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Power of Breath Newsletter

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Power of Breath

offers
Pranayama
seminars

all over USA

If you are
interested in
organizing a
seminar in your
community
please

E-mail us @
[breathe@power
ofbreath.org](mailto:breathe@powerofbreath.org)

Namaste',

Every Wednesday night in Portage and Detroit, Michigan and on Thursday night in Naperville Ill, Power of Breath holds FREE Pranayama classes for any one and every one who wants to attend.

The sessions are from 7.30pm to 8.30pm.

This FREE service has been available to every one who wants to come and attend the sessions now for several years.

These sessions include..

- 1) **Pranayama** - Ancient yoga breathing techniques
- 2) **Yoga Stretches**- gentle stretching exercises with breath.
- 3) **Meditation** - Physical stretching and Pranayama leads to meditation.

These practices are accompanied by encouraging, powerful positive thoughts. From time to time we have people, who have benefited from the practices share their experiences as well (go to www.powerofbreath.org for their stories).

If you or someone you know who can benefit from this class, please direct them to www.powerofbreath.org for directions and contact information.

Keeping our own New Year Resolution of keep **spreading** the word about Pranayama, and all the self-healing techniques we have learned and practiced, to as many people as possible, we have started this newsletter.

Please give us your feedback and keep forwarding this to as many people as possible.

Thank you

SEMINARS
Healing Breath

Next Seminar

Sponsored by
Borgess
Hospital
wellness center

on Wed. 20th
Feb.

from 12 to 1 PM.

(Contact us if you
want to attend)

Healing
without Drugs
Sponsored by

Ferris State
University

Collage of
pharmacy
Big Rapids, MI
Friday, Feb
22nd

9 am-11am.

(for pharmacy
students) only

Rejuvenating
Breath !!

sponsored by
Indian Prairie
Library
Darian, Ill

New Year Resolutions !!!!



The New Year has come and already the 1st month is gone !!!

January is the month of making the "resolutions" and February is usually the month to find out if we stuck to the promises we resolved to keep.

We all know we all have made several resolutions in the past only to be broken sooner than we expected. Any resolution made from the mind is bound to be derailed by nothing but mind it self !!

Change has to come from way beyond mind, from consciousness which resides in the HEART (not just the anatomical,physical heart). Consciousness is when we are AWAKE and AWARE about what we are resolving to do, the deep understanding why we are making a change. Most deep understandings come from personal experiences which are usually harsh to say the least on the surface, but NOT all such harsh experiences turn into deep understandings,so many times they make us BLIND with rage which only brings a negative change.

Change can come if we are able to separate our self from the situation and are able to see the whole experience as a spectator, when we are able to SEE where the path we are taking is going to lead us. But even this SEEING is not enough, as we are the creatures of HABITS (Sanskaras), that is why we need to spend time with our selves daily to contemplate, to meditate but again when we sit down alone and listen to the chatter of our brain we are scared, as these ongoing voices in our brain, get LOUDER as we withdraw our senses inwards by closing our eyes and ears and sitting still. All our problems start staring at us point blank and we are done meditating !!!

So what is the way out ????? Give your mind something to concentrate upon, and the best thing to concentrate is our own BREATH !!! That is why doing Pranayama gives us this feeling of contentment, health and happiness, as we are spending time with our own self , not only discarding our physical but also mental and emotional toxic waste. Our mind quietens and **heart opens** and is ready to bring the change that we want to bring, not only in our lives but in the life of others around us.

So don't stop if your resolutions are only half resolved, don't wait for next year to come , start spending quality time with your own self. Let the consciousness unfold from within your HEART and let the CHANGE flow out of your own AWAKE and AWARE Self.

Herbal Corner

May 6th,2008
7.00 to 8.15 PM
Open to ALL
To register call..
Cindy @ 630-
887-8760
or
send us an E-
mail
[breathe@power
ofbreath.org](mailto:breathe@powerofbreath.org)

MUKTA-VATI



Used for - High Blood pressure, Anxiety,
panic attacks, nervousness

and insomnia.

High Blood-pressure

It is called the silent killer as it rarely produces symptoms until the pressure gets too high, and then it can cause stroke. Medically high blood pressure is divided into 2 categories ..

- 1) Primary Hypertension -- which means that we Do NOT know why you have high blood pressure, and it accounts for 95% of the cases !!!!
- 2) Secondary Hypertension -- accounts for only 5% of the cases and we do know why we have high blood pressure, which is some problem with thyroid or pituitary gland.

Mukta vati treats the Primary Hypertension by reducing the stress level by relaxing the nervous system and strengthening the heart.

Main Ingredients :

A celestial medicine prepared with pious herbs found in Himalayas, like *brahmi,sankha-puspi,ustukhudusa* (Arabian or French Lavender), *arjuna,puskaramula,jata-mamsi,sarpa-gandha,jyotismati,vaca,asvagandha* and other cooling drugs like (moti-nisti) (*mukta-*

pisti).

Therapeutic Uses :

--- Helps high blood pressure caused by any reason either by kidney-disorder or by heart disease or by increased cholesterol, anxiety, tension or by hereditary reasons.

--- Also Helps associated complications like insomnia feeling of uneasiness, palpitation, pain in the chest. 'Mukta Vati' doesn't produce excessive sleep in persons who already have normal sleep.

--- Allopathic medicines give only temporarily relief, as they are not able to root out the disease, whereas 'Mukta Vati' heals the disease from within a short period of one or one a half year. It normalizes the blood pressure.

-- If exceptionally one has to take 'Mukta Vati' for a long time even than there is no harm as it doesn't produce any side effect.

Take advantage of current promotion and save while they last.

Please visit www.powerofbreath.org for more information about FREE classes and upcoming events.

Sincerely,

POWER OF BREATH TEAM

**BUY 3 Herbal products get 1 products FREE.
We carry Swami Ramdev ji's herbal suppliments for sale in
USA only !! Please send your any enquiry to -----
breathe@powerofbreath.org**

Offer Expires: 3/15/08

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