

Brain Yoga Meditation: What & Why

What is Brain Yoga Meditation? It's a new, friendlier way to do classical mantra transcendent meditation (T M) without all of its usual baggage.

What is a mantra? It is a private, even mystical phrase, word, or group of syllables repeated to your self during meditation.

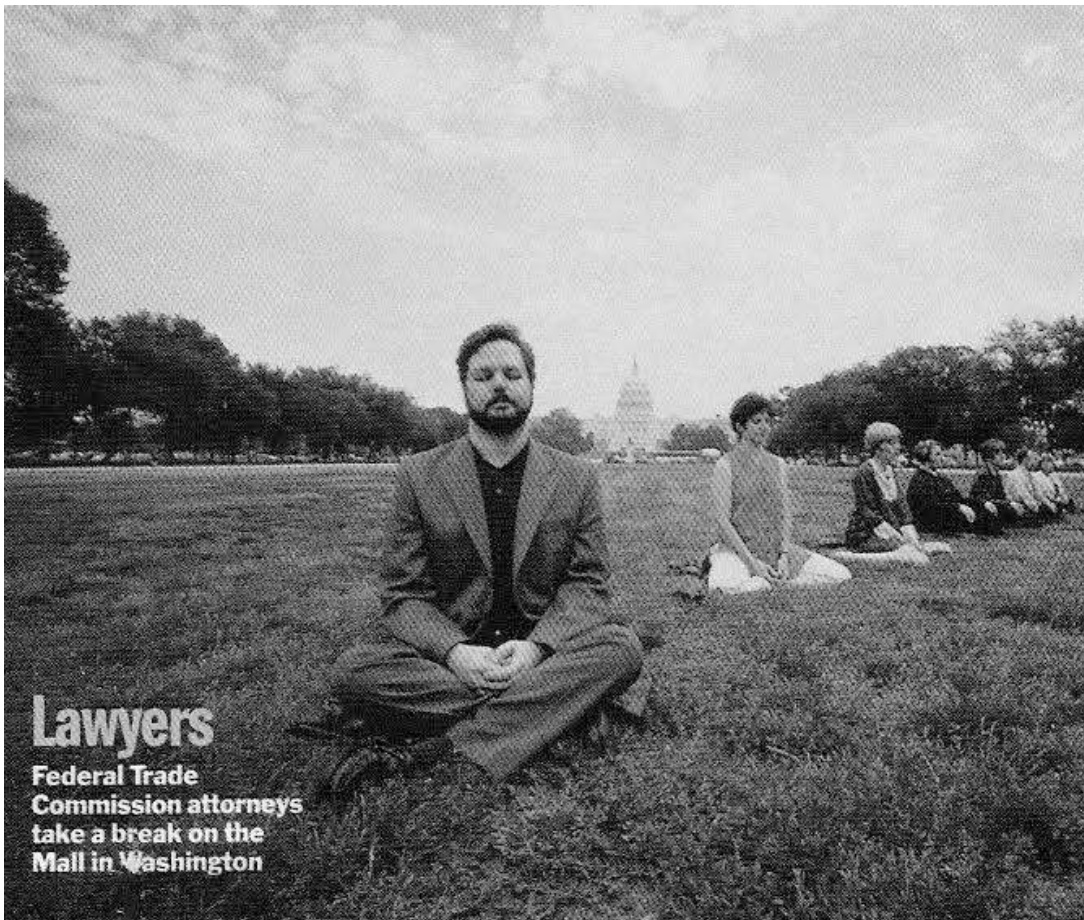
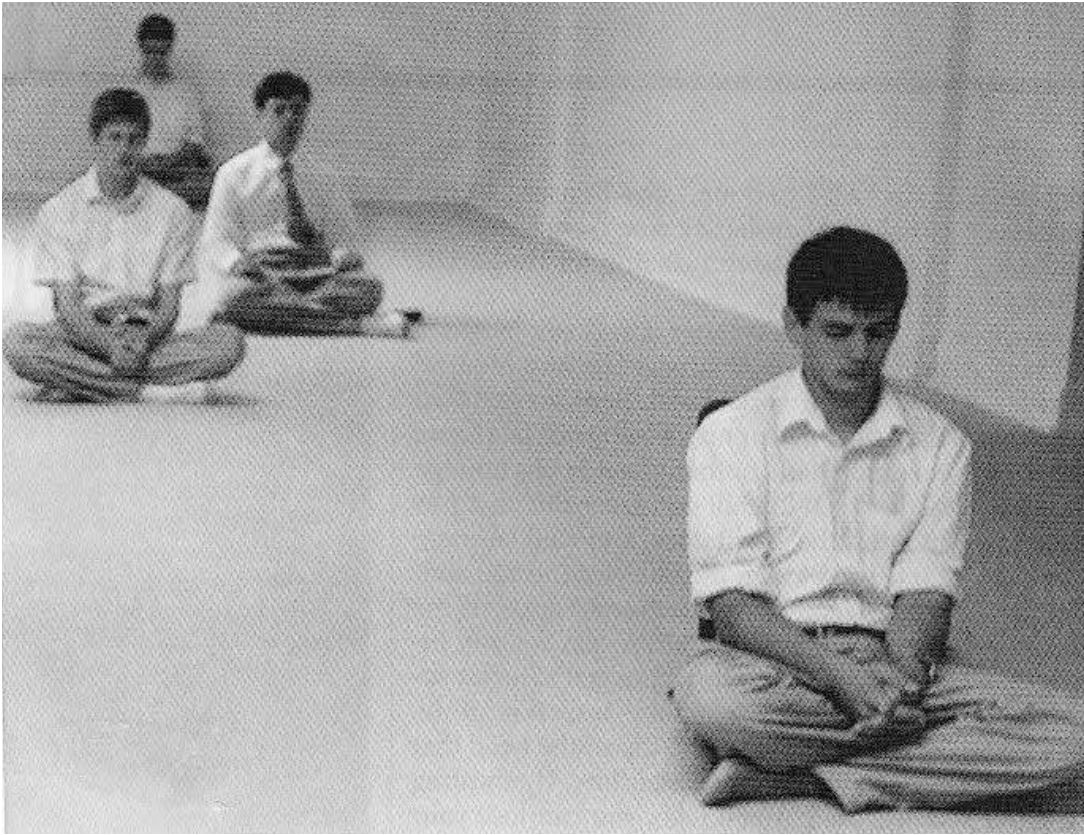
What does "transcendent" mean? Literally it means, "going beyond the usual limits."

