

The yoga described by Maharishi Patanjali's is called Raja Yoga or Ashtanga Yoga and its eight limbs are (i) yama, (ii) niyama, (iii) asana, (iv) pranayama, (v) pratyahara, (vi) dharana, (vii) dhyana and (viii) samadhi, include all types of yoga that happens. These eight organs also have their own sub-parts. The seventh part of yoga, "Dhyana" is beneficial in many diseases. If your memory is weak then it can be easily overcome by meditation in two ways. Meditate first for only ten (10) minutes and second for only 10 (ten) minutes with eyes closed and only after breathing. There are many products available in the market to increase memory. It can be good as well as bad. If you ask the truth, neither any one's memory power is weak, nor does age make any difference to it. Forgetting is a normal human nature and it should be considered normal. In India, since the Vedic period, contribution has been made in increasing the memory of the brain by adopting the simple and active method of "dhyana".



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SuperBrain Yoga and Meditation

How to Sharpen Memory?

