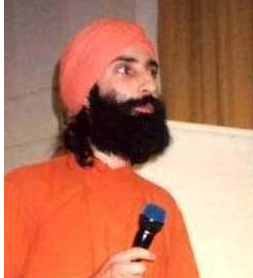


# Yoga Health Secrets

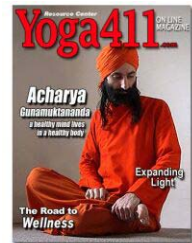
## *Be Happy in Health!*



My name is Acharya Gunamuktananda Avt.

I attended the University of Otago School of Medicine in New Zealand for five years before training in meditation, yoga and natural health sciences in Australia, the Philippines and India. I've now been a qualified yoga therapist and meditation teacher since 1995, and am currently consulting and teaching in Malta.

*Acharya Gunamuktananda lecturing at the Le Meridien Phoenicia Hotel, Malta*



## Are you interested in:



**Physical health, relaxation** ✓



**Stress relief** ✓



**Stamina, vitality, zest for life** ✓



**Clarity, concentration, memory** ✓



**Motivation, willpower** ✓



**Self-confidence and awareness** ✓



**Creative insight** ✓



**Love for all** ✓



**Inner peace and happiness** ✓

## Then continue reading below:

**Happiness** is in the **mind**, and the mind is supported by the **body** – **a healthy mind lives in a healthy body**. Your happiness **depends** on your mind and it **depends** on your body. Without **physical health** you can't be completely **happy**, and without **mental happiness** you can't be completely **healthy**. Health is a **positive** state; not just the absence of a negative one. It's not **only** the absence of disease. For too long now traditional Western medicine has treated illness as only a disease: an enemy that attacks you and needs to be counter-attacked; but in reality it's nothing more than an imbalance in the **natural harmony** of body and mind. True healing means **restoring** that balance, and true health means **keeping** it.

### Treat the person, not the disease

**Yoga means "to unify."** It's the holistic approach to all aspects of life: physical, mental and spiritual. Yoga views the person as a whole; as a unique combination of body, mind and soul, and its techniques maintain that **body-mind-soul harmony**.

### "Nature cures," so said Hippocrates

There's a story about two doctors that were arguing over which one had cured a particular patient. They were in the garden of a hospital, standing under an apple tree. Suddenly an apple fell from the tree (where have you heard that one before?!), hit the first doctor on the head, bounced and hit the second. They both realized that, although they may have helped, it was really Mother Nature that had cured the patient.

**"Nature is the physician of all diseases"** – also from Hippocrates. He understood that no medicine matches the body's own capacity to revitalize itself. Treatment of any kind just helps that process.

## Prevention is better than cure

Nobody can deny that to prevent an illness is **far** better than to have to cure one. So it's important to live a life that **prevents** illness from developing, rather than to have to deal with it afterwards. We want to **be** healthy and **stay** that way.

### How?

There are 3 important points:

#### 1. Cleanliness

I remember seeing one of the old *Trinity is My Name* spaghetti Westerns when I was a young boy. He'd just arrived in a small town after having been pulled around the desert on a stretcher by his trusty steed. The first thing he did was get a bath. The scene shows him sitting in a soap-sudded bathtub with a cigar in his mouth. Then he gets out of the bath, picks up his still dust-covered clothes, and proceeds to put them all back on again.

Well, it was funny seeing the movie, but that little anecdote brings up an important concept: there are **two** aspects to cleanliness: **internal** as well as **external**. We're usually preoccupied with the way we look on the outside, but we don't pay any attention to our inside. We may bathe every day and keep our body relatively clean on the outside, but meanwhile we stuff so much garbage down our throats that our intestines start to resemble a clogged-up sewer pipe. Sorry to tell you such a horror story, but I'm not making anything up here. Germs in the body don't **cause** disease; they're a sign **of** it. They're scavengers – they feed on dirt. It's the dirt, toxins and dead matter in the body which cause the disease in the first place, including the vast majority of major diseases in the Western world.

