

YOGALIGHT.....

..... YOGIC WISDOM AT YOUR DOORSTEP



READ, REFLECT & TRANSFORM



Anu Malhotra

WORDLESS WISDOM.....

.....FOOD FOR THE

SOUL

Shakespear says the entire world is a stage and all the men and women are players.

They have their exits and they have their entrances. We enter on the stage of world to play our role with the best of our ability, give our best to the world and exit when the time comes for us to exit. But that's not what we do. We enter the stage and somewhere halfway down our performance; we loose sight of our purpose and create our own lines.

And that is when we suffer!!!!!!

We are born in this world for a higher purpose/ a higher performance which is to seek higher knowledge and serve the mankind. But as we start our magnificent journey of life, this higher purpose starts to fade away and we start living for a very small purpose.

We also forget all the powers we are born with and only remember and utilize the limited strength on our body level.

There are three types of strengths we all possess.

**Body level strength (Bahu Bal)
Mind/Intellect level strength (Budhi Bal)
Yogic strength on Self level (Atmic Bal)**

The first two every one is aware of but the third one, we have never even considered that we have it and therefore, we forget to utilize it.

The subtler the strength, the greater the power. For example within the human body we have gross organs like liver, kidney, heart etc. but what controls the activity of these organs is the subtler strength of the pituitary gland. Similarly within us we have Body Strength with which we achieve worldly power/ success. This strength seems to fail when it comes to the second level of Mind/Intellect strength which enables us to negotiate and maneuver the world. Subtler still then Body/ Mind/Intellect Strength is the strength of Self/ Yog. If you can tap into this strength, you can achieve anything in this world.

Swami Ram Tirath said so beautifullyWake up...don't stop till you reach to this higher state of consciousness. Along the way many realizations will come to you. Material, emotional successes will come to you. You should have the courage to keep going. Stick to your goal and everything will come to you. So wake up to your Yog Bal. Once you taste the joy of what this is, you will then be in the constant state of inspiration. When you are pensive in the thought of higher self, your mind is awakened and you achieve peace, health, happiness and infinite healing energy.

Let's not get drowned in the sea of materialism. One needs to drive the journey of life with one aspect of our mind constantly focus on this higher self and you will be showered with divine powers within you and all around you to enjoy the experiences of life every moment. You will find that once you have tasted this, there is no going back!!!

Living life with the strength of self through Yog insulates us from the effects of worldly

living. The external world is a rat race of greed and glamour. It can never give us true joy and purity. In this rat race even if one wins, one continues to be a rat.

JOIN POWER OF BREATH TEAM EVERY WEDNESDAY FOR FREE WEEKLY SESSIONS TO LEARN HOW TO CONNECT WITH THIS HIGHER POWER THROUGH THE PRACTICE OF YOGA/ PRANAYAMA AND MEDITATION.

FOR INFORMATION, CALL:

Illinois Center----Anu Malhotra 630-717-6188

**Michigan Center----Renu Sharma 269-207-8478
Arun Tandon 269-271-2561**

Detroit Center-----Amrit Gill 248-615-3597

**With love and peace
Anu Malhotra**

HIGHLIGHTS OF THE MONTH



Power Of Breath Speaker Renu Sharma conducted a seminar on Yogic Breathing sponsored by Satya Yoga. Following is the testimonial from Michele Adriansethe Director of Satya Yoga :

Namaste to the light in my life - my dear, dear Renu!

You have forever made me grateful for my breath, and I am still so humbled by your willingness and trust, and most of all your friendship! My love for you knows no words, only shines brightly when I think of you, and each and every time I breathe!!!!!!

I wanted to report back on the Power of Breath Seminar held this morning at Satya Yoga. It was probably one of the most memorable events I can recall at the Center - funny! informative! life changing - truly! Personally, I can't remember a time when I

have felt so giddy, light, alive and free!

Renu, you are a very smart presenter - direct, hysterically funny, and willing to share techniques and meditations, as well as your own experiences, that left us laughing, crying and literally jaw dropping! I think I can speak on behalf of almost everyone who was there in saying that it could have continued for another 2 hours, and no one would have complained. Sooooooooooooo.....on that note.....

**SO MANY THANKS to Renu!
Michelle Adrianse
Director, Satya Yoga Center**

Below is another testimonial from the Power Of Breath workshop that Renu Sharma conducted:

**Renu,
Please forgive this very "slow" thank you for the two awesome mornings I spent with in Saugatuck!**

My husband and I have committed to helping each other to practice what we learned from you on a daily basis. Your workshop could not have come at a better time for us!

