

# Superbrain Yoga PDF (Limited Copy)

Choa Kok Sui



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## **Superbrain Yoga Summary**

Unlock Your Mind's Potential with Ancient Techniques for Focus and  
Clarity.

Written by New York Central Park Page Turners Books Club

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## About the book

"Superbrain Yoga" unveils a potent ancient Indian method aimed at enhancing brain function and cognitive abilities. The book provides a clear, accessible guide that introduces simple exercises designed to activate the body's natural energies. These practices are crafted to improve memory, concentration, focus, and mental clarity, making them suitable for individuals of all ages.

Particularly beneficial for those diagnosed with autism and ADD/ADHD, Superbrain Yoga offers effective strategies to promote mental well-being and performance. The exercises draw on the interplay of body movements and breathing techniques, helping to stimulate the brain in ways that traditional methods may not. Furthermore, the book emphasizes the holistic benefits of these practices, encouraging readers not only to empower their minds but also to foster physical health.

As readers engage with the practices outlined, they are invited to cultivate a sharper and healthier mind, making it a transformative journey for increased cognitive function and overall mental health. "Superbrain Yoga" serves as a bridge between ancient wisdom and modern needs, demonstrating that with commitment and practice, anyone can unlock their brain's full potential.

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## About the author

In the chapters that follow, we delve into the teachings and philosophies of Choa Kok Sui, a distinguished figure in the fields of Pranic Healing and spiritual development. Originating from the Philippines, Choa's life work focuses on merging spiritual insights with scientific understanding, particularly in how energy affects physical and emotional health.

Throughout the chapters, Choa introduces the foundational principles of Modern Pranic Healing, which he developed as a comprehensive system to promote healing through energy manipulation. He elucidates how life force, or "prana," can be harnessed and utilized for self-healing and enhancing personal well-being. Central to his teachings is the idea that individuals possess inherent abilities to facilitate their own healing processes, provided they are equipped with the right knowledge and techniques.

A pivotal aspect of Choa's philosophy is the practice of meditation and its role in achieving mental clarity, emotional equilibrium, and spiritual growth. He emphasizes that understanding one's energy body—comprising chakras and auras—is essential for effective self-care. By recognizing and addressing imbalances in these energy centers, individuals can cultivate healthier and more fulfilling lives.

In "Superbrain Yoga," one of his most notable works, Choa presents a fusion

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of traditional yoga practices and modern methods aimed at enhancing cognitive function and emotional resilience. He advocates for consistent practice and self-discipline as tools for mental enhancement, asserting that everyone can unlock their potential through dedicated effort.

As the narrative unfolds, readers witness the transformative journeys of individuals who have embraced Choa's teachings. His workshops and seminars have been instrumental in spreading his message globally, inspiring countless individuals to tap into their inner capabilities and foster harmony within themselves and in their relationships with others.

In summary, these chapters illuminate Choa Kok Sui's mission to guide individuals toward holistic health and personal empowerment through the integration of ancient wisdom and contemporary practices. His teachings not only enrich the lives of practitioners but also foster a greater understanding of the profound connection between energy and well-being.

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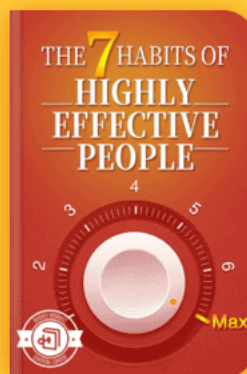
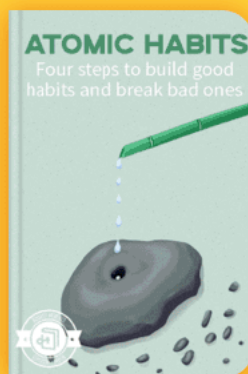
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# Chapter 1 Summary: The Secret Is In The Ear

## ### Chapter 1: The Secret is in the Ear

This chapter introduces the interconnectedness of the physical body and its subtle energies, emphasizing the Law of Correspondence, which posits that different parts of the body mirror and correlate with each other. This principle is exemplified in practices such as iridology, which examines the iris, and reflexology, focusing on the hands and feet. A notable contributor to this understanding is Dr. Paul Nogier, who discovered that the ears correspond to the entire human anatomy. His research aligns with ancient knowledge from Chinese acupuncture and Indian rishis, highlighting the significance of the ears in facilitating bodily relief through targeted acupuncture techniques.

The concept of the energy body is central to this exploration. This luminous form, often called the etheric or bioplasmic body, envelops the physical body and plays an essential role in health and vitality. Technological advancements, like Kirlian photography, have allowed the visualization of this energy body, revealing its function in absorbing and distributing life energy—also known as prana—throughout the physical form. This energy body acts not only as a nourisher but also as a protective barrier against harmful energies.

