

Part I: Defining Stress in Today's Society

Introduction



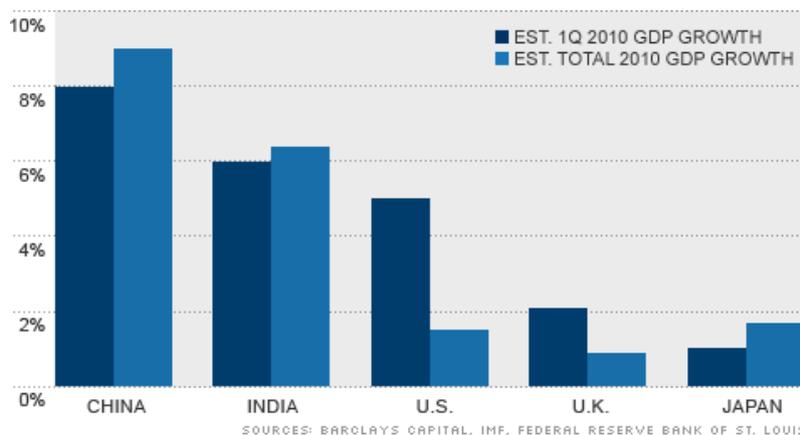
The 21st century is known for high - technology, high - demands and high - stress. The larger cities are continuing to speed up with the potential growth and the need to expand and evolve into what is next. Over the last two centuries, there has been an expansion of 80% in many cities, as opposed to a growth of 20% before 1800¹. As cities and countries continue to move into levels of development, pressure and demands on citizens matches.

The growth of cities with technology, economy and lifestyle match with the distribution of both population and wealth. As the population grows, new demands on wealth also grow. Economic activities become concentrated and demands for corporations and individuals to meet basic needs rise exponentially. Technology, globalization and economic activity have now reached a point of merging because of population. The demands then continue to rise as innovations match with an economic life².

What this means to the average citizen is that the pressure of a lifestyle is continuing to expand, specifically within cities. The population growth creates higher demands to perform and to compete with others. Economic stimulation because of the movement of technology and globalization are at the forefront of larger cities and the need to move forward. These add up to higher pressure and demands on individuals that are working into a specific lifestyle.

For corporations, the demand to create higher technology, move forward with competitors and to match the global demands is rising. Cities around the world are now on a fast track to creating the latest innovations while developing stronger and better systems that forge ahead of their rivals. The economic activity taking place globally and in cities impacts corporations directly while creating demands and pressure on employees and the corporation itself.

Facing Stress



¹ McGlade, James. 2013. *Time, Process and Structured Transformation in Archeology*. UK: Routledge.

² Fujishta, M. 2014. *Economics of Agglomeration: Cities, Industrial Location and Globalization*. London: Cambridge.

India and China are in the forge ahead to become some of the strongest countries and economic power houses in the world. Corporations from abroad and within India are aware of the potential for growth and market domination. They are also aware of the requirements to compete globally and to create technological innovations and market value products to remain ahead of the competition game. The environmental demands lead to a direct impact with the employees working in corporations.

According to a recent study³, Bangalore is known for hypertension, specifically among young workers in the IT field. In this study, over 1,000 IT professionals in 27 different companies were observed for stress levels and hypertension. It was noted that 31% of professionals had hypertension and 45.7% had pre-hypertension, all which were under the age of 30⁴. Workplace autonomy and environment were directly linked to the high amounts of hypertension among young professionals. A complete chart of those suffering from stress according to this study can be seen below.

Variable	Levels	OR	95% CI	P value
Occupational stress index	1	1.01	1-1.03	0.17
Occupational stress index (tertiles)	Low	Reference		
	Moderate	1.02	0.75-1.4	0.90
	High	1.16	0.8-1.69	0.44
Time related stress factors	Low	Reference		
	Moderate	0.92	0.68-1.24	0.57
	High	0.81	0.54-1.25	0.34
Duration related stress factors	Low	Reference		
	Moderate	1.19	0.85-1.68	0.32
	High	0.56	0.27-1.16	0.11
Shift related stress factors	Low	Reference		
	Moderate	1.29	0.44-3.76	0.65
	High	0.90	0.64-1.29	0.57
Income related stress factors	Low	Reference		
	Moderate	0.99	0.74-1.34	0.94
	High	1.29	0.84-1.99	0.25
Autonomy related stress factors	Low	Reference		
	Moderate	1.40	1.06-1.87	0.02
	High	1.11	0.67-1.86	0.68
Appreciation related stress factors	Low	Reference		
	Moderate	1.06	0.78-1.44	0.72
	High	1.06	0.73-1.56	0.75
Work-environment related stress factors	Low	Reference		
	Moderate	1.31	0.97-1.77	0.09
	High	1.48	1.02-2.17	0.04
Control related stress factors	Low	Reference		
	Moderate	1.05	0.78-1.43	0.74
	High	1.11	0.74-1.68	0.61
Emotional related stress factors	Low	Reference		
	Moderate	1.12	0.83-1.53	0.47
	High	1.10	0.77-1.58	0.63
	Moderate	1.07	0.79-1.47	0.65
	High	1.07	0.75-1.53	0.71

