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What's New: NAAM Yoga

May 14th, 2012

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I'd be willing to bet that most of you - like myself - are continuously looking for new ways to improve your mind, body and soul. Of course there are plenty options here in L.A. but our new favorite way to get mentally, spiritually and physically fit is through NAAM Yoga.

One of the fastest growing forms of yoga, the unique practice of NAAM is gleaned from the best spiritual practices from the East and West. The all-inclusive system of grounded health and elevated spirituality combines movement, breath work, hand positioning (A.K.A. "mudra") and meditation. This rare combination of techniques is coupled with a "spiritual science" that goes beyond the physicality, positive thinking and basic meditation practiced in other forms of yoga. What makes NAAM truly special are practical tools for self-healing.

In a nutshell: By doing NAAM Yoga, the blood volume in the brain is increased, which leads to neurogenesis. Plainly, it helps to not only sharpen the mind but to generate new brain cells, relieve chronic pain, heal disease, manage stress and increase life span. I know what you're thinking - just how in the hell does it do all that? By balancing the glandular, digestive, and nervous systems, vibrant health and well-being is restored.

Santa Monica's newest feel-good spot is headquartered in a 7,000 sq. foot oasis on Fourth Street. Check it out: NAAM Yoga | 1231 4th Street, Santa Monica, CA 90401 | [SITE](#)



Do This Today! Free Yoga, Pilates, and Dance Classes at Naam Yoga Grand Opening Celebration

October 28, 2011



Calling all yogis; there's a new yoga studio in town and it's offering up free classes all day today! [Naam Yoga](#) (1231-35 4th St., Santa Monica, 310-751-7550) is a wellness center also dedicated to meditation, healing, acupuncture, and research, as well as classes like Pilates and Zumba. Pop by today between 9 a.m. to 6 p.m. during its grand opening celebration to take free classes like Vinyasa, Pilates, Body Sculpt, IntenSati, Naam Dance, Shakti Naam, and Jivamukti. Plus, you'll get treated to free refreshments, live music, and lectures on various topics like meditation and breathing. [Get all the detailed info](#), then click through to get a sneak peek of Naam Yoga's new studio space.

Rachel Bailit for InHollywood Magazine

Hungry for Naam



I often crave Indian Naan bread. It's warm, spicy & sweet, and comforting to eat. So it's no surprise that when I went to visit the Santa Monica's newest yoga studio, Naam Yoga, I found a correlation between my favorite bread and the similar sounding Yoga Studio.

Naam Yoga, a successful studio in Chelsea, New York City, decided to pack-up its mats and move to the West Coast. Now, a complete wellness center, Naam combines the celebrated Naam practice with the benefits of Vinyasa, Iyengar, Jivamukti, Prenatal/Postnatal and Restorative yoga as well as Pilates, Zumba, Sculpting, Dance, Breath-work and healing meditations.

The space has a chic urban feel. For busy Los Angelenos, there is a Wifi-ready sitting room. More perks include a free meditation class, massage and acupuncturists at your beck and call. Specialty classes focus on cancer, thyroid problems and autism.

None of this surprised me when I learned that Naam Yoga is a non-profit organization. I think this infuses its sense of community support and the welcoming reception it offers local residents, including three free day passes (get yours quick).

I wanted a first hand experience of the studio so I took instructor Kyra Anastasia's Candle Light flow class (with live music). It was a true spiritual experience. Kyra shared engagingly positive thoughts and led us in a delightful exercise in which we sent good energy to our neighboring yogis. We stretched, inhaled and exhaled until we almost blew down the building. And that's when I made the Naan bread connection. I realized that I hungered for what Naam Yoga had to offer me. That this sense of community, well-being and enlightenment satiated and pleased me just like my Naan bread. Be sure to get a taste!

[Http://www.naamyoga.com](http://www.naamyoga.com)

NOV

10

11 Things to do on 11.11.11 in L.A!

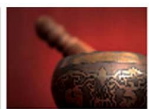


Folks have been looking forward to 11.11.11 for quite some time. For one, it is a numerically special number as it will be one of the few times many of us see this date combination in our lifetime. But surely we have seen, 10.10.10, and next year many of us will see 12.12.12, why is 11 so special?

