

Yoga Weight Loss Secrets

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Yoga Weight Loss Secrets:

How to lose weight naturally and keep it off! Without pills, extreme diets and strenuous exercise Using the Easy Yoga Weight Loss Program

If you are reading this book it is probably because you want to lose excess weight, and you don't want to do it temporarily. After all, what is the use of starving yourself, losing some weight, and then gaining it all back in a quick eating binge?

Furthermore you may not want to spend money on expensive pills that could in themselves be harmful to your health in the short run and certainly not good to take for an extended period.

You probably know that exercise is one of the greatest ways to lose weight but like many people, you may not be the athletic type and your job does not call on you to do much exercise.

You also probably know that some foods are fattening, and some foods are not fattening. But you love the taste of the fattening foods, and are not ready to go on an extreme diet: eating lettuce sandwiches or fasting on grapes.

And on top of this, you probably don't consider yourself to be a person with super-will power, able to make the changes in your lifestyle that could help you to lose weight.

If this picture is correct, then there is no cause for despair. This book has been written expressly for you, and it offers a system of natural weight loss that takes into account the above mentioned factors. It is indeed possible to lose weight without pills, without starving yourself, without strenuous exercise and without extreme diets. The program outlined in this book will show you how to do it and if you sincerely apply this system you will not only lose weight, but you will enhance your overall physical and psychological health.

1. Taking the First Step

The journey of 1000 miles begins with a single step. A Chinese sage said these words 2000 years ago, but they remain true today. The goal that you want to reach (in this case, losing weight) may seem difficult or distant but it is not good to give up before you start, as many people do. They say, “It is too difficult”, “I can never change”, “What will be, will be”. These are of course only excuses and not helpful.

If you have come this far, to begin reading this book, you know that it is not healthy and not desirable to remain overweight. What you now have to do is take a firm determination to take some simple steps that will help you start reducing those excess pounds. **Firm determination is actually the first step to success in all great endeavors.**

Whenever you try to do something worthwhile, not just losing weight, you will always be faced with problems. Did you ever try to play a musical instrument? In the beginning it may not have sounded so nice, but if you persisted you probably derived a lot of pleasure when your efforts to play produced some pleasant music.

Did you learn how to read or write or do arithmetic without facing difficulties or making mistakes or having setbacks? Unless you are a super-genius the answer is “no”. Yet I am sure that you are glad that you persisted and learned how to read, how to write and do so many other things that required effort and persistence even in the face of obstacles and difficulty.

Making the small changes in your life that could help you to lose weight and bring about your physical and psychological well being is no different. You learned how to read because you knew it was important to do so. You practiced, you persisted and you are continually reaping the benefits from this effort of your younger days.

So, now you are faced with another important task, this time not to learn how to read or write or play a musical instrument, but how to live in a way that will reduce the excess fat that you have already accumulated and prevent it from coming back in the future. The first step to take is simply an affirmation, a firm determination:

“Losing weight is important to me, I will do what is necessary and I will be successful in this effort.”

Yes, it is very simple, think of the sentence above; repeat it mentally. In fact, every morning before you get out of bed repeat it, and then begin your day. You don't lose any weight by saying it, but this mental preparation is a first and a very important step to take.

2. The Chariot and the Charioteer

People usually describe important concepts in the terms of the day, using the analogies that are most understood in that particular moment. In ancient times, in a warrior society of Central Asia, philosophers described the human body and mind by making references to the chariots that were common in that era.

The philosophers said that the horses of the chariot are like our sensory and motor organs, and they said that the reins can be compared to our mind, and the driver of the chariot can be likened to our discriminating intellect. Those philosophers emphasized the importance of strengthening the reins of the mind, so that the horses of the senses were kept under the control and guidance of the driver, the discriminating intellect.



What does this have to do with losing weight?

Plenty. Many times our intellect, the discriminating intellect, knows what is right and what is wrong. What is going to be good for us and what is going to bring about some negative results. We “know” that smoking a cigarette will be harmful to our lungs but we go ahead and smoke it anyway. We “know” that eating the second or third piece of cake is going to add to the collection of fat on our bodies and may even upset our stomach, but we go ahead and eat that cake. We “know” many things intellectually but that doesn’t mean that we are always able to control our desires. The horses of the senses are pulling our chariots in harmful directions despite the warnings that the driver is giving, because the driver is not strong enough to rein the horses in. And, if we allow the horses to run on without any control, the chariot may be wrecked completely.

Clearly what we have to do is strengthen our minds so that we can actualize the knowledge and good intentions that we may already have in our minds. We have to be able to put into action all the things that we “know” intellectually. This gap between knowledge and action is probably the greatest source of problems in the world today, both personal and for the larger society. Anyway, right now we are not going to tackle the problems of society but we can begin in the place closest to you, your own mind and body. The various exercises and practices contained in this program are designed to strengthen your ability to control your sensory organs. And if you follow the program sincerely, the day will come when you can choose what is really good for you, and not have the choice done for you by your uncontrolled senses.



3. Inner Change and Outer Change

At New Year's time many people make resolutions. "In the new year I will do this", "I will do that", "I won't do this". But most of these resolutions are not kept. Often the resolutions are made to please someone else or are faintly made to please ourselves but they are not backed up by anything substantial.

Even worse are the fate of resolutions that require us to suppress or repress a strong inner urge. As a teacher of yoga I often recommend the vegetarian diet to my students. Once, one of my students followed this recommendation very sincerely for a few weeks. Then on my next visit he described the following scenario. He said, "I got this great desire to eat some meat, so I went out and found the biggest piece of steak that I could find, and I ate it!" It is possible to repress an urge for a short while, but not forever. And once a repressed desire breaks out, it does so with a vengeance. This is the cause of the failure of most weight loss diets. A person becomes slim, for a period but then reverts back to his or her previous weight, and possibly with something extra added on!