*Adjusted for age, gender, waist by hip circumference, family history of high blood pressure, socio-economic status, marital status, tobacco ever use, regular exercises for at least 20 min daily and alcohol use. JNC-VII: Joint National Commission VII, OR: Odds ratio, CI: Confidence interval

³ Babu, G, T Mahaparta, R Detels. 2013. "Job Stress and Hypertension in Younger Software Professionals in India." *Health Foundation of India*.

⁴ Ibid.

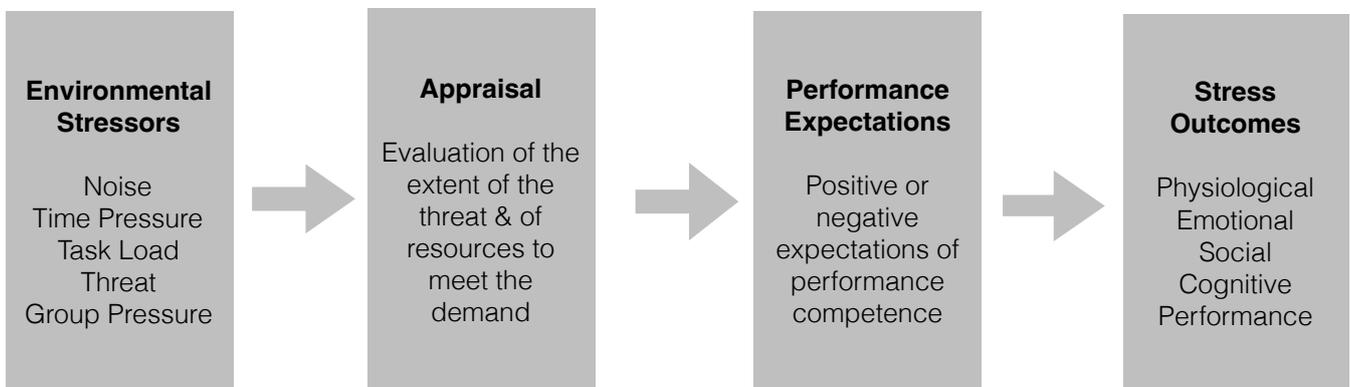
The stress linked to those who are working also have direct correlations with work related stress, emotional relationships, finances and other contributions either within or outside of the work space. Stress that arises among those working in a corporation does not link to one source, but rather stems from several factors that create a stressful situation. Social, psychological and economic stress links together in a specific environment to create defined outcomes, such as hypertension. Achievement related goals to security issues all arise between the workplace and family life, creating a complex interweave that develops the stressful outcomes⁵.

The complexity of stress comes from root causes and factors that combine to create stress. This leads to a build up of situations both in the workplace and home, usually which accumulates over an extended period of time. The factors that add up with stress then create defined outcomes, dependent on the coping skills of those that are in a given environment or situation.

Reactions to Stress

The pressure and the build - up of demands, both in the workplace and in the outside environment, accumulate into specific outcomes. Individuals will have trigger responses that are created as a biological response and which change the performance levels. While an employee may still work in stressful situations, the natural reactions of the body - mind change the interaction that occurs.

The reaction to stress can be described by changing the performance and behavior of an individual, specifically determined by the amount of stress they are facing and how they respond to this. Below is a four stage model⁶ that determines the increase of stress and the responses that are created as a result.



The perception of meeting certain expectations and having success or failure leads to the stress outcomes. Expectations within the workplace are known to be indicators of the actual performance. The result of the working environment and the pressure placed then leads to the specific results with stress and how an individual responds or copes.

The physiological build up of stress increases over time. When one perceives high stress situations in terms of performance, the blood pressure and heart rate immediately raise and respond. A fight or flight system is created in association with the physical system, triggering the

⁵ Levine, S, Norman Scotch. 2014. *Social Stress*. US: Aldine Transaction.