Numerologically 11 is a Master number. 11 represents illumination, faith, and psychic abilities. In astrology, the number 11 is associated with the sign Aquarius, known for its humanitarian, innovative, liberating and progressive qualities.

Regardless of if you are into astrology or numerology, here are 11 things and events to potentially check out on this day! Whether you want to learn more or you are just in need of some self care time and renewal of your Self, I think these might do the trick!

4) 11.11.11 Full Moon Sound Bath with Jamie Sechold and Daniela Vihle
Join yoga teacher/sound + energy healer Jamie Sechold for an evening of relaxing and enjoying the powerful sound vibrations from a number of instruments!
Use Arts LA - 4210 Panamint Street Los Angeles, CA
Cost- \$20 at the door



5) 11.11.11 Meditation Flash Mob @ Occupy LA
All are welcome to participate! Meet at 10:30a at North steps of City Hall building

11) Naam Meditation at Naam Yoga LA

Join us at Naam Yoga LA from 4:00-6:00pm as we come together for this special uplifting and transformative Meditation, which has been especially designed for this day and will be shared with Naam Yogis worldwide. This event is free and open to all.

Cost - Free

9) Reiki Attunement and Training at House of Intuition
Ever been curious about Reiki or Energy Healing? Reiki is a non-invasive tool known for helping people with chronic pain and for overall balance. As a Reiki practitioner, you can take your training all around the world to help ALL people, animals, places, and things!
Cost- \$250

10) Ayurveda Aromatherapy + Reiki Free Info Talk
Free Talk on Friday at Spin at Yoga Bero. The use of aromatic plants and essential oils is a branch of Ayurvedic and Tibetan medicine. This workshop presents the use of essential oils according to Ayurvedic principles. The workshop covers the most important essential oils used currently in aromatherapy, categorized according to the doshas (and their subtypes), subdoshas (physiological functions of the doshas), the five elements, prana (life force), and also multilateral essential oils.
Cost- Free

11) Naam Meditation at Naam Yoga LA
Join us at Naam Yoga LA from 4:00-6:00pm as we come together for this special uplifting and transformative Meditation, which has been especially designed for this day and will be shared with Naam Yogis worldwide. This event is free and open to all.

DIGITAL JOURNAL

Give Yourself the Gift of

Spiritual Power and Self-Healing at NAAM YOGA LA This December

Los Angeles (PRWEB) December 20, 2011

December is an incredibly spiritual month. In honor of all the celebrated days, NAAM YOGA founder and Master Kabbalist, Dr. Joseph Michael Levry, will lead several important events at the NAAM YOGA LA Center.

In celebration of the Winter Solstice, which is the shortest day of the year and is considered one of the most powerful days of the year for self-healing, Dr. Levry will be leading a special "Winter Solstice Naam Yoga Celebration" on December 22 from 7:30-9:30 PM. According to Dr. Levry: "One of the best times to use the science of NAAM Yoga is the Winter Solstice. This is a time to organize, synchronize, harmonize and redirect your inner forces toward peace, love, self-healing and happiness."

In preparation for 2012, Dr. Levry is teaching a very special not-to-be missed advanced Universal Kabbalah Intensive on what we can expect in the New Year entitled "2012 and the Dawn of the Golden Age" from 6:30PM-10:00PM on December 30.

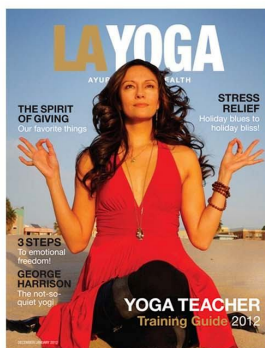
In celebration of 2012, Dr. Levry will conduct a powerful "New Year's Eve Celebration" on December 31 from 11:00-12:30AM. This group meditation will be a powerful way to bring in the New Year and start the beginning of the year 2012 right.

NAAM YOGA is one of the fastest-growing yoga modalities in the world. Dr. Levry recently led a world record-breaking NAAM YOGA class in Mexico City for more than 12,000 people gathered in the city's largest public square.

