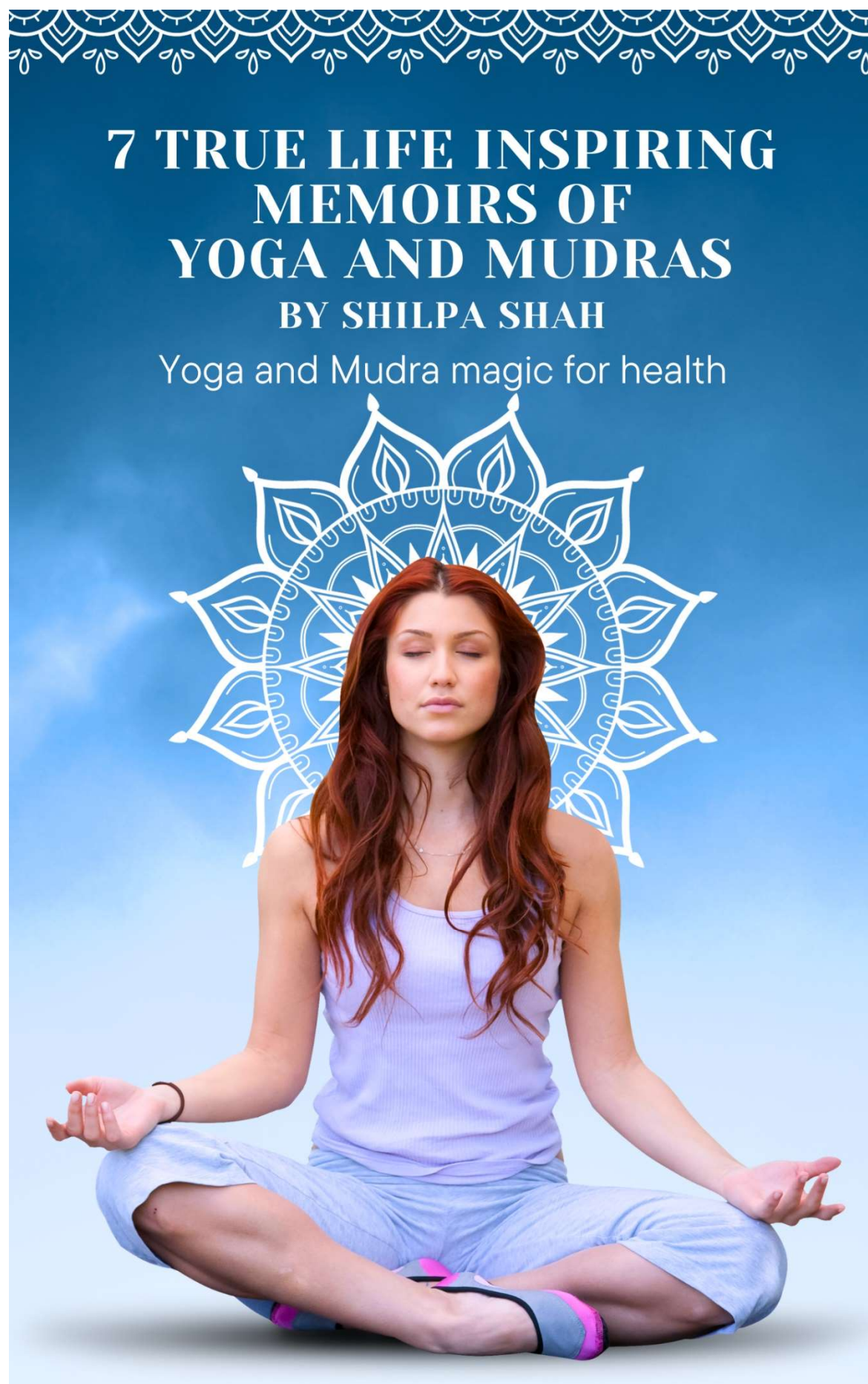




7 True Life Inspiring Memoirs Of Yoga And Mudras.

Introduction:

Prepare to embark on an extraordinary literary voyage that will captivate your soul and transform your perspective on life. In the pages of this book, you will encounter a tapestry of real-life stories, woven together by the threads of Yoga and Mudra – ancient practices that hold the keys to unlocking the profound potential within each of us.

These narratives are not mere tales; they are windows into the human experience, where individuals have harnessed the power of Yoga and Mudra to overcome challenges, find inner peace, and discover their true selves. As you turn these pages, you'll witness the incredible journeys of ordinary people who have achieved the extraordinary.

