



LOTUS HEALING VILLAGE

Peoria, AZ

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Newsletter

June 2010



This newsletter is dedicated to our brain

My friend Cristina offers this: Discover how easy it is to overcome blocks to optimal performance in all aspects of your life using Brain Gym®! Using brain specific physical activities that activate the brain for optimal storage and retrieval of information, Brain Gym techniques facilitate the brain and body working more effectively and efficiently together. **Licensed Brain Gym Consultant and Brain Fitness Coach Cristina Whitehawk of Powered By Genius™ supports you in optimizing your personal, corporate and academic genius.**
<http://www.poweredbygenius.com>



BREATHE - RELAX!

The power of alternate nostril breathing: Alternate nostril breathing creates whole-brain functioning by balancing the left and right brain hemispheres. It creates a deep sense of well being and physical, emotional & mental harmony. It is useful anytime you feel overwhelmed or stressed. It also helps alleviate headaches & migraines. The alternate nostril breath is also known as the sweet breath and Sukha (comfortable & happy) breath. Ed demonstrates the 'how to' at www.lotushealingvillage.com
Click on Newly Published Book-Pages From the Book for a slide show or refer to the book itself on pages 9& 10.

Our Brain, Meditation & Pain: A study at the University of California shows that Transcendental Meditation (TM), a discipline that repeats words or mantras reduces the brain's response to discomfort. (Neuro Report 2006, vol. 17, no.12). Researchers used neuroimaging to monitor people. Meditators practiced TM twice per day for 5 months and results showed 40-50% lower brain response to pain than non-meditators. More recently, Massachusetts General Hospital and Harvard University put 26 highly stressed adults through an 8 week mindfulness-based course in stress reduction. Participants reported less stress and showed a decrease in gray matter density in the amygdala. Chronic stress can enlarge the amygdala and make it more reactive leading to more stress and anxiety. *Log on to www.yogameditation.com to read more and see photos of the brain during meditation.*

Edgar Cayce said to Set definite time periods to meditate. Meditate either at 11:00 am to noon in the day or 11:00 PM to midnight in the evening. The best time is 2:00 am to 3:00 am in the morning. (For at least 30 minutes) Meditate facing east (for polarity with the Earth) and in the same place each day.



Our Brain and Yoga:

The tongue trick! Often, especially during savasana (resting pose), your yoga teacher will invite you to rest the tongue on your upper palate just behind your top teeth. Brain scans show this simple yoga bandha (lock) affects the brain's limbic system, which is responsible for feelings of emotions, and triggers the release of the stress-reducing hormone oxytocin. Therefore anxiety will melt away and the mind becomes clearer. I sometimes remind my students to try this while balancing on one foot. Many practitioners report they have better concentration & balance easier.



YOGA Keeps us sharp! Researchers at Jefferson Medical College discovered that just one yoga class helps keep the stress hormone cortisol in line. Elevated amounts may contribute to age-related memory problems.



Trager® and our brain: Dr. Milton Trager used to say, "there is no tight muscle, only a tight mind" "Tight muscles could be caused by many things but the pattern of the tightness is all in the mind". "It is typical for the mind to shrink away from and block out areas in the body that are painful or dysfunctional--perhaps a useful short-term coping mechanism from time to time, but one that over the long run can have serious accumulative consequences. The very limbs and movements that most need close attention and conscious evaluation in order to relearn to use the capacities that are left are mentally abandoned, usually to drift even deeper into unconscious, uncoordinated and uncontrollable patterns". When I give a client a Trager® every move I make, every touch, every thought is directed toward the unconscious mind. Dr. Trager said, "...the body is quite dumb. Fred Astaire's feet are dumb. But boy, what he's got up there. He can just think what he wants to do and his feet go".

June 20: Happy Father's Day!

June 5: Emily will be doing a **demo and signing her book Anywhere Anytime Any Body Yoga** at Lightworkers Gifts www.lightworkersgifts.com

June 19: Edgar Cayce's ARE: **Cayce remedies & healing principles** at Pyle Center, Tempe www.edgarcayceaz.org

June 21: Solstice in Times Square—Anyone can find tranquility on top of a mountain. **Can you find it in your daily life?** www.TimesSquareNYC.org

June 26: Healing Circle, Lotus Healing Village 7:30pm

June 27 at 9:30 a.m. Col. Tom Schaefer will be speaking about his time in captivity in Iran for 444 days. Sun City Christian Church --www.suncitydoc.org --Our friend and yogini Ruth says "I have heard him several times and he is very good".

June 28 - July 16 - Dr. Peter Schoeb is available for Chiro appointments/Cayce consultations -Please call 480-612-1162