



Anant Shri Sadguru Sadafaldeo Ji Maharaj



Come, let's learn  
the exercise for the Mind

An unbelievably  
powerful and unique  
meditation technique to  
control the mind !

Come, discover and  
unleash your hidden  
potential !

Search for peace, and  
practice to achieve it !

Move towards self-  
realization & beyond !

# Agenda

## 1. Breathing Exercise

- Rigorous Breathing
- Alternate Breathing
- Bee (Humming) Breathing

## 2. AUM chanting

## 3. Vihangam Meditation Practice

## 4. Appendix – About Vihangam Yoga

*Come, let's learn the exercise for the mind.*

*Discover & unleash your hidden potential.*

*An unbelievably powerful & unique meditation technique to control the mind.*

*Search for peace, and practice to achieve it.*

*Move towards Self realization, & beyond.*

## Daily Online Practice

Breathing Exercise & Meditation

Vihangam Yoga  
Singapore

Mon-Fri: 6am & 8pm  
Sat-Sun: 8am & 8pm  
Singapore Time



Zoom ID:  
**383 310 813**

Join from Anywhere; Free & Open for all



We did **650** practice sessions during COVID-19 to support the Society

Breathing Exercise

Meditation

Knowledge Sharing



+65-97790814; 9277 5007 | vyingapore@gmail.com



## Global Online Forum (Live Webcast)

YouTube

**Every Sunday**

9.30am (for 1 Hr.) Singapore Time

<http://us.vihangamyoga.org/online-satsang/>

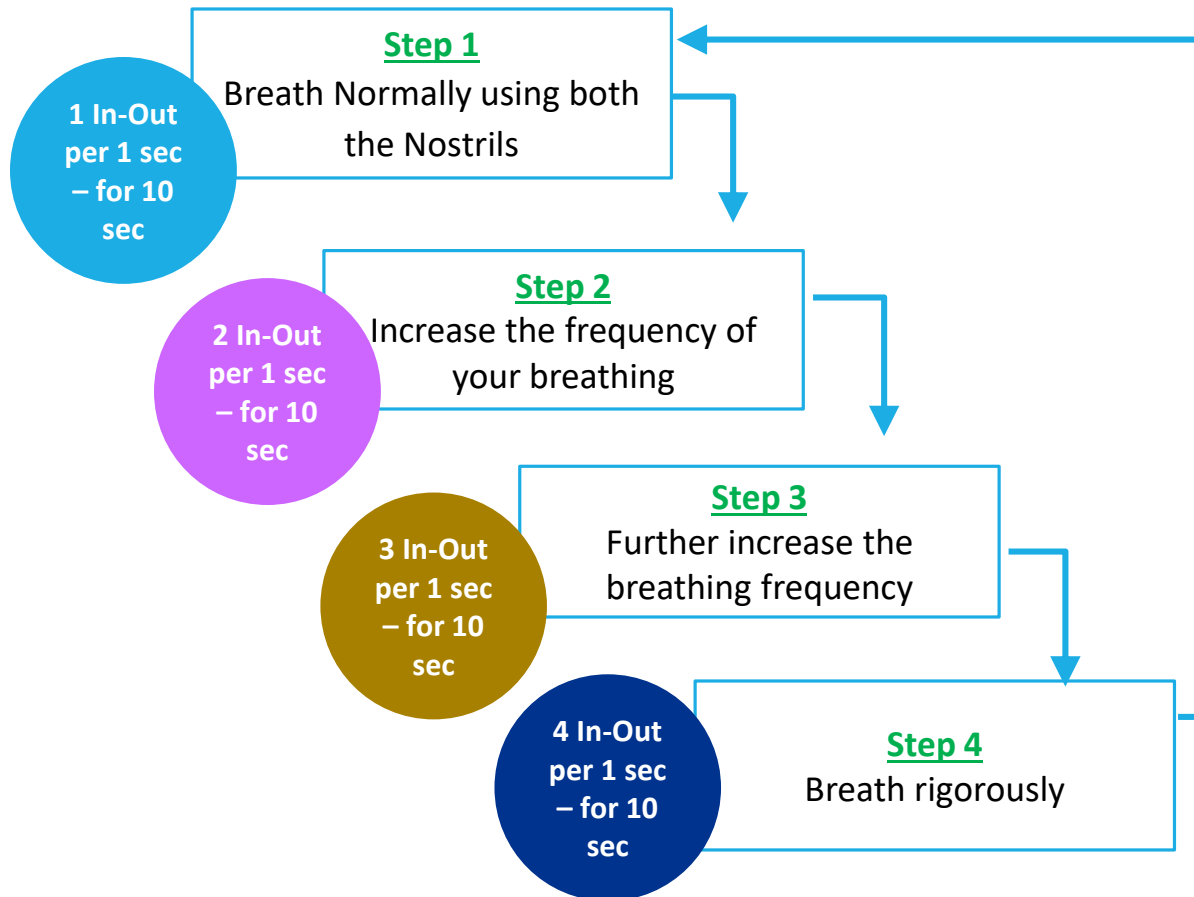
– Live Q&A –

<https://www.slido.com/vygosf>

All past sessions are available in this link !

