

# TWUYA's YOGA BEYOND ASANA

To bring the Yogic Consciousness in every person



Wish you Happy New Year 2016

An Initiative of THE WORLD UNITED-YOGA ASSOCIATION

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# Importance of Yoga



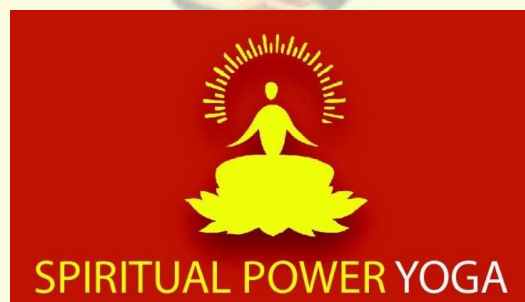
**Adarsh Narayandas** (Spiritual Yoga Guru)

## Importance of Yoga:-

- Yoga is the way of life, normally the person need good health and wealth for living purpose. Yoga plays important role in daily life. How the person takes food and rest in daily life, the yoga practice is also important.
- Yoga is necessary for all human beings for wellness and well being in all levels I.e. physically, mentally, intellectually, socially and spiritually.
- Yoga enhances the mind power and helps in activating the sub – consciousness mind.
- Yoga is the bridge between consciousness and sub-consciousness mind, subtle layers and causal layer.



- Yoga means being in present moment and connecting the divine, it happens by expansion of consciousness.
- Yoga practice is not only the postures or asanas but also Pranayama, bandhas, mudras, meditation and other techniques to calm the mind.
- The scope of yoga as portrayed in Bhagavad-Gita and Upanishads is far more comprehensive.
- Man will have the capacity to achieve higher level of consciousness by practicing yoga, he or she will be endowed with discrimination power by conscious thinking.
- Yoga is systematic process for accelerating the growth of consciousness in human being.
- Yoga keeps the person Healthy and Younger. Yoga gives energies, consciousness, peace, Bliss, universal love, Samadhi (Meditative state) and some other good quality's.
- Yoga gives freedom, free from stress or tensions, diseases, problems, miseries and from all bondages. All these can be possible only through consciousness expansion, which will lead to transformation, transcending the physical body, mental body, astral body, causal body and beyond. In state of beyond there will be super consciousness and connection with the divine. In this state there will be a complete bliss, compassion, equanimity, forgivingness, unconditional love, tranquility, oneness etc.



# THE WORLD UNITED Yoga Association & Spiritual Power Yoga Events pics

Yoga Presentation for LOT Mobiles Managers & Big C in  
Hyderabad, India.















## Yoga – Kumbha During Ujjain Simhastha 2016 April 22- May 21 2016

An event of multiple conferences  
Inviting all Yoga Masters and Followers in the World  
The largest gathering of Yogis from more than 70 Countries

Yoga Kumbha 2016 event that will be held during the Simhastha in Ujjain from April 22nd- May 21st 2016, This is one of it's kind event and first time ever in the history such a massive event is being organized during the Kumbha Melas. This event will mark itself distinctively for years to come and will be the most talked/remembered about event.

The grand event is lead by the internationally renowned Yoga Guru Pundit Radheshyam Mishra, who has travelled 40 countries to spread his knowledge of Yoga. Dr D. R. Kaarthikeyan, Former, Director, Central Bureau of Investigation and President – Life Positive Magazine and Smt Hansa Ji Jayadeva Yogendra, President of The Yoga Institute, Santacruz, Mumbai along with 500 associates from 12 countries.

During the Yoga Kumbh 2016 multiple Seminars, Conventions, Yoga Workshops and presentations will be conducted by Spiritual leaders and Great Yoga Masters from all over the world with massive participation of 3000 plus Yoga Masters and 100, 000 yoga followers from across the globe.

Kumbha Mela is considered as an incredible ocean of faith, the festival of belief. It is by far the largest gathering for month long of pilgrims in the world with 50 million people embarking on the once in a lifetime spiritual journey, chanting the gods above, on the magical banks of river Kshipra. This festival will be held in central India – on the holy lands of Ujjain, city of Mahakaleshwar (Lord Shiva), in the midst of mystical Sadhus (Monks), the pilgrims' will stream from all over the India and abroad to pray and immerge purified and renewed from Kumbha. The journey, which will take them into the hearts of Hinduism, its philosophy, its belief and its traditions.