It won't work to simply repress or suppress any desire. If you want to change any behavior you have to make some efforts to substitute a new pattern of behavior and you also have to make some changes "on the inside", within your mind. You have to take steps that will result in the fading away of the desires that are harmful to your health. For example, smoking is not compatible with good health and certainly not with the lifestyle of yoga. Yet, I will never tell a student to stop smoking. My emphasis is not on "stop" but on "start". I say, "start doing meditation, start doing yoga postures, start serving others", etc.

I emphasize starting on these practices because they work from the inside out. If you continue to practice them, then the desire to smoke a cigarette or to eat mountains of food gradually fades away, and it becomes effortless to observe the desired conduct. If you want to lose weight you will be successful in the long run if you start a few simple activities that will not only help you externally, but will, slowly and surely, change your basic desires thoroughly, from the inside out.

You may be curious as to how this works. I don't want to give a lot of theory, because in the matters of self-transformation success is 90 per cent dependent on practice and only 10 per cent dependent on theory.

But a few basic fundamentals of the theory are helpful to know. "**As we think so we become.**" This is the principle that underlies the mental side of yoga and all efforts for self-transformation. It is not an esoteric concept, and we can see it at work in our daily lives. The famous baseball player Yogi Berra once said, "Baseball is 90% mental, the other 50% is physical." O.K, his arithmetic was a bit off, but if you have ever competed in any

competition you know that mental preparation is important. If you go into a competition thinking that you are going to lose, then you are already defeated before you even begin.

The power of suggestion is very important. If a teacher or parent erroneously tells a child, "you are stupid," and the child begins to think, "I am stupid, I am stupid" that child's ability to learn new things will be damaged, and the result will be a self-fulfilling prophecy. In this case the teacher or parent has given a negative "outer-suggestion" and the child has taken it up as a negative "auto-suggestion" repeating it over and over again, believing it and living according to the limitations of that suggestion. Had the parent or teacher been more encouraging and given a positive suggestion, then the child could have been thinking "I am intelligent, I can learn many things."

That is why our small affirmation introduced above, "...I will be successful" is important, and later in this program you will use this power of positive auto-suggestion to build up your capacity to do what is best for your physical and psychological health. In addition, you will practice a daily exercise that will strengthen your mind and bring an inner peace and balance such as you have never known before.

Also, we will introduce some simple physical exercises, the easiest exercises of yoga, and these too work from "the inside out", so much so, that it would be better to call them "innersizes." Yoga exercises put pressure on the endocrine glands. The endocrine glands are the glands that release hormones into the bloodstream. These hormones affect both mind and bodily processes.

For example, the hormone thyroxin emitted by the thyroid gland, regulates your body's metabolism (the process of converting food into energy). An over-supply of Thyroxin will speed up the conversion of food into energy rendering you very thin, while an under-supply of the same hormone will cause you to accumulate fat because your body doesn't turn the food into energy at the proper rate. Yoga postures put gentle pressure on glands and help them to function properly and this is helpful to both body and mind.

In the next section we are going to roll up our sleeves, or at least take off our shoes, and get down to work.

4. Simple Meditation

A calm, quiet and peaceful mind is a great asset for any person. When you are composed and at ease you can usually do the right thing and make the proper choices. However, due to the stress of modern life, you may not be able to get the peace and composure that you need to live your life in the best possible way. Don't worry about this; it is the normal state of affairs in today's busy world. However, not worrying and not doing anything about it, are two different things. There are exercises that can help you to gain peace and composure and they are not difficult to learn and practice. We are going to introduce one exercise now and it is a fundamental part of our weight loss program.

So, take off your shoes and get ready to begin.



Sit on the floor in a cross legged position. Sit on a blanket and if you like you can also use a cushion. If it is in the evening, turn off the light. Sit with your back straight and fold your hands comfortably in your lap. Close your eyes. Imagine that you are all alone. Imagine that you are the only person on the planet. Feel that your body is filled with peace and love. Feel this same peace and love surrounding you, stretching in all directions to infinity. If other thoughts come into your mind, just let them go by and come back to the feeling of peace and love within and without you. If your legs are uncomfortable just move them to a better position. Do this for five minutes. (use a watch to mark the time before you begin, if you open up your eyes before five minutes, just close them again and continuing doing the exercise). Do this exercise in the morning, after washing yourself, and in the evening, before your evening meal.

That's all there is? Yes, we said it was "simple meditation". It is simple, but if you practice it every day, it is very effective. Also, after a week, extend the time you sit to 10 minutes. If you are troubled by various thoughts during the exercise, don't give up, it is quite normal. It is the nature of your mind to think one thing after another, but if you are persistent, and practice this exercise regularly you will observe that the extraneous thoughts during meditation will diminish in the coming days and you really will feel peaceful when you complete the exercise. Sincerity and regularity are the keys to success in this particular practice.

In the later stage of this program we will introduce an intermediate form of meditation.

5. Simple Yoga

One of the key components of this program is to practice a few basic yoga postures two times a day. The exercises are not difficult, anyone can do them. The trick is to allot two periods in the day when you are going to do the exercises and then stick to that schedule. If you can do it, then you will be successful in achieving your weight loss goals.

There are two optimal moments in the day when you can perform your practices. The first “window of opportunity” comes in the morning, before you begin your usual activities. Wake up and wash yourself (a bath or shower in the morning is very helpful) and then begin your meditation and yoga practices.

There is however one yoga practice that begins while you are still in your bed. It is the **Utksepa Mudra (Baby Posture)** and it helps to get your digestive system working and enables you to clean your bowels. It is done as follows:

While lying in bed take a deep breath, then bring both knees to your chest and press them to your chest with your arms, then vigorously extend the legs out straight exhaling the air completely. Repeat the procedure three times. Following this, get up and drink a glass of water. The water should not be chilled or heated but should be the same temperature as the room temperature (you can keep a covered glass next to your bed). When you drink the water, take care that the water does not touch your teeth because until your teeth are brushed they contain bacteria that accumulates during the night. After rising from the bed, uncover your navel area and walk around the room and stand by an open window. The fresh air will also help to stimulate your digestive system. Practice this exercise every day.

