefits, while meditation gets momentum.

6.1.2 Mental Movement: To meditate or be in meditation, it is necessary to understand the movement of the mind and the brain. Speed means that why we get lost in thoughts, why we keep thinking only thoughts or that we keep on thinking or that get lost in tune, imagination etc. There are only a few ways to stop all this- First, close the eyes and stabilize the pupils. Second, do not move the tongue at all, keep it completely still. Third, whenever any kind of thought comes, stop thinking immediately and become aware. Do not force this, but adopt Sahaja Yoga.

6.1.3 Dhyana and Goal: There are two forms of meditation, one – formless (shapeless) meditation and the other – form (shape) meditation.

- **Formless Meditation** - While meditating, make the goal of seeing only. Keep listening on the second number. Notice, notice that among the many sounds outside, there is one voice that continues uninterruptedly - like the sound of a plane, the sound of a fan, or the pronunciation of as someone is doing it. That is, the sound of silence. Similarly the voice continues within the body as well. pay attention. Try listening and seeing the darkness in front of your closed eyes. This is called formless meditation.
- **Shape Meditation** - In shape meditation, nature and green trees are visualized. You can also imagine that you are sitting on the top of a mountain and a cool breeze is blowing. You can also imagine that your presiding deity is standing in front of you. We do 'Kalpana Dhyana' so that in the beginning we can stop the mind from wandering here and there.

6.1.4 Living Consciously: Are you really Living in Mind? Living in meditation is the hardest thing to do. The person remains conscious only for a few moments and then again starts living mechanically. To stop living this mechanical life is meditation.

6.1.5 Beginning of meditation: The action before beginning meditation, pay attention to 'why I am thinking'. Our 'idea' is the action of the future and the past. Thought is a kind of disorder. Awareness is born from living in the present. Imagining the future

and living in the pleasures and pains of the past is against meditation. Meditation should start in four steps (**Fig. 6.2**)-

Step-1: According to Osho, before starting meditation, you need to have catharsis, that is, it is necessary to remove the dust on your consciousness. For this, if you want, do catharsis or Bhastrika of yoga, Kapalbhathi Pranayama. You can do more than this to exhaust your body.



Step-2: In the beginning, pay attention to all the movements of the body and observe it. Hear the sound outside. Pay attention to what is happening around you. Listen to him carefully.

Step-3: Then slowly turn the mind inward. Observe silently on the movements of thoughts and feelings. With the slightest effort of noticing this or meditating, the mind will become stable and calm. Silence from within is essential for the beginning of meditation.

Step 4: Now you are ready to just see and feel. As seeing and hearing deepen, you will fall into meditation.

Figure 6.2: Steps of Meditation

6.1.6 Beginner Method of Meditation: Initially sitting in Siddhasana, close the eyes and keep the right hand on the right knee and the left hand on the left knee, keeping the spine straight, inhale deeply and release. Just pay attention to this movement of

breaths for five minutes, how far this breath goes in and then how far this breath comes out. Enjoy the silence completely inside. When silence happens, the sense of witness arises in the person. Thinking is a useless action of the body and understanding is the nature of the mind.

- **Duration of meditation:** Keep doing the above meditation method regularly for 30 days. After 30 days, increase the time duration from 5 minutes to 10 minutes for the next 30 days and then to 20 minutes for the next 30 days. 90 days is enough to conserve power. Keep it up.
- **Caution:** Meditate in a clean and quiet environment. It is forbidden to sleep while meditating. There is a lot of thinking while meditating. But thinking 'why am I thinking' stops for a while. Just focus on the breath and resolve that for 20 minutes I want to clear my mind.

Ultimately, meditation means paying attention to everything that is related to our lives. On the body, on the mind and whatever is happening around. On the actions of thoughts and feelings. With a little effort to pay attention to this, we can move one step at a time towards the nectar.

6.1.7 Meditation and Thoughts: When we sit with our eyes closed, there is often a complaint that the thoughts of a lifetime come at the same time. Thoughts about the past or plans for the future, fantasies, etc., keep buzzing around the brain like flies. How to get rid of this? It is believed that as long as there is thought, meditation cannot happen.

Now no one is even ready to believe that nirvichara can happen. What's the harm in trying it out? Osho says that meditation is the death of thoughts. You just start meditating. Where there used to be 30-40 thousand thoughts of worry and contemplation in the first 24 hours, now their number will start decreasing. When the whole thing happens, a very big event can happen.

6.2 Will Keep Meditation Free From Mental Stress

For this, if we fix the time, place and object of meditation, then meditation is done better. Don't let other thoughts come to your mind while meditating. Thoughts will come again and again, but through effort these thoughts can be removed and meditation can be done. By doing regular meditation, you can easily see the results in your everyday life by increasing the sharpness of the intellect, increasing the memory power, increasing self-confidence, not losing the balance of mind in adversity.



Figure 6.3: Involvement of adults, children and adults in meditation

Apart from meditating, one should pray upon waking up in the morning, before meals and before sleeping. In that, even by praying to your deity God according to religion, the spirit of faith, dedication will be awakened in the mind, due to which gradually the worry of the results will be removed.

The mental stress of the child increases during the examination days. The expectations of the school, the expectations of parents and teachers and he throws himself in this race of competitive education, at such times the following things should be followed to keep him free from mental stress.