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The energy body operates with diverse functions, including:

1. **Absorption of Prana:** Vital nourishment for the physical body.
2. **Molding Effect:** A blueprint for the body's structure and functions.
3. **Control of Body Functions:** Regulating organs and systems via energy centers known as chakras.
4. **Protection:** Defending against pathogens and toxic energies.

The chapter details seven primary energy centers, akin to acupuncture points, which are integral to energy distribution and overall bodily systems. These major chakras correspond to specific organs and glands, including:

1. **Crown Energy Center** - Associates with the pineal gland.
2. **Ajna Energy Center** - Relates to the pituitary gland.
3. **Throat Energy Center** - Connects to the thyroid gland.
4. **Heart Energy Center** - Manages the thymus gland.

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5. **Solar Plexus Energy Center** - Influences the pancreas.

6. **Sex Energy Center** - Governs the gonads.

7. **Basic Energy Center** - Tasks with the adrenal glands.

Recent research has expanded this knowledge, suggesting the existence of additional energy centers and recognizing a more complex system with up to twelve identified centers. These insights have been bolstered by modern studies, particularly those from the Soviet Union, that affirm the importance of the energy body in health. It is becoming increasingly understood that illnesses manifest in the energy body prior to physical symptoms, and emotional states can significantly impact overall energy health. The chapter concludes by highlighting the therapeutic efficacy of practices like qigong and other energy healing methods, solidifying their therapeutic potential in modern health contexts.

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# Chapter 2 Summary: Superbrain Yoga

## Chapter 2: Superbrain Yoga

In this chapter, the transformative power of "Superbrain Yoga" is explored through the lens of the body's energy centers and their crucial role in enhancing mental functioning and emotional well-being.

### Energy Centers as Energy Transformers

The concept begins with understanding energy centers as vital transformers that elevate lower energy forms—such as base instincts from the basic and sexual centers—into higher frequencies associated with love, compassion, and consciousness found in the heart, throat, ajna, and crown centers.

### Connecting the Tongue to the Palate

A key technique involves connecting energy channels by placing the tongue against the palate. This connection is essential for expanding the diameter of energy channels, effectively "switching on" the energy body, which aids in the flow of energy.

### How to Energize and Activate the Brain

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To energize and activate the brain, proper wiring between energy centers is crucial. Techniques such as squeezing the right or left ear lobe with specific fingers can temporarily enhance energy flow to the corresponding hemispheres of the brain.

### **The Correct Finger and Arm Positions**

Specific hand positions are important for optimizing brain stimulation: the thumb should be placed outside while the index finger remains inside the hand. Additionally, the right arm must be outside and the left inside to avoid energy imbalances that may cause a short circuit.

### **Invoking for Divine Blessings**

Before beginning the practice, invoking divine assistance is highly recommended. This invocation contributes to the safety and effectiveness of the exercises.

### **Facing the Correct Direction**

Directionality is also emphasized; practitioners should face east to energize their upper chakras optimally, while older individuals may benefit from facing north to strengthen their lower energy centers.

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## **Internal Alchemy**

The practice consists of combining breathing techniques with physical movements, such as squatting and standing, to catalyze the transformation of lower energies into more refined forms, promoting enhanced brain function.

## **Superbrain Yoga Procedure**

The procedure for practicing Superbrain Yoga includes key steps:

1. Face the appropriate direction (east for younger practitioners, north for older ones).
2. Connect the tongue to the palate.
3. Call for divine blessings to set a positive intention.
4. Stand with feet at shoulder width, following the required hand and ear lobe positions.
5. Synchronize your breath with movement, inhaling during squats and exhaling while standing, repeating this up to 21 times.
6. Finish by releasing the fingers from the ear lobes and offering a prayer of gratitude.

## **Very Important Points**

Adhering to specific guidance on positions, direction, and breathing is

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essential for effective practice. Regular engagement is encouraged, although it is advised not to practice during menstruation for women's health considerations.

## **Keeping the Body Clean**

To maintain the integrity of the energy body and support the benefits of Superbrain Yoga, it is crucial to avoid harmful substances such as cigarettes, excessive alcohol, certain meats, and drugs. A clean lifestyle is foundational.

## **Stress Relief and Mental Health Benefits**

Superbrain Yoga not only alleviates psychological stress but also fosters concentration, emotional stability, and better impulse control. Regular practice can illuminate one's aura while enhancing mental clarity and emotional balance. It may serve as a beneficial tool for those facing psychological or neurological challenges, particularly when supervised by healthcare professionals.

In essence, Chapter 2 lays out a comprehensive guide for harnessing the latent power of Superbrain Yoga to invigorate the mind and spirit, urging practitioners to embrace the full ritual for maximum benefit.

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# **Chapter 3 Summary: More About the Eleven Major Energy Centers**

## **Chapter 3: More About the Eleven Major Energy Centers**

In this chapter, we dive deeper into the eleven major energy centers of the body, each playing a crucial role in our emotional, physical, and spiritual well-being. Understanding these centers can enhance our awareness and help us harness our potential.