After bathing and performing your meditation, you are now ready for three basic exercises.

1. The Cobra

Lie down on your chest. Supporting your weight on the palms, raise your chest, directing your head backward. (keep your navel in contact with the floor) Look at the ceiling. Breathe in while rising and after having risen, hold your breath for eight seconds. Come down to the original position while breathing out. Repeat this eight times, holding the upper position for eight seconds.



In between each yoga position, lie down with your hands next to your body, and allow your breathing to come back to its normal pace. This posture is also known as the “corpse.” When you feel rested, go on to the next posture.

2. The Long Salutation

Kneel down and holding your palms together extend your arms upward, keeping them close to your ears. Then bend forward in a posture of bowing down, touching the floor with the tip of your nose and your forehead. The buttocks must continue to touch your heels. While bending down breathe out and stay in a state of complete exhalation for eight seconds. Then rise up, breathing in. Practice this eight times.



Some people find this position difficult in the beginning because there is a lot of pressure on the toes. You can relieve this pressure by rolling a blanket under your feet.

3. The Yoga Posture

Sit in a cross legged posture. Put both of your hands behind your back and then grip your left wrist with your right hand. Then bend forward bringing your forehead and nose in contact with the floor. As you are bending forward breathe out. At the point of your greatest extension (touching the floor if possible) hold your breath out for eight seconds. Then rise up breathing in. Repeat this position eight times.



Guide Lines for Practicing Yoga Exercises

1. Practice on an empty stomach
2. Don't practice the postures in an open place. If you practice indoors keep the window open but avoid drafts of wind.
3. Practice the postures on a blanket or mat
4. Finish the postures with a massage and deep relaxation



This posture is considered to be one of the basic and easy postures. However if you have a lot of weight around your stomach it will difficult to complete it exactly as described and as shown in the picture. Don't worry about that, just bring your forehead forward and down as far as possible, the very effort of trying, will help you a lot. You don't have to touch your head to the floor as shown here. Do your best and come down as far as you can.

Following these postures, give yourself a **massage** as follows:

First rub your palms together a few times to warm them up. Start at the head and face and work down. Rub your hands directly over the surface of the skin, and when you get down to your feet, pay particular attention to the soles. That will indirectly give your internal organs a good massage as well. It's not a deep muscle massage. It's a light going-over of the skin, as well as some extra attention to the lymph glands - under the chin and around the throat, under the armpits, in the groin, and behind the knee.

The skin massage increases the beauty and glow of the skin. It also relaxes the nerves, and increases the blood and lymph flow.

At the conclusion of the massage, lie down on your blanket, with your hands next to your body, as shown below. Lie in this position for three minutes. If you like you can also use the following method to go into complete **deep relaxation**:

Lie on your back with your arms by your side, and make sure that 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 (also feeling that your internal organs are 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 top of the sea, suspended in space, on top of a mountain - wherever you like. Now stay like that, fully relaxed, for a few more minutes.

After your relaxation period you are ready to begin your day. That is all there is. Do this sequence of exercises every day, two times, and you will have taken a great step towards your goal of natural weight reduction.

Additional Yoga Exercises

Kaoshikii is a yoga dance-exercise. It effects the various organs of the body and is truly beneficial for health. Of interest to anyone losing weight is that the vigorous performance of this exercise for 5-10 minutes, also burns calories and is a great aid in losing weight. If that isn't enough to convince you to try it, here are some of the key health benefits of this exercise.

- Prevents and cures disease (including many liver diseases).
- Is a total body exercise.
- Increase longevity (life-span).
- Strengthens the leg joints.
- Eases menstruation and childbirth.
- Develops self-expression, self-confidence and the feeling of self-worth.
- Inculcates the feeling of connectivity with higher consciousness.

Note: Women should not do any strenuous physical activity during menstruation, including bending forward to lift heavy objects. The same goes for 21 days either side of childbirth.

Here are the steps of *Kaoshikii*. Basically it's in four phases: to the right, to the left, forwards, and backwards. You may find it a little complicated at first, but you'll soon get into the swing of it. (See diagrams on page 29).

1. Stand with your palms together and arms beside your ears, pointing up vertically.

Before you go on to Step 2., practice the foot movement first. It's a simple big-toe behind the opposite heel alternation.

Now start off with the right-movement phase. It's 3 stages to the right, then 2 back to the center:

2. As you place your right foot behind your left heel, move your body the first stage to the right.
3. As you place your left foot behind your right heel, move your body a further stage to the right.
4. As you place your right foot behind your left heel, move your body the final stage to the right.

Now come back to the center the same way, but this time in 2 stages:

5. As you place your left foot behind your right heel, move your body half-way to the left.
6. As you place your right foot behind your left heel, move your body the remaining stage back to the center-vertical position.

Now the left-movement phase. It's the same as the first phase, only this time to the left:

7. As you place your left foot behind your right heel, move your body the first stage to the left.
8. As you place your right foot behind your left heel, move your body a further stage to the left.
9. As you place your left foot behind your right heel, move your body the final stage to the left.

Now come back to the center again in 2 stages:

10. As you place your right foot behind your left heel, move your body half-way to the right.
11. As you place your left foot behind your right heel, move your body the remaining stage back to the center-vertical position.