Why should you not look after the **inside** of your body as much as you do the inside of your house or car? And a house or car is something you can actually **replace!** There's a saying that if you lose money you've lost nothing; if you lose your health you've lost something; and if you lose your peace of mind you've lost everything. **"Health is wealth."**

**You can't be healthy without inner cleanliness.**

**On the other hand, if you're clean internally, you won't even catch a cold.**

## 2. Vitality

Vitality comes from the body's energy resources. We gain energy from the environment: from the sun, our food and water, and the air we breathe. That energy becomes **vital** energy in the body; the vitality that keeps us alive. The more vitality you have, the **stronger** you are, the **greater** your physical well-being, and the more **inspired** you'll feel.

## 3. Resistance

Resistance to disease is an automatic result of both cleanliness and vitality. If the blood is pure, the cells that fight disease can function freely, without being caught in a "traffic jam" of toxins and impurities. Resistance is an internal matter, and healing is also from within. Medicine only **assists** the body's natural internal resistance. Resistance also depends on your lifestyle. A well-controlled lifestyle gives **physical health, mental peace** and **contentment**.

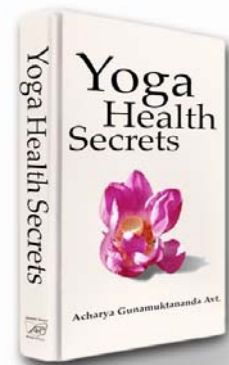
But nowadays it's difficult to lead a healthy lifestyle – what with the pollution, the pressure of everyday life, and the lack of nourishing food and drink. Once I left a Big Mac for six months to see what it would look like. What **did** it look like after all that time? **Exactly** the same as when I bought it! Only it was hard, like plastic! Can you imagine what they put in those things! Much of the food we eat is sorely lacking in nutrition and vitality, even if it is **supposedly** fresh. On top of that, our ever-increasing materialistic outlook on life leaves us dull and uninspired.

## So what's the answer?

**Know yourself; take responsibility for your own health; be your own doctor.** I'm not saying you're never going to need specialized medical treatment, but at least you can minimize the chance of needing it. "An apple a day..." well you know the saying! What's the use of going to the doctor for something you can cure ten times easier yourself? Or even better, something you could have **prevented** yourself, with no extra demand on your time **or** your finances! And these are very simple things that you just need to be **mindful** of. They're not even things you have to **learn** – they're **that** simple. But the point is we're **not** mindful of them. Even the **basic** things like how to eat, how to breathe... even how to think – there's an art and science to **every** aspect of life that we should be **aware** of and make **good use** of.

**Well, the good news is you can start from today!** It's not a matter of learning – just **knowing** what are the right things to **do**. And it's the **doing** that counts. If you don't learn to read, you may have wasted half your life. But if you don't learn to swim, you could find yourself in a situation where you've wasted your **whole** life! The point is: it's what we **do** that matters most.

What follows is an outline of the [eBook](#) *Yoga Health Secrets*, with some general hints and techniques thrown in. You can start practicing these techniques as soon as you read them, but see the [eBook](#) for the complete system.



## Mind

### Keep your mind positive!

Here's a quote from Alice in Wonderland:

"Alice laughed. 'There's no use trying,' she said: 'one can't believe impossible things.'

'I daresay you haven't had much practice,' said the Queen. 'When I was your age, I always did it for half-an-hour a day. Why, sometimes I've believed as many as six impossible things before breakfast.'"

**What's the point?** The mind creates its own reality. **You become what you think.** If you **think** negatively, your life will **automatically** be negative. On the other hand, your life will be **positive** if you think **positively**. The state of your mind is ultimately going to determine **how** you feel, **what** you experience and **who** you are. What kind of a life we lead **depends** on our thinking. Negative thinking makes life miserable, while positive thoughts create a happy, successful and fulfilling life. **Create your own reality!** If you think the chair you're sitting on is a throne, then for you it **is** a throne! See the bright side of everything – and there **is** a bright side; we just have to **see** it.