Above all, the Kumbha - Simhastha 2016 is a celebration of the unity underlying the great diversity of spiritual and religious paths that run through India from ancient times till the present moment. The Kumbha - Simhastha 2016 is a symbol for the search of the personal soul for freedom, which ends when it knows itself, without any doubt, as one with the Original Soul of all Beings. Where the three constituents of the human form (body, mind and soul) meet in the Supreme Consciousness of this One Being, it's the supreme peace.



## Invited Guests

- Smt. Hansa J. Yogendra
- H.H. Swami Chidanand Saraswati
- Gurudev Amrit Desai
- H H Jagatguru Amrut Suryanada Maharaja
- Padma Shri Yogi Bharat Bhushan
- Dr. D. R. Kaarthikeyan
- Dr. H R Nagendra
- Shri O P Tiwari
- Dr. Ishwar Basavaraddi
- Deepak Chopra, M.D.
- Dada J.P. Vaswani
- Baba Ramdev Ji
- Mahatria Ra
- Sadhguru Jaggi Swami
- Shri Brahmishi Guruvand Swami
- Yogi Andre Reihl
- Sister BK Shivani
- Anandmurti Guruma
- Dr B M Hegde
- Louise Hay
- Oprah Winfrey
- Jaya Row
- Ma Prema Pandurang
- Dr G. Yugandhar

And many world renowned speakers and leaders from the field of Yoga and Spirituality

### Attraction

- Yoga Kumbha - Simhashta 2016 camp will be located on banks of river Kshipra.
- At a very convenient chaos free, isolated location for Holy Snan (Bathing)
- Yoga Kumbha would highly maintain its guests Privacy and security both

To join this event or find more details about registration, Fees, Key dates, Research Paper Abstract Submission and more about guests visit – [yogalife.co.in/seminar](http://yogalife.co.in/seminar)

## Pundit Radheshyam Mishra Ji

Founder & Director, Ujjain Yoga Life Society International



## The Karma Story & Reducing the karmic baggage



### Mohanji (Spiritual Master)

Karma is like a flowing river. It flows through lifetimes. Karma is alive because of the bubbles of desires that happen in our consciousness every moment. Karma is like a live organism. The Sanchita karma, or collective karma is like an ocean. Many rivers of karma joins this ocean and maintains its water level. The rivers are many, but, some of the key rivers that serve as amazons to the ocean are personal karma that provoked an incarnation, karma from the lineage, karma from the society as well as acquired karma due to our own non-understanding or ignorance (which is usually caused by sundry desires, opinions and emotions). All these and many more rivers serve water into the ocean. Once the water becomes the ocean, it is all salt water. All are just karma. So, individual existence is provided by karma, experiences are also provided by karma. Good and bad experiences are also karma oriented. There is nothing apart from karma. Everything has its root in karma. This is the same from this birth till death as well as all births and deaths. Karma less state is possible when all that we say and do are objective and we are not bound by anything terrestrial. "Na punyam, na paapam, na saukhyam, na dukham.... Shivoham". This means, no merits, no sins, no happiness nor sorrow. My state is perpetually that of Shiva – perfect equanimity and bliss. Mind will stay as long as there is karma. Mind will wither away when we do not use it anymore. In relationships, people should be considered as flowing rivers. Karma keeps them flowing from time to time and place to place. Whenever we try to put people into frames, it disrupts the natural flow and the relationship suffers. The main cause for failure in



relationships are because of frames that people create in their mind. Frames are nailed by expectations. Expectations often disrupt the free flow of the river. When blockages happen in the river, when water is prevented from flowing, it breaks its boundaries, swells and overflows. Same with relationships. Never put people in frames. Allow free flow. Guide them through kindness and compassion. Nurture them with love. If love is the operating energy, only good things will happen in life. Society will be cleaner. Remember – All those who put others in any kind of frames have suffered, Each and every one of us are helplessly bound by karma in this lifetime and through lifetimes. Even though karma is unconsciously being created each moment, the resultant suffering is absolutely choice-less as well. Every thought, word and action along with emotion, every expression, paves way for that. Man is helplessly bound by karma. Everything and anything that everyone thinks, speaks and does are all bound by karma. There is none immune from it. Nobody is high or low in karma. Their set of experiences could be different. But, none immune. The field and place of operation, the flavor of character and constitution as well as the duration is determined by karma. It is karma that gives birth to an existence, maintains it and destroys it during every incarnation and beyond.