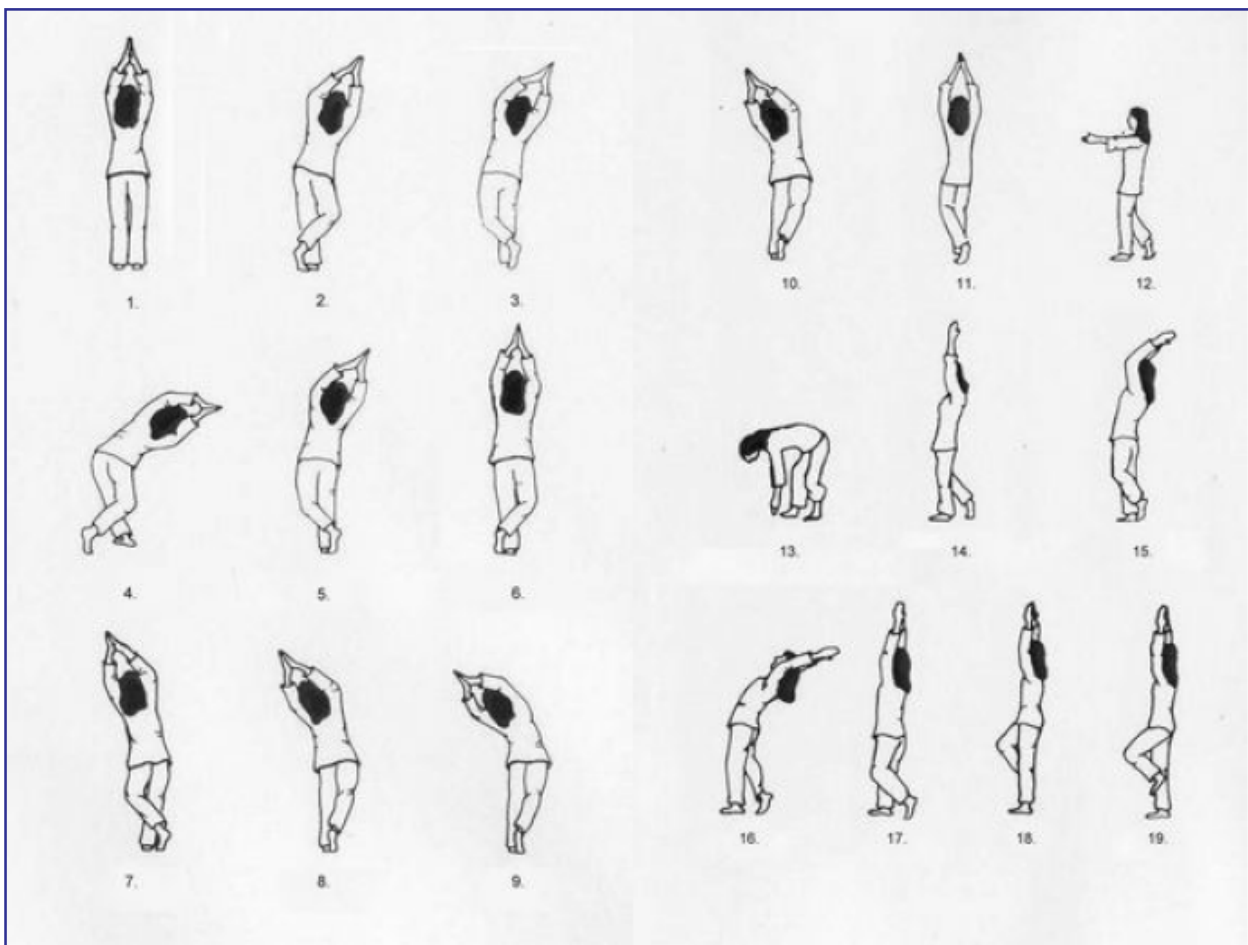
Now the forward-movement phase. It's 2 stages down, and one back up to the center-vertical position:

12. As you place your right foot behind your left heel, extend your arms directly out in front of you, parallel to the floor.
13. As you place your left foot behind your right heel, bend down and touch the floor with your fingertips.
14. As you place your right foot behind your left heel, come back up to the center-vertical position again in one movement.

Now the backward-movement phase. It's 2 stages back, and one to the center-vertical position again.

15. As you place your left foot behind your right heel, bend your body back the first stage.
16. As you place your right foot behind your left heel, bend your body back the final stage.
17. As you place your left foot behind your right heel, come back to the center-vertical position in one movement.
18. Stamp your right foot on the ground.
19. Stamp your left foot on the ground.

Repeat the whole cycle as many times as you like – the more the better, as long as you don't get too tired.



6. Eating tips

Although the exercises I introduced are very important, they have to be supported by sensible eating habits. Here are some suggestions about eating, which if followed in conjunction with the mental and physical exercises, will help you to lose weight.



1. Wash yourself and get comfortable

before eating: The yoga practice of half bath (wash hands, feet, eyes, face and neck) is a great way to feel fresh before you eat. Sit down (don't stand or eat while you are walking). Before you begin to eat, stop, close your eyes for a second, be thankful for having food (in a world where many people are starving) and then begin your meal.

2. Avoid eating in between meals: Eat three hearty, well balanced meals every day. If your breakfast or lunch is too light, then you will probably be hungry in one hour or so after the meal, and the food that you eat in-between meals is more likely to be something fast and fattening, like cookies, cakes, candies, fast-foods. If you feel the pangs of "demon hunger" in between meals, then eat some fruit. Fruit can never harm you, eat as much as you want, but don't spoil your appetite for the main meals of the day. Another thing you can take in between meals, something which is both food and medicine, is a bit of diluted low-fat milk. Prepare 3/4 quart (or liter) at the beginning of the day and sip a bit throughout the day.

3. Eat in the company of others: It is more enjoyable to eat with others, and you are less likely to overeat when you share your meal with others. If you live alone, then invite friends as often as possible (and you will probably also get invited to their homes too!) If you live with others, wait till everybody is ready to eat and take part in the family meals. It will help you in your weight loss program, and will improve your family environment, which in turn will help you to become stronger.

4. Chew your food, it will help your digestion: All carbohydrate foods (bread, grains, pasta, etc) must be chewed thoroughly or they will not be properly digested. If your food is absorbed by your body properly you are less likely to feel hungry shortly after the meal.

5. Choose food that is nutritious, avoid junk: I don't want to give you a big lecture about avoiding fattening foods, you have probably heard or read it many times before. Just be sensible, eat fresh foods, and avoid overly processed foods (which are likely to have added sugar, salt and chemical additives). A diet based on fresh fruits, vegetables, dairy products and grains is both healthy and non-fattening, though you have to control your intake of carbohydrates and increase consumption of green vegetables and soups made from them. It is both healthier and more economical to cook fresh vegetables than to buy canned vegetables. If you eat good portions of nutritious foods, you will have less

temptation to fill your stomach with fattening foods. It is also important to eat a good quantity of raw food, fresh fruits and salads, each day.