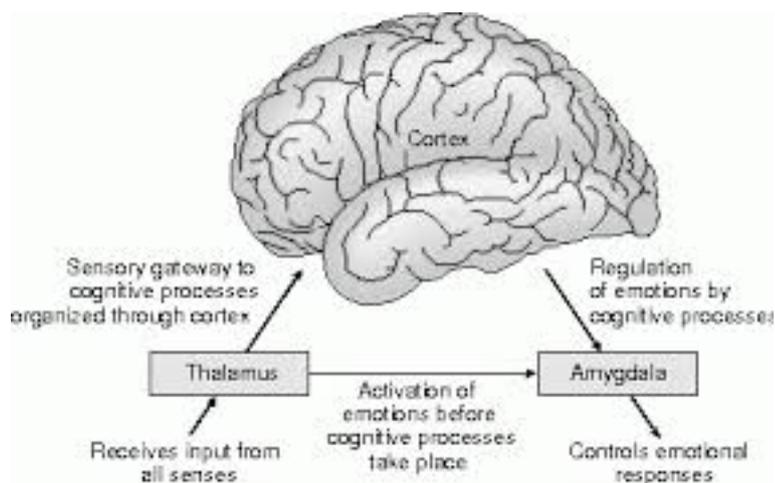
⁶ Driskell, J, E Salas. 2014. *Stress and Human Performance*. New York: Psychology Press.

neurological system and the cardiovascular system. As this happens over an extended period of time, individuals may experience symptoms in relation to stress directly triggering the body⁷.

The high amounts of stress in Bangalore and among corporations are noted with the rise of chronic illness related to blood pressure. In Bangalore, 14% of the population is suffering from high blood pressure. This is the highest number of individuals in any city in India. Cardiovascular mortality in India is on the rise, with an increase by 103% by men and 110% rise among women.

Cardiovascular disease in India is known to be the greatest killer, ranging from the time span of 1985 to 2015. Among the diseases, was a direct link to hypertension, with 45% of males reporting chronic hypertension. The result has been an increase in strokes, with 67% of males reporting stroke and 18% of the cases being from men below the age of 40⁸. The statistics in India show a direct correlation between stress, higher levels of blood pressure and hypertension with fatal results in stroke that continue to increase. Studies are showing that stress has a direct link to fatality.

Emotional build - up is another severe result of high expectations and results with stress. Depression, anxiety, anger and imbalances with emotions are noted to be induced from stress. When there are higher levels of stress, it triggers hypothalamic - pituitary - adrenocortical axis in the brain. When this signals, it alters the mood regulation, often leading to hypertension or depression⁹. It is noted that women respond to stress with depression and repression while men respond with anger, anxiety and aggression. The emotional response through the brain can be seen in the image below.



Social consequences that result in the expectations of performance and the results in stress are one of the factors with high pressure in the workplace. The most common result with stress is social isolation and exclusion from groups. Stress is known to trigger oxytocin, a hormone in the neurogenetics of the system. When this occurs, individuals may move into higher levels of depression, creating the withdrawal from social groups. When this combines with the stressful factors, the social withdrawal becomes more prominent, creating a high pressure negative spiral

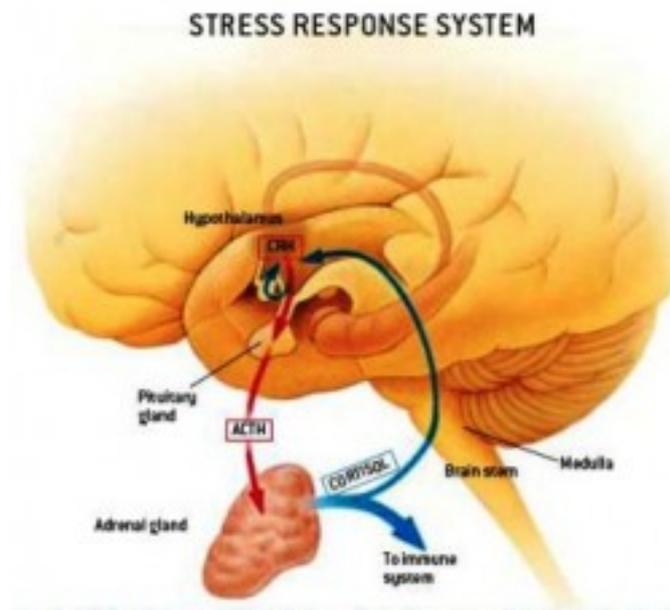
⁷ Ibid.

⁸ Indus Health Plus. 2014. "Karnataka Health Statistics." Retrieved from: <http://www.indushealthplus.com/karnataka-health-statistics/>.

⁹ McKlveen et al. 2014. "Role of Prefrontal Cortex Glucocorticoid Receptors in Stress and Emotion." *Biological Psychiatry*.

faced in isolation and without social support¹⁰. For many, appraisal and work recognition are a priority for success. With social isolation, it works against the productivity that is expected in the workplace and society.

