

# PUREMIND

APRIL NEWSLETTER

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## MEDITATION

Meditation involves relaxing our bodies, practicing our breathing, and being mindful of the here and now.

4 methods stand out in meditation

- 1) Hindu meditation involves repeating a word or a phrase (mantra)
- 2) Buddhist meditation involves focusing on breathing which fortuitously in always with us
- 3) Zen meditation repetitive activities like sweeping a floor or folding a cloth
- 4) Normal meditation where we watch our thoughts, let our thoughts run through, and not being involved with them.

In this newsletter, we are discussing meditation through mantra chanting.

## Mantra Chanting

It is a common occurrence in Eastern Culture for adults and children alike to practice mantra chanting. **It is believed that Mantras have the power to suppress fears and promote transcendence of the mind, helping the person cope with the various aspects of their life.** Despite its commonality, the study of the practice of chanting is shockingly rare, still in its incipience in this era, with effects that are talked about, but still doubted. Even though Mantra chanting is not specific to one religion or region, it is quite common in both Buddhism and Hinduism, its neurological benefits are universally preached. They are said to improve concentration and help with focusing the mind and shaping it with training on honing the goals of a person. Naturally then, its studies are EEG, fMRI, and wave centered. One such study monitored twenty-two participants, males and females between ages 40 to 52, with at least a year of experience in religious chanting, namely the prominent 'Amitābha Buddha'. They measured EEG data while the participants chanted the Mantra according to guidelines and the data was then analyzed to actually find the benefits that arise from Mantra chanting. The EEG wave data was collected and it was organized for spectrum analysis of the brain waves and the data was then used to validate itself through fMRI data and analysis to provide a strong basis before making any assumptions. . The first analysis came from analyzing the increased presence of delta waves in the posterior regions of the brain, like the Cingulate Cortex which is involved in emotion formation, procession, learning, and memory processes. This presence provided evidence for the betterment of a person's brain procession through chanting. The increased Delta wave presence suggests that many distractions to the brain are inhibited, allowing the brain to hone in and focus on a certain process, be it a goal a person has or better concentrate on a specific task. This is said to have been caused by the repeated performing of the same task, again and again, basically training the performance of the brain. This conclusion has far-reaching effects too. **Like this targeted increase in brain activity could extend to treating sleep disorders, which are a gray area to treat as the medication requires some delicate care to handle as artificial control of natural circadian rhythm is not easy.** Secondly, this data is further solidified by analyzing the breathing and heartbeat patterns, as there was found to be little to no relation at all. Therefore the practice of chanting itself has the sole capacity to help a person suppress the distraction in their life and hone their mind to better concentrate and train it to perform tasks better through repeated exposure.

**Written By Surya N  
youth volunteer**

# Yoga Pose of the month

You may have seen this classic yoga pose in billboards, yoga classes, or do it yourself. The Vrakshasana, or “tree pose” is a common balance-based meditation and yoga position that is shown in lots of media and is a great beginner or pro yoga move to relieve stress. The word **Vrakshasana** is Sanskrit, meaning “**tree position**” when translated to English. It benefits the mind in the process of meditation, and the legs in strength and balance. According to Classic Yoga Co., the Vrakshasana aids in “getting the flexibility of the spine and hips”, and “opening up the hips and groin”. The position can help in calming one’s mind and becoming more in tune with one’s organs and muscles. “Stability and poise”, according to Classic Yoga Co., can also be attributed to this common move. This move is simple and should not result in injury, but if you have frequent migraines or high blood pressure, you should use precaution when performing it.

To begin the pose, set up in a clean space with padding, like a yoga mat. The pose is **one-foot focused, so lift your right foot to as high up your leg as is comfortable**. Keep steady, and focus on balance. Breathe, and focus your gaze on a still object in front of you; this will help with keeping your back straight and balanced. **Lift your arms straight up over your head to where your palms are touching, and your ears are covered**. If you have frequent headaches or dizziness, keep your arms lowered, in a prayer position in front of your chest. Breathe. You can hold this position for as long as you like, and utilize it for meditation, a calming practice, or to work on leg strength and balance!

