

# Superbrain Yoga PDF (Limited Copy)

Choa Kok Sui



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# **Superbrain Yoga Summary**

"Unlock Cognitive Power through Simple Energy Techniques"

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## About the book

Unleash the latent potential of your brain through the simple, yet powerful, practice of Superbrain Yoga, as introduced by Master Choa Kok Sui. This innovative method combines ancient yoga techniques with insights into energy healing to unlock your mind's untapped capacities, enhance cognitive function, and cultivate mental clarity. With easy-to-understand directions and backed by research, Superbrain Yoga offers a gateway to improved memory, sharper focus, and mental agility at any age. Whether you're a student seeking academic excellence, a professional aiming for a sharper career edge, or anyone looking to enhance overall mental wellness, Master Choa Kok Sui's Superbrain Yoga is not just a journey into physical flexibility but a voyage into the boundless possibilities of your mind. Are you ready to activate the superpowers within your brain?

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## About the author

Choa Kok Sui (1952–2007) was a pioneering spiritual teacher and dedicated researcher renowned for his innovative work in energy healing and personal development. Born in Cebu, Philippines, he had a deep interest in the intricate relationship between energy and the human body. Through his extensive studies in Eastern medicine and his practical background in chemical engineering, Choa Kok Sui developed Pranic Healing and Arhatic Yoga, both of which integrate ancient spiritual practices with modern science to harness the healing potential inherent in every individual. **\*\*Superbrain Yoga\*\*** stands as a testament to his mission to make energy-based healing accessible and beneficial across the globe. Revered by many, his legacy continues through the teachings of Pranic Healing, which have been embraced by people worldwide seeking holistic wellness and self-empowerment.

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## Chapter 1 Summary: The Secret Is In The Ear

Chapter 1 introduces the fascinating connection between bodily health and energy centers, beginning with the Law of Correspondence and leading into modern scientific findings about the energy body. This exploration starts by recounting Dr. Paul Nogier's rediscovery that the ear corresponds to an inverted fetus, a principle known long ago to ancient Chinese and Indian traditions. His interest was piqued when patients experienced relief from ear puncturing, a notion further explored by researchers like Dr. Terry Oleson and Dr. Jay Holder.

The concept of an energy body surrounds this discussion, viewed by clairvoyants as an etheric double interpenetrating the physical form. Russian scientists refer to this as the bioplasmic body, a vital component visible through Kirlian photography, which captures the energy field known as the aura. This energy body plays crucial roles: it nourishes the physical body with prana (life energy), acts as a template for the physical form, controls vital functions through chakras (energy centers), and serves as a protective shield expelling diseased energies.

Amidst these topics, the chapter delves into the structure of major energy centers, likened to power stations that energize corresponding organs and glands. Understanding this involves the dynamics of the "twisting motion" found in acupuncture points, which in Indian traditions are associated with

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chakras. The knowledge of these energy centers had ancient roots but was reinvigorated by modern research, which recognizes more than the traditionally known seven chakras. Western science has now expanded this understanding, acknowledging up to twelve energy centers, each playing distinct roles in maintaining health and facilitating psychic faculties.

Modern findings reinforce these ancient views, featuring prominently in research documented in works such as "Psychic Discoveries Behind the Iron Curtain." This book details the scientific explorations of psychic phenomena in the Soviet Union, including the detection of diseases first manifesting in the energy body using Kirlian photography. Scientists in the USSR have further classified the energy body as a unified organism that impacts health and emotions, aligning with the form and function of physical organisms through an organizing pattern.

Investigations also substantiate the locations and functions of acupuncture points, aligning with Chinese medicine. These studies suggest the stimulation of these points could activate latent psychic abilities and that psychic healing correlates with energy transfers between healer and patient.

The World Conference for Academic Exchange of Medical Qigong in 1988 underscored the therapeutic potential of life energy (qi), demonstrating its application in treating cancer, allergies, immune regulation, emotional disorders, stress, and physical trauma. Notably, qigong emerged as a

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powerful tool against modern-day stress and health conditions, highlighting a resurgence of interest in integrating these ancient practices with contemporary wellness strategies.

Throughout, this chapter underscores an evolving understanding of energy medicine, bridging ancient wisdom with scientific exploration to uncover how intimately energy centers influence both physical and psychological health.

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## Chapter 2 Summary: Superbrain Yoga

Chapter 2 of the book introduces Superbrain Yoga, a practice designed to enhance brain function by manipulating the body's energy centers, or chakras. These energy centers act as transformers, converting one form of energy into another. In this practice, energy moves upward from lower centers like the sex and basic energy centers and transforms into higher frequency energy forms as it reaches the heart, throat, ajna, and crown energy centers. This ascending energy is associated with attributes such as love, intelligence, creativity, and spirituality.

