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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 can 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 and his wife to take a yoga class as part of his one-year probation. "It's part of the Criminal Court at Law Judge Larry Standley said of the ancient Hindu philosophy 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 alcoholism and that he struck her on New Year's Eve during an argument about her drinking. "I want to get a hold of her because she has a problem," Standley said after the case was settled. "Yoga would help him realize that he only has control over himself." The sentence was for Cross, who was told to enroll in a class and report back to Standley on how he felt. "I'm familiar with it," Cross said of yoga. "From what I understand, it may help with stress as far as mentally settling, but maybe a little weight loss." Darla Magee, a yoga instructor in Houston in River Oaks, said she would recommend that Cross take a basic class focusing on breathing and including a variety of postures -- forward bends, back bends, and twists. "It can help us to get rid of many emotional issues we might have," she said. "It's a great way to live."

Prosecutor Lincoln Goodwin agreed to a sentence of probation without jail time.

no significant criminal history. <http://www.chron.com/cs/CDA/ssiststory.mp> Yoga 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 accepted the Syllabus. In the latest famous book "Inspire! What Great Leaders Do" Secretan recently published by John Wiley and sons, the benefit of meditation described for good corporate governance.

By practising transcendental meditation, or TM, many people have got relief from pain, depression. The mind calms and quiets, . What thoughts you have become clearer, more focused. Anger, anxiety and worries give way to a peace. In the world exorbitant medical expenses one can definitely make use of yoga. Mahesh Yogi and Sri Ravi Sankar are popularising this. The Iyengar Yoga. In Bhagavad Gita Lord Krishna has inspired Arjuna to rise from his depression on 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 instance of problems, not the least of which is its lack of moral probity, there is a person seeking answers to deeply personal but universally asked questions. Chances from yoga, meditation and learning how to deal with human resources equitably manner. Individuals from every walk of life can get ideas of how to be better balanced and less stressed out.

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

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

One of the ways to control physiological reactions to psychological stimuli

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 thresh 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 v 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