This book is an invitation to explore the limitless possibilities that lie within you. It's an opportunity to learn, grow, and connect with the timeless wisdom of Yoga and Mudra. Whether you're a seasoned practitioner or a curious newcomer, the stories within these chapters will touch your heart, inspire your mind, and ignite your spirit.

So, open this book, immerse yourself in the tales of transformation, and let the profound wisdom of Yoga and Mudra illuminate your path. The adventure awaits, and the journey is yours to embrace."

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Preface:

"My primary life's goal is to contribute to the community in any way I can, particularly by inspiring people to embrace a healthier lifestyle. I believe in empowering individuals to manage minor health issues like nasal congestion and headaches without always rushing to the doctor. I've included quick solutions using Mudras in this book, accessible through the QR code at the end.

My yoga guru, Ramola Ben, is now well over 80 years old but remains remarkably fit. She continues to lead yoga classes and even drives a car. Her wisdom and sensibilities have resolved all the incidents in the book. Only the names have been altered; they are fictional."

I'm also deeply concerned about the immense pressure students face today in meeting the expectations of their parents and teachers. Yoga, I believe, can provide them with the serenity to navigate any challenging situation. Let's work together to return a bit of their cherished childhood,

filled with happy memories. 🙏

I hope you enjoy the stories in this book, and I invite you to share your feedback with me at shilpa@jrdshah.com. My best wishes go out to all my readers! Stay blessed!

Author: Shilpa Shah

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Chapter 1

Title: "The Miraculous Journey of Amisha Patel: A Test Tube Baby's Triumph through Yoga"

In an incredible twist of fate, Amisha Patel was conceived through the marvel of modern science—a test tube baby. Her story takes an astonishing turn when, seven months pregnant, she embarked on a life-altering journey that would intertwine her destiny with Ramolaben, a revered yoga expert.

Amisha had been introduced to the transformative world of yoga by Ramolaben long before her marriage. Witnessing the miraculous transformations yoga had wrought in the lives of others, she harbored a deep faith in its power.

Amisha, heavily pregnant and fraught with complications, sought solace in Ramolaben's wisdom. Excessive fluid retention in her body and the baby's unusual positioning had left her unable to eat or sleep. Her doctors had prescribed bed rest, a list of prohibitions that left her and her mother desperate for an alternative.

Ramolaben, renowned for never turning away those in need, hesitated, given the uniqueness of the situation—a test tube baby facing complications. However, she couldn't deny the mother-daughter duo's unwavering faith and determination.

Ramolaben committed herself to Amisha's cause, visiting her daily for two months. Starting slowly, she introduced yoga for pregnancy, pranayama, and the soothing power of 'Aum.' Her guidance encouraged Amisha to connect with her unborn child through conversation.

As days turned into weeks, a subtle transformation occurred. Amisha began to experience a newfound connection with her baby as she conversed with it. A glimmer of hope emerged.

One day, during a session, Amisha needed to visit the restroom, causing Ramolaben to worry about the delay. She had advised Amisha to keep the door open for safety. When Amisha emerged, a smile of relief

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adorned her face, revealing that a significant amount of excess fluid had been released.

The relief was palpable, signaling that they were on the right path. The following day, Amisha shared more good news—her baby's position had shifted, making breathing and eating more comfortable.

With the aid of yoga, most of the excess fluid in Amisha's body gradually drained away. Three days before the scheduled C-section, a sonography revealed the presence of residual fluid in the womb, risking a postponement of the surgery. It was a critical moment, and Ramolaben advised Amisha to intensify her 'Aum' chanting. This dedication bore fruit, as, on the third day, the womb was miraculously dry.

The C-section proceeded as planned, and Amisha gave birth to a healthy baby boy, sparking jubilation and gratitude.

Ramolaben's selfless dedication to helping others extended to her refusal to accept any fees. Her love for humanity shone brightly, reminding us that when we give without expectation, the universe responds with boundless generosity.

Amidst a sea of "don'ts" prescribed by Amisha's medical professionals, yoga emerged as a lifeline. It's a testament to the incredible power of belief and the unwavering resilience of the human spirit. This remarkable journey stands as a testament to the transformative potential of yoga, inviting us all to believe in the extraordinary.

CHAPTER 2 : The Remarkable Journey : Conquering Diabetes Through Healing Mudras During Covid-19 Pandemic.

In the midst of the COVID-19 pandemic, Mr. Akhilesh Joshi found himself battling the dreaded virus, a fight that would lead him to an unexpected encounter with the power of healing mudras. Akhilesh's struggle with the coronavirus was arduous, but he emerged victorious, declared free from the grip of the virus. However, his journey to recovery was far from over.

