

Learning made easy with **POSITIVE ENERGY**



BRAIN BALANCE

You can do the following two of simple exercises to balance your brain cells:

1 Balancing brain cells using hands

(i) Place both your hands one each side of your head and tell loudly for a few minutes (Fig. 2)



Fig. 2 Balancing brain cell - Technique 1

“Brain cells balance yourself, Brain cells balance yourself, Brain cells balance yourself. You have the power to balance yourself. Do a good job. Thank you”.

You should be thankful for everything. It is the key in our teaching.

Let's practise this now for 3-5 minutes 5 times a week.

SUPER BRAIN YOGA

Hold the right ear with left hand and left ear with right hand, so that right hand is placed above the left hand as shown in Fig. 5. Hold the ears with thumb and index finger so that the thumb is on the front side. Now do full sit-up exercise. Inhale deeply as you go down through your nose and exhale when you come up . You can practise seven sit-ups in one set and do three sets at a time.

By criss-crossing the hands and holding the ears with thumb facing outside and breathing as indicated, the energy inside the brain increases and also gets balanced.

This exercise is very helpful for children to increase their brain power. It also helps children who are hyperactive and also who have low IQ.

Early morning is the best time for this exercise. This can be practised in schools before the class starts and will be helpful to student to grasp better.

Practice seven sit-ups in one set and do three sets at a time or 21 times

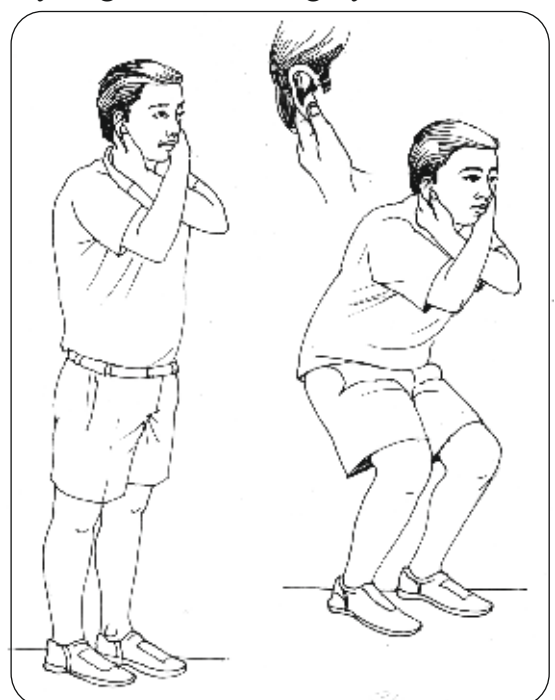


Fig. 5 Super Brain Yoga

OBTAIN KNOWLEDGE

If you want to increase your memory and intelligence, practise the following daily for 3-5 minutes.

Place three fingers of both your hands in between eyebrow (*ajna chakra*) as shown in Fig. 6(a) and imagine a cherry-sized energizing ball in between the eyebrows as shown in Fig. 6(b).

Now chant:



Fig. 6(a)



Fig. 6(b)

Fig: 6 Ajna Chakra

“Dear my ajna chakra, I love and honour you. Please boost my intelligence and memory. Thank you, Thank you, Thank you.”

“Dear my ajna chakra, I love and honour you. Please boost my intelligence and memory. Thank you, Thank you, Thank you.”

“Dear my ajna chakra, I love and honour you. Please boost my intelligence and memory. Thank you, Thank you, Thank you.”

(Repeat this for 3-5 minutes)

To store maximum memory it is always good to keep energizing the *ajna chakra* daily, so that our brain cells are kept active the whole day. But avoid energizing *ajna chakra* in the night or else you might not be able to sleep.

CUTTING UNWANTED THOUGHT FORMS

There is a simple technique to disconnect from your thought forms or emotions when they occur.

You just need to place your hand 3-4” away from your third eye or forehead area (Fig. 8) and sweep your hand three times in front of it and say “*Cut, Cut, Cut*”

Then you should sweep your hand three times in front of your chest area/*heart chakra* (Fig.9) and say three times “*Cut, Cut, Cut*”

Also on backside of head, exactly behind of the forehead, (Fig. 10) sweep your hand three times and say “*Cut, Cut, Cut*”