- Stress is relieved by listening to good music, listening to favorite bhajan, shloka, aarti etc. in between studies.
- Along with this, short stories based on great men, Indian culture or human values should be told or read.
- It is a good thing to share with the elders of the house for some time in the homework.
- Prayer and meditation are effective ways to increase concentration.
- Yoga, physical exercise and favorite sport must be done for at least one to two hours throughout the day.

Every parent should take care of the necessary food, sports and games in the physical development of their child. And attention should also be paid to mental health and spiritual practice.

6.3 Importance of Meditation in Yoga

Meditation is like fire. The evils are burnt to ashes in it. Meditation is the soul of religion and yoga. There is no death of meditators. But what is different from meditation is in old age all the fears that arise from the fear of death. In the end, he seems to have lost his life. Therefore it is necessary to meditate. It is only through meditation that we can attain our original form or say that we are lost somewhere. Meditation is the only option to find yourself.

The world needs attention no matter what country or religion the person is from. It is through meditation that a person's mental structure can change. Violence and stupidity can be ended only by meditation. Through the practice of meditation, awareness increases, through awareness we come to know about the intellect of ourselves and other people. The meditating person remains silent because he looks into people and sees what is going on inside him and why he is behaving like this. The meditator stops living mechanically.

6.3.1 Silence Makes Meditation: Meditation provides a lot of peace. If you are meditative, then you will not feel like talking much and speaking loudly, those who have useless thoughts

within them, they talk more. They also become preachers. If seen carefully, they continue to do the same things throughout their life as they have been doing in the past. People with misguided mind go on talking nonsense all their life, as you must have seen debates on TV channels. The solution to problems is in the focus, not in the debate. People should be taught meditation.

6.3.2 Control of Thoughts: Many thoughts keep running in our mind at the same time. Thoughts running in the mind start creating noise in the brain, due to which mental disturbance starts to arise. Meditation removes unnecessary thoughts from the mind and gives place to pure and necessary thoughts in the mind.

6.3.3 Development of Spiritual Power: Meditation creates and strengthens the rhythmic relationship between body, mind and soul. Regular practice of meditation increases the spiritual power and gives a feeling of mental peace. While practicing meditation, even 5 minutes in the beginning is enough. You can meditate for 20-30 minutes before practice.

6.4 Nasal Vision Mudra Yoga

Nasikagra means the end, upper part or front of the nose. Seeing this part alternately balancing is called Nakikagra Mudra Yoga. But before doing this mudra, definitely take the advice of a yoga teacher, because doing it puts stress on the forehead (**Fig. 6.4**).

- **Method of Mudra:** Sitting in any posture, keep your eyes on the tip of the nose. You may be able to see it with the left eye first, then after a while with the right eye. Don't get stressed in watching this. Take a look at it with ease.
- **Duration:** This mudra should be done for such a long time that it does not put much pressure on the eyes, then gradually increase the time to do it.
- **Its benefits:** While it exercises the eyes, it is also beneficial for the brain. This increases the concentration in the mind. With continuous practice of this mudra, the Muladhara Chakra starts to awaken, which helps in awakening the Kundalini.



Figure 6.4: Nasal Vision Pose

This awakens the Muladhara chakra because the Ida, Pingala and Sushumna nadi, which are located between the two eyes, have gone to the Muladhara.

6.5 Meditation Experiences

Meditation experiences are wonderful. How are the initial experiences of meditation - When the mind dies, it tries its best to save itself. When thoughts stop, the brain starts presenting a lot of ideas. Many types of illusions arise in meditation, but by remaining aware in the midst of all of them, by being aware, gradually all illusions and contradictions are removed (**Fig. 6.5**).



Figure 6.5: Amazing Experiences of Meditation

In our initial meditation experience, we experienced that darkness first appears between the eyebrows. In the dark somewhere blue and then somewhere yellow starts appearing. Blue is the color of the command wheel and the soul. Only the soul is visible in the form of blue color. Yellow is the light of the soul. Other colors are derived from the effect of visuals and energy. With continuous meditation, all the colors are removed and only blue, yellow or black color remains. Now, during this time, whatever the imagination or the movement of thoughts is happening in our mind and brain, according to that the scenes keep getting created. At some places, layers of memories keep opening up, but the meditator gets speed just by concentrating on meditation. Only an experience of deep darkness and peace can end thoughts and mental agitations forever.

When this experience deepens, then the person's relationship gradually starts connecting with the etheric medium. He starts experiencing subtle to subtle waves and acquires the ability to hear even distant sounds. In such a state, a person can move towards the ability to know the present condition of anywhere by connecting with the etheric medium. Siddhis are hidden in the deepest darkness and depths of the mind.

6.6 Vipassana, a Miracle Meditation Method

See what you are seeing and whether you are watching consciously or mechanically? Look how people all around are living in the unconsciousness of thoughts and feelings. Living in thoughts like effigies. Never keep a distance from everyone and observe them. Vipassana dissolves sleepiness by waking you up to your own state. Then you cannot live mechanically.

