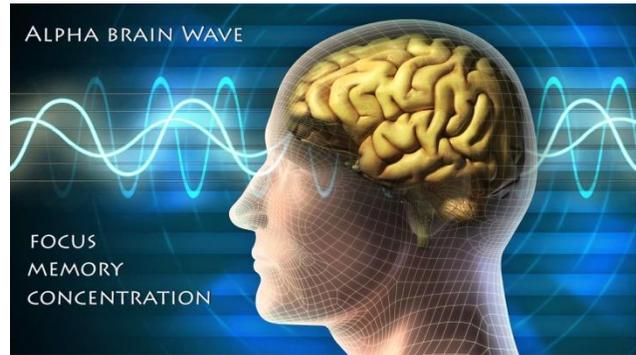


Have you heard of Super Brain Yoga?

It happens to all of us at some point, we have a great idea and before we can write it down, poof, it's gone. Don't you wish there was some miracle drug, food or drink that would allow us to remember



everything we want when we want? Like a computer or recording device we would be able to replay every thought we ever had right when we need it.

That sounds great but scientists have recently discovered that we really do need to forget some things. We can remember a house we once lived in or a car we used to own, but do you truly remember every detail of each room or the exact layout of the dash and console in the car?

Big important memories are always there but our brains push little details to the back to make room for new ones. But what about those times when it's really important to remember the little details? What can I do to help my brain remember more things and not let them retreat back into the recesses of my mind?

While there are no miracle cures out there, that we know of, that can give us superhuman memories, there are some things that can help. One in particular has been proven to help; and here's a hint, it's not food, drinks or supplements.

From our Staff

Each of our staff members here at Perfect Balance Wellness brings something unique to our close knit store family and Kathy is no exception. If you know Kathy, you know that she loves to research and learn new ways to improve health both physically and mentally. A few months ago Kathy brought this ancient exercise to our attention and we enjoyed it so much we wanted to share it with everyone.

Since the age of our ***Circle of Friends*** at the store runs from young to young at heart we knew it was important that this exercise should benefit all ages. One of the advantages of this exercise is its easiness to perform and it can be done almost anywhere.

History

We believe it is equally important to study the history behind the exercise as much as the technique. Exercise methods can be easily taught and performed but unless you learn the origins of how it came to be you really don't appreciate it to its fullest extent.

- "Thoppu Karanam" - is a Tamil (South Indian) word, meaning to hold the ears. From ancient times this practice has been evident in the Indian Culture, where people practice this in front of the image of the Ganapathy (*a symbolic representation of supreme energy in the form of an elephant which actually signifies wisdom. "Ga" representing Intelligence, "Na" representing Wisdom and "Pathy" representing - Master, so ideally meaning the Master of Wisdom and Intelligence*). It is said that this practice is a request to stimulate the wisdom and intelligence. It is also said that the



practice has been evident in the ancient Gurukula Systems, where the seers asked their pupils to practice this technique in order to stimulate and energize the brain and its functions. The practice of ear piercing is thought to stimulate the pituitary and pineal glands, due to the effect of the pressure in the ear lobes.

Today:

In many parts of the world Yoga enthusiasts have reinvented the practice as "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, and 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.

The Benefits of Super Brain Yoga

According to Master Choa Kok Sui, Super Brain Yoga:

- Energizes and activates the brain.
- Increases inner peace.
- Reduces psychological stress and gives greater psychological stability.
- Increases intelligence and creativity.
- Regulates the sex drive.
- Fosters spiritual growth
- Has a cleansing and energizing effect on chakras and auras.
- Transforms the lower energies into higher energies.
- Improves functioning of the brain.
- Increases the flow of energies within the body.
- Makes the practitioner in general, smarter and psychologically balanced when practiced regularly.

Master Choa Kok Sui is the Founder and Originator of the Pranic Healing® and Arhatic Yoga® System, as well as the internationally acclaimed author of the book, Miracles Through Pranic Healing (3rd Edition).

(The National Center for Biotechnology Information, n.d.)

Physiology

In Chinese Acupuncture therapy and Indian Ayurveda, the earlobes are believed to contain energy meridians which correspond to the head. If that seems too new age to you, this research study by Dr. Ramesh, n.d. explains brain waves and how Super Brain Yoga affects them.

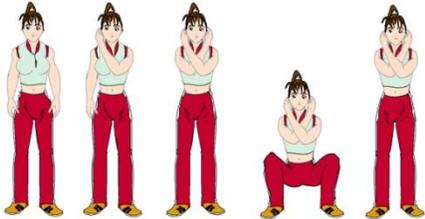
❖ The brain has an inherent electrical potential, which is generated within itself and distributed throughout the body. There are four types of patterns which are called the Brain Waves. They are Beta, Alpha, Theta and Delta. These waves are rhythmic in nature and occur independently on each side of the brain. In certain instances, both sides of the brain waves are in synchronization. The goal of Super Brain Yoga is to generate more Alpha Brain Waves for a relaxed, concentrated state of mind that is also more alert. These brain waves reduce anxiety, stress related diseases and improve the body's ability to heal through activation of the Parasympathetic Nervous System.

During meditation and deep relaxation, the left and right brain wave patterns happen together. Scientists now believe that synchronization:

- Makes much more brain power available.
- Improves learning large amounts of information quickly.
- Fosters creativity.
- Improves self-control over all emotions.

Demonstration

While practicing *Thoppukaranam*, practitioners hold the earlobes between the thumb and forefinger with their arms crossed in front of the chest. Then repetitive squats are performed in a sequence of 18 or 108 or 1008 times.



Just as traditional Yoga movement and meditation practices, minus the spiritual reference, have become popular in the west so has this practice known as “Super Brain Yoga”.

How to Perform Brain Wave Yoga

1. Remove any jewelry. Face east, if you know where it is.
2. Roll your tongue in the inward direction and press it firmly towards the roof of your mouth.
3. Raise your left arm in front of you (Important, left arm first).
4. Fold at the elbow and reach for your right earlobe.
5. Hold your right earlobe with your left hand so that the thumb is on the outside and two fingers are on the inside, behind the ear.
6. Extend your right arm in front of you.
7. Fold at the elbow and reach for your left earlobe. The right arm will cross over the left one.



8. Position your thumb and forefinger in the same manner as on right earlobe.
9. Inhale deeply through your nose and simultaneously squat down gently to a sitting position, with your arms as above. No chair required, just squat. If you can, go down almost to floor level. If possible, hold the position for two or three seconds. Exhale gently and rise to standing position as you are exhaling.
10. Release your ears, leave your arms loose by your sides and disconnect tongue from roof of mouth.



Here is a short video of Super Brain Yoga.

<https://www.youtube.com/watch?v=LCSiNSY3-6o>

We challenge you to try Super Brain Yoga for 30 days? It may seem awkward at first but keep it going and let us know how it works for you by leaving a comment.

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