# Breathing Exercise

## Rigorous Breathing

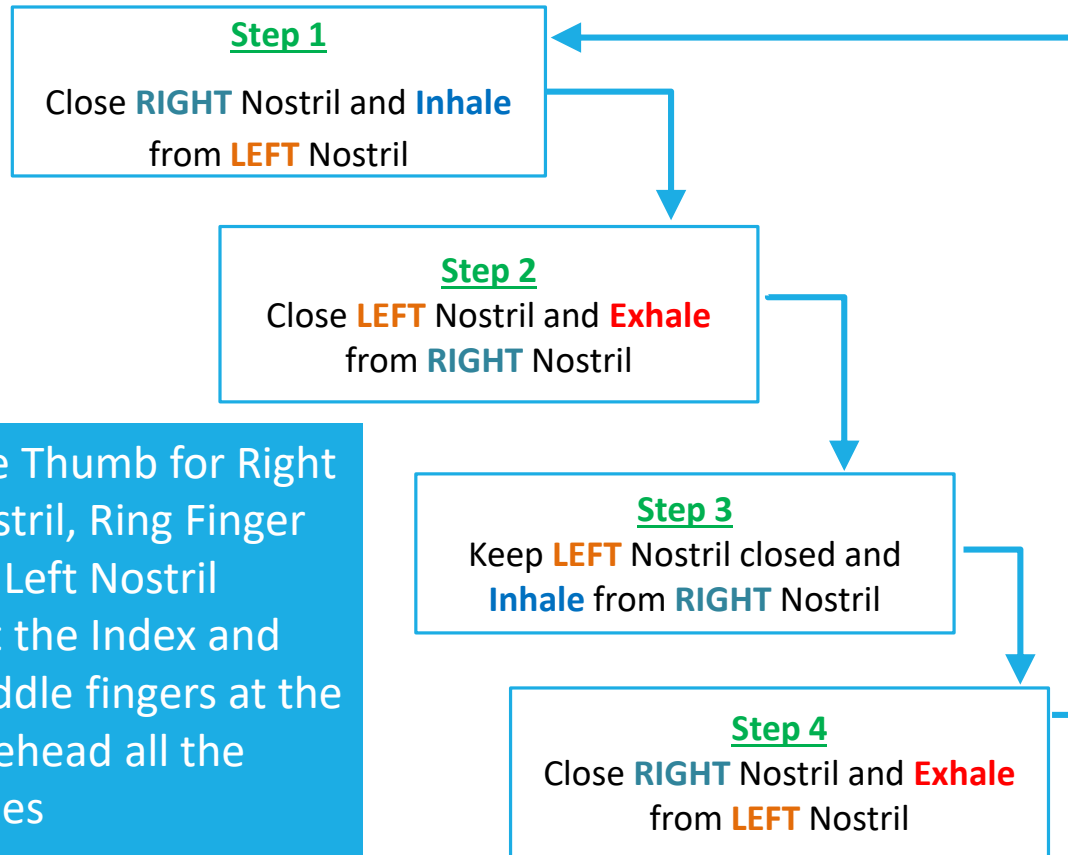


### Note:

- Repeat the above four steps for 3 or 4 times. You may keep your eyes closed.

# Breathing Exercise

## Alternate Breathing



- ☐ Use Thumb for Right Nostril, Ring Finger for Left Nostril
- ☐ Put the Index and Middle fingers at the forehead all the times

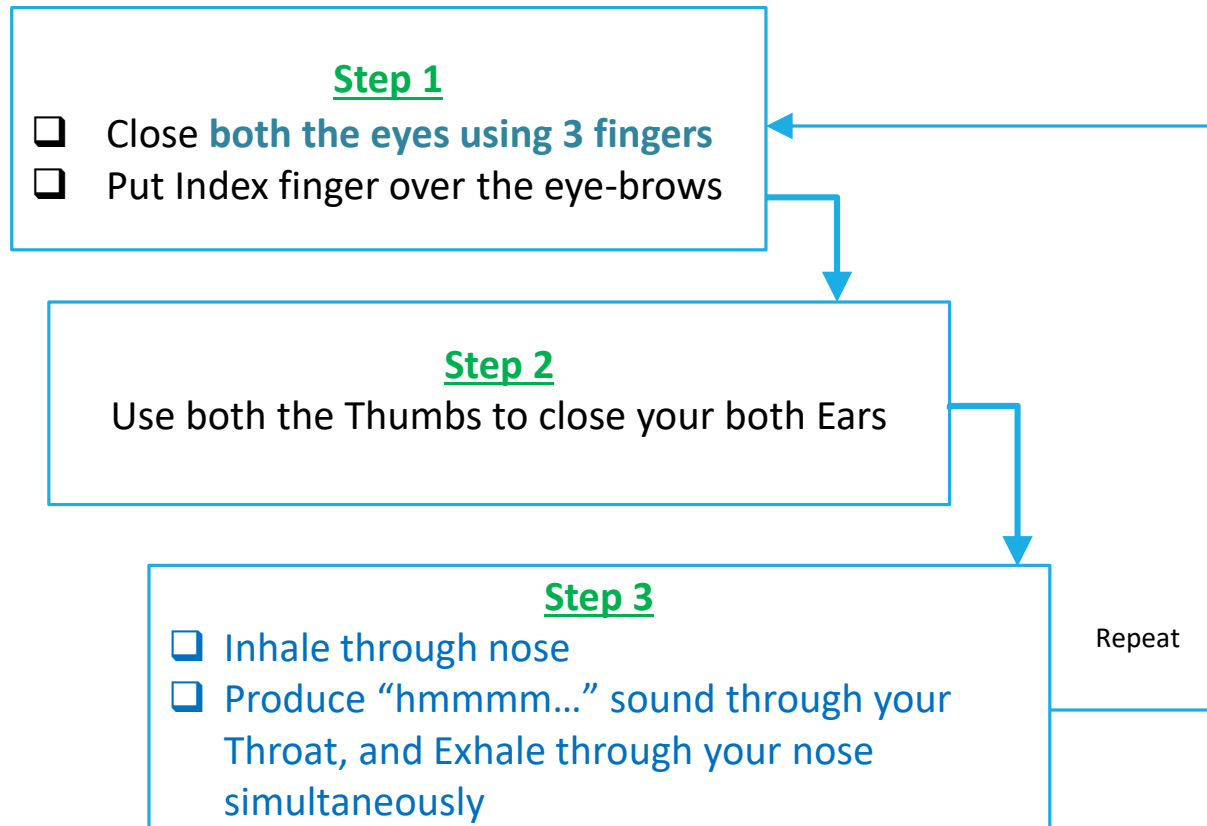


**Note:**

- Repeat the above four steps for 5 times. That means, total 10 times **Inhale** and 10 times **Exhale**.
- You may keep your eyes closed.