**"Live in the present,"** and avoid stress, anger and other negative feelings. We'll look into what "living in the present" means in the [eBook](#).

These days we're missing a sense of **purpose** in what we do. We tend to lose sight of the big picture in our lives, and become depressed and disillusioned. In the past people had to survive the elements, defend themselves from enemies, and struggle to overcome the hard realities of life. That infused them with a sense of mission. Nowadays our mission has become nothing more than to be as comfortable as possible; to earn more money; to buy more things. Well, that just doesn't cut it as far as the mind is concerned – it won't **satisfy** the mind. And if the mind's not satisfied, you can **forget** about real physical well-being, let alone a successful and fulfilling life.

I still have the memory of a game I was playing when I was a young kid at school. We were all in the middle of a field fighting a "battle" with cardboard swords and shields. I was "struck" to the ground. I smelt the fresh spring grass, and I remember thinking, "Life is sweet." It had a purpose – I had a mission!

Well, of course it was only a game, but just as a game is reality for a child, **life is just a larger game**. We only have to learn to **play** it.

What news will make a rich person sad and a poor person happy? Nothing lasts forever! Joys will come and go, and so will sorrows. We have to keep everything in **perspective**. There's no reason to be pessimistic. **Infuse your life with optimism**, keep positive and feel the **love** that pervades the whole universe! See the [eBook](#) for a simple and effective technique to feel that love.

**"You are never alone or helpless; the force that guides the stars guides you too." (P. R. Sarkar)**

## Lifestyle

**Good habits lead to good health.** Regulate your habits and your health will **automatically** be good. I'm not saying you have to live in a monastery! But everything should be in moderation: **"Everything in moderation, except for moderation."** Buddha learnt a great lesson when he witnessed a musician tuning the strings of his instrument. After contemplating, he realized that everything should be like that: not too tight; not too loose.

Over-indulgence in anything reduces our vitality. Food is essential for life, but if you eat too much you'll die! There's a saying, **"If in doubt about eating, don't eat; if in doubt about going to the toilet, go to the toilet!"** You can even get too much water – or even air! The point is that we should do everything in a **balanced** way. You don't have to give up anything you like – just **moderate** it. Excess leads to discontent. The appetite is keener at mealtimes than in between, and so it is with everything else. There is a **time** and **place** for everything. If you do everything at the **right** time and place then you'll enjoy it all the more, and be healthier to boot.

**Here's a start:** If you live in the city, make a habit of going to a natural place at **least** once a week. It could be a forest, a beach, the desert, some cliffs overlooking the sea: wherever you choose, the natural sounds and fragrances (not to mention the fresh air) will be both therapeutic **and** inspiring for your body and mind. For example, the sound of a trickling stream – or waves lapping at the shore – will naturally sooth the mind. **Remember:** at least once a week – **you owe it to yourself!**

## Sleep

There's a Zen saying: **"Eat when hungry; sleep when tired."** That sums up the simple philosophy of yoga. But how often do we actually **do** that? We tend to ignore the signals of our body, eat when we're not even hungry and stay up when we're tired.

Sleep is a medicine in itself. It rests the nerve cells of the brain and body, and preserves vital energy. When we relax, the body recharges and the mind recovers its strength. But too much sleep is harmful. The old saying, **“Early to bed, early to rise, makes one healthy, wealthy and wise”** is still good advice. Some of those old adages really did have a useful message!

## Yoga Postures

There's been a popular misconception that yoga only means the physical postures. In fact, yoga is a whole lifestyle that **includes** yoga postures as one of its many components. Yoga postures have physical benefits, including curing disease, but the main benefit is mental – they balance the emotions and calm the mind. That's because of their effect on the glands, because it's the **hormones** produced by the glands that determine the way we feel.