Akhilesh's doctor, despite his recovery from COVID-19, hesitated to discharge him from the hospital. The reason? Akhilesh's diabetes had surged to alarming levels during his illness. The doctor insisted on monitoring him until his blood sugar levels returned to normal, a decision that left Akhilesh and his worried family in a dilemma. With the hospital still treating other COVID-19 patients, the fear of reinfection loomed large.

In this time of uncertainty, Akhilesh's sister reached out to Ramola ben, a close family friend and a well-versed practitioner of healing mudras. She explained the predicament and sought Ramola ben's guidance to navigate this medical challenge.

Ramola ben, armed with the wisdom of mudras, suggested a solution. She recommended that Akhilesh practice the Pran Mudra, involving placing the third finger over the last finger and touching the thumb, alongside this also Apan Mudra, which requires folding the two middle fingers to touch the thumb. These specific mudras were known for their ability to regulate diabetes.

Akhilesh followed Ramola ben's advice diligently. With both hands resting on his lap, he practiced these mudras for at least 15 minutes, repeating them as many times as he could throughout the day for faster results.

Driven by a strong desire to be discharged from the hospital and reunited with his family, Akhilesh embraced the mudra practice

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wholeheartedly. On the third day, when his diabetes levels were checked, the results were astounding. His blood sugar levels had reduced significantly, reaching a point where the doctor could finally grant him discharge.

The doctor, astounded by the rapid improvement, could hardly believe that mudras had played such a pivotal role in bringing Akhilesh's diabetes under control. It was a testament to the incredible potential of mudra therapy when practiced diligently and correctly.

The miraculous control of diabetes through mudras had not only saved Akhilesh from an extended hospital stay but had also opened the doctor's eyes to the remarkable power of these ancient healing techniques.

This story serves as a testament to the transformative potential of mudras and highlights the importance of holistic healing practices in our modern world. In times of adversity, when conventional treatments may not suffice, the wisdom of ancient traditions can offer a ray of hope and a path to recovery.

Pran mudra

Placing the third finger over the last finger and touching the thumb.



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&
Apan Mudra



Bend the two middle fingers and touch the thumb.

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CHAPTER 3 : Journey Of Empowering Students: Through Yoga.

Three decades ago, Ramola ben devoted her time to selfless service at the Swami Vivekananda Kendra. It was a remarkable period when, in the lead-up to exams, numerous students sought refuge in the Kendra. Yoga became their sanctuary, offering solace, enhancing memory, and nurturing positivity within them.

As the exam season approached, anxiety loomed large. Doubts swirled in the students' minds about completing their syllabi and retaining knowledge during the exams. Self-doubt gnawed at their confidence. Yoga provided the antidote to these concerns.

Ramola ben's classes became the preferred choice for students, spanning various educational streams from tenth and twelfth graders to CA, Medical, Engineering, and other professional course aspirants. Sometimes, the influx of eager students was so immense that they had to be divided into three adjacent classes. Yet, they reassured her, "We can hear your voice; we are fine." Ramola ben's soothing voice had become her trademark.

Her unique teaching style was the beacon that drew students to her. Ramola ben's encouragement and motivation were unparalleled. During the serene Savasana, she would instruct her students to be acutely aware of their breath, infuse it with energy, empty their minds, and embrace new ideas, fostering a shift in perspective towards positivity.

This transformative approach awakened their dormant cognitive faculties, enabling them to study with unwavering concentration and memorize their lessons effectively. The students' newfound positivity replaced pre-exam jitters with self-assurance, leading to improved performance in their exams.

Yoga, with its remarkable power to transform, became the cornerstone of success for these students. It was a testament to Ramola ben's dedication and the invaluable impact of yoga on young minds, truly deserving of celebration.

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"Yoga Power Zindabad!" hailed the students, as they embarked on their academic journeys with newfound strength, resilience, and confidence.

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CHAPTER 4: Rebuilding The Soul : Kavita's Triumph Over Trauma Through Yoga.

Kavita and her psychological trauma.

Kavita Shah was a bright student. She was from Vadodara . She had got admission in an engineering college in Mumbai. This admission was her dream come true. She had always wanted to study in this college.

After reaching Mumbai , with her heart full of joy , she arrived at the college.

Here she got a rude shock. She was ragged so badly on the first day itself. She did not know what was happening to her. She ran away from there and immediately caught a train to Vadodara. She cried and cried in her mothers arms. She had become like a statue , not able to say or do anything.

Her mothers tender loving care helped a little. Kavita refused to go to college ever again and she also said I will not give my exams.

Kavita's mother was very worried for her. She knew Ramola ben and was sure , if anyone could help , Ramola ben could. Ramola ben heard her story , and when she talked to Kavita she saw , that the child was confused and heading towards depression.