For the workplace and corporations, as well as for individuals, cognitive capacity remains one of the most negative consequences of stress. Stress creates reactions within the brain, specifically through the neurotransmitters and hormonal applications in the mind. The brain holds a certain balance that stress interacts with, creating alternative and higher levels with reactions to the brain. Cortisol, the main response hormone to cognitive responses is impacted by going to higher levels. As this occurs, cognitive abilities and response systems lower exponentially. The perception that one has to an experience immediately creates this trigger response, leading to stress related thinking and reactions¹¹.



The impact on cognitive reactions is inclusive of first response systems that are fight or flight and into cognitive responses that are habitual. The cognition is known to have a direct impact on one's response to situations, thought processes and to long and short term memory. The stress creates a shift in one's reasoning that not only occurs in one stressful situation. The loss of memory and blocks in thinking eventually become habitual, leading to a loss of cognitive reasoning and memory systems¹².

Not only does the cognition change the memory system, leading to eventual memory loss. It has now been found that stress affects changes at a cellular level in cognitive processing and reasoning. The cellular shift creates a stress - brain loop with cellular changes in the hippocampus. The direct results of this shift include changes in attention, perception, short term memory, learning and word finding. As this changes, it decreases levels of cortisol and increases glucocorticoids. If the brain moves into habitual patterning of this shift at a cellular level, then

¹⁰ Kumsta, R, M Heinrichs. 2013. "Oxytocin, Stress and Social Behavior." *Current Opinion in Neurobiology*.

¹¹ O'Conner D et al. 2013. "Stress Related Thinking Predicts the Cortisol Awakening Response and Somatic Symptoms in Healthy Adults." *Psychoneuroendocrinology*.

¹² Schwabe L, O Wolff. 2014. "Stress and Multiple Memory Systems: From Thinking to Doing." *Trends in Cognitive Sciences* 17 (2).

chronic stress becomes apparent. Signs of chronic stress include inadequate sleep, poor nutrition and emotional distress¹³.

The direct patterning of stress is the outcome at all levels of performance. The perception of stress, whether positive or negative, leads to specific responses. These effect the mind, cognition, emotions and physiology. The short term effects as well as long term responses create a significant decline in one's capacity to be able to function at higher levels. For any individual undergoing stress as a perception or expectation, is a negative outcome in the mind - body relationship.

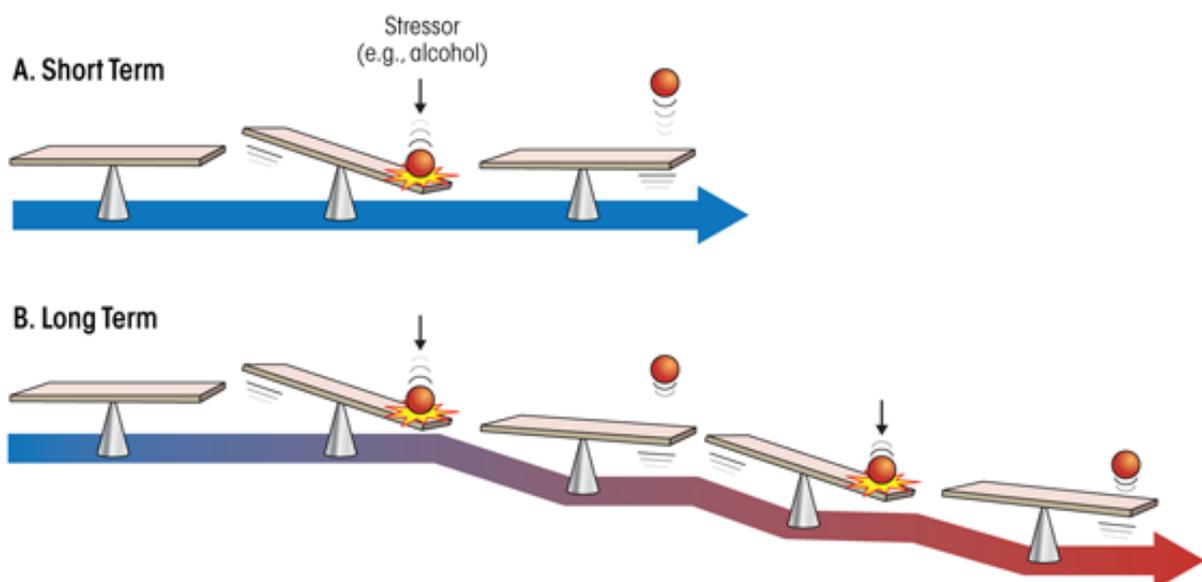
Stress is not an isolated incident. On average, one experiences pressures of stress daily. Stress, when experienced at a younger level, becomes an ingrained pattern that one continuously interacts. While one who is younger may respond in a positive manner, the neurological and hormonal responses are the same. Stressors affect the neurogenesis and cognition patterns. This causes mild stress to lead to continuous, daily patterns, eventually leading to chronic stress and finally concluding with alterations in cognitive functioning across a life span. Over time, this leads into a span of long term effects. A lack of cognitive reasoning, memory loss, emotional reactions and physiological chronic illnesses linked to hypertension are some of the many negative outcomes that occur when one is exposed to stress at a younger age and carries this response system throughout their life¹⁴. The ability to maintain a positive lifestyle and high levels of performance then becomes increasingly difficult.

