

*The*



*Meditation Collection*

# **“The Secrets of Yoga and Meditation”**

**Volume 1**

*By Anthony DiAgostino, CEO and Founder*



# “Introducing the Most Powerful Mental Control Methods Ever Developed”

“Eliminate the Harmful Effects of Stress and Anxiety from Your Life, and Enjoy Unlimited Prosperity, Abundance and Joy!”

An introduction to the amazing powers of Yoga and Meditation

Simple Strategies to Last a Life Time

By Anthony P. D’Agostino

## Introduction – Unlocking Your Minds Unlimited Potential

The human mind is an extremely complex and ever changing gift of evolution. It is said that even the most complex and sophisticated computers can’t even come close to mimicking its truly spectacular capabilities and functionality.

But yet ***with all of its potential comes much complexity and despair.*** In fact with all of our great technological advances as a species, we still know very little about how the human mind actually works. We know even less about how to control it.

The idea behind Yoga and Meditation is to put you back in charge of your mental powers. Its very purpose is to ***empower you*** so that you may regain control over your very essence, what we call the “Mind” the “Self” or the “Ego”.

In the process you will experience a wonderful sense of **calm and tranquility** from the process of meditation and essentially from knowing that you are undertaking such an important intention towards self awareness and self improvement.

## **Here Are Some of the Challenges That Life Presents to You.**

First you must recognize that the long-term effects of our stressful lives can lead to serious health problems. **Chronic stress** disrupts nearly every system in your body. Its effects are numerous and include:

- high blood pressure
- suppressed immune system
- increased risk of heart attack and stroke
- infertility
- a speeding up the aging process
- anxiety and depression

The **cognitive and emotional symptoms** of long-term exposure to stress include:

- memory problems
- the inability to concentrate
- anxiety
- constant worrying
- moodiness
- irritability
- short temper
- a sense of loneliness and isolation
- overeating
- a loss of sleep
- and depression or general unhappiness

***It's no wonder that you feel so weighed down and overwhelmed all of the time.***

***Yoga and meditation provides a means of attaining freedom from all of this.***

## How Can Yoga and Meditation Change Your Life?

Imagine for a moment that you could ***release all of the tension in your body and be free of stress.***

What if you ***could speed up your body's natural rate of healing & growth?*** This by the way is especially important for athletes and anyone that has serious health issues.

Are you feeling depressed? Imagine if you could instantly determine the source of your depression and then ***reprogram your mind to pull yourself out of it.***

Do you have really tough problems? Imagine what it will be like to ***tap into your subconscious mind*** and directly find solutions to even your deepest problems.

What if you could have increased peace of mind, and ***achieve deeper concentration and mental clarity.***

Are you constantly feeling tired and lethargic? Imagine how great it would be to ***increase your energy and vitality*** and attain the ability to act calmly in all situations.

How would you like ***to enhance your creativity and self esteem*** and even ***improve your memory?***

## That's Quite a Laundry List Isn't It?

***You Bet it is.....***

Let's try a little experiment. Below you will find a short section that was taken out of the Yoga Awakening Meditation Collection. With this process you will find out how to release the amazing powers of your mind to create very powerful mental images. You will use these images to transform your life. ***Anyone can do it!*** Just read the next few paragraphs.

“Some people don’t believe that they can be the master of their imaginations. They feel that their creative minds are no longer very effective. They don’t believe they can create persuasive mental images.

We have already provided proof that you can do this. Recall your free journey down the “Lazy River”. If you were able to follow that technique, you created mental images by using your imagination. As you recall, these images were used to create a soothing and relaxing environment. ***You’re probably thinking about the Lazy River right now, aren’t you?*** Then you’re creating a mental image.

Right now I am going to ask you to think of a specific place in your home. That’s right a place that is very familiar to you. This is a place that you should have no problem visualizing. How about your kitchen?

***But please don’t think about your kitchen yet you’ll ruin the exercise.....***

***It’s too late, isn’t it?*** You thought about your kitchen didn’t you. You exhibited your imagination. You used your creativity and created a mental image of your kitchen. ***So you can do it.*** Now if you can do it without trying, let’s see what’s possible if you apply some effort to the process.”

In the Yoga Awakening Meditation Collection you will find out how to use not only your visual senses, but all of your senses, to create vivid life-like images that you will use again and again to regain control over your life.

But before you can begin your quest to regain control and to move forward towards achieving a sense of real and permanent happiness and contentment, you ***must learn to understand yourself.***

- You must understand all of the ***intricacies and nuances***, all of your beliefs, and traditions.