6.6.1 What is Vipassana: Vipassana is an ancient meditation method that was revived by Lord Buddha. It is the only miraculous meditation method through which most people have attained enlightenment or attained enlightenment. We do not want to make any comment on the current form of Vipassana which is in vogue. Vipassana is an effective method of introspection. This leads to self-purification. It is a combination of pranayama and witnessing. In fact, it is part of the witnessing itself. Since time immemorial, sages and sages have been doing this meditation method. Lord Buddha made it the simplest. According to this method, you have to watch your breath and be aware of it. To see means to feel its movement.

6.6.2 How to do Vipassana: Vipassana is a very simple and straightforward experiment. Witness to your passing breath. In the initial exercise, just feel the breath coming and going in the nostrils in any position while getting up, sleeping, waking up, talking or in silence (**Fig-6.6**). Just like till now you did not pay attention to your breathing but now naturally watch its movement with a witnessing attitude or feel it exhale and take it. Also, smoothly pay attention to the gap between inhaling and exhaling. Do not do this forcibly. Simply, whenever meditation comes, closing everything and meditating on it is Vipassana. Apart from breathing, in the second step, you should also observe that one thought comes and goes, another comes. This anger came and went. Not to be involved at any cost. Just watch quietly that there is some kind of action and reaction going on in your mind, brain and body.



Figure 6.6: Vipassana - People Feeling The Breath Through The Nostrils

6.6.3 Vipassana is not a Method, it is Nature: There is no need for any kind of frills or living in solitude for doing Vipassana. Its good practice can be done only by staying in the crowd and noisy. While riding a bike, sitting in a bus, traveling in a train, traveling in a car, on the side of the road, in the shop, in the office, in the market, at home and while lying on the bed, keep doing this method anywhere and nobody knows. It will not work that you are meditating.

6.6.4 Why to do Vipassana: Breath is the only bridge between the body and the soul, which not only drives our thoughts and feelings but also keeps our body alive. Breathing is life. Osho says that if you keep watching the breath properly, then inevitably and unavoidably, you will come to know yourself as separate from the body. The one who sees the breath has become separate from the breath, and the one who is separate from the breath has become separate from the body. Release from the body, release from the breath, then the eternal is seen. In that philosophy there is flight, height and depth. There are no heights in the rest of the world, nor are there any depths in the world. The rest is useless nonsense.

6.6.5 Benefits of Vipassana: It relieves stress. Negative and useless thoughts do not come. There is always peace in the mind. Keeping the mind and mind healthy, it also affects the body. All

the anguish of the body disappears and the body becomes healthy. The biggest advantage of this is that if you keep doing it continuously, then self-realization starts and the accomplishments are automatically proved.



7.

Treatment of diseases by meditation

Indian sages have found the method of yoga treatment suitable in this context since ancient times and made it accessible to all. Indian meditation practice has now gained a reputation as a discipline in medical science and in the future, not only stress, but also the possibility of treatment of many incurable diseases and prevention of possible diseases. But this is the physical aspect of meditation, which is limited to the promotion of health and upliftment of life. Penetrating into the depths of meditation not only benefits from an increase in the life force and a balanced state of mind, but also develops a spiritual magnetism capable of becoming closer and in contact with the Universal Divine. Self-development is the real goal of meditation.

7.1 Which Diseases are Treated with Meditation

The main cause of diseases is often considered to be the attack of microbes and viruses such as dyspepsia and malnutrition etc. Medical scientists and nutritionists also arrange the treatment and remedies to avoid them. It has also been seen that mostly backward people become victims of such diseases. Whereas developed and resourceful people suffer from mental turbulent stress due to misuse of education, prosperity and intelligence and are seen to lose their lives untimely. However, the fall-oriented habits that have arisen due to the affluent are not only dominated by behavior, but also on contemplation-contemplation and qualities, deeds and nature. As a result, there is an indiscriminate dissipation of the powers of both the body and the mind, and the excitement, obsession, which dominates both the areas, eventually gives rise to the form of picturesque diseases. It is not easy to control them with expensive tonics, medicines. To get rid

of them, it will be necessary for us to take shelter of psycho-spiritual remedies-remedies on psychic and yoga. Progress in the direction of overall health promotion and true enjoyment of life can be achieved only when qualities, deeds, temperament and thinking, character, behavior, excellence and goodness can be included.

It is the result of today's undisputed material development that man is moving fast in the direction of lenience and disorderly. Vicious tendencies like drunkenness, luxury, bravado, boasting are in a way a rebellion with a simple-natural life. Being trapped in this vicious cycle disturbs the physical and mental balance. This is the reason why there has been tension between the very rich and the newly wealthy. Unfortunately, its branch-offices and complexities cause more and more deficiency diseases. Thus it has been seen that relatively the so-called rich people have suffered more losses. These days more than 95% (ninety-five percent) of patients are found to be sick as a reaction to stress. Constant headache, dizziness, red eyes, lack of interest in work, memory loss, attacks of diseases like paralysis, etc., all these are the side effects of excessive stress. Similarly, diseases like heart diseases, high blood pressure, ulcers, colitis, etc., arise due to stress. Excess of stress leaves a person dead.