# Breathing Exercise

## Bee (Humming) Breathing

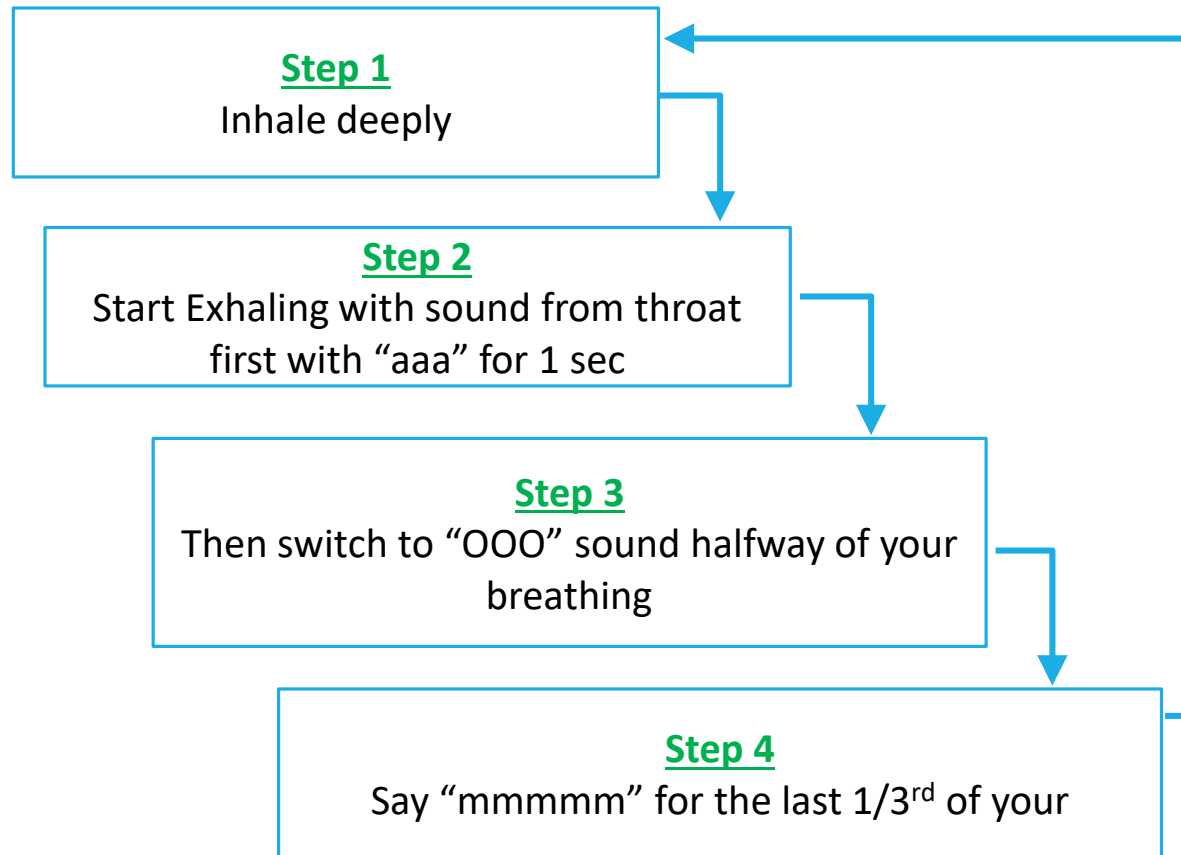


**Note:**

- Repeat the above 3 steps for 5 times.
- You may keep your eyes closed.

# AUM Chanting

AUM is made-up of 3 sub-sounds: “aaa”, “ooo”, “mmm”



**Note:**

- Repeat the above four steps for 3 or 4 times. You may keep your eyes closed.

# Gāyatri Mantra



**AUM Bhūr-Bhuvah Svah Tat-Savitur-Vareṅyam |  
Bhargo Devasya Dhīmahi Dhiyo Yo Nah Prachodayāt |**

O God! You are the basis of all lives, destroyer of troubles, the giver of happiness, creator of the whole universe, harmonious, the most exalted, the most immaculate, destroyer of all sins, the greatest authority, giver of divine properties. We remember and pray to you, meditate upon you. Please lead our mind and intellect to the righteous path.

# Root Cause of Problems



Meditation Enables to Explore the Core of You

a Matter of Guidance, Practice & Experience

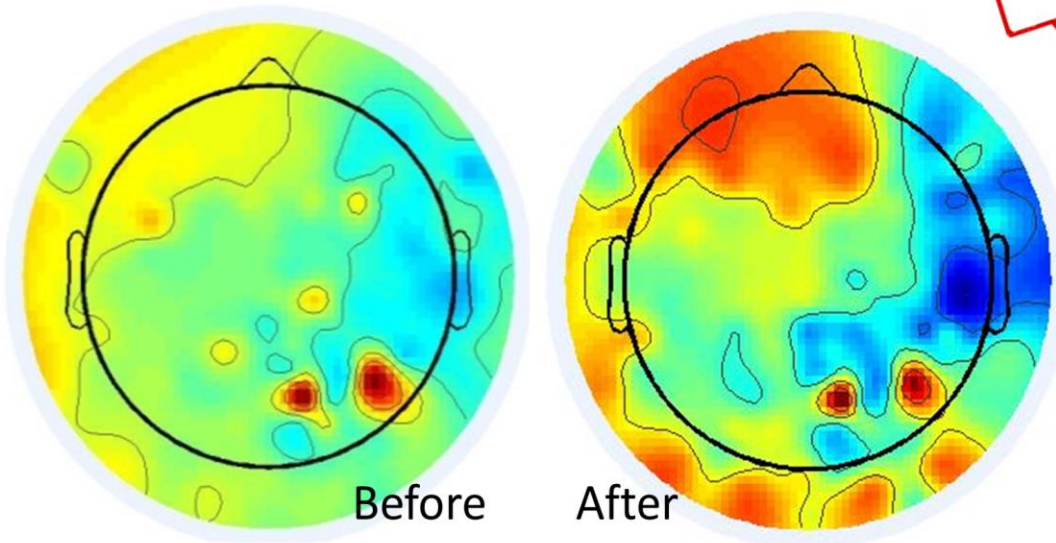


# Impact of Alpha Waves

Brain State Before & After Meditation

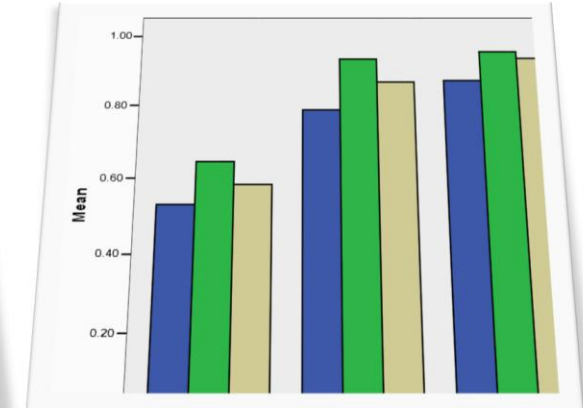
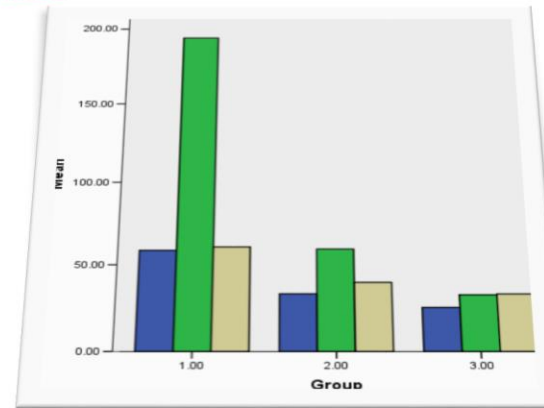