You don't need to know many postures – there are three simple ones that are **more** than enough to cover basic health and fitness, and they're so quick and easy that **anyone** can do them. We'll cover those in the [eBook](#). Meanwhile, try out a couple of things we usually do **after** yoga postures:

The first is the **foot massage**. Would you laugh if I told you it's more relaxing than having a drink after work?! **Well it is!** Why is that? Because every part of the body has a subtle nerve connection to the foot. So each organ has an area on the foot that directly affects it. The top of the foot is related to the surface of the body, while the sole is associated with the deeper organs. Maybe you noticed that if you scratch a certain part of your foot, you can feel a twinge somewhere else on your body. That's because of the subtle connections. So it goes without saying that if you massage your feet you're **also** indirectly massaging your **whole body** – external **and** internal. Try it for yourself and see – first the top, then the sole. Press down with your thumbs, like you're molding a piece of clay. If you feel an area that's sore, spend more time there – it probably means the part of the body connected to it is tired or injured. For example, if you have sore shoulders from hunching over a computer all day, massage the area on the outer part of the foot behind the little toe. **See?!** So it turns out there was a lot of truth behind that old story of getting your feet massaged after a hard day's work!

Now, **deep relaxation**.

If it's done properly, it's **more effective than sleep**. Yep, I can certainly vouch for that! **Just 5 to 10 minutes of deep relaxation is more rejuvenating than one hour's sleep!** Don't believe me? Well try it for yourself! But you have to do it properly – completely relax **all** your muscles without sleeping.

Find a warm, comfortable place on the floor, lie down on your back with your arms by your side, and make sure your breathing is calm and relaxed. Now go through your whole body, starting at your feet, consciously making sure that each part is completely relaxed – with no muscular tension at all.

Go from the feet up the legs, consciously checking each part, into the groin area, into the abdomen (feeling that your internal organs are also relaxed), into the chest and shoulders, from the fingers and hands up the arms, then into the neck and up into the face, relaxing the facial muscles, including the eyes, and finally to the top of the head, feeling your brain is also relaxed.

Check once more that your breathing is calm and relaxed, and imagine you're lying in the most soothing place you can think of: it could be floating on the sea, suspended in space, on top of a mountain – wherever you like. Now stay like that, fully relaxed, for a few more minutes. But don't sleep!

You'll soon realize the benefit of deep relaxation. It'll **prepare** you for the day ahead, **rejuvenate** you throughout the day, and help you **sleep well** at night. Do it as often as you can, especially if you do a lot of mental work, and see how it keeps your body and mind calm and refreshed. It also lowers the blood pressure, relieves stress and relaxes the nerves.

## Exercise

Yoga postures balance the internal glandular system, as well as toning the internal organs. That's why they're sometimes called "innercises." But we also need exercise to keep the muscles toned and fit. While yoga postures are energy-**assimilating**, exercise is energy-**expending**, tiring the body. So exercise – as with everything else – should be in moderation, according to your capacity. Aristotle said exercise should be "neither excessive nor insufficient."

Practically any sport you want to do is good for you. Even just walking a half hour a day has a positive effect. Martial arts are particularly beneficial, not only for the self-defense skills you get, but also because they include forms of mental development. Martial art was first taught 1400 years ago at Shaolin, central China, by a yogi from India. From that time on the Shaolin practitioners became renowned for their physical prowess, courage, mental calmness and powers of concentration.

In the [eBook](#) we'll look into **two special exercises (Kaoshikii and Tandava)**, taught only by a small number of instructors in the world. The first is a recent innovation. It increases the life-span, cures many types of diseases and is particularly good for women. It is a medicine in itself, but until now very few people have had the benefit of experiencing its profound effects.

The second, because of its effect on the glandular system, is for men. Unlike standard exercises, it's the **only** physical exercise for the brain, and has specific positive effects such as instilling courage in the mind and improving the memory.

