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# Power of Relaxation: Align Your Body, Your Mind, and Your Life Through Meditation

*Yogi Ashokananda*

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# Power of Relaxation: Align Your Body, Your Mind, and Your Life Through Meditation

*Yogi Ashokananda*

**Power of Relaxation: Align Your Body, Your Mind, and Your Life Through Meditation** Yogi Ashokananda
This book describes Yogi Ashokananda's unique, down-to-earth approach to meditation - one with strong connections to ancient Indian traditions but that is also fully adapted to the demands of modern Western living. Using evidence from medical and scientific research, Yogi explains the importance of relaxation, and draws on the wisdom of tantra to guide the reader to understanding the energy we control within our body. Unlike other meditation techniques, Yogi's method starts with the body rather than the mind as the centre for meditation, since his emphasis is on embracing our human side as well as our higher self. Challenging the body physically and focusing attention on the lower chakras allows us to bridge the gap between our material and spiritual self, to heal any conflicts or splits arising from living in today's society and to explore all aspects of our personality. The link between the body and the emotions is scientifically well-established, and the exchange and union between the body and mind that takes place in Yogi's meditations is particularly effective for relaxation. By using breath control and simple arm movements to channel and direct energy flow, Yogi also demonstrates how to create perfect balance in the body and rid it of samskaras, the energetic residue of our emotional scars, which can make us lethargic, depressed, stressed and anxious. The benefits of distributing breath and energy evenly are felt at every level: the essence of the five elements within the body's organs is balanced; emotional and spiritual renewal and transformation occurs; self-awareness, vitality, clarity, and a sense of calm, balance and harmony are increased; and the digestive, cardiovascular and nervous systems are all positively affected.

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