- You must understand all of your ***mental characteristics***, those things that cause you to behave in certain ways under different circumstances.
- You must know your ***background and past experiences***, and understand the substance of your thoughts, because all thoughts and memories from the past will implicitly affect your future.
- Without knowing all this, ***your search for happiness*** and contentment is futile.

## **Understanding Yourself Can Be a Very Difficult Thing to Do**

### **Until You Find Out How!**

You must be extremely alert and diligent to follow the patterns of your thoughts. As you become more and more alert to the intricacies of your own thoughts, responses and feelings, you will develop a deep sense of awareness.

This requires the study of your self in action, in relationships with others, on a daily basis. Because, ***you are not a static entity***, you are constantly changing. So to understand yourself, you must watch the movement of thought as you interact with others.

## **Why Do People Have So Much Trouble Doing This?**

They may be too impatient to reach an end, so that they don't take the time to know themselves, or they are so involved with the rigors of daily life, finding a new job, getting that promotion, raising the children, etc., that they find little time for self reflection.

Some people will spend their entire lives, travel from one end of the planet to the other, read thousands of books, and listen to countless teachers and leaders, and never learn who they really are, or what they really need or want out of life.

## ***It Doesn't Have to Be This Way!***

### ***When You Come to the Realization That the Answers Were Within You All the While***

## **Everything Will Fall Into Place!**

The quest for self knowledge is endless, and leads to self awareness and wisdom. As your quest continues, you will become at peace, and your mind ***will become calm and tranquil.***

It is through this quest for knowledge that the ***true creative process*** takes place, and that true happiness can be found. Only then can a real transformation occur from within, and this will improve your relationships with others, and on a much broader scale improve your life and the world in which you live.

## **What Are the Benefits of Yoga and Meditation?**

Note: I am not referring to a yoga and meditation practice of discipline and deprivation. But instead I refer to a practice concerned with learning and understanding your self through ***open thinking, observation and awareness.***

I refer to a practice that is not bound by any authority, where you are free to observe and discover openly and on your own. When all authority, tradition and beliefs are cast aside, fear dissipates. There is no more separation or division to cause conflict and pain. ***From this comes a new vibrant form of creative energy.***

It takes a lot of effort and energy to maintain all of the false beliefs and traditions that we are burdened with, and to deal with all of the conflict and pain that they lead to. When you cast them aside and realize they are false, a great burden will be lifted from you. ***This frees up a tremendous amount of energy.***

What you are left with is yourself. No longer looking to others for answers, you are then free to discover. With this freedom comes a great amount of ***creative energy, vigor and passion.***

## **What Happens When You Discard All of Your Internal Authorities?**

All of your memories, and experiences, that taint and cloud your judgment. All of the past experiences, judgments, comparisons, conformities, the accumulation of your opinions, knowledge and ideas, must all be cast aside.

To be totally free to think and observe reality, ***you must free yourself of the past and live totally in the present moment.*** Each new moment is fresh and alive and brings the death of the moment that preceded it.

***When You Achieve This State of Presence, You Can Observe and Really See and Experience All of Life, Both Internally and Externally.***

**With This Power of Observation You Attain Great Awareness and Wisdom.**

From yoga and meditation you will find out how to live life in the moment. You will find out how to observe yourself and others without judging, imitating, comparing, or compromising. ***You will come to see life clearly and act with wisdom and understanding.***

You will explore the inner workings of yourself. You will think fresh thoughts, unburdened by the past or the future. You will live and learn by observing things in the ***present moment***, all that you need to learn to understand yourself, and this truly amazing thing you call your mind.

This process is so powerful that thousands of yoga studios have opened in the United States since Yoga was first introduced here in the early 1960's. Unfortunately most of them focus primarily on the physical aspects of Yoga, the postures.

***To find out about the powerful secrets of Yoga and Meditation you'd have to travel half way across the globe, all the way to India and Nepal.***

But, that's no longer necessary.....Now you can find plenty of proof of the success others are having with the Yoga Awakening Meditation Collection. Now all of the most powerful secrets of yoga and meditation are available to you. They are only a click away at:

<http://www.yogaawakening.com/master-and-control-your-mind!>

The human mind is an amazing thing. If you want to **regain control of your mental abilities** and re-program yourself for a life of abundance, prosperity and success, then the secrets of yoga and meditation are very powerful mind techniques that you should seriously look into.

To a stress free, healthy and prosperous life,

*Anthony D'Agostino*

Anthony D'Agostino  
CEO and Founder of Yoga Awakening, Inc.

P.S. I suggest you check out the Yoga Awakening Meditation Collection if you are serious about eliminating your stress, increasing energy, and **regaining control of your life.**

**Go To:** <http://www.yogaawakening.com/master-and-control-your-mind> for more information!