Psychologists and spiritualists studying and researching in this direction say that the excess of stress is according to the person's own thinking and thoughts. Negative, pessimistic, skeptical thinking and attitudes lead to stress. According to the well-known neurological stress specialist Dr. Edmund Jacobson, blood pressure, heart disease, etc., are now flourishing even among the middle class people. The root cause of this has been told to the ignorance, fear, anxiety which pervades the inner being, which arise in them. As a result, the natural happiness and cheerfulness of the person is snatched away. Similarly, those who want to live a more comfortable and luxurious life, want to avoid labor, spend more than their income, they weave a circle of excessive worries around them like a spider web. All these are helpful in increasing the tension in them. Obesity, diabetes, asthma, arthritis, etc. are

due to stress. It is the conclusion of almost all the intelligent medical scientists and psychiatry experts of the world that the root cause of 75% (seventy-five percent) of diseases is the anxious state of mind-stress. If the unfailing power of the mind can be used in an omniscient and predicate lamp, and if a connection can be made with the consciousness contained in every particle of the universe, then even the most difficult diseases can be overcome.

Now the question arises that how to get rid of this great disease? Experts say that when the root cause of these diseases is not the body – the mind, then it would be appropriate to treat the mind only. Eminent psychotherapist Pastor Norman Vincent Peel says that both the words meditated and meditation have the same origin, i.e. to do medicine and to be limited to procedures. The mind is subtle, so far it can be reached only through meditation and the roots of the diseases that have accumulated in that area can be dug out.

7.1.1 A True Proof Example of Ambrose Voren: A psychotherapist duo and their team known as Mr. Voren couple have done a commendable work in this direction and Ambrose Voren has also published more than twenty books under the name of Harold Sherman . Of these, in the above-mentioned book titled 'Your Power to Heal', he has written that the only way to achieve holistic physical and mental health is to seek its cooperation with consciousness. Medical treatment alone is not enough.

Ambrose Voren was an engineer by profession and worked as an industrial consultant for the famous Ford Motor Company of America. Incidentally, in the year 1920, an incurable disease surrounded him and he reached a dying condition. In the meantime, he got a book by Thomas J. Hudson, considered a pioneer in psychiatry and philosophy in America. Based on that, he dared to use his efficacious psychosomatic therapy on himself and became free from disease. Describing this event, he has written that if the unfailing power of the mind can be channeled

in a creative and predictive direction and can be connected with the consciousness that is present in every particle of the universe, then even difficult diseases can be overcome. The power of self-creative auspicious thinking and the combined prayer of God with the goodwill of the people shows its effect in a miraculous way.

The said event gave rise to the Body-Mind Spirit Healing Workshop, i.e. Body-Mental-Spiritual Healing Workshop. Abros Boren first founded the Transcendental Research Associates Foundation. Through this association, he met Olga, a philanthropist and a Russian girl with supersensory abilities, and both of them tied the knot and resolved to work for Lokmangal. He took up the task of awakening the dormant powers within man, taking recourse to the prevailing medical as well as religious traditions and psychological facts. From the very beginning of the creation, human beings have resorted to some or the other power to get rid of diseases and sufferings, whether it is in the form of deities, mantra-tantras or human beings with supersensory abilities. Thus, everything has its good and bad uses. According to this fact, how far in the name of medicine, rituals, chanting, praise, sacrifice, gifts, etc., are capable of self-reliance or suffering, it is a different matter. But so far as the mind has been influenced through faith or belief, there is definitely success. This is an indisputable fact.

The Voren couple took shelter of this fact. Without staggering one's faith, removing his shortcomings, first started giving relaxation and meditation to the patients for five-ten minutes to half an hour. Relaxation was done in a musical atmosphere and it was told that the fear and anxiety which has arisen in the mind due to disease, pray to God to infuse it with predicative and excellent thoughts. The nature of the prayer was also determined. Seeing the result of taking all measures to boost the morale of the patient and remove negative thoughts, he conducted this workshop in many other countries besides his motherland and cured lakhs of people. This organization is still operating in America.

7.2 Meditating Keeps Cold and Fever Away

A new study has found that meditation can prove to be very effective in preventing cold and fever during the winter season.

7.2.1 Meditation to Prevent Colds and Fever: According to a study from the University of Wisconsin-Madison, adults who meditated or did light exercise like walking were less likely to suffer from colds for eight weeks than those who did not. The ones who didn't do anything like that. Earlier studies also found that meditation improves mood and reduces stress, as well as improves immunity.



Figure 7.1: Suffering from cold and fever

7.2.2 Healing with Meditation Developed in Tao China and Buddhist India: Meditation is mentioned in the Hindu Vedas. Other methods of meditation developed in Tao China and Buddhist India during the fifth to sixth centuries.

According to the news of the Daily Mail, this new study divided 149 people into three groups. One group practiced conscious meditation. It is a meditation in which the mind is focused on the present. The second group ran continuously for eight weeks while

the third group did nothing. Researchers kept on checking the health of these people from September to May. However, they did not check whether these people were still exercising and meditating after the eight-week period. These people were examined for symptoms of cold and fever like cold, suffocation, sore throat, sneezing. The collected samples were analyzed three days after symptom onset. The study found that meditators took 76 percent fewer holidays than those who did nothing. While those who exercised took 48 percent fewer holidays during this period. The study also found that mindfulness meditation can reduce the duration of respiratory infections by up to 50 percent, and exercise can reduce it by 40 percent. This study was published in Annals of Family Medicine.