Sources: Vrikshasana: Meaning, Steps, Benefits | Classic Yoga

**Sydney Tipton**

**Youth Volunteer from the United States**





# *The Colour Blue and its Significance*

The colour blue is the number one favourite colour in the world. Why might that be?

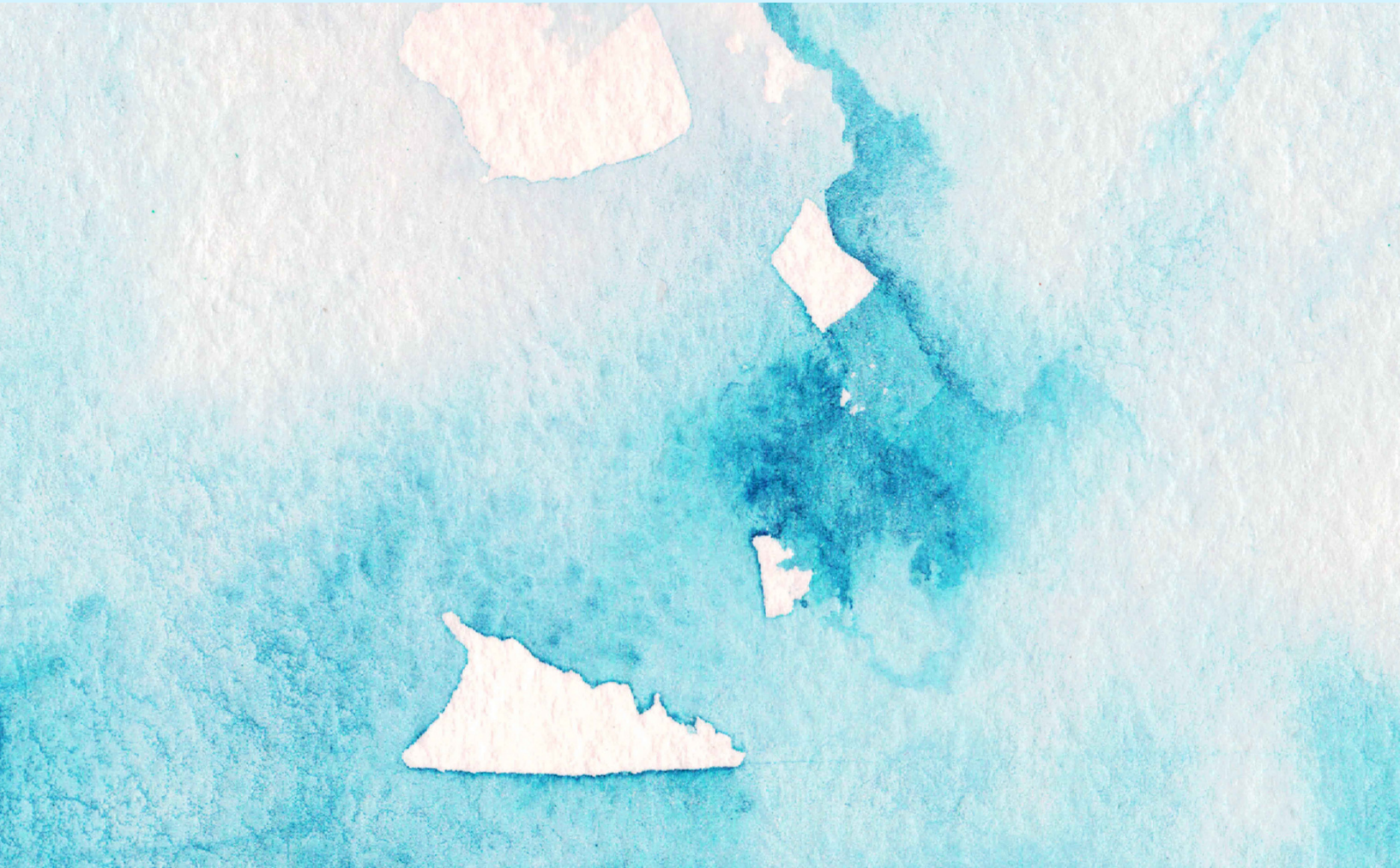
This colour signifies calmness and relaxation. It makes sense when we think of how relaxing it is to just stare out to the sea or lie down and look at the blue sky.