## Air

Oxygen **purifies** the blood and acts as a nerve tonic. It **invigorates** the body and **inspires** the mind, giving a sense of well-being and contentment. Some illnesses can even be cured with just pure fresh air. Depending on how you breathe, you can even control your mind and your vital energy. Generally it's best to breathe calmly and deeply, through the nose. The muscles you use when you breathe, the phase of the breath, and which nostril you breathe through – all these affect the mind, and we'll look into them all in the [eBook](#). We'll also consider other ways we absorb oxygen, such as through the skin and digestive system.

Try to walk outside in fresh air daily, if not at least once a week. Brisk walking increases oxygen absorption, especially if you get into a good rhythm, synchronizing your breath with your step and keeping your mind positive. A steady breathing rhythm combined with fresh air increases the power of the mind. In fact, the mind is very closely linked to the breath: **if the breath is calm and relaxed, so will the mind be.**

## Sun

The sun is the source of all the physical energy on our planet. It heats the earth, creates the winds and drives the life-giving rains: its power is instilled in the food we eat, the water we drink and the air we breathe. In fact, many scientists now agree that the earth originally came from the sun. Combined with fresh air, sunlight is essential. It even gives the body some vitamins we can't get from food.

Try and spend some time in the sun every day. If it's bad weather outside, you can utilize the little sun-time you get with some techniques like the **sunbath** that we'll go through in the [eBook](#).

## Water

Water is indelibly associated with life, and with the history of civilization. Human settlements evolved along the course of rivers and waterways. It's written in the ancient Vedas (the first literature produced ten to fifteen thousand years ago) that **"water is the universal remedy."**

There are many things yoga has to say about the use of water externally – not just as the ultimate cleansing agent, but also for balancing the body temperature – and we'll run through those in the [eBook](#). But water is equally – if not more – important internally. One of the best things you can do for your body is to drink plenty of clean, fresh water, more so in the morning than later in the day. Water has more of a cleansing effect if you add lemon juice to it. Squeeze half a lemon into a glass of water, and add a pinch of salt to counteract the acidity of the lemon. It'll also help to keep the bowels moving and prevent constipation. A glass of lemon-water with salt first thing in the morning after brushing your teeth and scraping your tongue will go a long way to keeping your digestive tract **clean, strong and healthy**.

## Food

In the tradition of Zen, poems and subtle anecdotes are used to convey insights of timeless wisdom in a very understated way. One example would be the master's question to the disciple: "What is the sound of one hand clapping?"

**Don't worry** – I didn't get it either! But here's a Zen story we're all sure to understand:

A Zen monk was undergoing austere training in a monastery in the countryside of Japan. One of the rules was that he wasn't allowed to talk, but after a year he would be given the opportunity to say three words; words that should convey something of the deeper realizations he'd had during that time. So as the end of the year approached everyone was eagerly awaiting the special day. The townsfolk were talking about the upcoming event and his teachers were anticipating what he would say. On the day, all the people from the surrounding area gathered for the occasion. He was brought out in front of everybody, his head teacher gave him the go-ahead to speak, and he said these three words: "Not – enough – food."

Well, whether you found it funny or not, the point is: **food is important!** Not just to get **enough** food, but to get the **right amount** and the **right type**. Our attitude should be "**eat to live**" not "**live to eat**." Our eating habits are also important – **when** and **how** we eat, and how we **prepare** our food.

Food is fuel for the body – it provides energy. But that's not all. Fresh fruits and vegetables that are still "alive" give **vital energy** (life-force) to the body's cells. **Natural** foods cleanse and purify the system, especially if they're "wholefoods" with lots of water, vitamins, minerals and fiber. There's also the **vibrational** effect of food on the mind. Different foods affect the mind in different ways – some are "uppers" and some "downers"! It all depends what you eat, because "**you are what you eat**": whatever you swallow will make up the cells of your body, and that'll in turn affect your mind. Many diseases are caused by eating the **wrong** foods in the **wrong** amount at the **wrong** time.