Coping Skills

The responses in terms of coping are defined by the neurological responses, perspectives of stress and the decision making that occurs. The alteration at a cellular level as well as the changes in cognition, emotion and physiological responses also develop with coping skills among those facing continuous stress.

Alcohol and substance abuse as well as alcohol dependency are one of the known coping skills among those who are highly stressed. High levels of stress also lead to high levels of craving for alcohol and other drugs. Drinking behaviors among those who face substance abuse was known to increase in relation to stress factors and negative factors and responses. Motivation for alcohol use, even among those in rehabilitation, triggers continuous responses when in highly stressful environmental situations¹⁵.

The use of alcohol in one report noted that those who faced high levels of stress were also drawn to alcoholism at higher levels. Men tended to drink more than women to relieve stress. This was combined with the calming effects of alcohol, such as assisting with sleep disorders and providing



a calming effect on the mind. Alcohol is also known to have a reinforcing effect, meaning that it creates a pleasure system when one experiences anxiety from high levels of stress¹⁶.

Alcohol and substance abuse leads to changes in cognitive patterns. This is one example of many coping skills that are used with those who are under continuous stress. Burn out, patterns in cognitive abilities and other complexities combine with the coping mechanisms of stress. These are designed to bring the balance of the body - mind in relation to stress and the responses that are created.

Consequences on Corporations



Economic pressure and the demands in society are continuing to increase, creating pressure for companies to succeed and develop innovations. This leads to the expectations for increased performance among employees in the workspace. More important, it creates a direct link to the amount of perceived stress and performance outcomes that are consistently associated with those working in corporations.

The consequences of stress on corporations is one that creates a struggle with the corporate culture as well as a loss of money. While innovative measures may be offered to the clientele and those interested in products, the employee rate and turn - around from stress and burn out create a higher monetary loss among corporations. Creating liability with the stress and demands to lower pressure and perceived performance also will change the monetary opportunity and increase in corporate performance.

The reactions that occur with stress begin with changes in the performance of employees. Drug and alcohol abuse, lack of motivation and burn out cycles all accumulate to the performance of individuals in the work space. The overall productivity and negative impact leads to low performance and higher amounts of firing and turn - around with employees. At the same time, there is continuous pressure for higher performance among newer employees that don't have the same skill or training within the work space¹⁷. The amount required for employee turn - around, specifically with lower performance and new employee training, then creates a cycle within a corporation that holds a negative response to the stress factors for performance.

The amount of stress leads to employee burn out from the continuous stress patterns. On average, one in five businesses (19%) have high burn out rates that are expected to increase. On average, 72% of employees are stressed, 67% want to switch careers, 85% say their job intrudes with their personal life and 42% lose sleep over work. It has also been noted that the economic downfall and the pressure to perform with the incongruence of the economic environment led to lower numbers of individuals seeking outside employment. Instead, they are known to move into a higher burnout rate within their jobs while expecting to perform higher to save the position they have instead of moving into an alternative position that may have consequences to job satisfaction¹⁸.

Overworked, stressed, physiological to emotional symptoms, performance changes and high turn-over rates lead to one thing: money. For a corporation, individual stress factors affect high performance levels. Group stress within the corporation leads to a loss of performance and

¹⁶ NIH. 2014. "The Link Between Stress and Alcohol." *Alcohol Alert*. (85).

¹⁷ Ashlock, D. 2014. "An Agent Based Model of Stress in the Workplace." *Evolving and Adaptive Intelligence Systems*.

