Yogic Science for Addictive Habits & Behaviors

An Aquarian Model to Inspire and Uplift the Human Spirit

Founded by Yogi Bhajan, Ph.D.

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Mission Statement

- Dedicated to serving people with behavioral addictions
- Offering a system of yogic science, including the technology of Kundalini Yoga, as taught by Yogi Bhajan, PhD
Philosophy

- The human potential of each individual is unlimited
- Each person is a whole being, in which body, mind, and spirit are interconnected
- Freedom from addictions occurs when all of these facets are integrated together allowing for personal excellence
The Sensory Human

- Consciously connect to your life force, the breath
- Create a relationship to your higher consciousness
- Develop the dignity of self-autonomy
- Thus the reality for external fulfillment becomes non-existent
Yogi Bhajan

- Yogi Bhajan was a Master of Kundalini Yoga and founder of SuperHealth technology, through which thousands have experienced healing transformation.

- 3HO (Healthy, Happy, Holy Organization), a Non-Government Organization (NGO) in consultative status with the Economic and Social Council of the United Nations was established as a non-profit Corporation by Yogi Bhajan in 1969.
Yogi Bhajan

- Established 300 international teaching centers in 35 countries, supporting 500,000 individuals to live a healthy, happy and holy lifestyle the technology and lifestyle of Kundalini Yoga and meditation
- Authored dozens of books and videos, as well as, gave thousands of lectures and courses on the yogic technology of health and healing
SuperHealth

- SuperHealth is a perfect blend of East and West
- It combines the 5,000 year old yogic science with the ancient wisdom of the East and the innovations of the West
- Helps eliminate the physical, mental and spiritual blocks which keep one from living a deeply satisfying life
- SuperHealth has been accredited by the Joint Commission on Accreditation of Health Care Organizations
Addictive Behaviors

- Alcohol and Chemical Dependency
- Smoking
- Eating Disorders
- Co-dependency
- Stress
- Anxiety/Depression
- Gambling, Shopping, Computers
Why People Use External Stimuli

- Escape from an unfulfilled purpose of life
- Lack of parental nurturing
- Weak personal values
- Disconnection with the spirit
Methodology

- Kundalini Yoga
- Meditation
- Vegetarian Diet
- Herbal and Vitamin Therapy
- Counseling and Science of Humanology
- Massage Therapy
- Reflexology
Specialized Kundalini Yoga sets and meditations are designed to eliminate dependence on external fulfillment by creating greater awareness.

Practical tools unlock the true self that is powerful and fully capable of resolving all issues.

A person cannot change and sustain the change until his awareness or consciousness is heightened.
Kundalini Yoga

The Yoga of Awareness

Yogic technology is known to:

- Balance glandular secretion allowing for optimal health
- Strengthen and rebuild the nervous system that breaks down from substances; rid the body of toxins
- Change the chemistry of the blood and food metabolism
- Balance the neuron patterning of the hemispheres of the brain which affects addictive behavior
Meditation

The practice of meditation allows for the successful response to life’s challenges, remaining calm and non-reactive under challenging situations

- Peace of mind
- Clarity
- Dignity and self-esteem
- Discipline and self-control
- Intuitive sensitivity
Meditation

Simple Meditations for changing mental patterns

- Inhale: “I feel,” Exhale: “Great”
- Long and deep breathing with Sat Nam
- Celestial Communication
Breathing

Physiological and Emotional Benefits

- Conscious systematic deep breathing has a calming effect, clarifies thinking, and regenerates the body.

- Without it, blood is not properly purified and strain is put on the internal organs, glands, and nerves.

- Specific emotions require a particular breathing rhythm. By altering the breath, one can learn to alter one’s mood.
Breathing

Simple yogic breathing

- Left nostril
- Right nostril
- 4:2 Breathing
  * inhale 4 sniffs,
  * exhale 2 sniffs
Nutrition

Restoration Process

- Detoxification stage
  - Eliminates toxins and cleanses the body
- Rehabilitation stage
  - Rebuilds and strengthens the body
- Acceleration of healing
  Healing process is accelerated with specific vegetarian foods and juice blends that are easily digestible and can be assimilated & eliminated from the body quickly
  - Yogi Tea
  - Onions, ginger, garlic
  - Beets, carrots, celery
SuperHealth Technology

Nutrition

Yogic Health Tips

- Rebuild the nervous system
  Celery Juice

- Depression
  4 bananas, add lime juice, sprinkle with black salt
Nutrition

*Herbal and Vitamin Therapy*

- Yogis have used herbs and spices for thousands of years to heal the body, maintain health, and soothe the spirit
  - Food preparation
  - Herb and spice teas
  - Herbal mixtures
- An herbal regime detoxifies, rejuvenates and enhances the entire body subtly
- Vitamins enhance health and radiance
Counseling

The Science of Humanology

Applied psychology from the perspective of Kundalini Yoga.

- **Hu** means “ray or radiance”; **man** means “the mind”
- **Hu-man** means the radiance of man

During a counseling session, we acknowledge the past without dwelling in it. Integrated with practical lifestyle tools of yoga and meditation, Humanology uplifts and inspires the human spirit.

*We are not humans born for a spiritual experience, we are spiritual beings born for a human experience.*

Practical tools unlock the true self that is powerful and fully capable of resolving all issues.
The Global Phenomena

- Treatment programs have operated in Tucson, Arizona and Amritsar, India. Recently a 90-day pilot project was conducted for substance abusers in collaboration with the Punjab government.

- As part of aftercare, Amritsar now offers Kundalini Yoga classes available to the public year round.
Worldwide Training

Introduction to SuperHealth Technology

• To address the vast problem of addictions, we offer an Introductory Training Course in SuperHealth technology.

• Open to everyone. Yoga teachers and students, healthcare professionals, and people in recovery or those wanting to change their lifestyle.

• Contact us:
  • Get more information on training
  • Arrange a course in your city
  • Visit the website for schedule of courses and new course offering
Crisis as a Blessing

- Times of crisis can be the most opportune times to make profound meaningful changes.
- Within every crisis is hidden potential, an opportunity which can turn a hardship into a blessing.
- Learning from crisis and taking responsibility creates a shift in our thinking.
The Challenge of a Crisis

- When we perceive a crisis as an opportunity, we achieve a victory in life.

- Every victory develops inner strength that allows us to face life without fear or guilt and to create a life full of peace, happiness, and commitment.
Prayer

It is our blessing to share these practices for daily living, giving a most precious experience and enriching the quality of your life.

It is the birthright of all people to be happy and live in peace.

*This is our prayer*
SuperHealth

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