This is also why this colour relates to trust and loyalty and is used to portray security and confidence.

A colour to take into account if you want to create a reliable, trustworthy brand. A colour to repaint a new room in your house to dedicate to relaxing and unwinding.

The blue colour is related to our throat. Our vocal cord is in our throat. If we are facing any problem around our throat then with the intention of healing wear blue colour clothes. If you are giving a speech or a giving vocal concert, wear something blue in your body with the intention that your voice will flow fluently. The blue colour will suck all the negativity within you and will spread pure positivity within you and around you.

**Laura Baudes**





# Inspirational Story

## Mother of Orphans

Sindhutai Sapkal from Maharashtra India is much more than just a name. The 68-year-old lady hides many stories behind her strong personality. Full of energy and passion, Sindhutai is commonly referred to as "Mother of Orphans" and as she talks about her life and her children you can see the pain, the troubles, and the miseries she has faced and overcome with her hard work during her lifetime. But, from all the emotions you see on her face, an unusual sense of confidence, which she has derived over the years through her experience, is something you get inspired from.

"I am there for all those who have no one," she says with a lot of affection. You can see flashes of her life as she talks about her journey and how she became the "mother". Being an unwanted child, she was nicknamed "Chindhi" which means a torn piece of cloth.

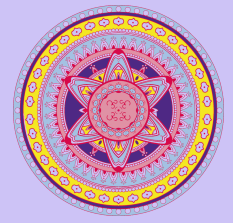
Even her husband abandoned her. Beaten, gave birth to her daughter Mamta on 14th October 1973 in a cowshed. Sindhutai went back to her maternal home, but there too she faced an unapologetic rejection from her mother. Feeling lost and betrayed, Sindhutai started singing and begging in trains and on the streets just to make ends meet. She continued to fight for herself and her daughter's existence and made train stations, cowsheds, and cemeteries her home.

It was during these experiences of poverty, objection, and homelessness that Sindhutai came across dozens of helpless orphans and women who were blatantly ignored by society. She started adopting these orphans and worked and sometimes begged incessantly to feed them. To avoid partiality towards her biological daughter, Sindhutai sent her daughter to trust in Pune. After years of hard work, she raised her first Ashram at Chikaldara. She traveled across villages and cities to raise money for her Ashrams. Many a time she even had to fight for the next meal due to lack of funds. But Sindhutai never stopped. To date, she has adopted and nurtured over 1200 orphaned children. They fondly call her 'Maai'. Many of her adopted children are now lawyers and doctors. Now her biological daughter and the adopted children are running orphanages of their own.

Sindhutai Sapkal has received around 270 awards from various national and international organizations. A Marathi film "Mee Sindhutai Sapkal" was also released as her biopic in 2010. She has founded numerous organizations across Maharashtra which provide education and shelter to thousands of orphans. Even today, at the age of 67, Sindhutai Sapkal works relentlessly to shape the future of these orphans because she believes that a deprived child means a deprived nation.



# Upcoming Events!



April 25th

- Mind Sound Resonance Meditation for 1 hour on Sunday, **April 25th, 10 AM EST (8:30 PM IST)**

**May**

- - May **23rd** Sunday - Sunday, **10 AM EST(8:30 PM IST)**- Meditation (**Yoga Nidra**)

## Regular Classes

- One Hour Yoga Class **Twice a Week**
- Tuesday, Thursday 6:00AM IST and 8:00 AM EST
- Bhagavad Gita Class 4 times a month  
Saturday **8 AM EST and 5:30 PM IST**

To Register or Volunteer : Contact  
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**Visit our website: [puremindnonprofit.org](http://puremindnonprofit.org) & read articles on our youth blog: [purplespaceblog.com](http://purplespaceblog.com)**

Final editor  
Shreya Komar

# Thank You For Reading!