7.3 Diseases and Yoga – Spinal Problems, Allergies, Cancer, Menstruation and Pregnancy

7.3.1 Spine Problems and Treatment: If you eat full and lie down then there is pressure on many organs and that is why it is not a good thing to do this continuously. Sometimes you will go to sleep after a full meal, but it is not right to go to bed after having a full meal every day. You should give plenty of time after eating food. At least one and a half hour to three and a half hours time is very necessary.

7.3.2 Menstrual Disorders and Treatment: Regular practice of asanas, hatha yoga and pranayama can help regulate menstruation, as many women do not complete their periods due to lack of physical fitness.

7.3.3 Nasal Allergies – Perfect Cure with Kapalbhathi: All you have to do is to practice Kapalbhathi continuously for a month or two, your sinus will be completely cleared. If you do it in the right way, then Kapalbhathi will give relief in every disease related to cold and flu. People who have problems with allergies should practice Kapalbhathi continuously and increase its duration as much as possible. Three to four months of practice can give you relief from allergies. If Kapalbhathi is practiced a lot, then excess

mucus i.e. phlegm will also end. In the beginning you do 50-times. After that gradually increase it 10 to 15 times daily. If you want, you can increase its number to one thousand.



Figure 7.2: Suffering from cold and fever

There are also people who do 500, 1000 or even 1500 Kapalbhathi. With practice, there will come a time when no more mucus will build up and your nostrils will always be clean.

7.4 Breast Cancer and Fasting in Cancer

One of the easiest ways to reduce the number of cancer cells in your system is by fasting. Actually, these cells require much more food than normal cells. They need about 30 percent more food. If some day you abstain from food, then automatically the level of these cells will start decreasing.

Shakti Chalan Kriya: This is a special kind of sadhana, by practicing which you can control the secretion of hormones inside your body. By doing 'Shakti Chalana Kriya' and some special asanas, the whole system can be cured and balanced.

There is no evidence or data about how much yoga-practice has helped patients suffering from cancer, but it has definitely been seen that such patients have benefited greatly from these practices. The way cancer patients responded to chemotherapy, the doctors treating them were also surprised. There have been some cases when patients practiced yoga after chemotherapy and recovered very fast. His cancer was cured due to yoga-practice, it cannot be said, but it is necessary that the patient can definitely benefit by doing yoga-practice along with medical treatment.

7.5 Yoga Makes Pregnancy Easier

Although pregnant women are not advised to practice all types of yoga, yet certain types of yoga practice are very important for them. Yoga can make their experience of pregnancy, childbirth and motherhood very beautiful. The program 'Isha-Taimai' is specially designed to make pregnant women aware of pregnancy and to teach them how to relax their body, mind and emotions to feel the joy of this state. Is. This program explains how to give birth to a healthy baby and the best way to take care of the baby.

7.6 Drive Away Depression and Sadness

Depression in yoga is handled and operated on the body, mind and energy levels. If there is a balance between body, mind and energy according to the need, then it is very natural to be blissful in life. Depression can never come in a happy person.

7.7 Getting rid of Prostate disease by Yoga

By doing butterfly and frogpose yoga continuously, one can get rid of the enlargement in the prostate gland. Dr. Bharat Raj Singh says that urine retention problems is very commonly in human being and starts at the age of 40 years. He got himself checked at the age of 60 years and was advised by the doctor to take Urimax-40 and if problem persists go for surgery. He continued yogasana's butterfly and frogpose and found his frequency of urination reduced. He can also sit in the meeting for more than 2-3 hours continuously without going to washroom. This was a miraculous benefit of frogpose and butterfly yogasanas, when no medicine or any surgery is required for its cure.

7.8 Home Remedies for Colds

People who have cold diseases and get their nose blocked every morning, they should take neem, black pepper, honey and turmeric.

“Take 10 to 12 black peppercorns. Soak them in two spoons of honey overnight. Eat it after waking up in the morning and chew on black pepper. If turmeric is mixed with honey, it will be even better.

If you stay away from all dairy products, then the mucus will automatically reduce.

I hope that you will definitely take advantage of the information about the treatment available from the Vedas, Puranas and the methods of Yoga, which is going on from the above mythological period.



8.

Yogic Practices and Benefits

8.1 Establishment of Vedic Science Center, dated (21 April 2015)

The Vedic Science Center was established by Shri Satish Kumar Singh, the founder School of Management Sciences and Chairman of the Group of Institutions, on Aakshya-Tritiya Vaishakh Shuklapaksha Day Tuesday Vikram Samvat 2072 dated 21 April 2015. Its main objective is to study the scientific researches underlying the mythological texts of India and to present them in the current modern by new avtar taking it to the public mind. The Indian system is being taught to unravel the secrets of life, by studying the spiritual lessons for keeping the body healthy through the scientific method of the mystery of yoga, with the new found researches, by students aimed at spreading the mantra of "Vasudhaiva Kutumbakam ", in the world.



The blind race towards development, has distanced the youth of India from its culture far away while the knowledge of 'Sanskrit language' has also been restricted to a few schools / institutions and universities. Today, there is a need to find out the role of Vedic Texts in industrial development. If these texts are beyond the perviews of present development yet part of it, is being bench marked, then technological development in 'Vedic Period' could have been more than what it is today.