We'll go through all these points in detail in the [eBook](#).

## Fasting

**Now don't get scared when you hear that word!** Fasting doesn't have to be something arduous. We normally fast every day anyway – while we're sleeping! In fact, fasting should only be for a few hours at a time, twice a month. Many great people fasted regularly, and you can also benefit from it with just a little effort. Think of it on the bright side – apart from all the other benefits, you'll save time and money by not having to prepare food and eat it!

So what **are** the benefits?

Fasting rests the body, especially the stomach (which usually doesn't get any rest at all!), detoxifies the digestive system, prevents chronic illness and even cures many diseases. It **rockets** your motivation into the stratosphere, and **boosts** your creativity. It increases **willpower, determination** and **mental clarity**, balancing the mind as well as inspiring it. It's an all-round tonic for the body and mind, something you wouldn't want to do without once you've gotten used to it – **take my word for it!**

## Toilet

I don't have to tell you how lousy you feel if you haven't been to the toilet for a long time! Constipation is the **single** main cause of practically **every** disease we know of. That's because toxins are released into the body from the stagnant waste matter in the intestines, and those toxins **cause** disease. So **clearing the bowels daily is vital for good health and happiness.**

Some foods are notorious for causing constipation – they're mostly the ones not good for the body **or** the mind. We'll look into those in the [eBook](#). We'll also go through some postures and exercises to help you avoid constipation.

Meanwhile, make sure you drink plenty of water – preferably with lemon juice and a pinch of salt – especially in the morning, and try this as soon as you wake up in the morning:

While lying on your back in bed, bring your knees up to your chest and hold them with your arms, then kick them out straight. Do that three or four times. Then, after you've cleaned your teeth and mouth, drink a glass of water. That'll help a lot in getting you to your regular toilet appointment every morning – your appointment with destiny!

## Life-plan

Ask **anybody** who's had **any** kind of success in **any** kind of management position and they'll tell you that planning is **crucial** to success. And that doesn't just mean for companies and organizations – it applies on the personal level as well. Nature operates on a beautifully integrated pre-planned system. If we want to be successful in our **own** lives, we should also make a pre-planned system for ourselves and **follow** it – it's vital to success in **all** aspects of life.

Take some time to contemplate where your life is going and where you **want** it to go. **Are they the same?** If not, how can you **change your life for the best?** We'll do that in the [eBook](#).

**On that note I end my introduction!**

**Kind Regards,**

*Ac. Gunamuktananda Avt.*

**Acharya Gunamuktananda Avt.**

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"The book is a happy blending of scientific facts, ancient wisdom and everyday experience. The combination of the three is so successful that it keeps the reader alert from the first page to the last. In the effort to adjust my daily life with the recommendations from the book, I find my life better and happier every day."

**Srecko Gnidic**  
Croatia

"Thank you so much for your wonderful book. Your care and efforts helped my morale to the utmost."

**Brenda Wilson**  
USA

"This eBook is complete in itself. It sets out everything – and I mean *everything* – you need to know to live life to the fullest! Bright new ideas, anecdotes, techniques and advice – all based on the ancient wisdom of yoga. Highly informative, highly enjoyable: a must for anyone concerned about a healthy and fulfilling lifestyle."

**Donald Nelson**  
USA

**Remember:** these are **very simple techniques** that **don't require any special equipment or additional expense**. You just have to **know them** and **practice them**: that's **all** your mind and body are asking of you.

**Government Health Warning:** This site could be **good** for your health.

**You have nothing to lose and everything to gain.** There's a saying that if you lose your wealth you've lost nothing; if you lose your health, you've lost something; and if you lose your peace of mind, you've lost everything. **So think of it as converting a little bit of your wealth into a lot of your health... and peace of mind!**

## [Links](#)

**YogaHealthSecrets.com** – "a healthy mind lives in a healthy body"

<http://www.yogahealthsecrets.com/>

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