

5 A's and 2 B's out of 7 subjects

There is a rising epidemic of both children and adults being diagnosed with attention deficit disorder (ADD). These people suffer greatly from this, as it not only causes difficulty in concentrating on academic studies and work, but it also interferes with their interpersonal relationships, impulse control, and general level of happiness. In the past few decades, we have had little to offer these people other than giving medications.

I would say at least 20% of the children whom I see in my practice have been given this diagnosis. Also, the issue came even closer to home with my own close relative, who had been given no formal diagnosis, but whose parents noticed was having increasing difficulty sitting still, and being able to focus on doing his homework. His grades were consistently average, his motivation to do well in school was just not there, and it was causing quite a bit of stress in their household.

When I told Master Choa Kok Sui about the dilemma, he recommended that my relative start to practice the Superbrain Yoga. Master Choa explained that the energetic cause of this problem was that too much energy was stuck down in the lower energy centers of the body, and not enough was flowing up to the brain. He said that the Superbrain Yoga would cause the sexual energy to flow up and energize the brain. The effect would also energize the higher centers, so that thinking and focusing would be much easier. The Superbrain Yoga also has a calming effect.

I taught my relative the technique, which only took about 2 minutes in the morning and was easily learned by him. The changes that we noticed over the next month were miraculous - and I don't use this word lightly. He suddenly became very focused when doing his schoolwork. It was like a different child was sitting quietly at the table, motivated to learn, with his attention directed at the homework. His report card that semester improved by 1 full letter grade. The changes have continued to mount as he recently entered a very competitive school, and raised all his scores by 1 or 2 letter grades, and has *5 A's and 2 B's out of 7 subjects* at the time of this writing.

Since that time, I have taught several of my younger ADD patients this technique. Invariably, when they came back to the office for a follow-up, the parents have a gleaming smile on their faces, and tell me of the dramatic turnaround their children have experienced. I am so thankful to Master Choa Kok Sui for bringing this simple, but powerful transformational technique to the world.

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