Some facts found in recent times, make us rethink about the enthusiasm of the people of India that our ancestors who seems to be associated with religion were probably more scholarly and knowledgeable than we are now. There are things which have not been found and hence its research is necessary so that other countries could not tell us or teach us that the references in our ancient texts are correct.

Here, we would like to cite a few examples -

First: Goswami Tulsidas has written in the 'Hanuman Chalisa', few lines are -

“जुग सहस्र जोजन पर भानु।
लील्यो ताहि मधुर फल जानु।।”

**“Jug Sahasra Jojan par Bhanu!
Lilyo Tahi Madhur Fal Janu !! ,**

Today, when NASA has agreed with this research, we are accepting it as true.

Jug - Kaliyuga, Dwaaper, Treta and Satyuga. Its spans are 1200 years, 2400 years, 3600 years and 4800 years respectively; Total =12000 years.

Sahasra - 1000

Jojan - 8 miles

Mile - 1.6 km

Thus, distance from **Earth to Sun**: $12000 \times 1000 \times 8 \times 1.6 = 15,36,00,000$ km (15 crore 36 lakh km).

The lines of Hanuman Chalisa written by Goswami Tulsidas is now proving that in today's perspective, he was a great scholar of Astronomy or it was in the knowledge of all the people of that period.

Second: According to 'Ramcharitmanas' written by Goswami Tulsidas ji, Ram Setu was constructed under the supervision of Nal and Neel, civil engineering specialist according to the current language, to transport Sri Ram Chandra's entire army to Sri Lanka from India. It has been reported by NASA that this bridge was built by laying stones on the wood piling.

Also the stones used had less density and had the ability to float in water. The application of this principle by Nal-Neel is also confirmed in the Ramayana. The bridge is currently approximately 7 feet below the surface of water, which became possible due to increasing sea level over a period of 6,000 years.

NASA has named 'Sri Rameswaram Bridge' as Marvelous Civil Engineering of Vedic period.

Third: Our Vedic period inscriptions (Vedas and Puranas etc.) mention the sound of 'Om' in the Sun, which explains the Shankhanad of the word Omkar from time immemorial. Even today, there is a mention of awakening of Kundalini, it has been considered the path to enjoin soul with Brahma through meditation and through constant practice to connect with the Atmah.

Vision & Mission of Vedic Science Centre

Vision:

The Vedic wisdom of India, which was at the forefront of the world, has to be spread more and more to all scholars especially students studying in the technical field, as well as to open the pages of science and technology which have not been confirmed, by now their presence is large part of collective imagination.

Mission:

- Enhance in-depth study and knowledge of Vedic science.
- Study and spread the knowledge of Sanskrit language.
- Increase study and knowledge of Vedic-Mathematics.
- Simple benefits yoga's procedures.
- Meditation method and its benefits.
- Knowledge of the correct enunciation of 'Om' and the power derived from it.
- Knowledge of Kundalini and the method and benefits of awakening it.
- Remote communication with spirituality.
- Knowing about the activities of distant people through introversion.
- Communication of knowledge and science in the fetus in pregnancy.
- Knowledge of Aviation science and Science & Technology of all energies.
- Indepth knowledge about 'Yuga'.
- Knowledge of Indian calendar and astrology etc.
- Campaign to compile priceless texts related to spirituality.
- To advance welfare work in the public mind of the world with Vedic knowledge and science.
- To advance underlying knowledge from time to time.

8.2 Review Meeting of Vedic Science Center

After nearly a year, on 05.03.2016, a review meeting of the Vedic Science Center was convened under the chairmanship of Shri Gadadhar Narayan Sinha Retd. DG (Police), in which Shri Ram

Shabda Mishra, Shri SBL Mehrotra, Shri Jagdish Chand Shah, Shri AC Mehrotra, Shri JB Singh and Shri Sharad Singh, Secretary and Executive Officer of SMS Institute, Director Prof. Bharat Raj Singh, Dr. Jagdish Singh, Dr. Dharmendra Singh etc., participated and the activities of the Vedic Science Center were discussed. Convenor Prof. Bharat Raj Singh apprised all the eminent thinkers about the treasure of wisdom in the ancient texts of India, it was found that many wonderful things are hidden in it and we should not get surprised to know that about 5000 years ago, the aircraft which was used by Shakuni Mama as mentioned in Mahabharata literature, is still available at Gandhar Hills in Afganistan. If this news is confirmed today, then it will not only make us proud but would be a testimony to our ancient literatures / texts written in Mahabharat, Ramayana, Vedas & Purans etc.

