What is Yoga and what can it do for mind, body and spirit??

An Indian Master brings teachings to Southeast Michigan

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Sadhguru Jaggi Vasudev is returning to the Detroit metro area at the end of January. Sadhguru is a mystic, yogi and a spiritual leader from South India with very unique insights into human health and well-being. The founder of Isha Yoga, a non-profit organization dedicated to helping people advance their physical, mental and spiritual fitness, he travels the world relentlessly to bring people the benefits of Yoga Science. Asked of India’s delegates to the United Nations Millennium Peace Summit, Sadhguru outlined the vision of peace through individual transformation. He continues to work towards that goal. Hundreds of thousands of people have benefited from Sadhguru’s teachings.

With all the current interest in Mind-Body phenomena and Complementary and Alternative Medicine, the ancient practice of Yoga has been receiving a lot of attention. But, many people are still only familiar with Hatha Yoga—the branch of yoga that uses “exercises” or physical postures. Yoga is an ancient science that was developed and perfected in India thousands of years ago. The word “yoga” comes from the Sanskrit root “yuj” meaning “union.” The goal of yoga is to attain union with the divine or universal spirit. Yoga science has eight branches:

• Yama: moral behavior
• Niyama: discipline
• Asana: posture
• Pranayama: breathing
• Pratyahara: the mind from entanglements
• Dharana: concentration
• Dhyana: meditation
• Samadhi: super-consciousness

Clearly moral behavior, discipline and freeing the mind from entanglements and concentration are all valuable processes. However, most scientific study has focused on the health benefits of meditation, breathing and postures. Numerous studies have now demonstrated the benefits of yoga practices on mood, energy, and health. Yoga practice produces a sense of calmness and well-being. It has been shown to be very helpful in cases of anxiety and depression. Energy levels increase and exercise capability also increases. Practice of hatha yoga has been used as therapy for arthritis and musculoskeletal problems. Yoga practices have also been helpful in many medical conditions such as asthma, heart disease, hypertension and sleep.

Sadhguru has synthesized these many techniques of meditation and Pranayama (controlling breathing) into a dynamic program (Isha Yoga) that allows people to engineer their inner energies and bring them into balance and full flow. Once given the tools to rejuvenate and recycle their inner energy, people can optimize physical, mental and spiritual health.

I met Sadhguru Jaggi Vasudev a year and a half ago. My own personal experience of the results of doing yoga practices as taught by Sadhguru was nothing short of amazing. When I first met him I had been in and out of medical practice for four years due to “end-stage heart disease.” My activity was very limited. Within six months of beginning the practices, I had lost forty pounds and my energy and exercise capabilities had improved markedly. In the last year, I have just come back from a Herzogian trek with Sadhguru, during which we walked up to 15,000 feet. As a physician I cannot exclude it. But I recommend it very highly.

Sadhguru will be in southeast Michigan in January and will be giving a series of free talks to introduce the Isha Yoga (see below). He will also be open to questions permitting all aspects of human health and well-being. This is a rare opportunity for people to learn about the ancient science of yoga from a master who created a program uniquely suited to the modern world.

A SADGURU DEVOTEE RECOLLECTS

Bo-boom. Bo-boom. My heart is pounding—how amazing. I have never learned a single profound lesson in school. School has not even scraped the surface. All I have learned in school is to pretend, I can pretend to have interest in the subject material. I can pretend to care about my grades. I can pretend that education is teaching me on some unknown path and life will turn out different for me than it has for others.

But that is all deception. Everyone goes to school, reads a job, sits down, and grows old. If you do not follow this path, something is wrong with you. I guess I want something to be wrong with me. Bo-boom, Bo-boom, Bo-boom. It is still going. All this time, it continues. I did not learn to beat my heart in school. For me, there is no other way to learn about life than to live it. Life begins within. There may be beautiful flowerings and growth on the outside, but it is all rooted within, unison and usually unnoticed. Bo-boom. My eyes were first opened to this awareness when I first met Enlightened Master, Sadhguru Jaggi Vasudev in the seven day Isha Yoga program. He created a domain for me to see reality as it truly is. Bo-boom. As I watched the news of our latest tragedy last Sept. 11th, I reconnected with people around me exhibiting every emotion. This event shook people to their root. They were in touch with the core of the way from computer, homework, schedules, and brutal worries right into a state of “this is life this is death.” It created an immediate perspective of who we are and what we have become. I have become aware of this reality. I have been driven to live as I am rather than through my thoughts. Every aspect of my life has been enhanced on the inside and deepened thereby. Bo-boom. My priorities in life have changed. Many of the things that I valued before have become of no importance to me. Between who I was before and who I have the potential to become, I have found a balance. I am neither in the past nor do I look to the future. Everything in this experience is right here in this moment. Bo-boom. I have discovered the nature of silence and reached the extremes of every emotion. I have stopped pretending and started living.