**How do we get liberated?** The best way to cure darkness is to bring light. The path outside should lead to the path within. Dig deeper into the essence of you and you will see its manifestations everywhere around you. Go within. Withdraw the senses and mind into your core and evaporate them systematically through merging them into the consciousness that supports our existence.

## **Reducing the karmic baggage**

### **Shift to the spine**

Actually the intellectual side of our mind is a much better friend for us, but whenever we become angry or emotional, the mind immediately puts the intellect into a locker. So that emotions are in total control. When the emotional wave is over, then our mind unlocks the intellect, and it can come out again. And then we regret, because we made a fight and we are sorry. So when you shift to your spine, when your consciousness is in your spine, then intellect will be in charge. And then you will have space between your thoughts, words and action. You will not be pressured for something. And when you are not pressured for anything, the success rate will be very high. Whenever we operate emotionally, success and

failure rates will always fluctuate, like a swing – sometimes success, sometimes failure, most times worry. So this is one way of reducing the baggage.

### **Social service**

We have various ways to reduce our baggage. Social service is very good. There is the saying “Hands that serve are holier than the lips that pray”. “If you can buy a poor man a tea, it will liberate you more than going to church or a temple. If you help someone you will have a much more expanded heart. I always recommend that. Do something beautiful. Not just with money and don’t think that you need much money to do social service. For example you can teach a child something or help someone to get a job. Some activity which is unselfish, that will liberate you.

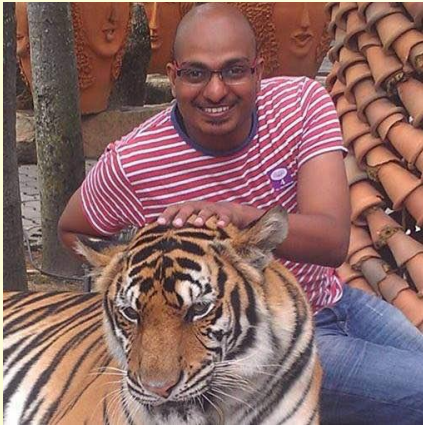
### **Watch your mind**

You cannot tackle the mind directly. You have to watch it. That’s the only way. What makes the mind strong? Your participation in the thought process! If you get emotionally involved you will have agony. But when you are rooted in the spine you will automatically observe your mind. Your conscious mind that generally drives us crazy is a product of this life. Subconscious mind which has the full data is a product of many lifetimes. So, over all the lifetimes you had the same agonies, same emotions and frustrations. Then you took this body, a fresh body, with a fresh mind, which doesn’t know the past. Only your soul knows your past. Where is anger coming from? Mostly from expectations!

We say we know something, but what do we know? We say we know many people, but we don’t know anybody. A husband does not know his wife fully. Children don’t know their parents and so on. We are all living in a blinded world. And we do expect. He should behave in certain ways; she should behave in a certain way etc, because we like to put people into frames. We have certain ideas about people, but will they always behave like that? The point is to watch your thoughts. Where is the hook of your anger? It has to be from the past. From the past and the related expectation. And usually related to relationships. Relationships cost us a lot of problems in life; usually, because, we have expectations. But at the same time, if a relationship is based on a larger purpose – sometimes people come together to elevate each other to higher dimensions – then there won’t be conflicts. Then it will be a beautiful relationship. On that level nobody will bind the other person.



## AYURVEDA(SCIENCE OF HUMAN LIFE)



### Karthik (Ayurveda & Yoga Master)

Ayurveda dates back on estimated 5000 -7000 years and widely considered to be oldest form of health care in the world. Here I gave a little dose about Ayurveda. Ayur means life and the veda means knowledge so It defines that the knowledge of life. If you go in deep Ayur means the union of body,sense organs,mind and soul.