Prof. Singh also informed that the School of Management Sciences established 'Vedic Science Center' on 21 April 2015 last year, to discover the secrets hidden in the texts of India and to unfold it in respect of currently available technical knowledge. The basic mission of the center is to explore the knowledge available in the Vedas, Puranas, Mahabharata and Ramayana etc. and place it, before the scientific community of the state, country and abroad for future development in research field. The reports of valuable researches done under the Vedic Center in the last one year was read out and told that it has been disseminated to the students and teachers too. The report was reproduced as follows:

- 1) In order to advance human life in the structure of human body, blood is transmitted through the heart by the cells to every part of the body. In an occasional meeting with the enlightened class in and around Lucknow, it was ascertain that there is an iron content in the blood and the circulation of iron-bound blood through the arteries is being sustained. If any magnetic power is brought down from a scientific point of view, then electric energy will flow in the iron-bound blood running in the arteries. The body can experience an energy from which the power is transmitted with the help of consumption of external

substances (food), this energy can be produced without any food or less food. This fact can be collaborated through the pronunciation of Vedic Mantras. Due to this, daily prayers have been started by the students and teachers and a different energy is being communicated to all the people and concentration on them has been increased in their studies as well.

2) At least one quarterly meeting of the Vedic Science Center has also been organized in which, while sharing the experiences of the enlightened class among themselves, it has also been decided to organize a one-hour yoga program on weekends, so that the students Mental and physical development can be accelerated among boys & girls. This program was started by some teacher on the last 'World-Yoga Day' (21 June 2015). According to their experience, it has been concluded that due to the vibrations of the breath that arise from the sclerosis, cranial and anterolateral, the strength of the arteries increases, and the blocked blood clots in the arteries also disappear.

3) In the old texts (Vedas-Puranas, Mahabharata and Ramayana etc.), there is also mention of aircraft or flying Khatole. For this also, this center is engaged in the search of the texts of India and the manuscript of the relics of the Aeronautical Scriptures, which was received by Maharishi Bharadhaj in India, was prepared in 1916 by Pandit Subarai Shastri. In which only six chapters were received. It was translated into English in the year 1973 by Ziyad Joshere. This center is also doing intensive study from time to time and information is provided about development in the field of mythology among students.

4) It has been informed by this center in the month of June 2015 that the aircraft used in Mahabharata, five thousand years ago, is located in a cave in the mountains of Afghanistan, which was brought to light by eight - American military commandos. An attempt was made to

evacuate and due to unlimited energy in it, the eight commandos disappeared and till today they have not been detected. Not only this, the site inspection of the said aircraft was done by US President Barack Obama during his secret visit to Afghanistan and he also invited three Heads of State to see in January 2013, in which France, Germany, UK had visited. It is learned that the aircraft has since been taken up by the US NASA for research at the Douglas Center. This information was posted on the US website Ancient Alien Disclose.tv from the revelation of American soldiers, the video of which has since been removed, but the audio of their soldiers' conversations is still available. The detailed video of the said video has been aired in February 2016 by IBN07.

At the end of the meeting, passing a vote of thanks to the Chairman Shri Gadadhar Narayan Sinha, it has been requested that all the enlightened-class, educationist and scientists of the state and India who are associated with this center, can share the scientific facts underline in the mythological texts of India. Help to bring the country to the forefront by reviving the heritage of unlimited knowledge associated with this land of India and by doing new research in the field of science and technology.

8.3 International Yoga Day, dated 21 June 2016

Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh has been imparting yoga training on International Yoga Day, by organizing a yoga camp in the college campus and spreading awareness about yoga among teachers, staff and students.

IV | दैनिक जागरण 1899, 23 जून 2016

जागरण सिटी



स्कूल ऑफ मैनेजमेंट साइंसेज द्वारा स्थापित वैदिक विज्ञान केंद्र में अंतरराष्ट्रीय योग दिवस पर शिक्षकों, कर्मचारियों व विद्यार्थियों को डॉ. भरत राज सिंह, आरएस मिश्रा और जीएन सिन्हा ने योग कराया।

योग का जलवा

अंतरराष्ट्रीय योग दिवस 21 जून 2016

जनकल्याण समिति के तत्वाधान में नवनिर्मित विरामखण्ड-5 योगकेंद्र में बारिश के बावजूद बड़ी संख्या में लोग शामिल हुए। योग की शक्ति के बारे में पारंपरिक वैदिक ज्ञान, आरएस मिश्रा, कोऑपरेटिव बैंक के सेवानिवृत्त जनरल मैनेजर आरएस मिश्रा व सेवानिवृत्त डीजीपी औरत सिन्हा ने विस्तार से जानकारी दी। उषा, स्कूल ऑफ मैनेजमेंट साइंसेज में योग विचार का आयोजन किया गया। जिसमें बड़ी संख्या में गणमान्य व्यक्तियों के साथ शिक्षकों, कर्मचारियों और कौलेय के विद्यार्थियों ने हिस्सा लिया।

8.4 Inspection of NAAC Team-2017

In the year 2017, the School of Management Sciences, Lucknow was inspected by the NAAC (NAAC) and the annual results of the students from the team members appreciated the inclusion of daily prayer and yoga practice in the course schedule. The pre-eminent growth rate of 20-30% was also appreciated and also mentioned in NAAC's report.

8.5 International Yoga Camp in Sydney, Australia (dated 06 June-11 August 2018)

Today most of the people of the world have accepted that yoga fills the mind with peace, positive thinking and health of the body as well as abundant energy. It is also found from the data of the whole world that in countries where yoga is being adopted, there is reduction of about 40-60% in their medical bills of the people. Yoga is a legacy of our Bharatvarsha, which Rishis and Munis have provided 5000 years ago through their texts (Patanjali Yoga).