### **Crown Energy Center**

At the pinnacle of our beings, the crown energy center, located at the crown of the head, connects us to higher states of consciousness and intuition. This center allows individuals to gain profound insights and understanding that transcend conventional knowledge. Its potential is often overlooked in modern educational systems that prioritize rote learning over intuitive grasp of concepts.

### **Forehead Energy Center**

Positioned at the center of the forehead, the forehead energy center channels lower intuitive intelligence. Unlike the higher intuition of the crown center,

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this area is characterized by inner vision, providing clarity and wisdom that facilitates understanding and insight.

### **Ajna Energy Center**

Nestled between the eyebrows, the Ajna energy center embodies higher mental faculties and willpower. It signifies a form of intelligence that is not just academic but actively engages in directing and managing one's thoughts and actions. This distinguishes it from mere intellectual capacity, emphasizing the role of creativity in productivity.

### **Throat Energy Center**

The throat energy center, situated at the center of the throat, represents the finer aspects of lower mental faculties. It supports detailed and creative expressions, amplified by the robust energies emanating from the sex energy center, making it vital for effective communication and creativity.

### **Heart Energy Center**

Central to our emotional well-being, the heart energy center, located in the chest, embodies attributes like compassion and kindness. Harmonizing this center with the solar plexus is essential for psychological health, fostering deep personal connections and balanced interpersonal relationships.

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## **Solar Plexus Energy Center**

Found between the ribs, the solar plexus energy center oversees a wide array of emotions. It is a powerful center that encapsulates both ambition and emotional drive, reflecting the collective emotional will of humanity—essential for harnessing our passions and aspirations.

## **Spleen Energy Center**

The spleen energy center, situated in the left abdomen, is crucial for maintaining health and vitality. It governs the absorption and distribution of prana, or life energy, significantly impacting our overall wellness and energy levels.

## **Navel Energy Center**

At the navel, we find the navel energy center, a source of “synthetic golden chi.” This center plays a critical role in the circulation of prana, influencing our instinctive knowledge and the body's capacity to harness energy effectively.

## **Meng Mein Energy Center**

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Located just behind the navel, the Meng Mein energy center is an accelerator for energy flow, invigorating the kidneys. This center enhances the flow of subtle pranic energies throughout the body, boosting overall vitality.

### **Sex Energy Center**

Located in the pubic area, the sex energy center is where our sexual instincts and lower creative energies reside. It is significant not only for physical reproduction but also for its profound connection to higher creativity, illustrating how sexual energy can inspire intellectual endeavors.

### **Basic Energy Center**

The basic energy center, found at the base of the spine, serves as the foundation for our energy system. It embodies our instincts for survival and security. A weak basic energy center manifests as a lack of energy and motivation, making it essential to nurture and strengthen this center for a balanced and dynamic life.

Through understanding and balancing these energy centers, we can enhance our awareness and experience a more harmonious existence, fostering personal growth and connection with our deeper selves.

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# Chapter 4: Testimonials

## Chapter 4: Testimonials

In this chapter, we explore the transformative effects of Superbrain Yoga on students with diverse learning challenges, highlighted by individual success stories and pilot studies that underscore its effectiveness.

### Most Improved Students

The chapter opens with inspiring testimonials from students who have demonstrated remarkable progress through the practice of Superbrain Yoga:

- **Varun Gupta** from India, diagnosed with ADHD, achieved the title of "Most Improved Student in Mathematics." His journey was marked by initial struggles with attention and organization, but consistent practice of Superbrain Yoga led to a significant boost in his academic performance and earned him a medal for his achievements.
- **Christine (S.C.)** from the United States faced challenges related to mild autism and a speech delay. After participating in healing sessions complemented by Superbrain Yoga, she experienced a drastic improvement



in her speech and concentration, with her grades soaring from C's and B's to A's. As a result of her progress, therapists cut back on her therapy sessions.

- **Olivia Kohl's son**, also from the U.S., saw substantial academic enhancement after integrating Superbrain Yoga into his daily routine. His hard work was recognized when he made the High Honor Roll and received media attention for his achievements in school.

- In Thailand, **Athiporn (Mona) Sareebutr**, a student with attention deficit disorder, transformed her grades from B's and C's to A's and A-'s, showcasing the positive impact of regular Superbrain Yoga practice alongside her studies.

## **Superbrain Yoga Pilot Studies**

The chapter further explores empirical research that corroborates the testimonials:

- A pilot study conducted by **Dr. Glenn Joseph Mendoza** and **Raina Koterba** at the Phoenix Center involved nine severely autistic children. These participants exhibited increased calmness and focus, with many completing exercises independently after three weeks of practicing Superbrain Yoga.



- Another study by the same researchers at Cedar Grove School revealed that children with various disabilities showed enhancements in focus, behavior, and social skills, contributing to a significantly improved classroom atmosphere.

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