Bo-boom. Bo-boom. This was my experience after taking the seven day intensive Isha Yoga program with Sadhguru Jaggi Vasudev. Since then I have traveled to India and spent three months at the Isha Yoga center which houses the multi- religious Bhagavati Temple. My whole perspective and all my abilities have changed. From taking a small step of attending the seven day program to the great process that has had on my city-to-day life, Isha has gradually introduced life to me all over again.

Sadhguru will be back in the US in Jan and February and again in April through June conducting various programs. If you want more information contact me at 248-476-4786 or visit our website at www.ishafoundation.org.
Press Release:
Indian master brings yogic science to Michigan

The Complementary and Alternative Medicine Center of the University of Michigan and the Turner Senior Resource Center are sponsoring a free talk — Isha Yoga — the inner engineering—by Sadhguru Jaggi Vasudev on Wednesday evening, January 29th, 7-9PM in the Modern Language Building Auditorium 3, SE corner of Thayer and Washington Streets. Current research has shown the value of complementary and alternative approaches both for preventive and curative health interventions.

Sadhguru Jaggi Vasudev is a mystic, yogi and a spiritual master with very unique insights into human health and well-being. He has synthesized the millennia-old techniques of meditation and Pranayama (controlling vital energy) into a dynamic program (Isha Yoga) that allows people to engineer their inner energies and bring them into balance and full flow. Once given the tools to rejuvenate and balance their energies, people can optimize physical, mental and spiritual health. Sadhguru will introduce Isha Yoga and also be open to questions pertaining to all aspects of human health and well-being.

Sadhguru is the founder of the Isha Foundation, a non-profit organization dedicated to helping people advance their physical, mental and spiritual health. Hundreds of thousands of people have benefited from Sadhguru's teachings. As a delegate to the United Nations Millennium World Peace Summit, Sadhguru brought his message of inner peace through individual transformation to the world. He continues to be involved in work for world peace and also runs humanitarian programs for prisoners and destitute children.

More information on Sadhguru Jaggi Vasudev is available from the Isha Foundation, 10 Belcaro Circle, Nashville, TN 37215, Telephone 615-655-3812 or from Dr. Dorrie Rosenblatt 734-666-4186 or Dr. Kalpana Rajdev 248-478-4786. Interviews with Sadhguru can be scheduled by calling the Isha Foundation.

Other talks in the Detroit area will include:
Yoga and Health, Thursday, January 30th, 6:30 PM at St. Mary Mercy Hospital Auditorium, 14250 Plymouth Rd., Livonia, MI Livonia
Inner Engineering, Thursday, January 30th, 2-4 PM at Daimler-Chrysler (employees only) 36475 5 Mile Rd.
Inner Engineering, Friday, January 31st, 11-1 PM and 3-5 PM at GM Technical Center (employees only) Manufacturing Building Auditorium, Warren

A seven-day Isha Yoga program with Sadhguru will be held April 30 - May 6.
—Dr Kalpana Rajdev

Michigan Association of Physicians of Indian Origin

ISHA FOUNDATION
(A NON-PROFIT ORGANIZATION)

ST. MARY MERCY HOSPITAL
BRING TO YOU

HEALTH & YOGA
An introduction to Isha Yoga

No matter what one's age or occupation, this powerful experience can be applied to create life of unbounded joy, vitality and inner peace.

'I want you to know the power, the liberation of another kind of science, the inner science, the yogic science through which you can become the master of your own destiny'

Enlightened Master and Yogi, Sadhguru Jaggi Vasudev

Don't miss this unique opportunity to be in the presence of an enlightened master-this yoga seminar includes an introductory talk and question and answer session.

Sadhguru Jaggi Vasudev a recent delegate to the United Nations World Peace Summit is a realized yogi, master and mystic. Sadhguru introduces Yoga as a science for expansion of the human consciousness, and a modern day tool, to live in health, inner peace, freedom and bliss.

Thursday, January 30th, 2003 6:30PM
St. Mary Mercy Hospital, Auditorium
36475 Five Mile Road, Livonia, MI 48154

No fee, to pre-register
contact Diane Stacey at (734) 655-2923

For more information, please contact
Dr. Kalpana Rajdev
(248) 478-4786

St. Mary Mercy Hospital, an organization accredited by the MSMS Committee on CME Accreditation, designates that this activity meets the criteria for a maximum of 2.0 credit hrs in Category I toward the requirements for Michigan relicensure and of the Physicians Recognition Award of the AMA, provided it is completed as designed. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.