6. Eat only when you are hungry: While this may seem like an unnecessary statement, sometimes you may eat out of habit or social pressures, even when you are not really hungry. If you eat when you are not really hungry your digestive system will not fully absorb the nutrients. If you make a habit of doing this, it will lead to many digestive problems. So, when you are hungry eat something, it is not a sin. However, as I have said in the suggestions above, eat something that is nutritious.

7. Exercise: Walk, don't Run

The simple yoga exercises that we introduced earlier are very helpful to anyone wishing to lose weight, but they are not enough. If you are overweight it is probably due in large part to a sedentary lifestyle.

This is a problem of the modern age. It is very easy to go through an entire day with little or no physical exercise.

You may get up in the morning, eat something, walk a few steps to your car, then get to work, walk a few steps to your workplace, sit down and begin work. At the end of the day you walk back to the car, drive home, and then walk a few steps to your house, and sit down for dinner, and end the day sitting in front of a TV. If you live like this then it is easy to put on weight. In order to lose this weight you will have to do more physical exercise.



Now, the question is **how and when to do the exercise and what kind of exercise should be done?** If you are like me, the thought of running around the block several times may not be appealing. Also, running, especially on hard surfaces is not very good for the knees. Another possibility is to participate in some other kinds of sports or athletics but this is not always possible or you may not be the athletic type.



There is however one kind of exercise that any able-bodied person, athletic or non athletic, old or young, can do, walking. **Simply walking in the fresh air one or two times a day can work wonders for you, not only in terms of weight control, but for your overall health.** How much walking is necessary? I like to walk from 45 minutes to one hour every day. Walk briskly, if you can walk til you work up a sweat then you have done a good job. Some years ago I lived in a place where I had to a walk up a hilly street to reach the post office. Just walking back and forth to the post office each day provided an excellent daily exercise for me. Look around for a hill near you!

Walking is so simple but there is a problem of "finding the time" to walk! This program already requires you to spend a bit of time in the morning doing exercises and in the evening as well, so when will you be able to walk? There are probably a few errands that you perform during the day when you

normally drive your car or take public transportation. Maybe you go to the bank, to the post office or shopping by car. Instead of taking your car, why don't you walk? You might even be able to walk to your workplace if it is not too far away. It is a sound ecological principle not to use a polluting vehicle when it is not necessary but it is also good for you personally. If you can't work in walking as part of your normal errands, then you will have to set aside some time during the day only for walking. There is an old saying "after lunch rest awhile, after dinner walk a mile." You might be able to take a walk after your evening meal. This will help digestion and prepare you for a good night's sleep.

Walking is perhaps the easiest part of this weight loss program. It is so simple, but is also so important. So take advantage of your two legs and walk yourself to better health and to your goal of losing excess weight. And don't stop walking once you have lost those extra pounds. Continue walking to the end of your life.

8. Water Drinking

Water is a medicine for all diseases. This old saying from the folk wisdom of India is especially relevant for anyone trying to lose weight. Adequate water drinking is needed to maintain the various internal processes of the body and to help eliminate toxins. The right quantity varies according to the season but about three and half to four quarts (or liters) is the amount that is suited to someone trying to lose weight. Whenever possible mix a bit of lemon with the water, and also a pinch of salt to offset the acidity of the lemon. However don't drink all the water in one or two sittings. A lot of water taken all at once is not healthy, especially for anyone with heart disease.

Although it is a common practice to serve water during meals, if you drink water just before, during or just after a meal, your digestive juices will be diluted and your digestion will not be as good as it would have been without taking the water. If you are able, avoid drinking water while you are eating.

So throughout the day take some water. You can even prepare your water container before you start your day.

Here is a suggested schedule for water drinking.

- 1. Before breakfast**, in between the period when you brush your teeth and do other morning preparations, consume one liter of water.
- 2. Between breakfast and lunch**, drink another liter, slowly during the entire period
- 3. Between lunch and dinner**, drink the third liter, again spread it out during the afternoon
- 4. After dinner**, drink one half liter. (don't take too much late at night or it may disturb your sleep!)

In the beginning you may have to go to the toilet often during the day to relieve your bladder, but after a while your body will get used to it and you will not be troubled with frequent trips to answer the call of nature.

Water drinking is not only helpful to people trying to lose weight but it is useful in the treatment and prevention of a wide variety of diseases and ailments. So, instead of nibbling on snacks that contribute to your weight problem, start sipping water throughout the day. It will not only help you to lose weight but it will help you to avoid constipation, and the many diseases that are caused by the failure to eliminate toxins from our bodies. For more information about using water to enhance health see the book **Yoga Health Secrets**.





9. Vegetarian Diet

In this course this section is optional, as I have advertised the program as being “without extreme diets” and some people may consider vegetarianism too extreme for them. Vegetarianism used to be a relatively rare thing. I didn’t even meet a vegetarian till I was 21 years old. Today, however, people everywhere are increasingly shifting to vegetarian diets for a variety of reasons: health, ecological, moral and spiritual. So perhaps it is not so extreme after all.

In addition, if you really **need** to lose weight not just for cosmetic reasons but in order to protect yourself from heart disease, cancer, diabetes and other serious diseases, then you should consider adopting a vegetarian diet. For you it may not be an **extra thing to do** but a vital step in preserving your life.

The vegetarian diet associated with yoga divides food into three basic groups. The best foods fall into a category called **Sentient**. This is food that is good for mind and body, and it includes: fruits, most vegetables, grains, nuts and milk products.

There is an intermediate category of foods called **Mutative**. These foods should be taken in moderation and include: coffee, tea, chocolate, carbonated drinks

The foods and substances which are avoided in this diet are in a group called **Static**. The foods in this category include: meat, fish, eggs, mushrooms, onion, garlic, decaying or spoiled food, alcohol, tobacco.

