



**How to do The SUPER BRAIN YOGA in 3 minutes: Brain Stimulation and Memory Sharpening Techniques explained in 10 simple steps (Eastern Esoteric Wisdom)**

*MEERA PRAKASH*

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The Ancient India is known as the eternal fountain of all Esoteric Knowledge and Wisdom since time immemorial.

Super Brain Yoga is adapted from "Thoppu Karana Yoga" a practice where people do this in front of the image of the Lord Ganapathy (a symbolic representation of supreme energy in the form of an elephant which actually signifies wisdom. Thus also connected with the brain. "Ga" representing Intelligence, "Na" representing Wisdom and "Pathy" representing - Master, so ideally meaning the Master of Wisdom and Intelligence.

It is also said that the practice has been evident in the ancient Gurukula type of Learning Systems, where the seers asked their pupils to practice this technique in order to stimulate and energize the brain and its functions. Even today it is been widely practiced as a ritual to stimulate the wisdom and intelligence all over India.

The Grand Master Choa Kok Sui exposed this ancient Indian technique of increasing your brain power by harnessing the body's primordial energies through his brilliant book Super Brain Yoga.

Dr. Eric Robins, a medical doctor in Los Angeles, calls it "a fast, simple, drug-free method of increasing mental energy" and prescribes it for his patients. He speaks of one student who raised his grades from C's to A's in the space of one semester.

Occupational therapist Raina Koturba says the effect on one autistic seven-year-old boy was immediate and dramatic. Before learning the exercise, the boy had frequent episodes of violence, including kicking, biting, punching, and head-butting; "but since he started the exercise, he has not had one outburst."

Denise Peak, a high-school teacher of students with learning disabilities, including autism and Aspergers Syndrome, has had very encouraging results. She says, "I think this might be the key to help unlock these children."

Yale neurobiology researcher Dr. Eugenius Yang, Jr. says the practice stimulates neural pathways in the brain by activating acupuncture points on the earlobes—and synchronizes the right and left hemispheres of the brain, as demonstrated by EEG (electroencephalograph) scans. "I do it every day," he said. He has prescribed this for patients with Alzheimer's and children with autism and Attention Deficit Hyperactivity Disorder. In Eastern medicine the outer portion of the ear is viewed as a microsystem representing the entire body.

According to Dr. Paul Nogier MD, a neurologist, the ear corresponds to an inverted fetus curled in the

womb. Points on the ear correspond with specific areas of the body, and the ear lobe corresponds to the head. Consequently, massage of these points can produce therapeutic benefits to the brain.

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