

Divya Drashti Yoga

Mid Brain Activation

Frequently Asked Questions

Q. Where is the midbrain, what is the medical name for it?

A. The midbrain is located above the brain stem, at the centre of the brain. The medical name for midbrain is DICENPHALON.

Q. Is there any bad effect after the brain activation?

A. No bad effect at all. After the brain activation, the brain power has been restored. There is only good effect, no bad effects.

Q. Tell me, how do you activate the midbrain?

A. DIVYA DRASHTI YOGA has a system that is unique and original, invented by the research team after years of research. Games, songs, music and sounds are part of the whole system. There are neither religious nor spiritual activities during the activation - totally natural and scientific. No medication is used. The class is filled with fun and happiness. That's why many children love to come back to repeat the course.

Q. Is this the "third eye" as commonly referred to?

A. No. The ability to detect things by using the brain is different from the third eye. In fact, after the brain activation, a student can have "skin vision." That means he/she can read by touching with the hands or foot. If a person is "hearing dominant" he/she knows the colour and number of a card by putting it near to the ear. If a person is "smell dominant" he/she can detect the numbers and colours by smelling.

Q. How to start practicing?

A. The best is to have a secure and relaxing environment. Start off by deep breathing (10 times) because the brain needs a lot of oxygen to be maximized. Then blindfold him/her and start to use the super sensory perception to detect/sense things.

Q. What to do during the practices?

A. If your child says he/she is not able to see, then try touch, smell or listen to sense the colours on the flashcards. If your child is able to get many right answers, then get him/her to read, copy, draw, colouring etc. Then train your child to use other senses when the dominant (first one that he/she uses to sense the cards blindfolded) sensory is stable.

Q. Why does my child not like to practice?

A. You need to find out the root problem and solve it. Sometimes parent hurt their child unknowingly.

Q. Did I hurt my child unknowingly?

A. Most parents are very blunt and loud. They easily hurt by accusing their child for cheating. If parents are doubtful, they need to solve their doubt rather than accusing him/her. Just gently ask whether their eyes are closed or not rather than accusing him/her of peeping.

Q. What if the child still refuses to practice?

A. Sometimes rewards are helpful. Some children need to do things in a group. Try to go to the centre and practice with the others.

Q. What should be done in the long term?

A. When a child is stable, it is not necessary to use cards and so on to help him/her to practice. He/she just blindfold and do anything blindfolded.

Q. Can parents sit in the classroom?

A. Firstly, the students are distracted in the presence of the parents. Secondly, DIVYA DRASHTI YOGA has to reserve the copyright to protect the intellectual property.

Q. Are there any medical side-effects to this Course?

A. None whatsoever. After the Course, the right brain (responsible for long-term memory) and other parts of the brain would have improved. There are only advantages to this course.

Q. What if my child does not practice?

A. Your child does not need special plans for his/her practice. He/She can practice the blindfolding technique in a car or even while traveling to school.

Q. Why is my child's performance often unstable?

A. In general, after the Workshop the performance of a child is unsteady for up to 45 days. After that, regular practice leads to stability.

Q. What about practice sessions?

A. If your child cannot see when blindfolded, then start with the simplest of colours. If they can see very clearly after being blindfolded, then allow them to try to read a book, write, draw etc. After training, children should be able to see objects that are even farther away. For further stabilisation, you can practice with your child in a dark room. You will eventually not need a blindfold to practice; just train a child to shut his or her eyes.

Q. What should be done after the Course?

A. A happy heart is your child's destination. You must allow a 3-month period for stabilisation, and during this time the more a child practices the better would be the results.

Q. How do a few students see from behind?

A. All students do not acquire this ability. In reality they cannot 'see', but they only 'feel' the colour or writing. That is because their brain works like a radar sending signals to the brain. Many children use their skin to feel and identify a colour and the number on cards.

Q. Can a blindfolded child see through the gap near their nose?

A. The use of a blindfold is not solely to prevent students from using their eyes. Students should also be encouraged to close their eyes when blindfolded in order to improve their other senses. If you are worried that your child is frequently peeping through a gap, you could add another layer of tissue under the blindfold to plug any gap.

Q. Does blindfold need to be practiced much?

A. Immediately after the Course, blindfolding is essential to increase a student's concentration. As time progresses and the students' abilities improve, they could opt to close their eyes. Their concentration and other mental abilities should eventually improve dramatically. Blindfold practice is mostly required for the first few months following the Course.

Q. Can this course fail?

A. Despite the course, a few students have been unable to "see" after being blindfolded. This won't last for long. Note that the technology also enhances the memory, concentration and intellect faculties. All that these children need to do is PRACTICE and they would soon reap the benefits of the Course.

Q. Why are the children blindfolded?

A. During the course, the initial aim of blindfolding is to enhance a child's concentration. We try to achieve this by disabling the sense of sight on which most people heavily depend. Blindfolding also helps sharpen the other senses.

Q. Does the course have any theoretical foundation?

A. Yes, renowned scientists across the world have come up with supporting theories. Much more equipment is available these days to help measure and test brainwaves.

Q. Is the course helpful to a talented child?

A. Scientific research has proven that even a person as intelligent as Albert Einstein does not use more than 10% of his or her brain. The course has the potential to transform children with average intelligence into highly intelligent individuals, and capable children into outstanding kids. The workshop aims not only at improving the IQ of children, but also their EQ. It also helps a child achieve emotional balance.