

YOGA

MIND
BODY
SPIRIT

Magazine

THE PIONEERING
LEGACY OF

SWAMI
SATYANANDA
SARASWATI

1923-2009

MOM
SPECIAL!
MOTHER'S
DAY
MOTHER
EARTH
DAY

DZOGCHEN
RINPOCHE

TIBETAN
STUDENT
OF THE
DALAI LAMA

POWERFUL
DETOXIFYING
TWISTS

THE
HEALING
POWER
OF
YOGA

CHANTING
FOR
MENTAL
HEALTH

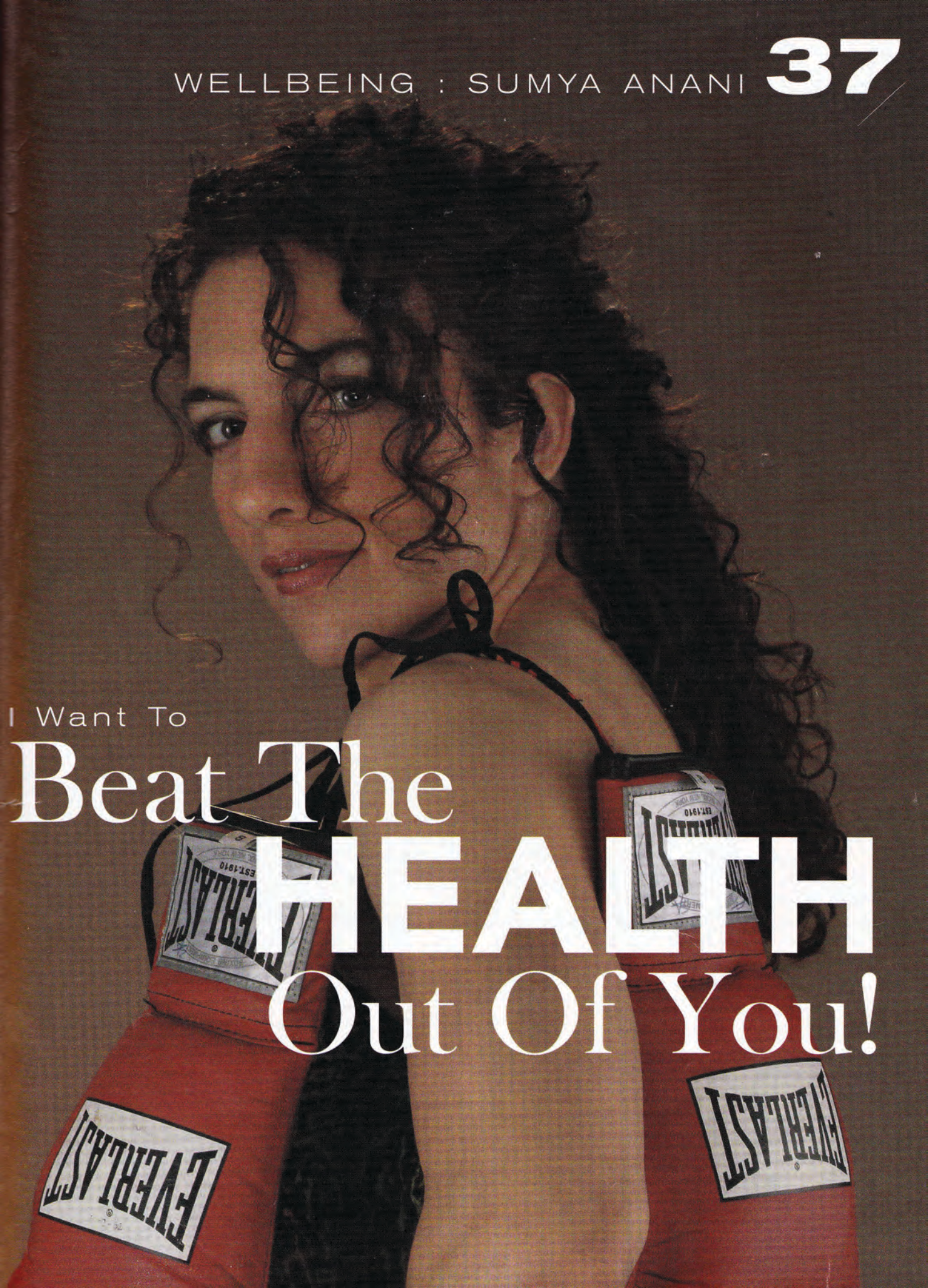
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I Want To