Can you live on a diet composed only of fruits, vegetables, grains, nuts and milk products? Yes, there is no problem if you take a balanced selection of these foods. This diet provides

enough nutrients not only for survival but for a healthy and productive life. The list of celebrated vegetarians through the ages is studded with great thinkers, Olympic athletes and leaders in many fields including: Pythagoras, Albert Einstein, Johnny Weismuller, Mahatma Gandhi, Sir Isaac Newton, Voltaire, Charles Darwin, Leonardo da Vinci, Benjamin Franklin, Henry David Thoreau, Leo Tolstoi, Charles Darwin, George Bernard Shaw, Louisa May Alcott, Albert Schweitzer, and many others.



If you can eliminate meat products and the animal fat that they contain, you will make a very big step towards weight reduction. Once you get used to vegetarian foods, and learn how to prepare them nicely you will never miss the taste of meat. Also it is possible to use soy bean substitute products, that look and taste like meat. This is especially important in the transition period. For more information about



vegetarianism see the book **Food For Thought**. Also, remember the example of my yoga student who tried unsuccessfully to suppress his desire for meat. Take it easy, try it, if you like it then keep on doing it. You will be rewarded with better health, and another tool in your effort to lose your excess weight.

10. Selfless Service and Active Habits

You began this program because you wanted something for yourself, to lose weight. There's nothing wrong with that, but it will be helpful to others and even to you if you become active in some form of selfless service. Lethargy and lack of physical activity is one of the greatest causes of obesity. Instead of spending time watching television (and eating snacks at the same time) why don't you spend some time volunteering to help the aged, disabled or other people in need of your help? In any community there are many opportunities to become active.

Participating in social service, and developing a service minded mentality can be useful in breaking the habits of laziness that may be contributing to your weight problem. It also serves another purpose. When you go out of your way to start helping others, for that moment you begin to forget about

your own problems as you start thinking of others. It is not useful to brood over your own problems. Forget about them for a while, and you will gain peace, and as we have been emphasizing, a peaceful mind will help you to live life in the best possible way.



Youth program in Istanbul

In addition it is good to be active in general. Instead of having others do things for you, like clean your house or mow your lawn, it would be better if you would become active and do some of these tasks. If you only sit back and let others work, then it will be difficult to lose weight. So, go out of your way to be physically active, it will make a big difference to you, and others will appreciate it as well.

11. Self Analysis and Self Correction

Keept track of what you are doing, and what you are not doing in this program. At the end of the day review your activities and note which parts of the program you were able to follow properly and which parts you missed. You can use a **self-analysis** chart as shown on page 22 or you can devise your own. If you want to use this chart, just print out page 22, and then turn it horizontally so you can read it properly. (If you are reading it on the computer screen you can tilt your head 90 degrees to the right! or better yet, if you go up to the top right in the Adobe Acrobat Tool bar, press the button that lets you rotate the page counter clockwise and you will see the chart as it should be.)

You can fill in the chart as you like. You may place a **Y** or **Yes** in any box where you feel you have completed the item satisfactorily. (or you can use a check mark for successful completion of the item, and an x for incomplete items). If you missed the item completely (for example you woke up too late to do your morning exercises) then put an **N** or **No** or an **X** in the box. If it is something where a Yes or No, doesn't quite measure, such as your battle to avoid junk foods, but you feel that you made an effort, then put **T** in the box. The **T** stands for **Trying**. Regarding the trying remark, you know that you are supposed to do it, but you didn't quite do it completely. Maintain this chart for your own self analysis, and see if it helps you to improve your performance.

Self-correction is also needed from time to time. Suppose you had some "demon hunger" during the day and you killed the hunger with a big hot fudge sundae? When you reflect back on it you may feel guilty or that you have failed to control yourself. Rather than feeling guilty, if you like you can give yourself some "punishment" for the mistake. No, I don't mean to take out a whip and beat yourself. Just, think about what you did and do a few deep kneebends or other exercise at the same time. The next time you have that demon hunger in between meals, you will probably opt for a fruit instead. Try it , it works!

There is also another way you can correct your thought and your subsequent actions. Suppose you are with some people and they bring out a cake. You begin to think, "I would like to eat that whole cake by myself." It is a selfish thought isn't it? When that happens what you have to do is to first realize what is happening, and then super-impose the opposite thought in your mind "I would like to serve this cake to my friends who are here with me." Then you have to put this unselfish thought into action, cut the cake, serve it to your friends and then take your piece.

So the basic idea is to always be aware of what you are thinking, and where there is an ignoble thought, replace it with something that is better, and then put this better thought into action.

Self-Analysis Chart for the *Easy Yoga Weight Loss Program* Month of _____

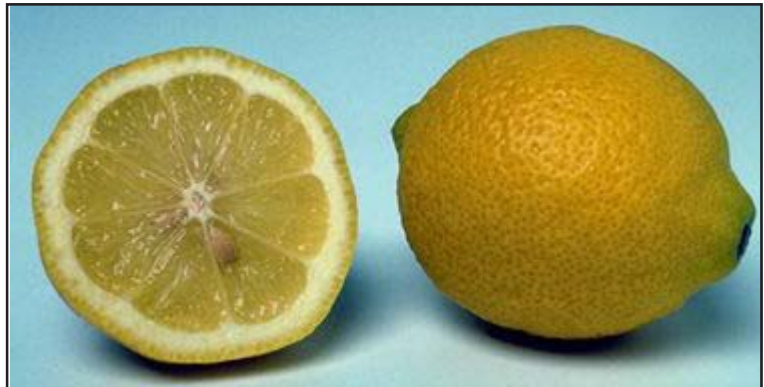
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Remembered Affirmation																															
Yoga postures, morning																															
Yoga postures evening																															
Meditation, morning																															
Meditation, evening																															
How many times did you eat today? (snacks and meals)																															
Water Drinking (how many quarts?)																															
Walking (how many minutes)																															
Service to others																															
Eating Healthy foods																															
Avoiding junk foods																															

12. Fasting

Periodic fasting is one of the best guarantees for a long and healthy life, and as you might guess, is a very useful practice for anyone who is overweight. Fasting doesn't mean starving and then going on a binge afterwards. Rather, fasting is a way to give your digestive organs some needed rest and if you do it in a systematic way, you will not find it unpleasant or difficult to do. In fact, the day will come when you look forward to a fasting day as a chance to rest from the "task" of eating.