A potent, transformative and unique combination of movement, dynamic yoga postures Pranayam (rhythmic breathing), and Mudras (hand positions), NAAM YOGA helps relieve stress, invigorate the spirit, and restore the flow of vital energy throughout the body and the brain, and is open to all ages and levels of fitness. Unlike other forms, NAAM YOGA merges the crowning yoga practices of the East with the esoteric traditions of the West to form a complete healing science. In October, 2011, Dr. Joseph Michael Levry opened NAAM YOGA LA Healing and Research Center, which is the largest and "first-of its kind" universal wellness center on the West Coast and serves as the International Headquarters for Naam Yoga.

LA YOGA

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HOLIDAY STRESS RELIEF

Shift the holiday blues to holiday bliss with a few techniques inspired by Naam Yoga

DEC-JAN 2012

While we look forward to the busy schedule, festive food, and family time during the Holiday season, it is rare that this time goes by completely stress free. Fortunately, Naam Yoga offers us techniques to relieve stress and shift our energy and state of mind. These few simple practices, which are derived from the teachings of Naam Yoga, can be performed during your regular yoga practice or any time throughout your day to inspire truly happy holidays.

BEGIN YOUR DAY HAPPY WITH CLAPPING!

When we can begin our day happy, it is much easier to continue to feel positive throughout the day. Naam Yoga uses clapping to bring joy into life. Clapping stimulates all of the reflexology points on the hand that correspond to the various organs of the body, cultivating health bringing balance and, and promoting healthy circulation. Hands are extensions of the heart, which is where true happiness is generated. When combined with positive affirmations, clapping will prepare you to take on anything with a smile.

REPLACE ANGER WITH CALMNESS

Spending the holidays with loved ones can be as stressful as it is joyful. This year, choose calm over frustration. To remove frustration and anger:

Place your hands in Gyan Mudra (right image), the arms are bent, elbows resting against the rib cage, hands at shoulder level and palms facing forward. Inhale slowly through the mouth with your tongue curled and extended (if you can – if not purse your lips) and exhale through the nose. Continue for at least three minutes.

LEAVE THE PAST BEHIND!

Forgiveness gives you energy and brings peace and strength to the forgiver and the forgiven. Once you've experienced the power of forgiveness you will see it as one of the greatest gifts you can give.

Make it a point to review your day before you fall asleep. Take a few minutes to observe yourself and your actions and interactions beginning with what happened most immediately and working your way backward. Acknowledge your high points and take note of anything you may need to resolve the next day. Once you have revisited your day, turn your thoughts to something uplifting or beautiful as you relax into sleep with a peaceful conscience.



2012 SPIRITUAL NEW YEAR'S EVE CELEBRATION

NAAM YOGA LA is hosting a Spiritual New Year's Eve Celebration from 11-12:30am. Led by Dr. Joseph Michael Levry, founder of NAAM YOGA, this event provides an opportunity to synchronize your energy with the heavens to face this celestial realignment and down pouring of Divine energy. The combination of many voices and energies provide an even more profound experience and result. Reception follows. Naamyoga.com

WestsideToday.com

Give Yourself the Gift of Spiritual Power and Self-Healing at NAAM YOGA LA

December 21, 2011



In celebration of the Winter Solstice, which is the shortest day of the year and is considered one of the most powerful days of the year for self-healing, Dr. Joseph Michael Levy, founder of Naam Yoga, will lead a special "Winter Solstice Naam Yoga Celebration" on December 22, 2011 7:30-9:30 PM.

Naam Yoga LA Healing and Research Center, which is the largest and "first-of its kind" universal wellness center on the West Coast and serves as the International Headquarters for Naam Yoga.

La clase de yoga más grande del mundo se realizó en México

17 Noviembre 2011



Más de 12,000 personas tomaron la clase de Naam Yoga en el zócalo de la ciudad de México.

La clase de yoga más grande de la historia se llevó a cabo en la Ciudad de México, el domingo 13 de noviembre. Más de 12,000 personas se reunieron en la Plaza de la Constitución para realizar la clase impartida por el fundador de Naam Yoga, el Dr. Joseph Michael Levry.