A key technique in Superbrain Yoga is connecting the tongue to the palate, which completes the energy circuit in the body. This anatomical alignment ensures the energy channels (specifically the Conception and Governor Channels known in acupuncture) are more efficient, allowing for a greater flow of energy.

The practice involves specific steps, beginning with facing the correct direction — east for most practitioners to access violet pranic energy or north for older individuals seeking red pranic energy. The squatting motion is synchronized with inhalation and exhalation to draw energy upward.

The exercise involves squeezing the right earlobe with the left fingers and the left earlobe with the right fingers, directing the flow of energy to the

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brain's corresponding lobes and glands. Proper hand and arm positioning is crucial: the thumb should be on the outer side of the ear, the left arm inside, and the right arm outside to ensure effective energizing without causing a "short circuit" of energy flow.

Practitioners are encouraged to invoke divine blessings before starting to awaken latent inner powers safely. Afterward, a session concludes with a prayer of gratitude. The practice is recommended repeatedly to condition the brain and body, though caution is advised during menstruation to avoid undesired energy transfer.

Superbrain Yoga also stresses the importance of maintaining a clean body and lifestyle, warning against substances like alcohol, tobacco, or certain meats, which can cloud the body's energy fields. Regular practice of Superbrain Yoga reportedly brings about benefits such as stress relief, heightened psychological stability, and more balanced sexual energies. The exercise has been said to make practitioners appear brighter energetically and can potentially assist in treating psychological or nervous system disorders when overseen by professionals.

Overall, Superbrain Yoga is presented as a holistic exercise that facilitates physical, mental, and spiritual development through the management of the body's subtle energy systems.

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## Critical Thinking

**Key Point:** Superbrain Yoga enhances brain function by manipulating energy centers.

**Critical Interpretation:** By practicing Superbrain Yoga, you unlock the vast potential of your mind by guiding energy through the body's chakras. This powerful technique emphasizes the critical connection between your tongue and palate, completing your body's energy circuit. As you engage in this practice, you'll experience a symphony of energy flowing from the base of your spine to the crown of your head, transforming into the essence of creativity, love, and intelligence. With each session, you cultivate a space of heightened awareness and clarity, equipping you to navigate life's challenges with renewed vigor and insight. Let this exercise inspire your journey toward a more balanced, centered, and enlightened self.

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## Chapter 3 Summary: More About the Eleven Major Energy Centers

Chapter 3 delves into the intricate landscape of the eleven major energy centers, each corresponding to specific aspects of human faculties, emotions, or physical functions. These centers are fundamental to understanding subtle energy anatomy, which has long been a part of spiritual and healing traditions worldwide.

The **Crown Energy Center**, situated at the top of the head, is linked to higher intuitive faculties such as "direct knowing," where knowledge is internalized without formal study. This type of intelligence often plays a pivotal role in groundbreaking scientific discoveries, illustrating the transcendence of intuition over conventional logic.

The **Forehead Energy Center**, found at the center of the forehead, pertains to lower intuitive intelligence, often manifesting as wisdom accompanied by inner visions, as opposed to the pure knowing of the crown center.

The **Ajna Energy Center**, located between the eyebrows, governs the higher mental faculties and serves as the will or directing center. Known as active intelligence, it enables individuals to implement and manage resources effectively, distinguishing between dynamic intelligence seen in

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successful leaders and sterile intelligence found in less productive individuals.

The **Throat Energy Center** is the hub for lower mental faculties and concrete thinking. It is closely tied to creativity, both creative expression and the physical creativity associated with the sex energy center. This dynamic interplay often results in heightened sexual and creative drives among artists and innovators.

The **Heart Energy Center**, centered in the chest, embodies higher emotions such as compassion and joy, distinguishing self-focused emotions from those oriented towards others. The balance between the heart and solar plexus centers is crucial for personal and psychological well-being, with implications for societal peace and harmony.

The **Solar Plexus Energy Center**, located between the ribs, is tied to lower emotions, both positive (like courage) and negative (such as anger). It represents the emotional will common to the masses, highlighting the dual nature of human desires and ambitions.

The **Spleen Energy Center**, at the abdomen's left part, is vital for absorbing and distributing prana, or life force, throughout the body, significantly influencing one's physical and psychological vitality.

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The **Navel Energy Center** produces a synthetic form of chi that aids in prana circulation, affecting one's ability to harness and utilize life force energy, particularly under challenging environmental conditions, thus influencing overall vitality and resilience.

The **Meng Mein Energy Center**, located at the back of the navel, acts as an accelerator for pranic energy flow through the body, crucial for maintaining physical health by energizing the vital organs like the kidneys.

The **Sex Energy Center**, located in the pubic area, is the locus of sexual instincts and a physical creative force. Its vital connection to the throat energy center explains the strong link between creativity, intelligence, and sexual drive.

