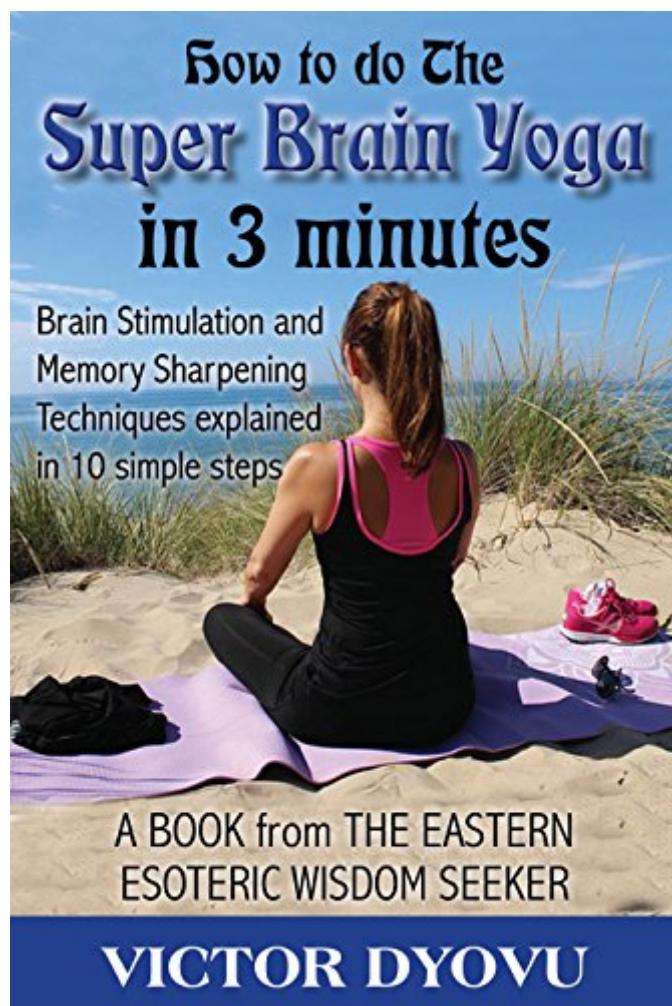


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# How To Do The SUPER BRAIN YOGA In 3 Minutes: Brain Stimulation And Memory Sharpening Techniques Explained In 10 Simple Steps (Eastern Esoteric Wisdom)



## Synopsis

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.

## Book Information

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## **Customer Reviews**

Perhaps this "book" tells everything one needs to know to adequately perform super brain yoga, but this was more like a pamphlet and left me feeling that there should be more information. There were several grammatical errors in the text.

Short and sweet...right to the point. This information is all you need to get started on your daily practice of this technique. Good basic descriptions.

Basically a good read. Too much extraneous information. I wish the author had focused on the technique. The basic explanation was ok. I wanted more information about whether I should build up to the suggested number of repetitions, What if I cannot stay in the squat for 3 seconds or hold my breath at the bottom or cannot go for the recommended 3 minutes. Is it ok to stop for a few minutes and then start again. The edit errors were not horrible but a polished work would not have them. The on line video that drew my attention to this book did not have the subject stay down in the squat for 3 seconds. I would not have known about this yoga without the facebook video. (Search Facebook)

This book is short and to the point, but I would fire the editor. So much is written choppy and misspelled. at times it made it hard to understand for the grammar.

This book was written in another language, and the translation is almost unintelligible. The 3 minutes it suggests is the amount of time it takes to read the first paragraph because you have to decode the meaning by the author. I do not suggest that anyone buy this book until it is retranslated.

The was a easy read and very user friendly. I was very happy with the contents. Enjoyed to the end

Even though we were both skeptical, we gave it an honest try daily for 2 weeks and we both believe we are seeing a difference. More calm, clearer thinking, (sore butts and thighs from 15 squats each time) and memory seems to be better. . . Go figure! There are several articles from doctors and researchers using this technique in schools and it seems to be working.

Overly simplified. For me, a waste of time; fortunately not money. I used my Prime and got it for free. If you literally know absolutely nothing about yoga--this could be the book for you.

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