La Oración de la Luz, que se realiza al final de cada una de las clases de Naam Yoga, fue recitada ese día, trayendo su mensaje Universal de sanación al planeta a través de las voces y corazones de cada uno de los que asistieron. Fue un evento conmovedor, sin precedentes. Esta oración poética fue construida por el Dr. Levry y ha sido utilizada por muchas personas alrededor del mundo.

Mientras que el yoga ha gozado de gran popularidad en Estados Unidos, México ahora puede decir que tiene el record de haber sido la sede de la clase de Yoga más grande de la historia. Rebeca Torres, fundadora y presidenta de Naam México, declara, acerca de este evento sin precedentes, no sólo para Naam Yoga, sino para México: “Esto verdaderamente fue, una explosión de dicha y felicidad para la Ciudad de México, y muchos de nosotros fuimos tocados y transformados. Vibrar el Naam, en Amor, Paz y Luz, puede ayudar a cambiar el destino de nuestro país. Estamos profundamente agradecidos con el Dr. Levry, fundador de Naam Yoga, por traer amor y luz a todos esos corazones mexicanos y gracias al gobierno de la Ciudad de México por abrirnos las puertas para que este evento de gran transformación se llevara a cabo”.

Jane Mirshak, Directora Ejecutiva del Centro de Sanación e Investigación Naam Yoga LA (Naam Yoga LA Healing and Research Center), sede internacional de Naam Yoga, comentó acerca de este histórico evento: “Estamos agradecidos con nuestro querido fundador, Dr. Levry y con los ciudadanos de México por expandir esta Luz a todo el mundo. ¡Lo que pasó ayer se está propagando por todo el planeta y no hay nada que lo detenga! Al final de la clase, la gente se sintió profundamente conmovida. Todos hemos sido bendecidos por ser parte de este momento histórico”. El Dr. Joseph Michael Levry, fundador de NAAM YOGA, Naam Yoga LA Healing and Research Center en Santa Mónica y las franquicias internacionales; enseña y da asesoría a millones de estudiantes y profesionistas alrededor del mundo. Cuando se le preguntó al Dr. Levry, ¿qué es lo que hace que esta forma de yoga sea tan popular? Él respondió: “Este tipo de yoga contiene herramientas que brindan un beneficio directo a todo sistema biológico, mientras eleva la mente y el espíritu”. Naam Yoga LA es una organización sin fines de lucro, cuya misión es la aplicación directa de Naam Yoga en retos específicos para la salud, así como el ofrecer una amplia variedad de estilos de yoga y herramientas de sanación.

[Naam México](#) fue la organizadora del evento.

[Naam México](#) es una Asociación sin fines de lucro que comparte las herramientas de Naam Yoga con las personas para que encuentren el equilibrio y bienestar en sus vidas.

World's Largest Yoga Class Held in Mexico City

Dr. [Joseph Michael Levry](#) taught [Naam Yoga's](#) largest class.

[Mexico City](#), Mexico (PRWEB) November 17, 2011

The largest yoga class in history took place in Mexico City on Sunday, Nov. 13th. More than 12,000 people were led by founder of Naam Yoga, Dr. Joseph Michael Levry, in Plaza de la Constitución (Zócalo Square), one of the largest public squares in the world, for the biggest yoga class on record.

The Prayer of Love, Peace and Light, a signature prayer of all Naam Yoga classes, was recited in unison bringing its Universal message of healing to the world through the combined voices and hearts of each student in attendance. It was a moving and unprecedented event. This poetic oration was constructed by Dr. Levry and has been used by many all over the world.

While yoga has enjoyed massive mainstream popularity in the US, [Mexico](#) can now claim to hold the record of hosting the largest yoga class in recorded history. Rebeca Torres, founder and president of Naam Mexico, had this to say about this unparalleled event not only for Naam Yoga but also for Mexico, "This truly was an explosion of joy and happiness in Mexico City and many of us were touched and transformed. Vibrating Naam in Love, Peace and Light can change the destiny of our Country. We are grateful to Dr. Levry, founder of Naam Yoga, for bringing love and light to so many hearts in Mexico and thank you to Mexico's government for opening to us, the doors for this transformational event to happen."