Finally, the **Basic Energy Center**, found at the base of the spine, represents the root of dynamic activity and survival instincts. This center is crucial for translating ambitions into action, serving as a foundation for dynamism and resilience.

Through understanding these energy centers, individuals can achieve a balanced development of spiritual, emotional, and physical facets, vital for personal growth and societal advancement. The teachings, such as those in Arhatic Yoga, provide pathways to refine these energies for heightened creativity and problem-solving abilities.

<b>Energy Center</b>	<b>Location</b>	<b>Associated Functions</b>
Crown Energy Center	Top of the head	Higher intuitive faculties, internalized knowledge, plays role in scientific discoveries
Forehead Energy Center	Center of the forehead	Lower intuitive intelligence, manifests as wisdom with inner visions
Ajna Energy Center	Between the eyebrows	Higher mental faculties, will center, enables implementation and management of resources
Throat Energy Center	Throat	Lower mental faculties, creative expression, linked to sexual and creative energies
Heart Energy Center	Center of the chest	Higher emotions, compassion, joy; balances self-focused and other-oriented emotions
Solar Plexus Energy Center	Between the ribs	Lower emotions (courage, anger), emotional will, dual nature of desires
Spleen Energy Center	Left part of the abdomen	Absorption and distribution of prana, influences vitality
Navel Energy Center	Navel	Produces synthetic chi, aids in prana circulation, affects vitality and resilience
Meng Mein Energy Center	Back of the navel	Accelerates pranic energy flow, maintains physical health
Sex Energy Center	Pubic area	Sexual instincts, physical creative force, linked to creativity and intelligence
Basic Energy Center	Base of the spine	Root of dynamic activity and survival instincts, key to resilience and action





## Critical Thinking

**Key Point:** The Ajna Energy Center's role in active intelligence

**Critical Interpretation:** Incorporating insights from Chapter 3 of 'Superbrain Yoga', we are encouraged by the concept of the Ajna Energy Center's influence on active intelligence. Situated between your eyebrows, this center governs the executive function of your mind, empowering you to channel your higher mental faculties effectively. When you focus on stimulating the Ajna Energy Center, you're enhancing your capacity to direct, strategize, and manifest your goals and desires into reality. This key point inspires us to tap into our decision-making prowess and utilize our mental resources dynamically, akin to successful leaders who can transform thoughts into action. As you align with the potent capabilities of the Ajna Energy Center, you unlock the potential for groundbreaking personal achievements, harnessing the art of willpower and strategic thinking to navigate the complexities of daily life with acuity and purpose.

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# Chapter 4: Testimonials

## Chapter 4: Testimonials

This chapter presents a collection of testimonials from individuals and educators who have observed remarkable improvements in students' academic performance and behavior through the practice of Superbrain Yoga. Master Choa Kok Sui, the founder of Superbrain Yoga, is credited with sharing this method, which emphasizes energy exercises designed to enhance cognitive function and emotional well-being. Here, we delve into various stories demonstrating its efficacy.

Sudhir Gupta from India shares the story of his son Varun, who was diagnosed with ADHD, a condition often marked by inattention and hyperactivity. Despite trying numerous interventions, Varun continued to struggle. Upon Master Sui's recommendation, Varun began practicing Superbrain Yoga, and soon, miraculous shifts were noted in his concentration and academic achievements, culminating in him receiving a medal for being the most improved in mathematics.

Another testament to Superbrain Yoga's effectiveness comes from S.C. in the U.S., whose daughter Christine had been diagnosed with mild autism and speech delay. After receiving healings and learning the exercises from

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Master Sui, Christine showed significant improvements in her speech, focus, and academic performance, eventually earning A's in mathematics and reading.

Olivia Kohl, a Pranic Healer from the U.S., recounts how introducing Superbrain Yoga to her son led to enhanced academic performance, especially in mathematics, earning him a spot on the high honor roll. Likewise, Athiporn Sareebutr from Thailand highlights her personal experience with Superbrain Yoga aiding her in managing ADHD while pursuing a master's degree, significantly boosting her grades and mental clarity.

In the U.S., Dr. Glenn Joseph Mendoza and Raina Koterba conducted pilot studies on children with autism and other disabilities at schools in New Jersey. These studies showed that regular practice of Superbrain Yoga resulted in children becoming calmer, more focused, and better able to engage in academic tasks, demonstrating promise for this technique in special education settings.

Kim Siar, a middle school teacher and Brain Based Learning Facilitator in Pennsylvania, implemented Superbrain Yoga with students facing academic and behavioral challenges. Her studies found dramatic improvements in students' attention, behavior, and test scores. These positive outcomes led to her recognition as Outstanding Teacher of the Year, underscoring Superbrain



Yoga's transformative potential in educational contexts.

Through these testimonials, the chapter underscores the widespread applicability and success of Superbrain Yoga as a tool for academic and behavioral improvement, advocating for its greater integration into educational systems to benefit a broader range of students.

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