Tell your brother that I LOVED hearing you speak your wisdom!

**Thank you so much!
In love and gratitude!
Louise and Bob Kenny**

Power Of Breath Speaker Anu Malhotra conducted a Yogic Breathing Seminar on October 13th sponsored by Darien Public Library. Following is the testimonial from Cindy Kline, organizer of this event:

**Dear Anu,
A very late thank you for conducting your Pranayama workshop for our patrons on Oct. 13th. It was wonderful! You received rave reviews from those who attended. Out of the 26 written program evaluations returned to us, the results were as follows:**

Content of program: 24 Excellent 1 Beyond Excellent 1 Satisfactory

Speaker: 23 Excellent 2 Very Good 1 Satisfactory

**Additional comments: Very Good! Extremely informative! Wonderful!
Have her back again - An excellent program - Wonderful! We should have more**

programs like this.

Thank you again, Anu, for enabling our patrons to experience the health benefits of
Pranayama.

Gratefully,
Cindy Kline
Adult Program Coordinator
Indian Prairie Public Library
Darien, Illinois 60561

UP-COMING EVENTS



- **O**ne Credit course of Yogic Breathing for The Western Michigan University
Fall Semester
- **Y**ogic Breathing Sponsored by Manor Care in Naperville, IL on November 20,
2009
- **Y**oga/ Pranayama/Meditation sponsored by Naperville Library on April 30,
2010.
- **Y**oga Retreat in San Francisco from December 9, 2009 thru December 12,
2009.
- **Y**oga Retreat in Sarasota, Florida from November 5, 2009 to November 8th,
2009.
- **Y**oga retreat in Los Angeles from January 8th, 2010 thru January 18th, 2010.
- **W**eekly Pranayama Sessions every Wednesday at Celebration Church in

Naperville, IL. For reservation contact Anu Malhotra at 630-717-6188.

- **W**eekly Pranayam Sessions Every Wednesday in Portage, MI.

For registration contact Renu Sharma at 269-207-8478 or Arun Tandon at 269-271-2561

- **W**eekly Pranayam sessions, Every Wednesday in Farmington Hills, Detroit Michigan. For registration contact Amrit Gill at 248-651-3597.

- **D**isease Specific One-on -One Sessions From Monday thru Friday

at Illinois and Michigan Healing Centers.



HOLIDAY SCHEDULE FOR FREE WEDNESDAY EVENING PRANAYAMA SESSIONS



ILLINOIS CENTER

WE WILL NOT HAVE OUR WEEKLY SESSIONS ON THE FOLLOWING DATES

NOVEMBER 25TH, 2009

DECEMBER 9TH, 2009

DECEMBER 23RD, 2009

DECEMBER 30TH, 2010

JANUARY 6TH, 2010

JANUARY 13TH, 2009

ILLINOIS SESSIONS WILL RESUME ON JAN 20th, 2010

KALAMAZOO CENTER

WE WILL NOT HAVE OUR WEEKLY SESSIONS ON THE FOLLOWING DATES

NOVEMBER 25TH, 2009
DECEMBER 23RD, 2009
DECEMBER 30TH, 2009
JANUARY 6TH, 2010

KALAMAZOO SESSIONS WILL RESUME ON JANUARY 13th, 2010

DETROIT CENTER

WE WILL NOT HAVE OUR WEEKLY SESSIONS ON THE FOLLOWING DATES

NOVEMBER 25TH, 2009
DECEMBER 23RD, 2009
DECEMBER 30TH, 2009
JANUARY 6TH, 2010

DETROIT SESSIONS WILL RESUME ON JANUARY 13th, 2010



Power Of Breath Pillars
WWW.Powerofbreath.org
g
Breathe@Powerofbreath.org

**CLOSING
THOUGHTS**

**TO REACH.....
Self**

You have to stretch to the level of

(Thru the Power of Yog)

TO GET.....

You have to forget

(Ego)

**TO PROVE.....You have to improve
(Inner Strengths)**

If you can't fly, then run

If you can't run, then walk

If you can't walk, then crawl

But Keep moving

And

NEVERNEVERNEVERGIVE UP

Because

**PAIN IS TEMPORARY...BUT GIVING UP IS
PERMANENT!!!!!!**

**With love and Divine Blessings
Anu Malhotra**

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