Alpha waves Before, During, & After Meditation



A topographical representation

High Alpha powers during Meditation



More Alertness

Significant Relaxed State

Restfulness Alertness: 192 Channel EEG Test Results

# Initial Benefits of Meditation

**Better Sleep**

**Energetic**

**Lowers stress**

**Better breathing**

**Improves eyesight**

**Balances your emotion**

**Lowers blood pressure**

**Improves the performance**

**Mental Rest**

**Improves concentration & memory**

**Control addictions**

**Strengthen the immune system**

**Makes you Confident**

**Satisfied life**

**Inner happiness**

**Happy relations**

**Develops creativity**

# Vihangam Meditation

10 minutes

## Step 1

Sit as per your comfort, but preferably with left leg down and right leg ankle on left ankle

## Step 2

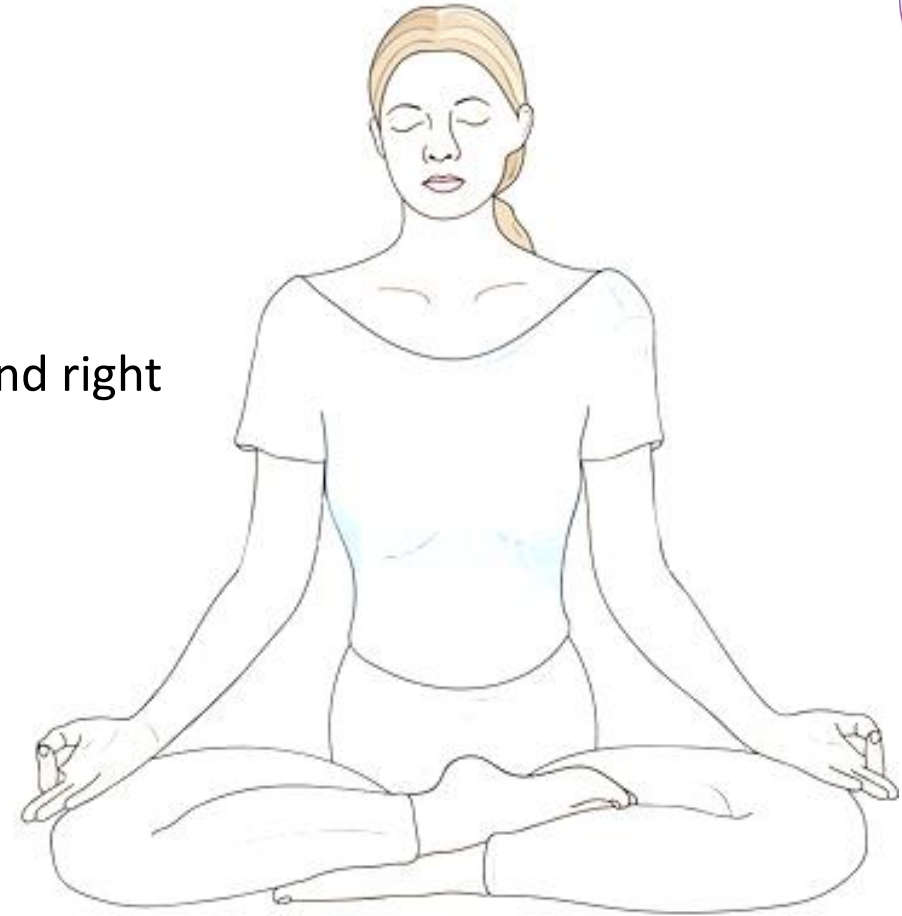
Straighten the Neck and Spine

## Step 3

Hands on Knees. Index and Thumb touch each other. Other finger opened. Palm in upward direction

## Step 4

Meditate !



### Note:

The specific meditation procedure MUST not be disclosed in writing or so. Hence, practice based on what has been taught.

# Appendix

# Agenda

- 01 Introduction to Vihangam Yoga

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- 02 Benefits of Vihangam Yoga Meditation

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- 03 Scientific substrates of Vihangam Yoga

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- 04 Contribution to Social Upliftment

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- 05 Practice the unique Meditation

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1.

## Introduction to Vihangam Yoga

- ✓ *Who We Are?*
- ✓ *Our Vision*
- ✓ *Our Wide Range of Presence*

# Who we are?

An NGO, pioneer in yoga and advance meditation training, aiming at uplifting the human life in all aspects



## Organization Name

Sadguru Sadafaldeo Vihangam Yoga Sansthan



## Established by

Sadguru Sadafaldeo Ji Maharaj



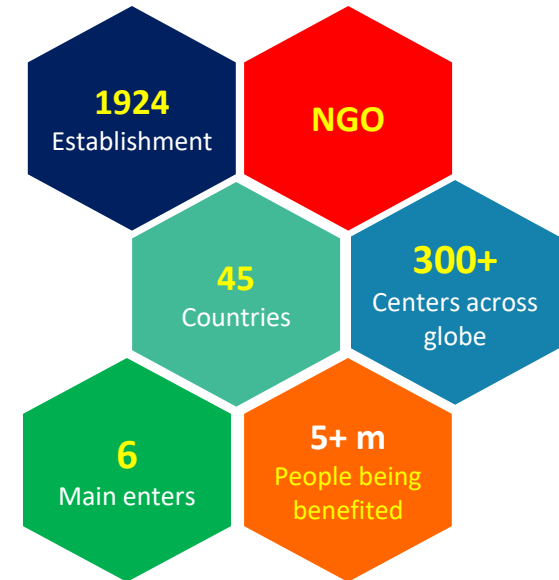
## Led by

Sadguru Swatantradeo Ji Maharaj



## Operational international HQ

Allahabad



Affiliated Member of United Nation – Economic & Social Council (UN-ECOSOC)

# Our Vision



“

We are dedicated to the uplift of mankind socially, physically and spiritually irrespective of one's creed, gender, social or economic status to make the planet earth a better place to live. We do this with the help of **meditation** and **social support** programs, capacity building projects and working with all sections of society.

”



# Our Wide Range of Presence



The 6 prime  
Ashrams in India

2.

