

# YOGA<sup>TM</sup> MAGAZINE

ISSUE 210 / SEPTEMBER 2020

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CARE FOR YOURSELF AND OTHERS

SADHVI  
BHAGAWATI  
SARASWATI

"Yoga is the  
answer to all  
that ails us"

THE MAN WHO  
BROUGHT YOGA  
TO THE WEST

श्रीराम  
श्रीरामानन्दा

RAVI SINGH & ANA BRETT

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YOGA  
AUTUMN UPLIFT

MASTERCLASS

YOGA POSES FOR A  
GORGEOUS  
SUMMER BODY

VAYU JUNG DOOHW

OBSERVE, ALIGN & ADJUST  
POSTURAL  
IMBALANCES

7 KEYS TO  
TEACHING  
YOGA  
CONFIDENTLY  
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MANISHA MITTAL

POWER OF  
TRANSCENDENCE

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# POWER OF TRANSCENDENTAL

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# INDENENCE

**W**e live in uncertain times with the world so far now than ever before. A few months ago, we could plan holiday travel, family get togethers, add a last-minute trip to the beach with friends. Whether you have school age children or not, summer was busy with birthday parties, graduations, fundraiser events, vacation and travel. We answered emails, worked on presentations in flight to make up for time off. Yes, we lived in a perfectly cushioned, planned and comfortable lifestyle with the world at our fingertips. *Or at least we believed so!* All the running around and catching up, capturing that last pose to post it on Facebook. The assumed holiday ironically only added to a more sympathetic response: flight or fright reaction.

Perhaps 2020 is the year. The year of a pandemic nightmare, hatred, depression, unveiling of our racist darkness. Or, if you clear your glasses, this is the year of a reality check, self-reflection, awakening and enlightenment. This is the tipping point. It is a window of opportunity for the whole world to come together to reflect and make evolutionary progress for our planet and mankind.

The COVID-19 pandemic with its high mortality and ease of spread has brought our lives to a standstill. It has allowed mother nature to recover partially from all the pollutants we callously dumped on her. They can breathe in Beijing now, but the US is burning with our divides on race, culture, slogans like *I can't breathe* in cities and towns. The pandemic has

exposed so many of our failures on mother earth and progress of mankind.

Yet there is hope, that together we shall overcome. We can bridge the gaps and rise again from the ashes.

Dear readers this is a golden opportunity to reinvent yourselves. You have within you an unbounded eternal energy to bring wellness, peace and harmony in yourself and your surroundings. The best way to harness this energy is to connect with your inner self, *how?* I encourage you to dive in and holiday with transcendence. Re-enliven your mind, body and soul connection to balance your physiology and health. The inner bliss that comes with this is unparalleled to any beach, mountains, parks or promotion that you were looking forward to. This is a window of opportunity for the whole world to harness their inner potential, their inner pharmacy, for the virus does not ask your culture, your country, your race, your language, it talks to your immune system.

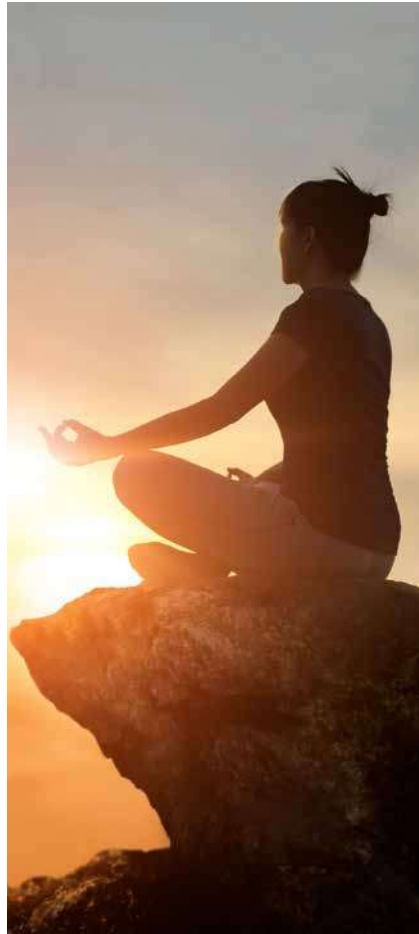
As a rheumatologist and practitioner of holistic medicine I can tell you that no two individuals with autoimmune disease respond in a similar fashion. Your body, genetics, environmental exposures and thoughts are unique, you are your best friend to balance your physiology. There is not a single diet that can work for all of us. Modern medicine even with its

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DAY AND AWAKEN US.

fragmented approach agrees with the concept of connecting mind, body and soul for individual wellbeing.

If you are wondering how to retreat without a vacation, let me introduce you to Transcendental Meditation (TM) which helps you cross hurdles of mind, body and senses and connects you directly with your soul. Transcendental Meditation was founded and brought to the west by his holiness Maharishi Mahesh Yogi. TM is a simple, natural and effortless meditation technique. It is not a religion or philosophy or lifestyle. You do not need to have a certain belief system for it to be effective. There is a natural tendency of the mind to move towards calm and inner happiness which automatically draws mind inwards. It connects outer glories of life to the inner bliss. With regular practice nervous system gains the ability to reflect both states of consciousness at the same time, a process we call neurophysiologic enlightenment.

It's like a diving practice going in and coming out, the whole process is automatic. You just need to have a correct angle for diving. Similarly using a *mantra* (sound) unique for an individual is given by certified TM teacher which helps



the mind to transcend and enjoy the stillness of inner bliss and then come out to the relative. The whole process is so natural and effortless, it can be easily practiced sitting comfortably. *Moksha* or enlightenment long regarded as mystical, impractical for worldly man, is real and much attainable through regular practice of TM. What I love most about TM is that it is backed by scientific evidence. Health benefits of TM are published widely in peer reviewed journals, see [www.tm.org](http://www.tm.org).

If you are doing a meditation that is effective for you, I absolutely encourage you to continue. For meditation is your holiday, your transcendence with your inner self, the self which is immortal, eternal and unbound by constraints of time or space. This is your inner pharmacy which when enlivened knows all the self-repair and healing. Each and every cell in your body has that inner intelligence to correct any mitotic activity. This inner silence is your faith, your religion, your culture, your race, and when fully enlivened it awakens to cosmic conscious where every soul is united as one.



AS IS SAID IN  
THE MAHA UPANISHAD VASUDHAIVA KUTUMBKAM,

'THE WHOLE WORLD IS ONE FAMILY'