

HOW DID I IMPROVE MY BRAIN?

A story of workaholic and search of life without pain



STRUCTURE

- My story
 - Issues I collected
 - Ways I tried to solve those
 - Strategies that worked and did not
- Yoga
 - History
 - Practices



MY STORY



15 years old

- Issue: **Perfectionist**
- Inability to forgive myself



16 years old

- Issue: **Imposer**
- Willing to control others & the world



17 years old

- Solution: **Popular psychology**



SPECIAL ANNIVERSARY EDITION

HOW TO WIN FRIENDS & INFLUENCE PEOPLE

*The Only Book You Need
to Lead You to Success*

Dale
Carnegie

80
YEARS IN
PRINT!



THE HIDDEN MEANING BEHIND PEOPLE'S GESTURES AND EXPRESSIONS

THE DEFINITIVE BOOK OF BODY LANGUAGE

THE INTERNATIONAL BESTSELLER!



ALLAN AND BARBARA PEASE

AUTHORS OF *WHY MEN DON'T LISTEN AND WOMEN CAN'T READ MAPS*

A revised and expanded edition of *Signals*

- Perfectionist - no effect
- Imposer - became more subtle at this



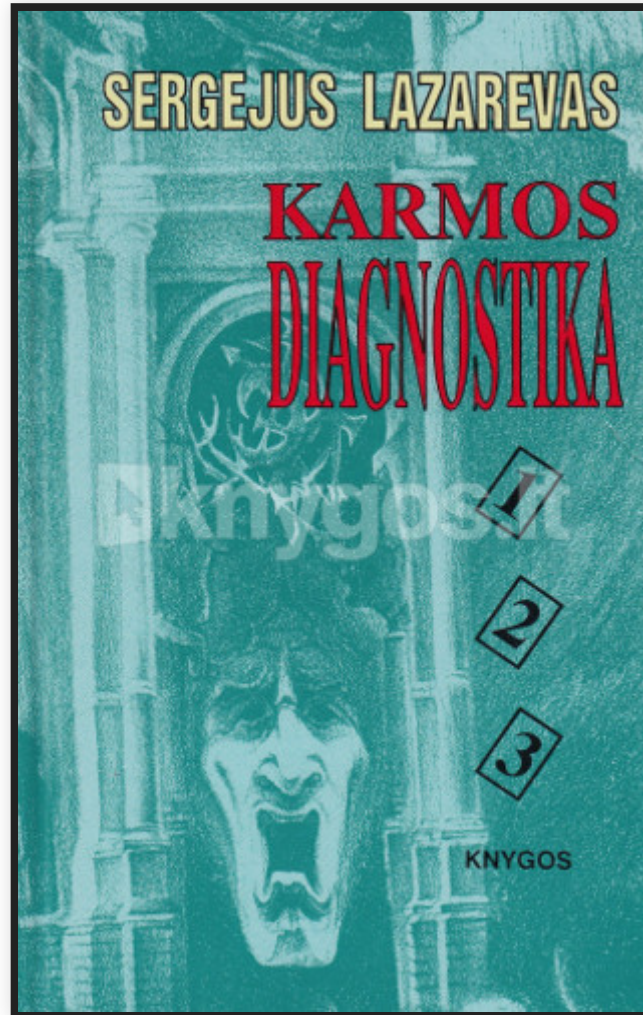
- Issue: **Slight version of mental breakdown**
- Tense muscles
- Dizziness
- Loss of integrity/values with inability to remember past week



- Solution: **Joining youth movement**
- Starting to understand myself as a personality
- Grasping some meaning of life in being with others



- Solution: Arcane book about karma



POLAR EMOTIONS

- Hatred -> love
- Anger -> ease
- Pride -> humility
- Dissatisfaction -> happiness
- Control -> acceptance
- Disgust -> fondness
- Fear -> calmness
- Agitation -> tranquility
- Separation -> oneness



19-22 years old

- Issue: **Inability to form long term relationship**
- Not longer than 4 months
- Felt bound/chained
- Had to brake away



Egoist?

- how do I break it down?
- what book can I read to get self help?
- start sessions with psychologist?