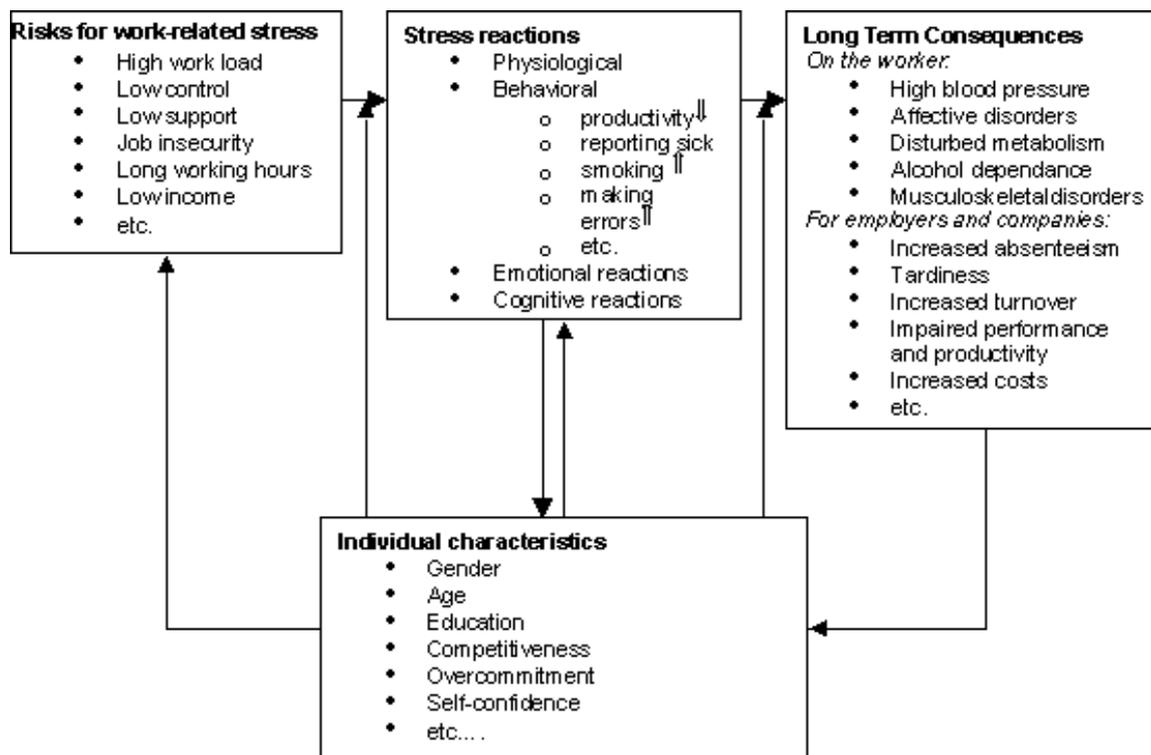
¹⁸ Stern, Gary. 2012. "Employee Burnout: Around the Corner? Already Here?" *CNN Money*.

turnover rates. At the same time, job dissatisfaction and a competitive corporate culture is leading to negative outcomes in the total performance of corporations.

Burnout and stress are recognized disorders within corporations, specifically caused by the demands of a corporation. On average, the burnout and stress symptoms are costing corporations over \$300 billion per year. This includes \$20 billion directly associated with executive stress. The risk comes from employees not having tools to cope with stress, which leads to the lower performance rates, physiological disorders and turn around within the company. On average, 42% of employees state that they do not know how to cope with stress. Retention and attrition are two main factors causing the high costs from stress. It has been noted that the monetary loss includes accidents, absenteeism, employee turnover, diminished productivity, direct medical costs and worker compensation¹⁹.

There are direct links to stress and employment related to management and care within the corporation. Management causes 28.4% of employees to become stressed. Tight deadlines leads to 19.9% stress followed by 17% of stress factors relating to not enough staff. The most common reaction is with 41.7% of employees losing sleep over stress, creating a negative cycle with poor job performance and retention as well as burnout cycles. To cope, 57% of employees take unplanned days off while others cope with the stress within the work space, losing the performance rates required for different corporate expectations.

The chart below shows the complete negative cycle of stress within the workplace.



¹⁹ Taylor, Debra. 2012. "Executive Burnout Costing Billions." news.com.au.

Part II: Health and Wellness in the Workplace



The physiological and emotional reactions that occur from the body - mind also imply that there are alternative methodologies that can eliminate stress in the workplace. The outcome of this creates stronger performance, healthy interventions to the work space and an elimination of the negative and fatal effects of stress. Creating programs for health and wellness not only rely on the basic implementation of programs, but instead a complete system designed to alter the states of stress that employees are under.

There are levels of health and wellness to be implemented in the workplace. Each of these fraction into stopping stress and altering how it affects employees. Stress prevention needs to occur at the individual and organizational level. For individuals, it is based on recognizing and responding to stress with educational and training programs. At an organizational level, it requires altering the corporate culture out of a high pressured system with deadlines and management and into an environment that promotes and facilitates guidelines and values based on stress prevention. Leadership, accommodations, environment and training of management at higher levels for stress prevention alter the individual and organizational impact of stress in the workplace²⁰.

There are many models that have been tested in terms of health and wellness programs among individuals and the organization. It has been found that a lack of physical activity relates directly to increased stress imbalances within the workplace. Activities and physical movement are able to change the hormone and neurological balances in the body while counteracting stress levels while one is in the workplace²¹.