Ramola ben advised her to join

her yoga classes. Kavita started going to the yoga classes.

For a week Ramola ben just saw how she was doing Yoga, Pranayan , Savasan. In a weeks time Kavita seemed a little better than before . So then Ramola ben talked to her a little. But still she would just say I will not go back , I will not give exams.

Pranayam and Savasan seemed to help her a lot. It used to calm her agitated mind.

Once a week Ramola ben along with , Yoga exercises , Pranayam and Savasan started counselling her a little. Slowly , but steadily she was improving the trauma had reduced. After 2,3 months she started getting her confidence back. Along with Savasan , Ramola ben would induce the thoughts , like , I am getting stronger, I can face anything , I can face anyone. I am not afraid of anyone.

After 5 to 6 months she told Ramola ben , you have given me so much confidence, that I am ready to face the world and continue my studies. Today she has completed her engineering and is a strong and happy person.

We have seen that Yoga strengthens both , THE MIND & THE BODY.

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So students please learn from this that ragging in any form is harmful .It can harm someones life, career, fill their life with trauma, and forever leave a psychological scar. Instead have freshers welcoming party.

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CHAPTER 5: Resonating Healing: The Miraculous Recovery of Aban Through Pranayam.

Aban had always been the epitome of health and happiness, rarely encountering any illness in her life. However, one day, a disconcerting sensation in her throat prompted her to seek medical attention. Her initial doctor's concern led her to another specialist, who delivered a grim diagnosis: a non-malignant tumor spanning from the base of her skull to her vocal cords. The recommended course of action was surgery.

The procedure, known as mandibular surgery, involved opening her mouth fully and temporarily tying her tongue sideways. As a result of the tumor and the surgery, Aban faced a multitude of challenges. She lost her ability to speak, eat, and breathe comfortably, leaving her in a distressing state for several years.

After years of grappling with this debilitating condition, Aban received a glimmer of hope from an unexpected source—a suggestion to join Ramola ben's Yoga class. With determination, she embarked on her yoga journey under Ramola ben's guidance.

Aban committed herself to daily yoga practice, incorporating Surya Namaskar, Pranayama, Bhramari, and Shavasana into her routine. Initially, she did what she could, given her condition, but her progress was remarkable. Day by day, she witnessed improvements in her health and well-being.

Aban attested that Pranayama and Bhramari were the cornerstones of her recovery. These practices, specifically tailored for throat health, played a pivotal role in restoring her voice, improving her eating habits, and stabilizing her breathing. In just a matter of months, her recovery neared an astonishing 95%.

Aban's journey serves as a compelling testament to the transformative power of Pranayama and Bhramari. It showcases the remarkable ability of these yoga practices to bring about physical and vocal healing. Aban's story is a shining example of resilience and the profound impact that

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yoga can have on one's life, offering a path to recovery and renewed hope.

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CHAPTER 6 : Healing Hearts and Triumphant in Challenges: The Remarkable Journey of the Special Children through Yoga".

One day, Ramola ben ventured into an autism school, offering her services as a yoga teacher. The principal, initially skeptical due to past experiences, questioned how long would she stay? Ramola ben responded with unwavering determination, "I do not know anything about autism children, but I am willing to try my best."

The first day proved emotionally challenging for Ramola ben as she witnessed the children's struggles. Tears welled up in her eyes, but her resilience led her back the next day. The second day mirrored the first, yet her commitment remained unshaken.

Returning home, Ramola ben shared her distress with her husband, Mr. Mahendra Shah, her unwavering source of support. His simple question, "Do you want to cry or do you want to help the children?" marked a pivotal moment in her life. For the past 18 years, she has dedicated herself to these special children.

Initially, Ramola ben taught the children individually, but the experience proved emotionally taxing. Consequently, she began instructing the entire class with the help of an assistant. A unique challenge was the need to refrain from raising her voice since these children had heightened hearing abilities.

Ramola ben started by holding their hands and chanting, which the children found comforting. Gradually, she introduced yoga exercises to them. Although it required immense patience, even children who had trouble walking were eventually performing Surya Namaskar.

Among the students were not only those with autism but also blind, deaf, and mute children. Teaching them all presented its own set of challenges, but witnessing their progress and newfound confidence brought immense satisfaction. Pranayama played a crucial role in calming their hyperactivity, a significant achievement for them.

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A momentous occasion arrived when Rohan, one of the boys, was selected to participate in the 200-meter race at the "Berlin Olympics for Special Children." Rohan faced numerous obstacles, including nervousness, communication difficulties, and physical stiffness. Ramola ben, along with the sports teacher, took on the task of preparing him for the competition.