#### Origin of Ayurveda:

According to Ayurveda knowledge Brahma is the originator from Brahma it passed to Daksha prajapathi then to Ashwini Kumaras from kumaras to Indra and Finally reached to saints and sages Who recieved this wisdom through meditaion. Charaka Samhita, Ashtanga Hrdayam and susruta Samhita are the three Classics explains the theories of Ayurveda. With the help of our Ancient medical system we can increase the life span with quality. Nothing wrong with the human desire that he wants to live 100 years but remember Quality is important means we shoudnt take any support from others for our work.

Ayurveda works towards betterment of health it is not only simply health care system but also a form of life style adopted to maintain perfect balance and harmony. We are often disturbed by lifestyle things like diet ,exercise,profession and many other. These things leads to imbalance of physical, mental and emotional.

Ayurveda emphasizes the Unshakable connections between body,mind and spirit . All things in the universe both living a nd non living are joined together. Infact the whole universe is made upof five gross elements Space,Air,Earth,Fire and Water. These are causes for the

disease if there is any imbalance. Ancient system explains the causes of the disease is imbalance of Tridoshas. Tridoshas are Vata, Pitta and Kapha

VATA = AIR+ETHER

PITTA= FIRE+WATER

KAPHA= WATER+EARTH

These doshas imbalance means imbalance in five gross elements.

Ayurveda strongly focus on 2 things ie, Maintaining the health of healthy person and pacifying the disease of sick person are the 2 goals of Ayurveda.

Ayurveda strongly believes that "Food shall be the medicine" because the diet is the cause of disease and its cure. One and only system brings a unique concept of virudhara for example we should not mix fruits with milk, but today everyone are doing in wrong way . This Ancient system recommends the Dinacharya and Rutucharya, dinacharya means things to do in a day. Such as what time we should wakeup? What to eat ? when to eat? How to eat? What time we should go to bed?. Rutucharya means which deals with the do's and dont's with respect to seasons

In varsha rutu – vata dosha is vitiated

In sharadrutu- pitta dosha is vitiated

In vasantharutu- kaphadosha is vitiated.

## Is ayurvedic medicine is safe?

Ancient practice of Ayurvedic medicine has clearly helped millions of people like other systems. In Ayurveda no two persons alike , individuals may be treated with different formulations. Yes that it is true the ancient system having side effects if we did not diagnose properly. Some people are arguing that Ayurveda is not working properly but now a days Some branded companies are releasing Ayurvedic products with no medicine in it how will we get cured by using those medicines Its not problem with Ayurveda do not blame Ayurveda for their fault.

No disease can escape from Ayurveda as long as Sun and Moon in this Universe

As long as Nature is alive Ayurveda will be here.

Ayurveda is mother of all medicines.

Ayurveda to All



# IMPORTANCE OF MEDITATION IN PRESENT TRENDS

P.RAMJAGDEESH (Meditation Teacher)



In this modern day and age, the negative effects of stress are unavoidable. People have tried various methods to help cope with stress, everything from exercise and diet to alternative methods like biofeedback. However, the most effective method to deal with stress is not one of these modern methods but rather a 5,000 year-old idea: Meditation. Meditation not only helps reduce the negative effects of stress, but also leads to a better sense of well-being by uniting mind and body.

Meditation though has been viewed, defined and interpreted in various ways, is actually an established “ scientific ” method of self control that can be attained through harnessing ‘Breath Energy.’ By learning to do so, one establishes a firm control over the mind, which ultimately enables a peaceful spiritual state and generates great positive energy.

Meditation is a process that brings in a state of enlightenment and a high degree of self awareness, which, in turn, enables us discover our inner spirit and true physical and mental strength.

Meditation transcends age, gender, race and is never confined to any particular creed or caste. It is purely a Spiritual Science that makes us rediscover and reinvent ourselves.



Meditation is helpful for the body. It stills anxiety, and is generally beneficial. This is scientifically proven. So there are many reasons to meditate. There is no doubt that it can help stress, depression, and anxiety. It is helpful for the emotional problems of daily life, when things go wrong. It opens the heart and makes you more aware. And when awareness rises, so does wisdom, and the wisdom that rises from meditation is very powerful.

Breathing is the most important form of meditation practice. The breath is connected with the subtle winds, and this is connected with the heart mind. When your mind is restless, focus on the navel chakra. When your mind is sleepy, focus on the third eye. But don't forget to follow your breath.