## Benefits of Vihangam Yoga Practice

✓ *Physical, Mental*

# Benefits of Vihangam Yoga Practice



- ✓ **Root Cause of problems:** Dormant power of consciousness.
- ✓ **Fixing the problem:**
  - Vihangam Meditation is the science of consciousness awakening.
  - The power of consciousness is the fundamental subject in Vihangam meditation.
  - The beauty of Vihangam meditation is that it has potential not only to explore the core of YOU but it helps explore other governing forces of the universe which are again conscious in nature. It is a matter of experience.

# 3.

## Scientific Substrates of Vihangam Yoga

- ✓ *Scientific substrates of Vihangam Yoga*
- ✓ *Restful Alertness*
  - ✓ *Evidences*
  - ✓ *Testimonial*
- ✓ *Inner Light Perception*
- ✓ *Reduction in Negative Thoughts*
- ✓ *Further Research on Vihangam Yoga*

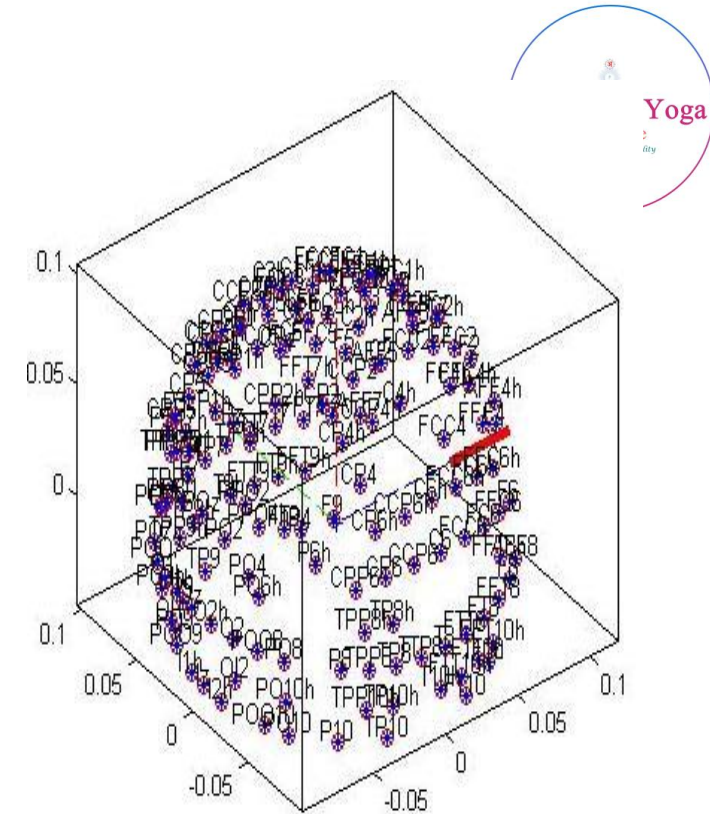
# Scientific substrates of Vihangam Yoga



- ✓ Restful Alertness
- ✓ Inner Light Perception: a unique experience
- ✓ Negative thoughts dwindle
- ✓ Anxiety Neurotic Symptoms decrease
- ✓ Many patients of addiction have been helped
- ✓ Modern sciences (**like quantum mechanics and artificial neural networks**) and Vihangam Yoga

# Restful Alertness

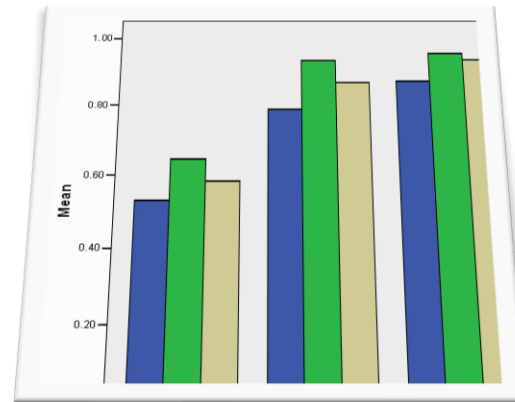
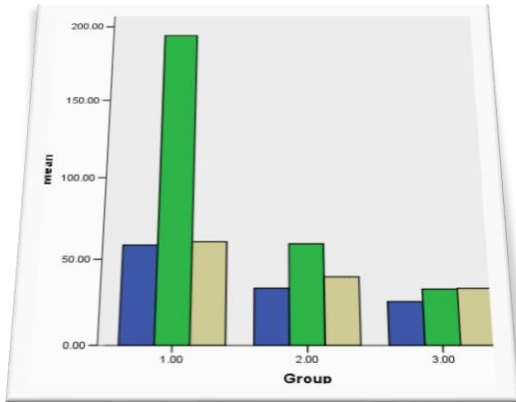
- There is a state of high relaxation during the Vihangam Yoga meditation meaning that the person is not anxious or tensed.
- There is a high alertness during the meditation, which means he can react efficiently to the task on which he is concentrating.
- There is state of consciousness which is difficult to interpret scientifically



*A Vihangam Meditation practitioner with **192 electrodes** placed on his head, being recorded in a computer (behind him) while meditating and a 3-D simulation diagram of electrode placement*

# 192 Channel EEG – Restfulness Alertness

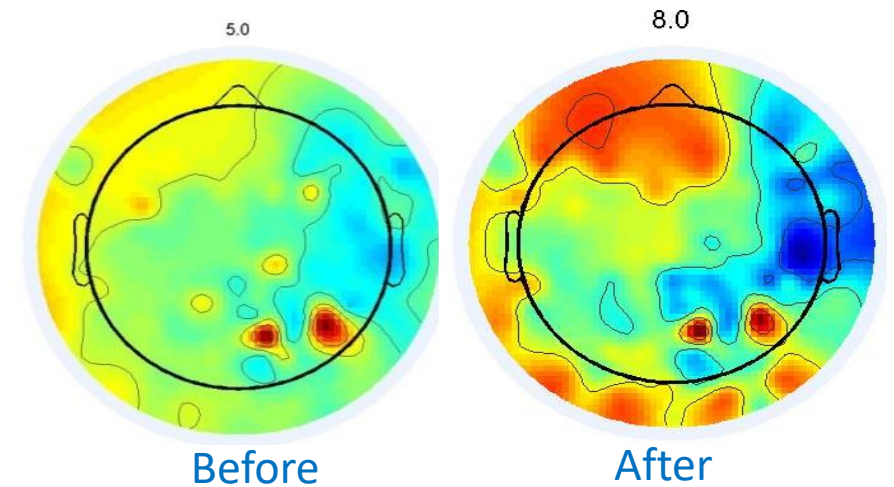
## Comparison of Alpha waves before, during, after Meditation



- ✓ Power of **Alpha** waves –
  - ❑ **Relaxed State**: A person can be relaxed up to 5 times during Meditation.
  - ❑ Graphs depicting the power of **Alpha** waves before, during and after Meditation.