Beat The **HEALTH**
Out Of You!



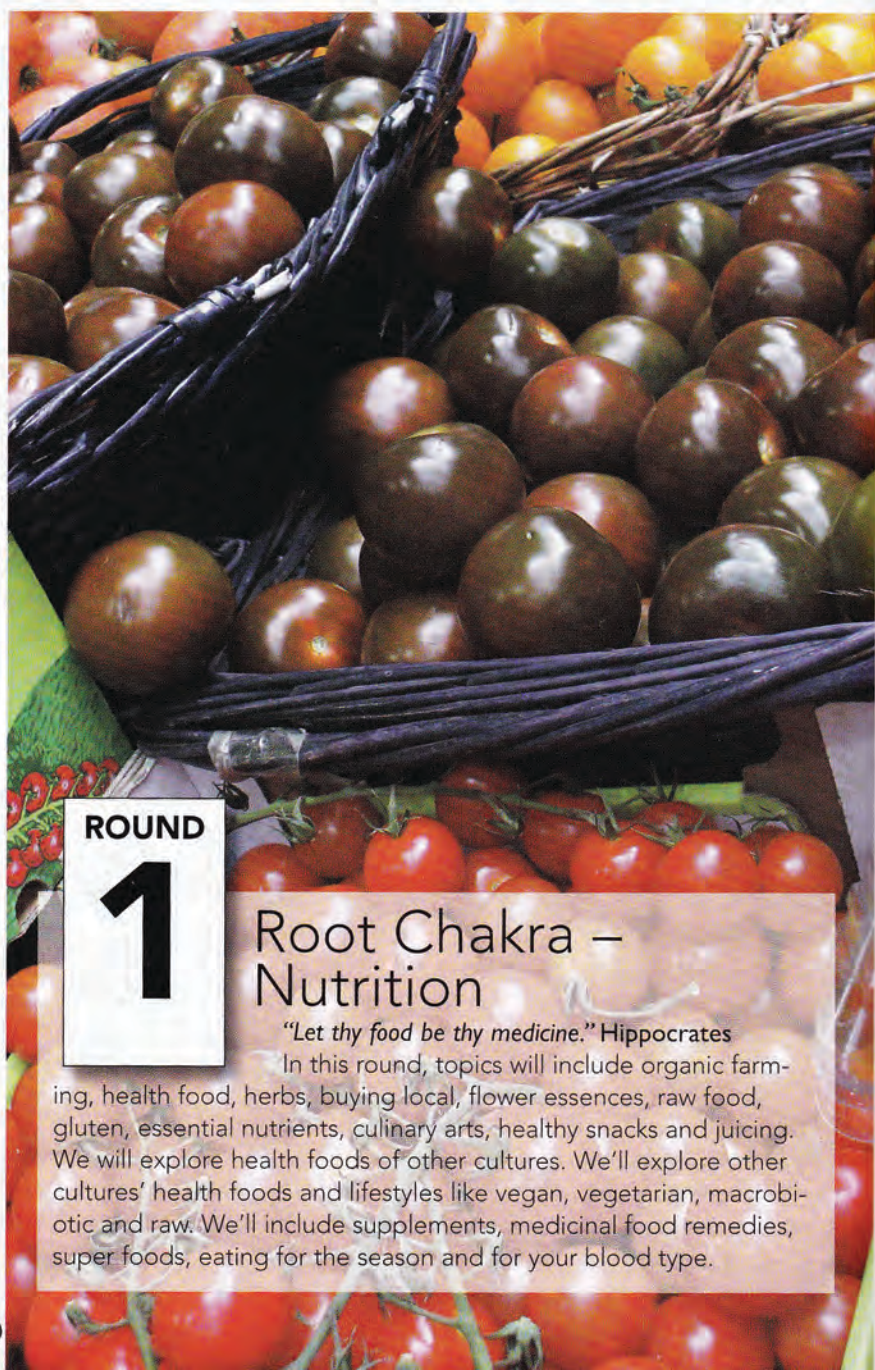
When people find out I'm a four-time world champion boxer and a yoga teacher, the most common response is, "They seem so opposite. Yoga is so peaceful and boxing seems so violent." Being involved in both worlds, I see how boxing and yoga actually complement each other. They're the perfect yin and yang combination. Boxing taught me to defend myself from my outer opponent. Yoga teaches me to defend myself from my inner opponent; my mind, the ego, any and all limitations in my consciousness. My worst enemy is not "out there." The most vicious enemy is and has always been behind our own forehead.