If you keep focus on breath, in and out, naturally you will become calm. You will feel joyful and light. As you continue meditate, that feeling will stabilize. Then a feeling of love and compassion will arise. Inner peace starts from there. Why does that happen? All the emotional upset has come out, so the mind is calmed.

A gong has the potential to make a sound, but until it is struck, no sound will be heard. The striker is the cause of the sound. Similarly, we all have the potential to experience inner peace. But until the teacher explains how to practice, it will not be realized. The fundamental enlightenment is in everyone equally. We wash clothes because they have the potential to become clean. Otherwise, we would throw them away. Similarly, we meditate because we have the ability to realize our fundamental potential. This potential is there, but it is normally obscured. It is important not to push too hard. If meditation becomes difficult, get up and do something else. But practice again tomorrow, don't give up. Eventually your mind will become clear, like an empty blue sky. It is possible for the mind to be free of thoughts. But even then, there is further to go. An impartial love even for our enemies will arise. It is not easy to get to that level, but it is possible to experience that equal love for all.

Meditation is the best kind of virtuous conduct. It can reach everyone's heart. Even persons and animals living with a mediator will benefit.



## Relationships

### Question and answer with Sri Satishji



#### Can you throw some light on relationship and how can we use awareness in relationship?

In control we repress, in transformation we express. In transformation, we transcend and this transcendence happens within, where there is nobody else.

Most of our relationships are unconscious. We always think that we have chosen our friends, but it is not like that. We choose all our relations and not just friends; it all depends on our prarabdh and sanchit karma. Actually seeing, it is we as a soul select our parents too. We select them to balance our past karmas. Similarly we select our brothers and sisters. But in growing up we lose our consciousness, we forget that why we had selected them. And then we complain why me in this relations. You feel the suffering because of your parents, because of your friends, your brother, your sister... but actually you had to go through this suffering because of collected karma. If you feel I am not ok with this relationship, it is you who is responsible to create it in the first place. You resist and suffer more. The complete game of life is balancing the present and past karmas. We select our father, our mother, brother, sister and sometimes even uncles and aunts. We can simply say this in the case of

Bhagwan Shri Krishna. His birth was to kill his evil uncle to set free the kingdom, and create love and oneness in the society.

**I have now understood that I only choose my relations based on past karmas. Then, why did I not understand or remember this?**

When you came into the body of your mother, you had all your memories with you; you knew the purpose that why you are coming on this earth. Till the age of 7-8 months, you remembered everything. Whatever was happening to you did not much effect you on psychological level. If you notice a child, you will see at times he is smiling, at times he is thinking, but actually he is just going through his past memories. Now when your training begins and you started learning more of external world. There was no training given to you to be happy, because as a child you were happy. You only cried when you were hungry or when you were not physically comfortable for a long time. Trainers in this physical began to tell you, how you can be happy. Your journey started from silence towards words. You started learning the language of your parents. You were also told which religion you belong to. You already knew who you are, but now you are being told that you are so and so. The conditioning of your brain has started. You start developing so called mind. Further you are trained by your school, then your friends and so and so and so. In this process of external learning, your old memory went away (drowned in your sub-consciousness mind). You lose the connection of relationship with self.

**Then why did I select relations that give me suffering?**

Because you had to go through the suffering. You selected them to cut your karmas. As a child it was never a suffering to you. You felt it was a suffering after you started understanding, only after your memory was washed out. You suppressed your relationships and created more karmas, and may be you may have to go through more suffering. This suppressing was unconsciousness, which stopped your natural flow of being you. But if we understand this, we will go through suffering with a smile on the face and let it pass by to see a better future.