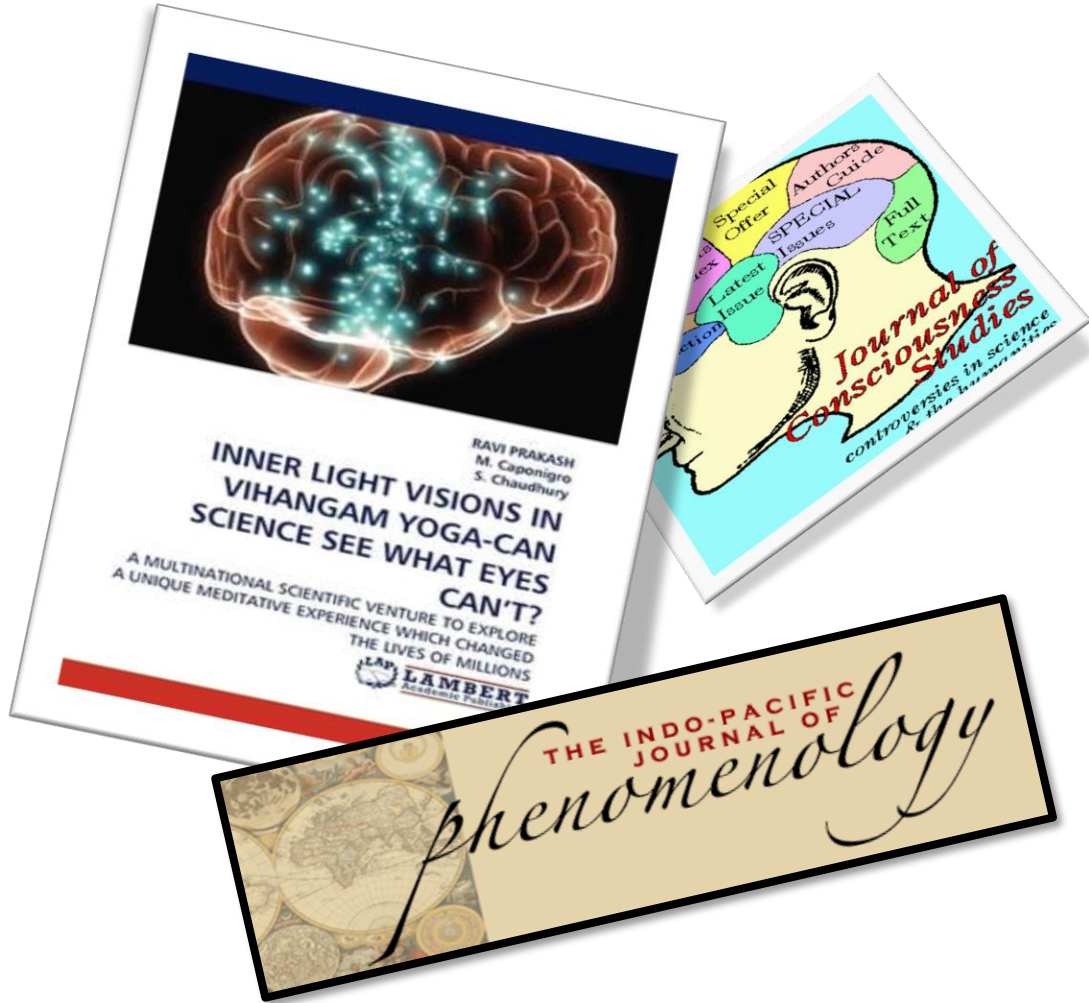
- ✓ **Alpha** Wave Coherence –
  - ❑ **Alertness**: A person is more alert during Meditation.
  - ❑ Graphs depicting the **Alpha** Wave Coherence before, during and after Meditation.

## Comparison of brain states Before & After Meditation



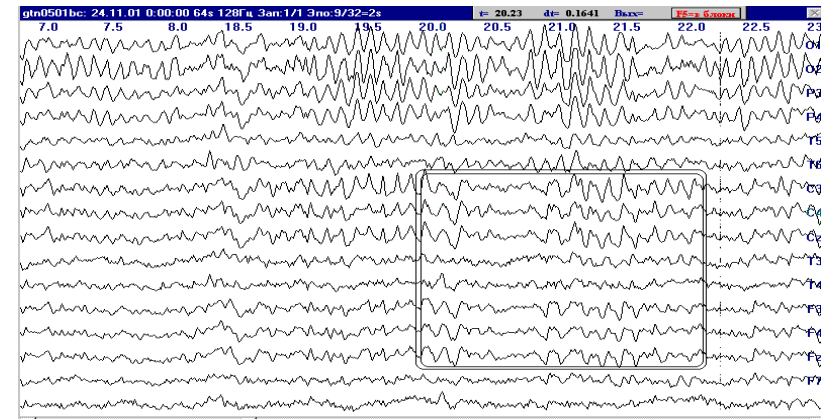
*A topographical representation of the powers of **alpha** waves. The colours are in the order of VIBGYOR so that Violet reflects least power & Red represents highest power. Of specific interest is the high alpha powers seen in the frontal regions during Meditation.*

# Inner Light Perception: A Unique Experience



- Vihangam Yoga Practitioners enjoy several spiritual experiences
- It has been expressed as EXTREMELY PLEASURABLE
- Experience of soothing light during meditation
- The person becomes **calm, compassionate**, can **control his emotions** in a unique way, lives every moment in a unique enjoyment
- Post-meditation persistence
- Applauded in several international journals and scientific forums.