So what is this transcendent method? It comes from the early Hindus who learned how to use the mantra method in order to transcend, or to go beyond this world, and *Brain Yoga* has made it practical for people like you and me.

How does Yoga fit in here? There are many kinds of ancient "yoga." T M stems from one of the earliest schools of yoga, the ancient Hindu *Mantra Yoga*, which developed mantra meditation; so *Brain Yoga* truly is "yoga for the brain."

How can I learn T M from a real guru? You can go to Asia, but some Asian "gurus" also have been teaching T M here and in Europe. Their ways often are related to Eastern religions involving a change from our Western life style and they are often costly.

Is mantra meditation hard to learn? It's not easy by the usual methods. The various people that are pictured on the next page appear to be doing very little, but they are performing a dynamic exercise, clearing their minds of thoughts. It requires a specialized procedure that usually needs lots of time, patience, and money.



What's so different about Brain Yoga? It easily bypasses all of the stiff, outdated and alien rules. This makes learning T M not only faster but also fun. And there are no fees or tuition!

Brain Yoga has six new design features to make T M vastly more practical for daily use. Now anyone can learn to transcend the friendly *Brain Yoga* way.

But can I do it? Find Out!

Try out this exercise. →

EXERCISE

Close your eyes and breathe deeply as you push down on your feet, tense up your thighs, hands, and buttocks; hold for a count of 10 but keep breathing. Relax and feel a wave from your feet up to your stomach and back down.

This is a glimpse of just one of the “feedback” routines all set to help you do T M the friendly *Brain Yoga* way. It's shortcut to the centering process. When you start to feel these gut reactions you will have a good time learning T M this new way.

Why 12 minutes? It's enough time for a novice to learn using this system and it helps keep up the momentum of daily practice. Even veteran meditators find they take advantage of T M much more with *Brain Yoga's* rapid and easy access.

Can I do it longer? Yes! 12 minutes is only to make it a practical learning program. You may use these same instructions for longer learning sessions, like 20 or 30 minutes, which are fine but only if you can keep it up daily. *Brain Yoga* feels so good you don't want to quit, and after learning it you can use it as long as you want whenever you have the time.

Do I have to use Noise? You get to use noise for convenience and effectiveness. I know it seems contrary! We'll discuss later how noise helps and how to use it.

I'm too busy. Why do T M? It's famously empowers your life with serenity, peace of mind, and potency. But T M also improves your health. I know of several medical patients helped by T M, and medical science now widely accepts that T M helps to relieve not only anxiety and fatigue but also:

- ✓ Depression
- ✓ Addiction
- ✓ Hypertension
- ✓ Heart Disease
- ✓ Obesity, and
- ✓ Other Disorders

We'll look at this briefly again later, and research references may be requested through my website at www.BrainYogaTM.com.

Is transcend a new word just for meditation? No, it's old. It comes from the Latin *trans*, "to go out of," plus *scandere*, "to climb out of or across to." This gives us: *to go or climb to somewhere else*. So the term, "transcendent meditation," means to take yourself beyond, or outside yourself, by subduing your thoughts with a special mantra process.

Is Brain Yoga a trance? No, it is wakeful process, but *Brain Yoga* leads to an out of body experience.

Are T M and TM™ the same? No. They both refer to the transcendent type of mantra meditation, but TM™ is the trademark of a specific, commercial school of transcendental meditation, not to be confused with *Brain Yoga*.

Don't some people meditate without a mantra? Yes. The mantra aids T M greatly, but non-mantra schools use other focusing tools such as these:

- ◆ **Breath: Focusing on (or counting) deep, slow breaths.**
- ◆ **Visual: Seeing certain images in your mind.**
- ◆ **Sensory: Letting tingling or heaviness sensations dominate your thinking.**
- ◆ **Sounds: Listening to outside sounds, often bells or a waterfall.**

Why doesn't Brain Yoga use these other ideas? It does! A big plus of *Brain Yoga* is that it uses all of the above in addition to the mantra. The mantra is the critical factor, but *Brain Yoga* easily blends in these other devices to give it another cutting edge for success.

Now let's see about those new features so we can put them to work.