As a student of world religions, I find it interesting that many sacred texts speak about war and battlefields. I realise now they refer to the mental wars going on in all of us. The plains of our consciousness are where the battles are being waged daily. The war between good and evil is won or lost in our mind first. According to the *Yoga Sutras*, the victory is in conquering all self-limiting and self-defeating thoughts. Like martial arts, yoga is about discovering and realising our highest spiritual potential. Union.

Cultivating the twin practices of *abhyasa* (practice) and *vairagya* (detachment), I face my enemies, those negative thoughts. Thanks to the twin practices of boxing and yoga, I can develop tools to conquer all obstacles, afflictions and distractions on my path to spiritual freedom. We must all conquer our enemies, disguised as limitations in our mind.

My yoga practice continues to inspire me to reach deeper within myself, excavating my potential to achieve greater heights. Patanjali said, "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds. Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

Through my studies of duality and my own journey of healing, I've been inspired and I've discovered that my mission is to "beat the health" out of you. I've discovered seven holistic habits, or rounds, of health for mind, body and spirit. Each habit of health aligns with a chakra.



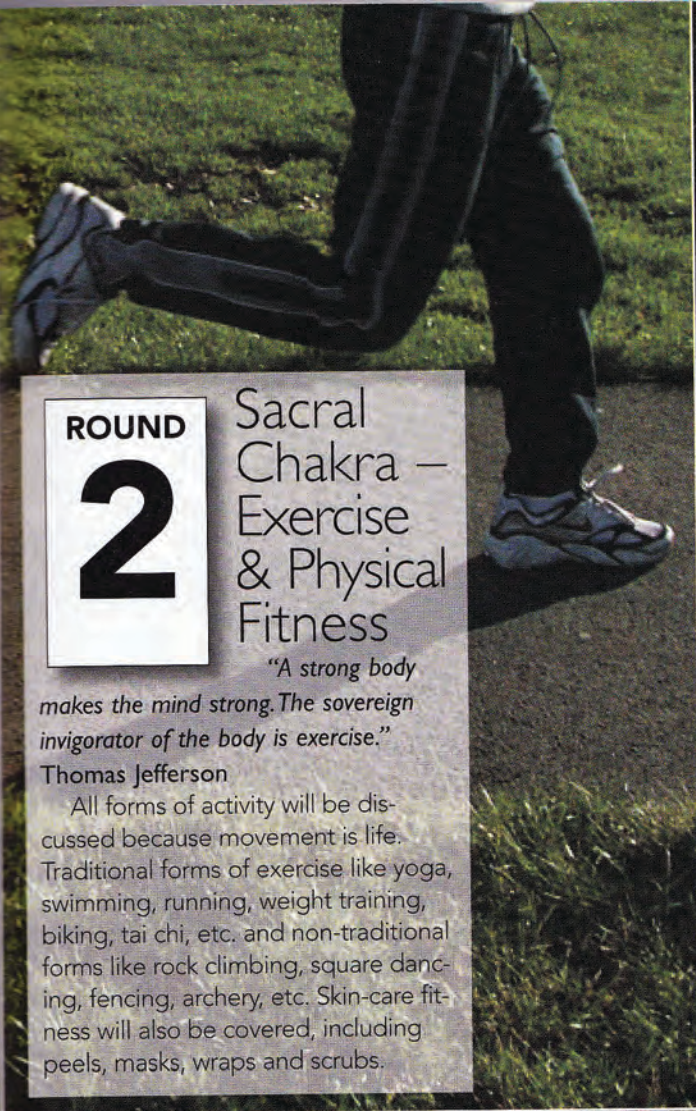
ROUND

1

Root Chakra – Nutrition

"Let thy food be thy medicine." Hippocrates

In this round, topics will include organic farming, health food, herbs, buying local, flower essences, raw food, gluten, essential nutrients, culinary arts, healthy snacks and juicing. We will explore health foods of other cultures. We'll explore other cultures' health foods and lifestyles like vegan, vegetarian, macrobiotic and raw. We'll include supplements, medicinal food remedies, super foods, eating for the season and for your blood type.



ROUND

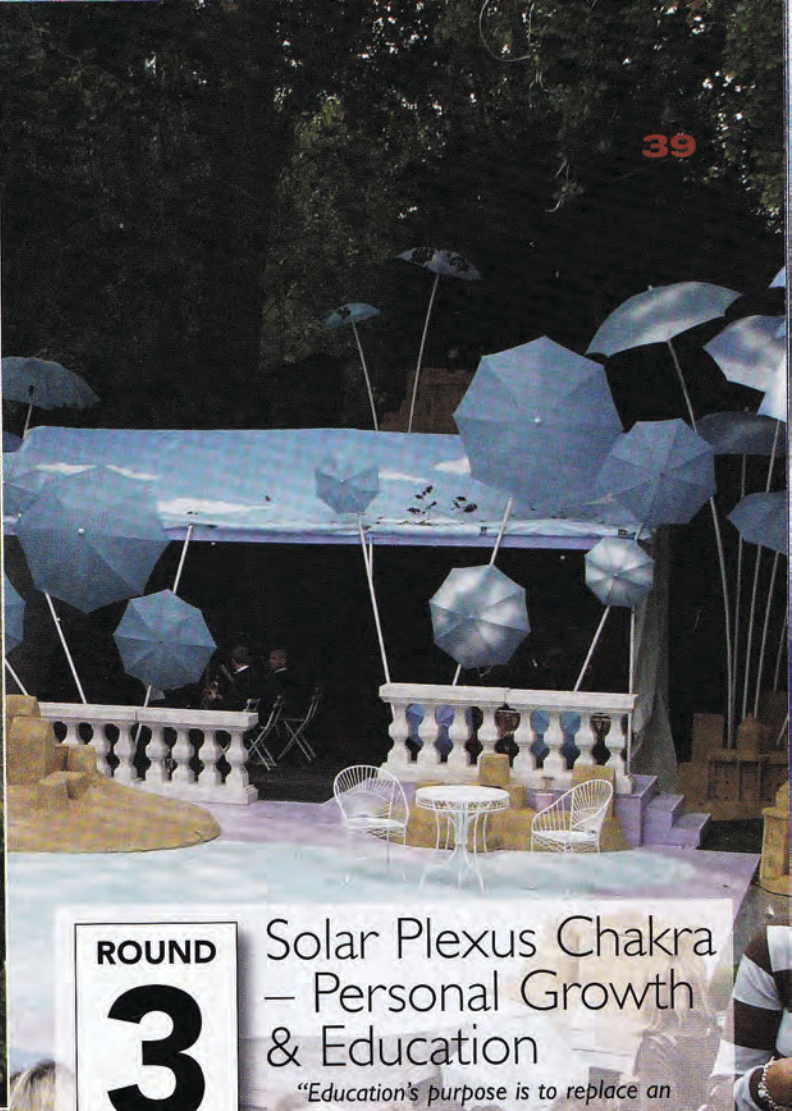
2

Sacral Chakra – Exercise & Physical Fitness

“A strong body makes the mind strong. The sovereign invigorator of the body is exercise.”