Jane Mirshak, Executive Director of [Naam Yoga LA Healing and Research Center](#), international headquarters of Naam Yoga, commented on yesterday's historical event by saying, "We are grateful and we thank our beloved founder, Dr. Levry, and the citizens of Mexico City for spreading this Light to all the world. What happened yesterday is rippling throughout our planet and there is no stopping it! People were moved and deeply touched at the end of the class. We are all blessed to be a part of this historical time."

Dr. Joseph Michael Levry, founder of [NAAM YOGA](#), Naam Yoga LA Healing and Research Center in Santa Monica and its international franchises, teaches and consults millions of students and professionals worldwide. When asked of Dr. Levry, what makes this form of yoga so popular? He replied, "This prescriptive form of yoga contains tools to directly benefit every biological system while being mentally and spiritually uplifting." Naam Yoga LA is a nonprofit organization whose mission is not only to offer a wide variety of yoga styles and healing modalities but also to directly apply Naam Yoga to specific health challenges and to offer those therapeutic classes to the community free of charge. It will also facilitate scientific research projects that apply Naam Yoga Therapies to particular conditions.

For more information on Naam Yoga and the center, please visit: <http://www.naamyoga.com>, <http://www.rootlight.com>, and <http://www.naamyoga.com/naam-yoga-teacher-training-1.html>, <http://www.naamyoga.com.mx/NaamYoga/>.

campus circle

FASHION: BEAUTY BEAT

NAAM Yoga: 1231-35 4th St., Santa Monica



With the holidays and final exams fast approaching, it's time to get centered so you can be in your best frame of mind. I am a big fan of yoga, and there are so many studios and fitness gyms in Los Angeles that offer various kinds of practices. The art of yoga, from Hatha to Kundalini, is a full body experience that not only works your muscles, but your mental well-being. That can be a very liberating, but not so much if you feel rushed out for the next class or pressure to spend your money.

Located in Santa Monica lies a two-story studio, NAAM Yoga, which is not only one of the largest spaces, but very welcoming. Makes sense, as NAAM Yoga is a real community-driven establishment, with most of the items offered in the gift shop from local designers and fellow members of the studio.

As you step in, it is quiet, a soothing kind of lull to start your experience. The NAAM practice blends eastern and western traditions that eradicate your stress and improve the oxygen and energy flow between your body and brain. At the NAAM studio, there are about seven different classes you can take for wellness. If you think yoga is a bunch of easy poses, I suggest you try the Vinyasa Flow, a heavy stretch and balance practice that will get you sweating in no time.

NAAM is a membership-based studio that offers many special offers for students. Inside the studio there is a full lounge for you to relax and use your computer (free wi-fi). If you're in-between classes and don't have time for yoga but want to relax, try the lounge. It's a nice place to spend the day while studying for your finals. Take a yoga class or two and then study in a relaxing environment.

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NEWS



WORLD'S LARGEST YOGA CLASS

The world's largest yoga class in history took place in Mexico City on November 13th 2011. Over 12,000 people were led by founder of Naam Yoga, Dr Joseph Michael Levry in Plaza de la Constitución (Zócalo Square), one of the largest public squares in the world. A signature prayer of all Naam Yoga classes, The Prayer of Love, Peace and Light, was recited in unison to bring its universal message of healing to the world. For more information on Naam Yoga, visit naamyoga.com

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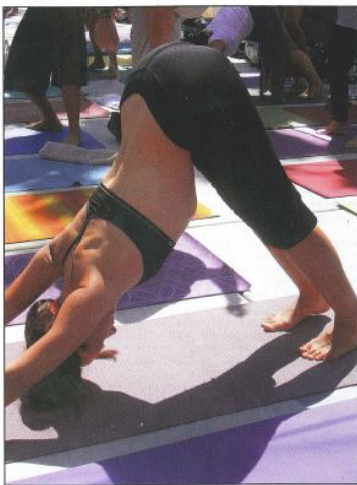
English

Naam Yoga: The Latino Yoga Revolution

by: Dr. Joseph M. Levy

Spirituality has always been a cornerstone of Latin American culture, and one of the fastest growing expressions of the spirit is through the practice of yoga. Yoga has enjoyed mainstream popularity throughout the world, with particularly rapid growth in the United States. But it is Mexico that can now claim to hold the record of hosting the largest yoga class in recorded history. On Sunday, November 13 more than 12,000 people participated in a public NAAM YOGA class in Mexico City in the Plaza de la Constitución (Zócalo Square), one of the largest public squares in the world.

