

# Super Brain Yoga

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**Abstract – This paper intends to highlight the importance and benefits of Super Brain Yoga The Body is a living battery that requires constant recharging. This is done through different means, especially through the transference of Life Energy. One of the simplified techniques is Super brain Yoga which energizes and activates the Brain. Super brain Yoga gradually awakens the latent powers within us while involving internal alchemy.**

**Super Brain Yoga is essentially a form of acupressure and breathing technique used to balance both hemispheres of the brain and bring energy up to the brain. The exercise is easy to learn, takes only a few minutes to do and can be done by almost anyone, anywhere.**

**Electronic databases were used to identify articles and research papers relevant to this paper. The following keywords were searched: yoga, super brain yoga, Brain anatomy.**



## INTRODUCTION

India, the land of billion Yogis we are rich in spiritual identity reflects in our tradition and culture spirituality is the master key of Indian Mind. India will be the guru of world so said Swami Vivekananda and Sri Aurobindo in early decades of the 20<sup>th</sup> century that was the time when India was totally subjugated to the British and nobody could dare to think of India's Superiority in any field. The situation has changed and now India is energizing as a knowledge power of history and tradition is being rediscovered by the modern world.

A simple devotional action performed by Hindus in front of Lord Ganesh from time immemorial is now promoted in the west as Super Brain Yoga.

Super Brain Yoga is a scientifically validated method that will help you energize your brain and enhance its sharpness and clarity. It's a simple technique which proposes to increase intellectual capacity and sharpen both memory and concentration.

This practice is based on the principles of subtle energy and ear acupuncture. Basically, Super Brain Yoga allows energy from your lower chakras—or energy centers—to move up to the forehead and crown chakras. When this happens, this energy is transformed into subtle energy, which is utilized by the brain to enhance its proper functioning.

## BENEFITS OF SUPER BRAIN YOGA

- It energizes and activates the Brain
- It increases the inner peace
- Reduces psychological stress and gives greater psychological stability
- Greater intelligence and creativity
- Regulates the sex drive
- Partial cleansing and energizing effect on chakras
- Transformation of the lower energies into higher energies
- Proper functioning of the brain
- It increases the flow of pranic energies within the body
- Prolonged practice makes the practitioner in general, smarter and psychologically balanced

## HOW TO PRACTICE SUPER BRAIN YOGA: STEP-BY-STEP INSTRUCTIONS

Ideally, this exercise should be done in the morning. Face the sunrise. This form of yoga should be done in the morning, so that your concentration and

stress relief will apply throughout the whole day. Follow these seven steps:

1. Remove all jewelry and stand up straight.
2. Place your tongue on the roof of your mouth right behind your teeth and Leave it there throughout the exercise.
3. Take your left hand and cross your upper body to hold of your right earlobe with thumb and forefinger. Make sure that the thumb is in front.
4. Take your right hand across your upper body to hold of your left earlobe. Again, make sure that the thumb is in front. At this point you're pressing both earlobes simultaneously. Make sure your left arm is close to your chest and inside your right arm.
5. Inhale through your nose and slowly squat down to the ground.
6. Hold your breath and do not exhale until you start making your way back up to a standing position.
7. Repeat this squatting action 21 times. Remember to keep holding your earlobes and to keep your tongue touching the roof of your mouth throughout the entire exercise. You may not notice a change immediately, but after a few weeks an improvement in concentration should become apparent.

### CONTRADICTIONS:

The effect of Super brain Yoga on people with severe ailments such as cancer, sexually transmitted diseases (STD's), severe heart conditions, is unknown and females are to skip super brain Yoga altogether two days before, during and after menstruation. Any form of physical exercises should not be undertaken without first consulting a medical doctor.

### CONCLUSION

All these benefits are temporary in nature, if this exercise is not practiced regularly. The Super brain Yoga must be done almost every day to energize and activate the brain cells, To maximize these benefits and I request you all to start from you and your family members.

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