Thomas Jefferson

All forms of activity will be discussed because movement is life. Traditional forms of exercise like yoga, swimming, running, weight training, biking, tai chi, etc. and non-traditional forms like rock climbing, square dancing, fencing, archery, etc. Skin-care fitness will also be covered, including peels, masks, wraps and scrubs.



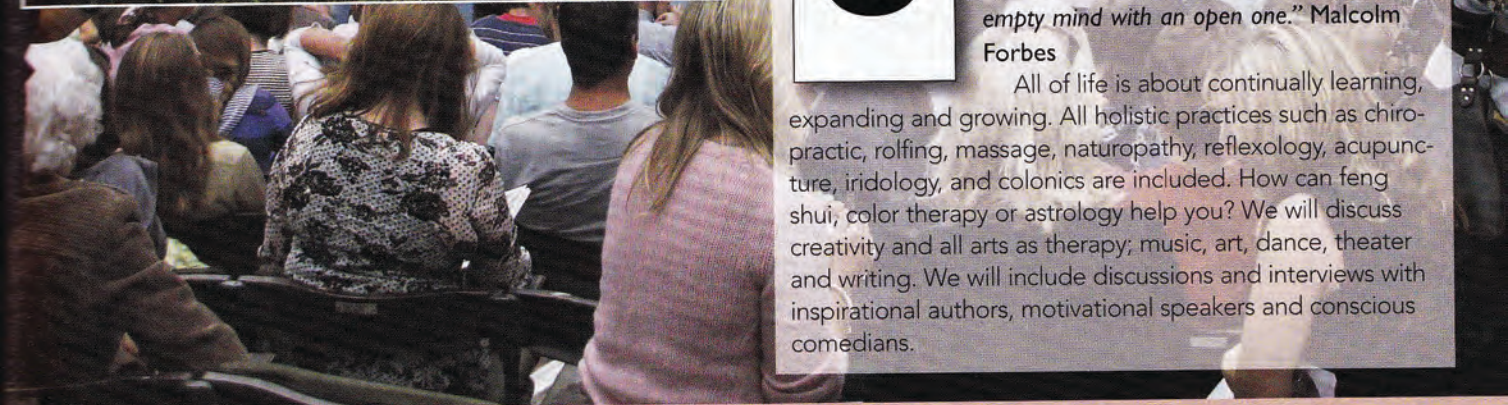
ROUND

3

Solar Plexus Chakra – Personal Growth & Education

“Education’s purpose is to replace an empty mind with an open one.” Malcolm Forbes

All of life is about continually learning, expanding and growing. All holistic practices such as chiropractic, rolfing, massage, naturopathy, reflexology, acupuncture, iridology, and colonics are included. How can feng shui, color therapy or astrology help you? We will discuss creativity and all arts as therapy; music, art, dance, theater and writing. We will include discussions and interviews with inspirational authors, motivational speakers and conscious comedians.