A very good system of fasting is periodic fasting timed with the lunar calendar. The 11th day after the full moon and the 11th day after the new moon are optimum days for fasting. On these days the attraction of the moon on the liquids of the earth is particularly strong. The human body is $\frac{3}{4}$ water and is affected by the moon. That is how the term lunatic came into being: it was observed that the cycles of the moon disturbed some people. The reason for this is that on certain days the moon attracts the liquids of the body causing a pressure on the brain. If someone fasts on these particular days of lunar attraction, then the rising pressure of fluids is counteracted.

So, in this system, fasting is for one day only. It starts in the morning, at sunrise and finishes on the next morning, after sunrise. During this period you should abstain from all solid food, and if your body is strong from all liquids. The fast should be broken with lemon water and salt. This combination helps to flush out toxins from the body. The day when you break your fast you will notice that you can really taste your food, but more importantly you will feel great, because your body has been cleaned on the inside.



24 hours without food!? That may seem difficult if you have never done it, but there are ways to prepare for fasting that make it easier to accomplish. Remember the quote from Yogi Berra, about mental preparation? Yes, fasting is also 90% mental. If you make mental preparation the night before, and think, "tomorrow I will be fasting and I will not take anything," then you will not have difficulty to fast.

If you take this mental determination prior to the fasting day, you will not be hungry during the fasting day. If you don't make a prior determination, during the fasting day you will start to think "Maybe I should eat, and fast another day!" Decide before hand and you will be able to complete your fast

In addition, you also have to make some physical preparation the day before you fast. Take plenty of liquids and make sure that you have eaten normally, with your three basic meals. If you eat skimpily the day before fasting there is a chance that you will feel hungry. If you prepare yourself physically and mentally, you will not be hungry during the fasting day: your body will just shut down the process of hunger and digestion during this period.

13. Intermediate Meditation

Sitting in silence, the technique that we explained in the first pages of this book, is a great way to calm the mind. It is also possible to go even deeper by adding to the process. One of the best ways to get a more peaceful experience is to repeat a mantra---a meditative word or phrase-- silently as you sit in meditation. The inner vibration of the mantra and its positive meaning are conducive to personal transformation.



Here is how to do it:

Sit on the floor with legs crossed. Keep your back straight. Close your eyes and imagine that you are all alone. Forget about the world around you and feel that you are surrounded by an ocean of peace and love. In your mind begin repeated the phrase "**Baba Nam Kevalam**" The meaning of **Baba Nam Kevalam** is "love is all there is." As you repeat this mantra, remember the meaning and feel that love is all around you and inside you. If your mind starts to wander then just bring it back to **Baba Nam Kevalam**.

Meditate for a fixed amount of time. Start off with five minutes per session and then extend it to ten minutes and work your way up until you can sit for one-half hour. Use a watch to keep track of the time. For example, if you are doing meditation, with the intention of meditating for five minutes and you think that your five minutes are up, then open your eyes and look at your watch. If you have only been meditating for three minutes, then close your eyes and continue meditating for a few minutes more. After a time, your "internal clock" will let you know when it is time to finish meditation.

Here are a few tips to help you get a better experience in meditation

- 1. Do it on a regular basis**--Fix two times in the day for meditation. A good time is the morning, after bathing and before your morning meal, and another good time is in the evening before the evening meal. Once you have established the times for your meditation, stick to the schedule as much as possible. The more regular you are, the deeper will be your experience
- 2. Practice meditation on an empty stomach.** It is very difficult to meditate after eating.
- 3. Sing before you meditate.** Go to <http://www.yogaweightlosssecrets.com/bnk.mp3> and download a recording of Baba Nam Kevalam. Before you meditate play the recording and sing along. Or sing without the recording to the tune on the recording or to any other tune. If you sing the mantra aloud before you begin meditation, then the process of detaching yourself from thoughts about the outside world is much easier to accomplish
- 4. Practice half-meditation.** During the day while you are performing physical chores, continue to repeat Baba Nam Kevalam in your mind, like a song playing in your mind. The more that you repeat the mantra during the day, the easier it will be to concentrate on it

while you do your silent sitting meditation at the end of the day or the next morning.

5. Be patient. Rome wasn't built in a day, and the process of bringing about a change your life also takes time. Even if you feel that your mind is scattered or that you are not getting much out of meditation, just continue. All meditators pass through difficult periods, times when it is difficult to concentrate or feel peaceful, but these difficult periods pass and give way to wonderful experiences and inner transformation.

if you would like to know more about how meditation works and the philosophy behind it, then read the book , **Beyond the Superconscious Mind** or my book **The Wisdom of Yoga**.

14. Intermediate Yoga and Advanced Meditation

In ancient times yoga was not taught in gymnasiums or in studios as it is done today. It was taught individually with one competent teacher guiding each student separately, giving him or her meditation instructions and yoga postures that were just right.

So far in this book I have shown some yoga postures and general instructions for meditation that anyone can follow whether they have an instructor present or whether they are sitting alone in their homes.

There are other yoga postures that are especially useful in the pursuit of weight loss and better health that could be practiced as a continuation and supplement to those shown in this book, however these postures should be taught individually on a personal basis. If any reader of this book would like to learn these yoga postures, then send an e-mail to me at dada@yogaweightlosssecrets.com and I will put you in touch with one of my colleagues in your vicinity. The instruction in personal yoga postures will be given to you free of charge. Similarly, there are more advanced techniques of meditation which feature individual mantras that are taught personally to you by a competent teacher. Obviously these cannot be put in a book, and if you want to learn these meditation lessons you need to meet a meditation teacher in your local area. If you would like to go further in meditation then send me an email dada@yogaweightlosssecrets.com and I will connect you with one of my colleagues. As with the Intermediate and Advanced yoga postures, this instruction is free of charge.