Coping mechanisms also relate to intelligence levels that allow one to engage in physical or mental activities to release stress at the right time. Recognizing higher stress levels and developing positive pattern responses are ideal to changing the high amounts of pressure. The effectiveness of this is dependent on training to recognize stress among individuals and management. It is also associated with a response system to have specific tools and measures to lower stress while it is occurring. Balancing out the physical reactions to stress and understanding when it is necessary to release stress alters the chronic development of stress related factors.

Growing with Health and Wellness Programs



There are certain health and wellness programs that are more effective. In some programs, the measurements are individualized. Gyms and wellness programs are available but not mandatory. Blood pressure, general wellness and other health measures are taken. These current programs have an average of 50% participation with less than 1/5 that go through the program. While incentives are offered, many don't have the education or training to recognize the importance of the programs.

Other programs that implement awareness, training and development see results and changes that are more positive. Coaching and financial incentives that are mixed into specific programs lower health costs by up to 30% and are saving an average

²⁰ Rossi A et al. 2014. *Improving Employee Health and Well - Being*. New York: Reddiff Publications.

²¹ Kouvonen A et al. 2013. "Chronic Workplace Stress and Insufficient Physical Activity." *Occupational Environmental Medicine*.

of \$1620 per worker and per year. However, many that are not healthy have higher prices because of continuous doctor visits and prevention programs that are required to move back into a healthy state with less stress. Up to \$500,000 in insurance per year is added in with the knowledge required to move forward with health and wellness²².

From various studies, one can see that there is an importance in training and development of the corporate culture as well as individuals. Implementing corporate programs also requires coaching and incentives. Combining this with recognizing and responding to stress in positive ways allows a continuous reduction of the physical, emotional and brain responses. Creating a corporate culture with positive physical activity as well as recognition with stress alters the relationship to job pressure and demand while developing a positive response system and a lower stress cycle in the workplace. While health and wellness programs are beginning to see the impact of economic savings, the correct health and wellness programs would further implement and emphasize how levels of health and wellness positively effect employment outcomes.

Yoga in the Workplace



In a current case study,²³ it was noted that Yoga and meditation had a direct and positive impact on reducing stress levels. The study measured stress from 12 roles, including peer pressure, financial pressure, role overload, role conflict, group and individual pressure, frustration, competition, peer relations and job related stress. In all measurements, the continuous practice of Yoga to counteract the dimensions of stress balanced out the body - mind relationship and lowered the pressure created in the various scenarios.

The use of Yoga to reduce stress comes from the direct emphasis on the main physiological factors that create chronic stress. The first is the reduction and balance of heart rate variability. The heart rate is one of the first physiological responses to stress. Counteracting this with specific Yoga poses automatically reduces and balances the heart rate and changes the stress pattern. The second change is with oxydation levels to the brain. A release of hormones for flight and fight responses occur with stress. Yoga poses counteract this with a release of higher oxygen levels, allowing the hormone levels to regain balance and exposure in given situations²⁴.

The use of Yoga also has simultaneous effects that counteract stress from a physical, emotional and mental state. It is known to balance the nervous system and balance blood pressure with specific poses. It also stabilizes the sympathetic and parasympathetic nervous system. It also triggers the defined points that create stressors and the fight or flight response. Specifically, it releases cortisol and catecholamines to mobilize energy that is often used in areas of high stress. It is also noted that plasma melatonin increases after Yoga practice. This allows one to move forward with peak energy and without the initiatives of stress causing one to move forward. Cognitive blocks that appear during stress are balanced and released with this increase in melatonin and balance of other areas of the body²⁵.

²² Pho, Kevin. 2013. "Corporate Wellness Programs Fail Both Companies and Patients." *USA Today*.

²³ Narasihma R. 2014. "Stress Management: A Case Study on the Impact of Meditation and Yoga on Stress Levels." *Journal of Educational Psychology* 6 (4).

²⁴ Kaur et al. 2014. "Effectiveness of Relaxation levels in Reducing Stress." *Journal of Physiology*.

²⁵ Sengupta, P. 2014. "Is Mind - Body Relaxation by Yoga Effective to Combat Against Stress?" *Annals of Medical and Health Research*.

Part III: The Power of Super Yoga

The power of the Super Yoga system has been proven to be both the antidote to stress and the golden apple which saves corporations millions of dollars. The system has been developed specifically as a response to the high levels of stress and the expectations that many companies and corporations have. The development of the system uses short and powerful sequences that target the body - mind relationship under stress. When practicing one sequence, it automatically triggers and alters the balance of the mind to work under stressful conditions. With continuous practice it allows the body - mind to move out of the stress habits and into powerful, focused response systems with peak energy and out of stress.