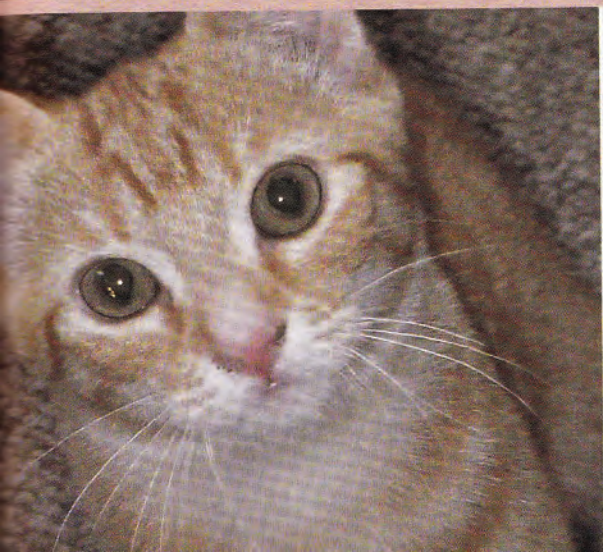
ROUND

4

Heart Chakra – Family & Community

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.” Kahlil Gibran

Our lives are about exploring and contributing our talents, gifts and blessing to our families and communities. Spending quality time with family and building community through volunteering is essential for our wellbeing. Our efforts can and do make a difference. We’ll talk about community at large issues such as poverty, homelessness and hunger. Other topics will include support groups, marriage and family counselling, ageing issues, prison reform, health of animals, love and empowerment issues.



ROUND

5

Throat Chakra – Environment

"Don't blow it. Good planets are hard to find." TIME Magazine

All the sustainability issues are covered in this round; rethink, reduce, reuse and recycle. Topics such as how to make our homes and businesses green, solar and wind power, hybrids, bio-fuels, green building, design and architecture, air and soil quality. How does the human population affect habitat loss, nature and wildlife conservation issues, climate change, biodiversity, landfills, ocean and marine conservation?

ROUND

6

Third Eye Chakra – Global Activism

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever does."

Margaret Mead

As consumers, we vote when we spend. As we expand in our global community, we'll discuss the impact of voting with our pounds. Corporations have more responsibility to instigate social change because they have a bigger platform in the world. What businesses are committed to social, environmental, economic and human rights issues? Why is it important for consumers to support fair trade and buy cruelty-free products? We'll learn about conscious investment practices since we put our money where our mouth is. When addressing our consumption culture, how can we simplify our lives? When making purchases, is it a want or a need? How does advertising affect our purchases? What are the effects of corporate globalization in developing countries? "Traveling is the best university" so we'll also learn about other cultures, customs, interracial marriages and multi-cultural families.