Through daily yoga sessions and constant motivation during Savasana, Rohan's stiffness disappeared, his speed increased, and his confidence soared. He could now speak clearly, and his stiff hand regained flexibility. He even mastered Surya Namaskar. As a testament to his progress, Rohan earned a spot in the 800-meter race.

During the international race, Rohan faced a challenge when another participant entered his lane. Unaware of the rule against lane switching, he lost precious time but still managed to finish fourth. His remarkable journey from uncertainty to the international arena showcased the incredible impact of yoga in enhancing confidence, strength, and resilience.

The story exemplifies the transformative power of yoga in the lives of these special children.

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CHAPTER 7 : “The Transformative Journey of Sadhvijis: Healing Through Mudras and Meditation”

On a beautiful, sunlit morning, Ramola ben embarked on a spiritual journey to pay her respects to Guru Maharaj. However, Guru Maharaj was burdened by a persistent backache. Observing this, a younger Sadhviji offered to alleviate her pain by gently massaging her back. Ramola ben appreciated the gesture but soon realized that Guru Maharaj's bones were fragile and any wrong pressure could be detrimental. She proposed an alternative - mudras.

With grace and wisdom, Ramola ben introduced Guru Maharaj to the power of Apan Mudra and Apan Vayu Mudra. She patiently waited as Guruji practiced each mudra for a transformative 15 minutes. The next day, Ramola ben witnessed a radiant Guru Maharaj. She exclaimed, "After a long time, I slept peacefully with no aches and pains. It's a miracle!"

Before leaving, Ramola ben shared her newfound knowledge with her fellow Sadhvijis, urging them to incorporate , Apan Mudra and Apan Vayu Mudra into their daily routines.

Ramola ben's spiritual journey led her to another town where she encountered three more Sadhvijis. One of them recognized her from their past , when Ramola ben had taught her yoga. Ramola ben wasted no time and guided them through the Apan Mudra and Apan Vayu Mudra exercises. The result was astounding as they felt relief from accumulated gas in their bodies.

She advised these Sadhvijis to make these mudras a daily practice. As she looked closely, she noticed that one of them was battling a sore throat. With compassion, she recommended a 4 am Bhramari meditation.

Early the next morning, the Sadhviji followed the advice and felt an intense release of heat from her body. She remembered Ramola ben's instructions to recite 'Aum' and, as she lay in Shavasana, she drifted into a profound state of sleep.

During her slumber, she felt as if an ethereal force was gently lifting her into the sky, floating above the clouds. Overwhelmed, she beseeched, "Where are you taking me? Please take me to Bhagwan Simandhar

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Swami." Suddenly, she awoke.

When she met Ramola ben later that day, she recounted her extraordinary experience. Ramola ben explained that Bhramari meditation effectively dissipates heat from the body, especially when performed at 4 am. She reassured the young Sadhviji that her sensation of being pulled was her own consciousness ascending to another plane, a phenomenon many experienced during deep meditation.

Eager to learn more, the Sadhvijis sought guidance on alleviating leg pain, a common affliction from their rigorous journeys on bare feet. Ramola ben taught them the Pran Mudra, and after 15 minutes of practice, they felt a soothing relief in their calf and thigh muscles.

Thus, the journey of these dedicated Sadhvijis unfolded, enriched by the wisdom of Ramola ben, as they embraced the transformative power of mudras and meditation, experiencing new dimensions of spirituality and healing.

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Important Message

Monks, especially Jain Sadhus and Sadhvijis, should adopt these mudras into their daily routines. These practices would not only strengthen their bones but also promote overall physical well-being. Each mudra should be performed for 15 minutes or alternatively, 5 minutes three times a day. It was a holistic approach to maintaining their health, ensuring they could continue their spiritual journeys with vigor and vitality.

Bend the centre two fingers and touch the thumb to the fingers. That is Apan Mudra.

Apan Mudra :



Bend the centre two fingers and touch the thumb to the fingers .

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Apan Vayu Mudra



Fold the index finger, then touch the centre two fingers to the thumb.

Culmination of new technology with centuries old guru gyan

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If you found '7 True Life Inspiring Tales of Yoga & Mudra' an enjoyable read, I would be immensely grateful if you could spare a moment to share your honest thoughts in a review. Reviews provide invaluable feedback and help introduce this book to a wider audience.

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<https://www.shilpajshah.com>



****Book Review: "7 True Life Inspiring Tales of Yoga & Mudra"****

****Author:**** Shilpa J Shah.

****Average Rating:**** ★★★★★ (5/5 stars)