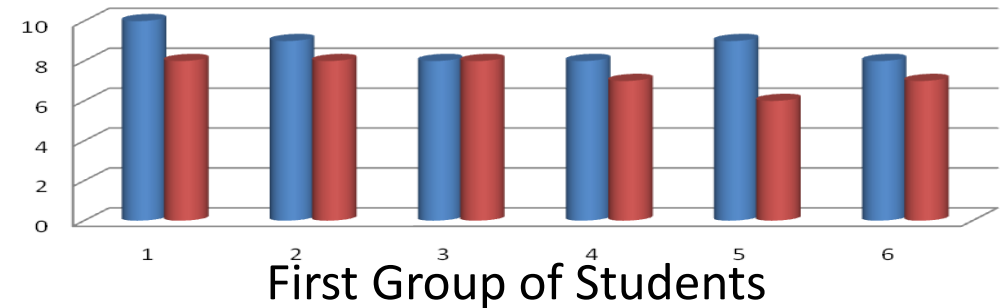
Theta Bursts in EEG



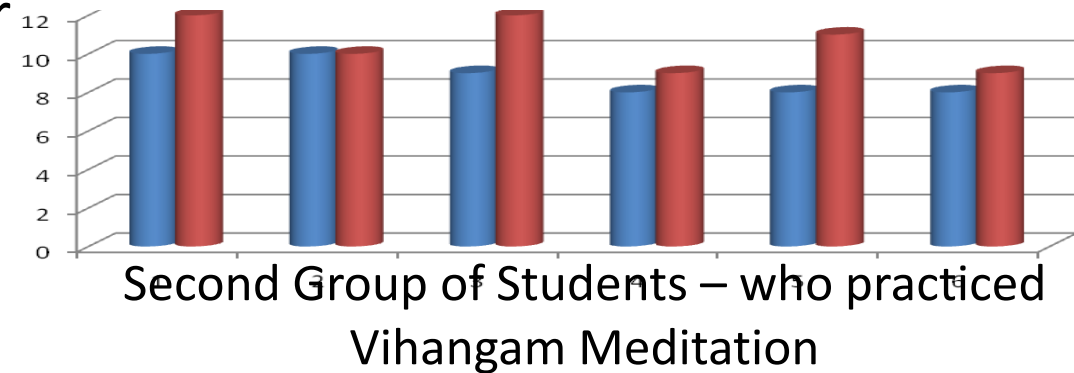


# Reduction of Negative Thoughts

- A series of bad events causes negative thoughts.
  - It can be far more dangerous than just a thought...
  - A study was conducted on 12 Medical Students who failed in a recent exam.
    - All of them had occasional **suicidal thoughts**.
- The suicidal tendency was measured using the **Becks suicidal ideation scale**.
- One group of students was asked to control their suicidal thoughts and other negative feelings by themselves.
- Next group of students practiced the meditation of Vihangam Yoga for 10 days.



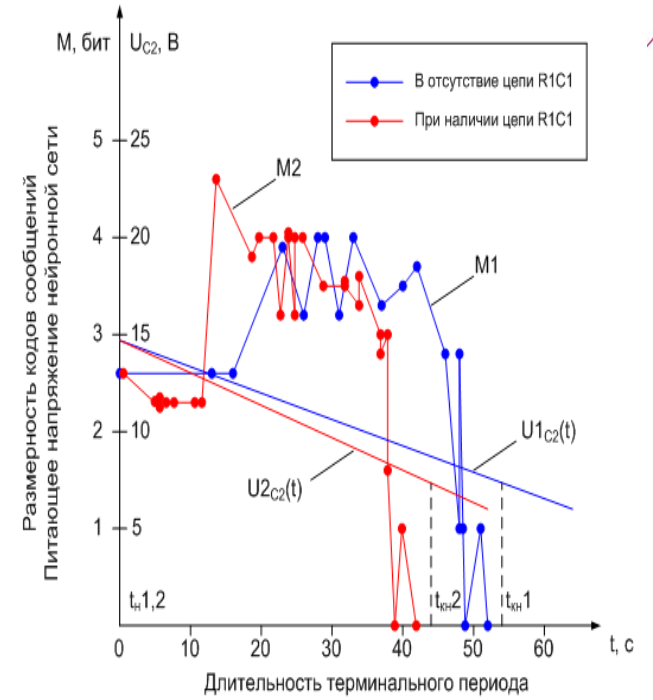
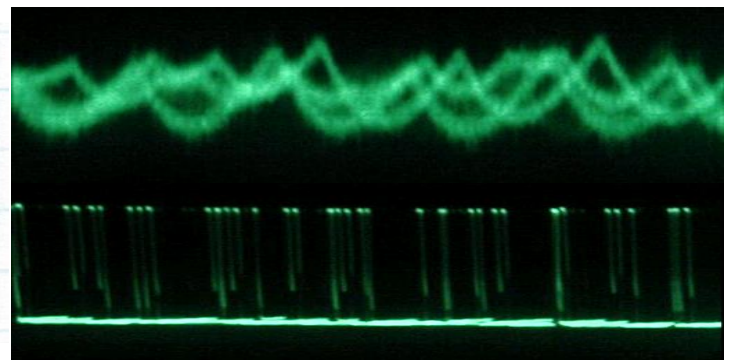
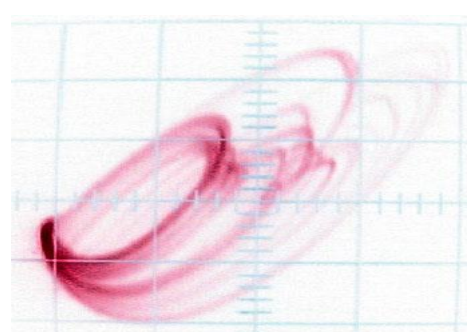
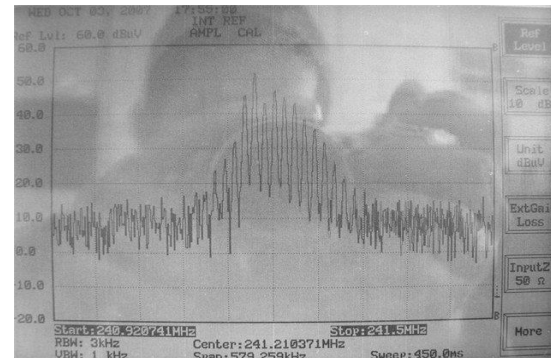
**Only 10 days of practice makes the difference!**



# Further Research on Vihangam Yoga

## Artificial Neural Network recordings (in Russia) for creating a model of Vihangam Yoga

- Bionet Group – Russia
- The “Bionet group” of Ekaterinberg Russia, has collaborated with Vihangam Yoga for the purpose of using the best software in world to interpret the EEG data that have been received from the meditation experiments
- This work is being lead by *Nikolay Shevchenko* and *Alexander Cherepanov*