If you have questions about what is involved, send me an email and I will be happy to provide you with the information that you are seeking.

15. Daily Routine

The key to success in this program is integrating the various practices into your daily routine. You have to plan your day carefully and make sure that you are doing all the practices.

A daily routine of someone following this program might look as follows:

Morning Routine

7.00 wake up—*remember affirmation, do Baby Posture* (see yoga posture section)
7.00-7.30 Bath, etc.
7:30-7.40 *Meditation*
7:40-8:00 *Yoga Postures*
8:00-8.30 Breakfast
8:30 Go to work, school, etc.

Evening Routine

6.30 PM *Meditation*
6.40 *Yoga Postures*
7.00 Reading ,etc.
7.30 Evening meal
8.30 -9:15 *Evening walk*

You have to adjust this routine with the demands of your personal schedule. If you have to go to work earlier, then you have to get up earlier. If you have to get up early, then it is go to go to sleep a bit earlier.

At first glance it may look like you are going to “lose” time by following this program. However there are a few things to remember. These practices will, in addition to helping you lose weight, make you more relaxed and also more focused on what you are doing throughout the day. You will make less mistakes and you will save time. In addition, if you continue to practice you will be able to reduce the time that you spend sleeping.

So plan your day carefully, and reserve time for the important components of your weight loss program. Just stick to your routine and you will be successful, that is all there is to it.



16. Conclusion

It's all up to you. No one can lose weight for you. You have to do it. In the program outlined above I have presented a series of exercises and practices that are indeed powerful. Give them a try. If you sincerely follow the instructions, I am sure that you will see big changes. How long does it take? It varies from individual to individual and also depends on how particular you are in following the instructions.

Give the system a fair trial period. If nothing happens after three months, then you can certainly consider trying something else. However, if you begin to feel better, and if you gain a greater control over your eating habits, then continue to practice, because you are on the right track. In this program we are looking for progress that can be sustained for a long time to come. Sure if you starve yourself you will lose weight in a period shorter than three months, but as soon as you come off the starvation diet, you will gain the weight back, because you will not have learned how to control yourself. Think in terms of the long run and work accordingly.

You may want to lose weight for many reasons. Perhaps one of the main reasons is that you want to feel good about yourself and you want to look good. Yes, you want to be beautiful. Regarding beauty: beauty is not an external quality. True beauty radiates from the inside to the outside. Our approach in this course has been to introduce practices that will transform you at the very core of your being. If you live in a healthy way you will acquire a beauty that does not depend on cosmetics and will not fade as you grow older. This lasting kind of beauty is within your reach. Go for it!

Appendix

About the Author

I have been a teacher of yoga and meditation with the Ananda Marga society for the past 34 years. In addition to teaching yoga and meditation, I also write articles, compose music and am engaged in social work. This book is based on the teachings of my yoga master, Shrii Shrii Anandamurti (P.R. Sarkar). The weight loss program described here is in large part based on the treatment for obesity prescribed in Sarkar's **Yogic Treatments and Natural Remedies**.



Unlike many authors of weight loss books, I was never overweight and did not find a miraculous cure for personal weight control problems. My only credential in this department is that I have maintained a constant body weight throughout my adult years, thanks to the yoga, meditation and the lifestyle that I describe in this book. I believe that the key to bringing about personal change and lifestyle change is the ability to bring the mind, body and spirit into harmony, and I believe that the instructions in this book can help any person to achieve the changes that they want to make in their lives.

What happens to the profits from this book?

I have not written this book to become rich or for any personal motivation. If a few people find it useful and if it helps them to live a better life, then I will be satisfied. Above that, all financial profits of this book are being used to support a social project which I have been guiding since October, 2000.

The **Albanian Sunrise School** (<http://www.albaniansunrise.com>) serves youngsters in a needy location near Tirana, Albania. This school provides quality education to children who would otherwise be out on the streets, due to overcrowding in existing kindergarten facilities. Although the Sunrise School operates on a shoe-string budget, the parents in this neighborhood (which suffers from an unemployment rate approaching 80%) can not cover all the costs of educating their children. Donations and gifts from understanding supporters help fill the gap. By having purchased this book, you are not only helping yourself, but are also helping children in Albania to get a good education.



Children at the Albanian Sunrise School

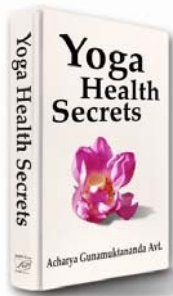
Useful Resources

Websites

Ananda Marga (www.anandamarga.org) This is the website of the Ananda Marga movement. If you want to go further with yoga or meditation, or would like to get involved in social service activities, then contact the Ananda Marga center nearest to you.

Albanian Sunrise School (www.albaniansunrise.com) read about the activities of the social service project that is helped by the proceeds generated from this book.

Dada Veda's website (www.dadaveda.com) listen to the music and read articles written by the author of this book.



Books

Yoga Health Secrets (www.yogahealthsecrets.com) a comprehensive ebook guide to keeping fit and preventing and curing disease.

Yoga For Health a paperback book giving a general introduction to basic yoga postures including background information on eating, fasting and exercise. A great tool for anyone who wishes to keep fit physically, mentally and spiritually.

Beyond the Superconscious Mind, a paperback that gives a fascinating account on how the mind works, and how we can utilize all of our human potential through meditation. One of the best introductory books on meditation existing today, it has been translated into more than 30 languages around the world.

Food For Thought: a paperback introduction to vegetarianism. It explains the moral, spiritual and physical benefits that a vegetarian diet brings.

The Wisdom of Yoga, available in paperback and ebook form. If you want to know about the historical background in which yoga arose, the yogic idea of how the universe was created, and the philosophy of yoga and yoga's conception of life, death and reincarnation, then this is the book for you.

You can buy these books at <http://www.shop.anandamarga.org>