But this was no ordinary yoga class. With this new record, NAAM YOGA can now be called the fastest growing form of yoga in the world. NAAM YOGA is a unique yogic practice based on a self-healing technology that helps heal disease, relieve chronic and emotional pain, manage stress, and reduce anxiety and depression. It is a complete and proven science that balances the glandular, digestive, and nervous systems allowing people to experience vibrant health and well-being. And it can target those areas of health that are of concern to the Latin American community. It is distinctive from other known forms in that it consists of unique combinations of movement, breath work, hand positioning (mudra) and the chanting of healing mantras (meditations). In fact, Naam literally means "the word." And the more people that get together to engage in NAAM YOGA, the more powerful the results for the individual and for the planet.



We chose Zocalo for this unique debut for Naam Yoga because it has long been the seat of power – spiritual and political – throughout Mexico's history. Since the days of the ancient Aztecs, that location has always served as the heart of Mexico City. From a strictly spiritual perspective, there is a tremendous vortex of healing energy that emanates from that location. In order for Naam to be as powerful as it is, it must come from the heart, so to have 12,000 human hearts come together at that specific location, the heart of Mexico City, and to then use those hearts to focus the tremendous energy that can be tapped there, provided an opportunity to bring profound healing and balance to the entire country.

In mid-2010, we did our first event in Zocalo Square, attracting more than 1,500 people. This itself was an accomplishment that can be attributed to a combination of two things: First, simply because bringing this work into such a powerful vortex is like creating a magnet for people who seek this balance and healing energy, so it's only natural that people in Mexico, who are naturally disposed to spirituality and healing, would immediately come together. The second aspect is that our Naam community in Mexico is incredibly active, and worked very hard to attract more and more people to learn about Naam. The combination of the higher spiritual energy that described earlier, and the earthly energy expended by our community there brought unprecedented results.

Spanish

Naam Yoga: La revolución latina del yoga

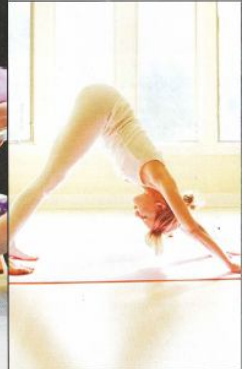
por: Dr. Joseph M. Levy

La espiritualidad siempre ha sido parte vital de la cultura Latinoamericana y una de las expresiones de crecimiento espiritual más rápidas es la práctica del yoga. El yoga ha disfrutado de popularidad en el mundo con un crecimiento particular en los Estados Unidos. Pero es México el que puede reclamar ahora el récord de la clase de yoga más extensa de la historia. El domingo 13 de noviembre más de 12,000 personas participaron en una clase abierta de NAAM YOGA en la Plaza de la Constitución (Zócalo) de la ciudad de México, una de las plazas públicas más grandes del mundo.

Pero esta no fue una clase ordinaria de yoga. Con este nuevo récord, NAAM YOGA puede llamarse ahora la forma de crecimiento de yoga más rápida del mundo. NAAM YOGA es una práctica única con base en una tecnología de auto sanación que ayuda a curar enfermedades, alivia el dolor crónico y emocional, maneja el stress, y reduce la ansiedad y la depresión. Es una ciencia completa y

Cerramos el Zócalo para este único debut de Naam Yoga porque ha sido por mucho tiempo la silla del poder, espiritual y político, en la historia de México. Desde los días del imperio azteca, esta plaza siempre ha servido como el corazón de ciudad de México. Desde una perspectiva meramente espiritual, hay una tremenda energía de alivio que emana de este lugar. Para que Naam sea tan poderoso como lo es, debe provenir del corazón, así que haber tenido a 12,000 corazones humanos juntos en ese lugar, el corazón de México, y usar esos corazones para enfocar esa tremenda energía que puede ser superada allí, provee una oportunidad para crear un profundo alivio y balance a ese país en su totalidad.