# Further Research on Vihangam Yoga

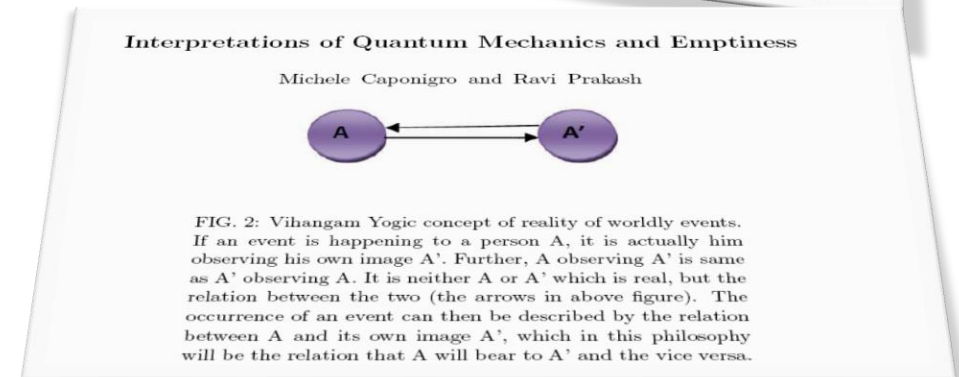
## □ University of Bergamo, Italy

- **Dr. Michele Caponigro** is pursuing his Double PhD. In Quantum Physics from Bergamo University, Italy.
- Together Vihangam Yoga is working to create new branches of science which will take into account subjective experiences.
- 2 of our collaborative works have been accepted in **Neuroquantology journal**.

DO THE PHILOSOPHIES OF PHYSICAL REALISM AND CRITICAL REALISM NEED TO COINCIDE TO EXPLAIN SUBJECTIVITY? QUESTIONS RAISED FROM THE INNER LIGHT PERCEPTION CONDITION.

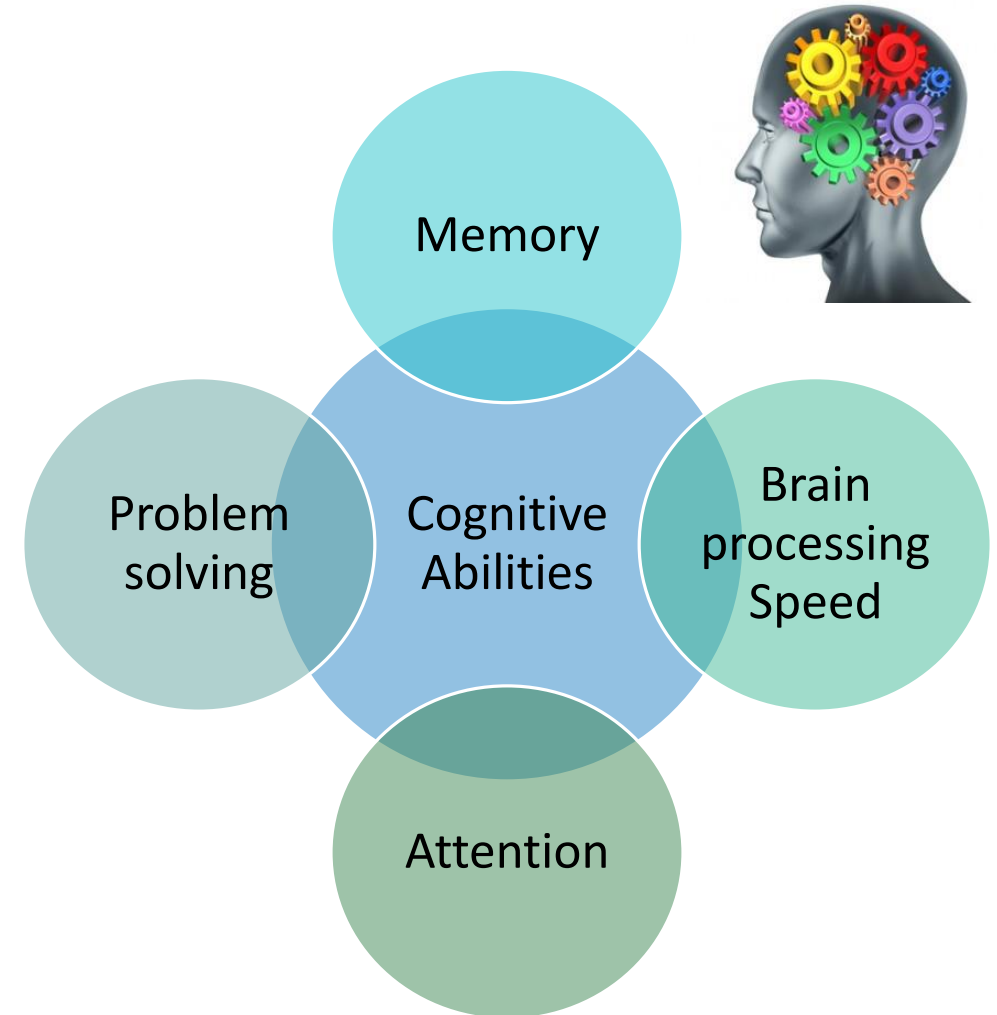
Ravi Prakash and Michele Caponigro

Among the major scientific revolutions of the past century, origin of the philosophy of critical realism holds a special position. The theory of critical realism has in general acquired a global acceptance and its adaptations are increasing to cover different aspects of realism in different branches of science including qualitative studies like Interpretative phenomenological analysis and cosmology (1). The scientific theories which are grounded on critical realism aim primarily on the structures and mechanisms of the world rather than observable empirical events, as it is believed that the relationship between them is only continuous (2). The differentiating feature of critical realism is...



# Superior Cognitive Abilities in Meditator

- ❑ Cognitive abilities decline with advancing age
- ❑ Cognitive Abilities = means executive functioning of brain such as speed of response and attention
- ❑ Long-term Vihangam Yoga Meditator has superior cognitive abilities among older adults



4.

## Contribution to Social Upliftment

- ✓ *Social Upliftment activities*

# Social upliftment activities

- Mission Quit Addition
  - Workshops to help patients
  - Experiments to identify the results of meditation practice
- Mass Tree plantation
- Blood Donation Camps
- Women Empowerment
- Creating a healthy society – Physically and Mentally
- Yoga Camps
- Reaching to the roots – Schools and Colleges
- Ayurvedic Treatments & Wholistic Wellness programmes

5.

## Practice of Vihangam Yoga Meditation Technique



Upcoming Meditation Centre at Varanasi, India  
20,000 practitioners at one time

# Contact Us



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VYSG Meditation Meet-up



Vihangam Yoga Singapore (page)  
Vihangam Yoga – Singapore (group)



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@vysingapore1



[www.youtube.com/vihangamyoga](http://www.youtube.com/vihangamyoga)



[www.vihangamyoga.org](http://www.vihangamyoga.org)



Anant Shri Sadguru Sadafaldeo Ji Maharaj