

**Title: Conversations**

**Subtitle: Today is Amma's birthday**

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Divine and very Happy birthday! I hope you're surrounded by all the one devotees, have a great day. Thank you for all your love that means so much to me. It makes my life brighter every day.

Amma's Power of Yoga and Meditations

Birthday greetings from M.P. Bhattathiri, Retired Chief Technical Examiner. This message will be published in your website and magazine after editing if necessary.

The American justice Dept. have recently approved the power of yoga and judgement in the American court. "Man Who Slapped Wife Sentenced to Yoga Management, Says Judge."

First there was house arrest. Now there's yoga. A judge ordered a man to take a yoga class as part of his one-year probation. "It's part of Criminal Court at Law Judge Larry Standley said of the ancient Hindu practice for well-being. "For people who are into it, it really calms them down." Standley, a former prosecutor, said the case of James Lee Cross was unusual. Cross, a car salesman from Tomball, explained that his wife was struggling with depression and that he struck her on New Year's Eve during an argument about her not getting a hold of her because she has a problem," Standley said after the court would help him realize that he only has control over himself." The sentence for Cross, who was told to enroll in a class and report back to Standley on how familiar with it," Cross said of yoga. "From what I understand, it may help as far as mentally settling, but maybe a little weight loss." Darla Magee, a therapist in Houston in River Oaks, said she would recommend that Cross take a basic breathing and including a variety of postures -- forward bends, back bends, etc. "It help us to get rid of many emotional issues we might have," she said. "It

Prosecutor Lincoln Goodwin agreed to a sentence of probation without jail

no significant criminal history. <http://www.chron.com/cs/CDA/assistedstory.mp> Yoga Metropolitan  
 which is one of the greatest Indian contribution to the world has got vast  
 jail India Yoga is experimented among the inmates and found successful.  
 changed. This study aimed at investigating the effect of Vipassana Meditation  
 (QOL), Subjective Well-Being (SWB), and Criminal Propensity (CP) among  
 Delhi. To this effect the following hypotheses were formulated.

1. There will be a significant positive effect of VM on the QOL of inmates.
2. VM will have a positive and significant effect on SWB of inmates.
3. Criminal propensity (CP) of inmates will decrease significantly after a
4. There will be significant difference in SWB and CP of experimental (V)
- (non-Vipassana) group.
5. Male and female inmates will differ significantly in SWB and CP, as a

In the famous "Time" magazine the importance meditation and yoga, an a  
 high-lighted that the ancient mind- and spirit-enhancing art is becoming  
 gaining medical legitimacy.

It is a multi billion dollar business in US. In many Universities it is acced  
 the Syllabus. In the latest famous book "Inspire! What Great Leaders Do"  
 Secretan recently published by John Wiley and sons, the benefit of medit  
 described for good corporate governance.

By practising transcendental meditation, or TM, many people have got re  
 pain, depression. The mind calms and quiets, . What thoughts you have o  
 clearer, more focused. Anger, anxiety and worries give way to a peace.  
 In the world exhorbitant medical expenses one can definitely make use  
 Mahesh Yogi and Sri Ravi Sankar are poplarising this. The Iyengar Yoga  
 In Bhagavad Gita Lord Krishna has inspired Arjuna to rise from his depre  
 the battlefield and to rise from the depression to do his duties.

In Holy Gita we can see, being hidden by the cosmic overview of any inst  
 problems, not the least of which is its lack of moral probity, there is a g  
 seeking answers to deeply personal but universally asked questions. Chi  
 from yoga, meditation and learning how to deal with human resources equ  
 manner. Individuals from every walk of life can get ideas of how to be be  
 balanced and less stressed out.

Medical studies continue to show regular meditation working magic in rec  
 stress-related illnesses, including heart disease. Brain images show that  
 calm the most active sensory-assaulted parts of the brain.

The ancient Hindu sage Patanjali who had mastered the secrets of the hu  
 book "Yogasutra".In this book we can see how super powers can be achie  
 both cosmic relevance and cosmic resonance. In spite of its universal ap  
 control of mind remains an elusive goal and daunting task. From time imr  
 many attempts throughout the world to unlock the mysteries of the mind a  
 over it through a variety of techniques. One of the most powerful of thes  
 Many spiritual leaders, sages, saints, and holy people such as Sri. Buddh  
 Sarada Devi, and Swami Vivekananda have practised this.

One of the ways to control physiological reactions to psychological stimu

Buddhism etc. The scientists take Transcendental Meditation (TM) as the base their observations on the study of the subjects engaged in this form up the results the scientists have come to conclusion that the effect of m hypo-metabolic state".

They have found that:

- 1) Yogis could slow both heart rate and rate of respiration,
- 2) Yogis could slow the rate of metabolism as confirmed by decreased ox carbon-di-oxide output.
- 3) Electro-Encephalo-Gram (EEG - recording of brain activity) in Yogis s in the form of "alpha rhythm" during both eyes closed and eyes open reco
- 4) Th ir skin resistance to electric stimulation was increased (indicating external stimuli).

Our usual 'defence-alarm' reaction to emotional and physical stress is in fight" mediated through over-secretion of certain neuro-transmitters and adrenaline and dopamine by way of stimulation of sympathetic nervous sy of these chemicals and hormones, we reflexively become panicky or aggr rises. Thus stress and anxiety is the end result if we allow our natural a to act and to come to surface. We try to run away, become fearful, or fig these 'defence-alarm' reactions have no place in our lives. Rather, they calm and serene reactions of equanimity and fearlessness. The need is t will go away'. Such desirable reactions of non-aggression and peaceful a ga and meditation.

EEG Studies on Yogis and The Zen Meditations:

Yogis practising Raja-Yoga claim that during the state of samadhi they a and external stimuli, and they enjoy a calm ecstasy during that state. A record the electrical activity of their brain during this state by means of known as electroencephalography EEG. Physiological and experimental s that the basis of conscious state of brain, among other things, is due to system" in the brain-stem in response to internal and external stimuli. Th various changes during sleeping and wakeful states of the organism and EEG.

The study was carried out on four subjects during the state of concentrat of external stimuli, like a loud gong, strong light, thermal simulation, an results were compiled and analyzed. It was observed that two Yogis coul immersed in extremely cold water for about 50 minutes (raised pain thres meditation, all of them showed persistent "alpha activity" in their EEG w pattern, both during 'eyes closed' and 'eyes open' recording. It was obse activities could not be blocked by various sensory stimuli during meditat those, who had well-marked "alpha activity" in their resting EEG showed maintaining the practice of Yoga. Similar observations and results were c

recorded in persons adept in Zen Meditative technique. Can we say that exhibit such recording of "alpha wave rhythm" in their EEG are fit for Yoga right candidates for meditation and Yoga practices? (Such experiments a number of yogis examined is also very small. Therefore, scientifically an observations have only a tentative importance. Further research is definitely have its own limitations.)

Let me bow to Indian Maharishi Patanjali with folded hands who helped in the mind through his writings on Yoga, impurities of speech through his writings on impurities of body through his writings on Ayurveda.  
It is said that in the unknown period of Lord Jesus Christ , He was under

Ref. Yoga magazines  
Newyork times  
Time magazine