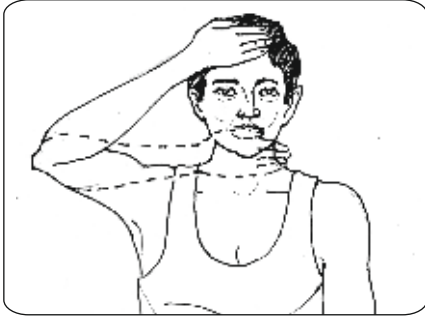


Fig. 8 Cutting at the third eye

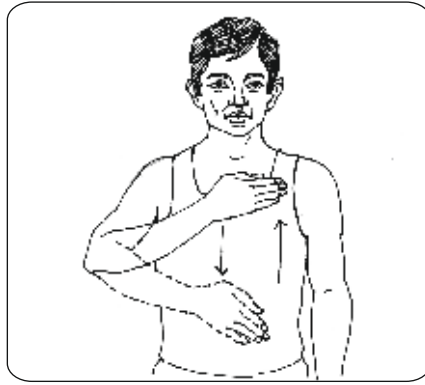


Fig. 9 Cutting at the chest area

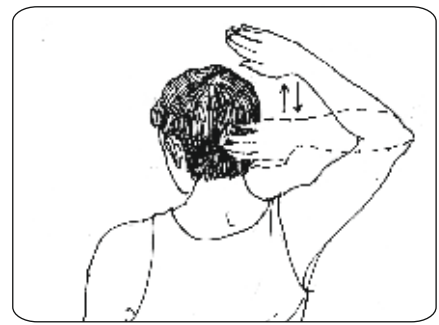


Fig. 10 Cutting at the back side of head

While you are sweeping your hand, all the cords get disconnected and you will come out of those emotions or thought forms. Thereafter you will continue to do what you were doing earlier.

Whenever you sit to study and are not able to concentrate on your studies and start imagining last month's holiday, make use of this technique of "Cut Cut Cut" in front of all three connection centres. This will help you to disconnect and concentrate on your studies.

This method is also useful if someone else is trying to draw your energy. This can be felt by sudden loss of energy or weakness after meeting someone in person or being with a group of people in places like wedding, malls, market area, funeral, etc.

KEEPING BODY FIT

So as to keep yourself fit and fine, it is not only important to practise what is given here but also practise certain simple exercises which will help you to regenerate various parts of your body, This also gives flexibility to the body by releasing piled up energy inside. You can do 1-3 set each everyday depending on availability of time.

1 Eye rotation

Clockwise and anti-clockwise - 12 times each.

2 Neck left right, up down

12 times each.

3 Upper body twist

12 times each.

4 Both hand rotation

Clockwise and anti-clockwise -12 times each.

5 Hip rotation

Clockwise and anti-clockwise -12 times each.

6 Halfsit-up

50 times

7 Bending & Stretching Exercises

12 times

8 Knee rotation

Clockwise and anti-clockwise - 12 times each.

9 Foot rotation

Clockwise and anti-clockwise - 12 times each.

10 Foot bend Forward and backward - 12 times .

FORGIVENESS

Practise forgiveness regularly at all time and with everyone. ***Do not do this for the sake of others but for yourself, so that you can let go and move on.***

Chant silently all time

“I forgive you, you forgive me, and everyone forgives each other.”

“I forgive you, you forgive me, and everyone forgives each other.”

“I forgive you, you forgive me, and everyone forgives each other.”

Practise this whenever you have problem, fight or argument with anyone or when you dislike someone. You can chant this in your mind for 3 to 5 minutes.

BREATHING

Go to an open space or garden or where there are big Trees and practice breathing exercises you can do 7 sets, 14 sets or 21 sets as per given below.

Breath in 6 counts

Hold 3 counts

Breath out 6 counts

Hold 3 counts

WHITE LIGHT PROTECTION

The first step is to imagine a White Light coming from the top of your head and filling your whole outer body or *aura*.

“I dwell in White Divine Light. All goodness is attracted to me and nothing of the darkness can come near me. I give thanks to this wonderful Light.”

See yourself filled with this White Divine Light of Protection. Imagine this Divine White Light covering your body in an egg shape. Whole of your outer body is filled with this light. In the second step, make an appeal to your personal God (e.g., Shiva, Allah or Jesus) 2-3 times, as follows.

“God guides me and protects me all the way. God is my light and strength. Dear _____ (personal God) please help me and protect me. Thank you”.

“God guides me and protects me all the way. God is my light and strength. Dear _____ (personal God) please help me and protect me, Thank you”.

This Light of Protection will remain with you for about eight hours. If you need further protection repeat this invocation every eight hours. You can also send this light to your family members, friends, pets, any animal, vehicles etc.