In a unique initiative by the Prime Minister of India, Narendra Modi, the idea of celebrating International Yoga Day was contemplated and in his speech delivered at UNGA on 27 September 2014, it was mentioned that "Yoga is an invaluable gift of India's ancient tradition. This symbolizes the concentration of mind and bodies. Yoga teaches the human mind to think, work, practice restraint, create harmony between man and nature. " Subsequently, on 11 December 2014, India's permanent representative Ashok Mukherjee prepared a proposal for it. 177 countries agreed to this draft and on 21 June 2015, the first International Day of Yoga was launched.

In the same sequence, Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh, gave yoga training at the international level by organizing a yoga camp at Aborn Park, Sydney (Australia) for one month and on World Yoga Day on 21 June 2018 Initiated to spread awareness about Yoga among the people and also greeted people on Yoga Day.



In his message, he prompted the people, 'Do yoga, stay healthy' (करो योग रहो निरोग), that is, by doing yoga continuously, the body gets healthy and peace in the mind. Many serious diseases are also supposed to have disappeared with its practice.

8.6 Experiences / Opinions of Regular Yoga Practiceners

8.6.1. Gorakh Prasad Nishad

I have crossed 78 years of age. I used to have difficulty in walking and pain in joints. I got this condition at the age of about 70 years because my blood pressure suddenly increased on a day and due to that my left side of the body was paralysed. Since, a yoga center was being run by Dr. Bharat Raj Singh and Shri Ram Shabda Mishra in Vasanti-Park near my house, in which yogic practice / training was being conducted regularly since 2012, I started

SuperBrain Yoga & Meditation - by Dr. Bharat Raj Singh et al.

attending yoga classes since 2015 and practising regular Pranayama, Bhramari and Udgith along with Bhastika, Kapala-Bhati and Anulom-Antonyms. I have now got rid of the pain of joints and a relief in prostate enlargement.

I therefore advise everyone to do regular yogic activities and make their life happy.

---- **Gorakh Prasad Nishad**,
former Minister, Animal Husbandry,
Viram Khand-5/850, Gomtinagar, Lucknow.

8.6.2. Mukesh Kumar Singh

I am about 48 years old. I used to regularly read the articles related to yoga published by Dr. Bharat Raj Singh in the “Science & Health” column of news papers and magazines and decided to start yoga practice. Since I attained my weight 110 kg in the year 2016, I started attending regular Yoga practice conducted at the Janeshwar Park, Lucknow and after 10-12 months my weight came down to 85 kg and new glow was created in the body. Due to the reduction of 25 kg in my weight during the year 2016 to 2017, I participated in many National Races and won second position in the 10 km race.



In the continuation to this, I took higher yoga classes and received the Post Graduate Diploma Certificate in Yoga. Now conducting regular yoga classes as a Yoga Trainer and also making people aware about the yogic consciousness towards alignment of mind, heart and health to the public at large.

---- **Mukesh Kumar Singh,**

Yoga Instructor
Doordarshan Accounting Department,
Lucknow.

8.6.3. Dr. Bharat Raj Singh

I have crossed 74 years of my age. Since 2009, I started feeling complaint of urine retensation (i.e., prostate enlargement). On the advice of doctors, tests were carried out in the labs of various hospitals and the situation of increase in uric-acid was informed. A test in SPGI, Lucknow showed that it could affect the kidneys. Then I took advise of a doctor situated at Aliganj who informed me that my prostate was enlarged and need to be operated with a laser, otherwise the problem could further worsen.

In the test report, my urine-retensation was found over 35 grams and temporarily the doctor advised me to start taking Urimax-30 capsule daily for immediate relief, but after a few days, the side effects of the medicine was noticed and I suffered with stomach upset, which forced me to stop the use of this drug. Since I was doing regular yoga, I started Kapalabhati for more than 20 to 30 minutes and regular external pranayama and mandook pranayam, my prostate complaint was found negligible after few months and now during past 10-11 years, I am living a normal life without any treatment.

On my own experiences, I suggest to the public that you must do yoga practice regularly to make life happier, and also will feel increasing concentration of your mind and become a participant for the the development of your nation with new zeal.

---- **Dr. Bharat Raj Singh,**

Environmentalist and
Director General(Technical),
School of Management Sciences,
Lucknow.

8.6.4. Mr. Rajiv Bhatia

I am aging around 54 years and performing my Yoga session regularly even when posted at BOI, Bombay for long duration. I became in touch of Prof. Bharat Raj Singh since Jan 2020, after joining at BOI, Regional Office, Vibhuti Khand, Lucknow. I was suffering with prostate problem, One day, I shared my problem with Dr. Singh. He advised me to do Kapal Bhati Pranayaam for 20-30 minutes and Mandook Ashana with combination of butterfly regularly and asked me to report the progress after fortnight. There was a miracle as the frequency of urination reduced to 1-2 times as against 3-4 times during night and my medicine was also stopped.

I am now fully recovered and feeling very well,. Thanks to Yoga and to Vedic Science Centre's Incharge Dr. Bharat Raj singh, who gave me new light about the treatments in many areas through conduct of regular Yoga practices.

.....Rajiv Bhatia,
Branch Manager,
Bank of India, Regional Office,
Vibhuti Khand, Gomti Nagar,
Lucknow



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