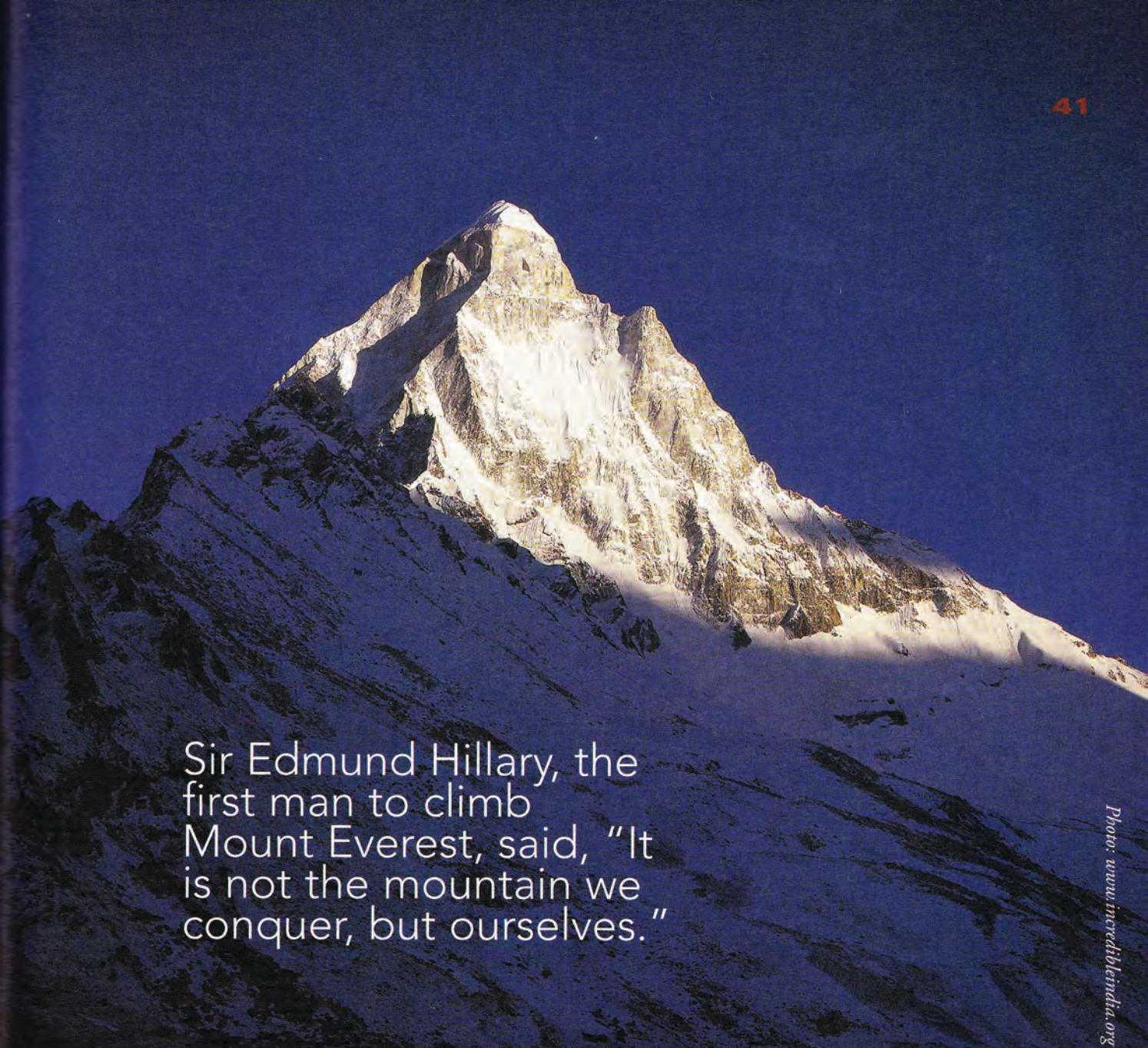
ROUND

7

Crown Chakra – Spirituality

"I believe that we must find, all of us together, a new spirituality." HH the Dalai Lama

This is a mini-course on world religions and faiths. The root word religio- means to bind back, or union. Yoga. There is beauty in all ceremonies that celebrate the Creator. We need to develop understanding and tolerance for other religions and belief systems. No religious doctrine has a monopoly on truth, faith, hope or love. Meditation and prayer honour and celebrate the gift of life and the breath we share. Every day we take a breath is a holy day. Let's rejoice in the sacred moment.



Sir Edmund Hillary, the first man to climb Mount Everest, said, "It is not the mountain we conquer, but ourselves."

Photo: www.incredibleindia.org

Our Personal & Collective Battle

The last words a referee tells me in a boxing ring before I tap gloves with my opponent are "Protect yourself at all times." Friends, I'm giving you the same suggestion as we heal mind, body and spirit with these seven habits of health.

In each issue, we'll discuss one round of health at a time. You, dear reader, must fight your fight and I must fight mine, but we walk the path of a spiritual warrior together. Each of us must develop new reservoirs of willpower and discipline as old health habits are undone and better ones are forged. Sir Edmund Hillary, the first man to climb Mount Everest, said, "It is not the mountain we conquer, but ourselves."

We are a community and we can truly awaken change together. Each of us has a contribution in healing humanity. Together, we

fight for individual, family, community and global wellbeing as we align all seven chakras. Community. Come unity. Now. Atha Yoga Anushasanam. Now, begins the study of yoga.

May each of us come to know our path of purpose. May our lives be a blessing to our families, our communities, our nations and our world.

Put up your dukes, my friends. I want to beat the health out of you.

Namaste.

Sumya "Island Girl" Anani's nickname came because she lived in Jamaica with her son before she began her boxing career. She was born in Minnesota, USA, on February 12, 1972. A yoga instructor and massage therapist, she competed as a weightlifter for 18 months, and began to box professionally in 1996.

www.sumya.com