22-24 years old

- Issue: **Workaholic**
- Happy to deliver - *perfectionist*
- Proud to work 12 hours a day
- No personal life
- No interest in having one - waste of time

- Solution: **dancing**
 - tango
 - salsa

GOT MARRIED!

- Solved: Form long term relationship
- Improving on acceptance, reducing urge to control



25-29 years old

- Issue: **Chronic headache**

A sign of stress or emotional distress, or it can result from a medical disorder, such as migraine or high blood pressure, anxiety, or depression



- **Solution: movement and meditation**
 - irregular yoga practice
 - mindfulness meditation
 - kinezitheraphy - pilates/asanas mix

30 years old

- **Solution: regular yoga practice**
 - leva's support
 - asanas
 - meditation



- **Solution: 6 months vacation**
 - 3 months in India
 - 3 months in Vietnam



- Solution: **disciplined yoga practice**



31 YEARS OLD



SOLVED ISSUES

- Perfectionist
- Imposer
- Form long term relationship
- Chronic headache



UNSOLVED ISSUES

- Workaholic



YOGA

A disciplined method and techniques for attaining a goal of controlling

- the body
- the mind



HISTORY



SHAMANS

- seeker
- one who knows
- knowledge vs wisdom
- transfer wisdom



PRE VEDIC INDIA

- asanas
- meditation



VEDIC PERIOD (1700–500 BCE)

- structured spiritual knowledge
- ascetic practices



PRECLASSICAL ERA (500–200 BCE)

- Buddhist texts
- Upanishads
- Steady control of the senses
- Interiorization or ascent of consciousness



CLASSICAL ERA (200 BCE – 500 CE)

- Indic traditions of Hinduism, Buddhism and Jainism taking form
- Coherent systems of yoga began to emerge
- Yoga is the inhibition of the modifications of the mind



MIDDLE AGES (500–1500 CE)

Development of many satellite traditions of yoga.

- Bhakti Yoga - concept of a personal God
- Hindu Tantra - range of esoteric traditions, meditation on the body as a microcosm of the cosmos
- Vajrayana and Tibetan Buddhism
- Zen Buddhism
- Hatha Yoga - modern asanas



TRADITIONS

- Buddhist yoga
- Jain yoga
- Yoga in Advaita Vedanta
- Tantric yoga
- Hatha yoga
- Laya Yoga and Kundalini yoga
- **Classical yoga**
 - no believing in some external power that will help you
 - no discrimination on age, sex, religion, caste



MAI RAM YOGA

METODO PRINCIPUS VIENIJANČIOS
JOGOS KRYPTYS



- no single line, all intertwined
- all flavors - religious / spiritual / tantric
- saying "I practice yoga" is like saying "I practice lifestyle"
- umbrella term
- no preconceptions



NO BOOK CAN TRANSFORM YOU

- information
- knowledge is reflection of the information
- practice is internalization of the knowledge
- wisdom is mind set developed through practice



PRACTICES I DO



ASANA

Postures



PRANAYAMA

Breath exercises



YAMA

Abstentions

- non-harming other living beings
- non-falsehood
- fidelity to one's partner
- non-possessiveness



NIYAMA

Observances

- clearness of mind
- acceptance
- self-reflection
- contemplation of God/Supreme Being/True Self



MEDITATION

Intense contemplation of the nature of the object of meditation

- Mantra - sounds
- Yantra - images



SATSANG

Listening to guru teaching



MASTERING SOME SPORT

- no silver bullet
- no intellectual way attain the result
- practice that takes many years
- methods that work for all



MASTERING YOGA

- no silver bullet
- no intellectual way attain the result
- practice that takes many years
- methods that work for all



SPLINTER



KARATE KID TEACHER



SENSEI

- master
- teacher



- leads
- inspires
- directs
- challenges
- stabilizes



INSTRUCTOR



OLYMPIC CHAMPIONS



SPIRITUAL CHAMPIONS



QUESTIONS?



BONUSES



TUNE A GUITAR



TUNE YOUR MIND



POLAR EMOTIONS

- Hatred -> love
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A guitar that **sounds**

-

A **sound** person