Combating Stress

Stress instantly triggers from a fight - flight response system. As this occurs, the hormone and neurological system of the brain responds in a specific way. The stress reaction is designed to create certain blocks in perception, expectation, memory and focus. The result for corporations is a reverse response to the focus and peak energy required for projects. More important, it creates a negative cycle with burnout and hypertension that does not offer high levels of performance within a corporation.

Combating stress with the Super Yoga system offers a reversal of the biomechanics that occur with stress. When the fight - flight response system begins to react, one can stop the process with certain Super Yoga sequences. The neurological system, with specific exercises, is trained to reach peak energy and alternative responses to stress. The hormones within the mind are neutralized and are trained to respond with peak energy and focus, as opposed to blocks with the mind - body reaction. Hypertension and high heart rates are instantly reversed into a balance and focus of the body.

Synchomastery: Spontaneous Mastery of the Body and Mind

When the body - mind are at the highest peak potential for energy and creativity will spontaneously arise. This invites energy and creativity to exist. Genius and mystic power are one and the same.

Train Your Brain

In certain practices, either the left or right hemisphere of the brain is proactive and dominant. However, this often blocks potential in creativity and alternative perspectives for projects and a flow of opportunity. If stress is a continuous factor within the brain, then it further blocks the potential flow and peak energy states within the work space. Training the right and left hemisphere of the brain opens potential for faster and more effective thinking.

Typically, the left and right hemisphere are imbalanced because of cerebral dominance. While many are taught to think with one dominant area, this creates blocks in the neurological system. It also develops limitations and furthers perspectives on stress and the expectations linked to this. In Yoga practices, breathing exercises and specific sequences automatically shift the cerebral dominance into balance. As this occurs, it allows the mind to become sharper, reach peak states and to have a balance between creativity and logic as well as other factors required for the mind to function at it's best²⁶.

Open Central Energy Channel Flows

²⁶ Dhungal K et al. 2013. "Physiology of Nostril Breathing Exercises and It's Probable Relation in Cerebral Dominance." *Medical College Journal*.

Central energy flow work through the nervous system and the sympathetic - parasympathetic nerve fibers which then enter the brain cortex and all motor movements and cognitive reasoning through the intellect function as a result of this relationship. The central energy flow, the spine, the brain cortex, must be in a state of full capacity and integration to function at peak potential. Blocks in the spine and the shoulder, in the lower back, deplete both vital energy flow and thereby deplete mind power. The person is functioning at only a fraction of their capacity and in 100% of cases, work related from the CEO down to the office assistant, this is the truth of the matter.

In males, stress creates a loss of spinal density. Computer work also creates energetic blocks which actually starve the brain from it's necessary battery power source. This is why it is so crucial for those working in high stress desk positions to do very specialized exercises which opens the central channel and activates spinal flow.

Working with computers, just like the common magazine wire tends to hot wire a person, there is a strong tendency body - mind relation and the nervous system to get too wired. All high tech jobs are also high intensity jobs which catapult the individual into a burn out cycle, no matter what age. Super Yoga is designed to counteract the burnout, stress cycle that begins with the central energy flows from the work flow.

Integration of Subconscious - Conscious - Superconscious Levels of Awareness

One pinnacle of Super Yoga is an integration between the three levels of the mind, which is the subconscious, conscious and super conscious. Quite often, one's subconscious mind can be an enemy or work against the person to sabotage work or life in some way or to hold painful, fearful memories of the past, which block the path to the future destiny.

Maharaj discovered an innovative way to simultaneously access all three states of the mind and to unite them into a powerful alliance where a person has more control and is able to spontaneously tap their creative power. This, of course, can catapult the individual towards success or their life goals. This approach has created hundreds and thousands of tremendous breakthroughs in consultation work.

Conclusion

Innovative approaches create spontaneous and immediate results and have succeeded in thousands of cases in 30 years of study, which has now culminated with this program presented globally to private and corporate sectors so they may receive the immediate, positive impact. The focus is to protect health and wealth for a Super Lifestyle.

At this time, stress can be seen as an epidemic. The stress factor, especially among the workplace, is one that can be traced to fatality. Stress and hypertension are increasing to almost 50% of those at work while hypertension is traced directly to 67% of men suffering from stroke. Beginning to combat against the high levels of stress and the health that directly impacts the mind - body relation is only the beginning to changing the threat stress holds to those working within various companies.

The Super Lifestyle and Super Yoga are designed specifically to combat against the fatal results of stress. It directly impacts the body - mind relation on multiple dimensions, specifically to alter the health, wealth, lifestyle and peak energy states of individuals. With continuous practice of the consultation practices offered by Maharaj, one experiences spontaneous synchomastery of the body - mind relationship.