A mediados del 2010 hicimos nuestro primer evento en la Plaza Zócalo, atrayendo a más de 1,500 personas. Esto fue un gran logro que puede ser atribuido a una combinación de dos cosas: primero, porque simplemente hacer este trabajo en este poderoso lugar es como crear un imán para las personas que



comprobadá que balancea el sistema nervioso glandular, digestivo y nervioso, permitiéndole a la gente experimentar una salud vibrante y bioenergética. Y puede enfocarse en esas áreas de la salud que preocupan a la comunidad latinoamericana. Se disingue de otras formas conocidas puesto que combina los movimientos, los descansos, la posición de las manos y el rantra del alivio que es la meditación. Como dato, Naam literalmente significa "palabra". Y entre más gente se une en NAAM YOGA, el resultado será más poderoso para el individuo y para el planeta.

buscaban la energía del balance y el alivio, así que es natural que la gente en México, quienes se inclinan naturalmente a la espiritualidad y el alivio, inmediatamente se aglutinen. El otro aspecto es que la comunidad Naam en México es muy activa y trabaja muy duro para atraer más y más gente con el fin de aprender Naam. La combinación de la más alta energía espiritual que describí al comienzo y la energía de la tierra que tiene nuestra comunidad allí, condujo a resultados sin precedentes.

LA YOGA

AYURVEDA AND HEALTH

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nourishing the divine within your child

by joseph michael levry (gurunam)

A FAMILY-BASED MEDITATION PRACTICE which includes the use of powerful yogic *mudras* (hand positions) can help children establish a lifelong habit that can inspire them both in their personal spiritual expansion and in global problem-solving.

A parent's greatest qualities are compassion and mercy; drawing on these strengths will awaken the divine within your child. Young people must be allowed to look to the heavens and know there is a world full of beauty, angels and wonder.

Support for nourishing the divine within your child can begin during pregnancy. After birth, growing children need conditions conducive to unfolding the seeds of wisdom. Even the subtle vibrations of a quarrel can cause nervous disorders in the unborn and in infants and children.

The following meditation practice can be done by women during pregnancy, or taught to your child to instill divine confidence and security:

- Sit comfortably with a straight spine, placing your hands on your heart. Close your eyes and softly and continuously chant *I AM, I AM* for three to eleven minutes.
- Connecting with your heart awakens the highest spiritual possibilities. Feel that the first *I AM* relates to I am who I know myself to be, and that the second *I AM* is I am that which is greater than I know myself to be. This *mantra* opens the heart and builds inner confidence and self-love.
- Mental balance is the key to a child's success during both playtime and learning. The expanded spiritual and mental capacity of children today may make them prone to mental patterns that

include attention difficulties, in the same way the most gifted children can often have problems in classes where their potentials are not met.

The meditation and *mudra* described below is especially effective at balancing and optimizing your child's mental faculties:

- Sit comfortably with a straight spine, and wrap your right hand around the left thumb; the fingers of your left hand then rest on top of the right hand.
- Holding this *mudra* can heal concerns of the heart, removes worries and neutralize depression and negativity because the thumb corresponds to the brain energetically.
- Close your eyes, go within, and chant the following mantra for three to eleven minutes: *Sa Re Ga Ma Pa Da Ni Sa Ta Na Ma Ra Ma Da Sa Say So Hing*.
- The vibration of this *mantra* gently massages the brain and organizes neural pathways for optimal mental development. Simultaneously, the *mudra* directs the healing energies of the thumb.

These wonderful meditations can be done by the parents or the child at any stage of development to awaken divine qualities and support the spirit of unity in the family.

LAYOGA

Joseph Michael Levry (Gurunam) is a yogi, mystic, Universal Kabbalah Master and the founder of the Universal Force Healing Center. He is the author of several books including Code of the Masters and the producer of eighteen sacred music CDs including Sounds of the Ether and the Flow of Naam. Rootlight.com

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