**I have noticed that when one suffers in a relationship, the person seeks another relationship. But in the new relation also people suffer. Why does this happen?**





Your truth of your being will always pull you towards itself. That truth is not dead within you. It is just that you have forgotten that. This pulling creates another window or door to come out. So we try to seek happiness in another relationship. But the suppressed unhappiness will surface again. The relation is not about happiness or unhappiness; it is about truth, it is about connecting; it is about relating to self and others as self. The truth behind the relationship is seeking for love. But the reality is what you are seeking for, is 'what you are'. Once you start seeing relation without your emotions getting involved in it, you will see the reality. And that reality will flow out as love. If you see unconsciously how we talk about relationship with our friends and close ones. We rarely talk good but most of the time we have complaints about our relations. We keep on puking our unhappiness about our relationship with others. But forgetting that we are part of relationship and it is not he or she, it is me too. Gradually this unhappiness settles in our body, and creates physical pains too. You will see many of you who have complaints in life are suffering from arthritis or joint pains. If you learn to release these pains you will be okay again. But for that you have to understand self, you have to understand the purpose of being here.

### **What is wrong in sharing your emotions with others? Don't we feel lighter after sharing with friends?**

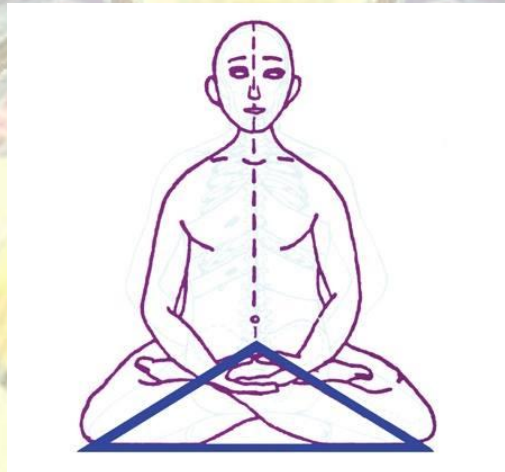
Aren't you repeating your past, when you are sharing with your friends or your loved ones? Aren't you going through the same suffering you went through in your past? After sharing is it going to stop there? Or again after some time you need to share with someone else and lighten yourself? Holding on to the past is your resistance, and not allowing your present to work on you. Are we sharing this energy of past with somebody who will help us to come out of it, or we just repeat to throw it out of the system? Think about this.

We indirectly spread this negative energy, which creates ripples in the space, and affects others who are going through similar pains. So you can imagine they already have their pain and your energy in the space is affecting them more, and you are multiplying the suffering. Another angle to this, which is not about the relationship, but about our thinking. The opposite person, with whom you share with, will carry this thought and convey it to another person. Which in other words we know as gossip. As you expressed your feelings, your thoughts, your emotions, but the opposite person will not understand that feeling, and only understand your words. And words do not create reality. To create reality you need silence, not words. That is why I always say that learn to listen. When you are listening you are quiet

in your mind, and with that pureness of listening you understand everything, this understanding will not create gossip. Gossip creates the karmas, which will bond you again with the same person to repay your own sorrows.

To be continued.....

## **Meditation**



Meditation is not....

Meditation is not Prayer/Worship

Meditation is not Concentration...not Meditation requires Concentration

Meditation is not Contemplation

Meditation is not just a Method

Meditation is not 'Doing'

Meditation a state of being which comes with emptying oneself

Meditation is choice less awareness born out of the awakening of energy of understanding

While there is no singular method which can be called as superior or ultimate, still many meditation methods advocate the importance of Breath

**Here is a way ... Just Enjoy !!!**

- ✓ Sit Straight ( Sitting Straight makes the alignment of energy properly)
- ✓ Nose and Navel should be in straight line
- ✓ Close of your eyes with your hands on the lap



- ✓ Watch the rise and fall of abdomen with each breath (abdomen raises with every inhalation and goes within with every exhalation)
- ✓ Keep the mind's eye in the lower abdomen
- ✓ let the breath be smooth, soft, pause less/jerk less like the flow of oil
- ✓ Allow the letting-go phenomenon happen
- ✓ Let there be no expectation or craving for an experience
- ✓ Slowly the meditative process starts blossoming

With continuous passive attention on breath, with a feeling of letting-go, slowly the mind gets emptied and gets focussed on the inner eternal silence and the consciousness slowly gets internalized. This internalized consciousness has to be maintained throughout the day and night

The Mastery over breath is said to happen when the breath always happen in the abdomen even during normal daily activities of life. When the breath patterns are changed, mind also changes.

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Wish You Happy New Year 2016

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Kindly send your feedback and suggestions to us on TWUYA's Yoga Beyond Asana (E Magazine) for better improvement.

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Thank You