

YOGA

MAGAZINE

www.yogamagazine.com

ISSUE 266/JULY 2025

AWAKEN. ALIGN. TRANSFORM

VIJNANA
BHAIRAVA
TANTRA

BALANCING THE
Chakras

Akashic
Records & Yoga

Egyptian Yoga &
Kemetic Healing Arts

Samkhya Karika

Banana Yoga
MOVEMENT



UK £6.00

USA \$11.25 CANADA \$14.99
BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA, MALTA, SPAIN,
LUXEMBOURG, NETHER
PORTUGAL €11.00 JAPAN ¥1572.00 UAE AED58

CONTENTS

ON THE COVER



Photo: David Kaminski

On Cover: Gia Skova

Actress, Stunt Woman, Model, & Filmmaker
<https://m.facebook.com/GiaSkovaFanPage>
<https://mobile.twitter.com/giaskova>
www.giaskova.com

PHILOSOPHY

08 THE EMPOWERED ALCHEMIST! RECLAIMING HEALTH IN A SELF-HELP WORLD!

Dr. Kausthub Desikachar explores how Yoga, Āyurveda, and Viniyoga empower self-healing through mindful living, personal responsibility, and tailored practices.

48 'YOU CAN HEAL YOUR LIFE' – A LOOK BACK AT LOUISE HAY

Louise Hay's transformative teachings on affirmations and mind-body healing, rooted in Vedic wisdom, empowered millions to rewrite their life stories through conscious thought.

42 BALANCING THE CHAKRAS

Explore the science of prana and chakras, and discover a powerful yogic technique to balance energy and prevent disease.

68 THE POWER OF THE SUBCONSCIOUS: UNLOCK DEEP SLEEP WITH MINDSET SHIFTS

Hypnotherapist Aaron Surtees reveals how subconscious rewiring and theta/delta brainwave activation can transform insomnia into deep, restorative sleep.

52 CHOOSING A SPIRITUAL LIFE

A heartfelt invitation to deepen your spiritual path through everyday choices, courage, self-compassion, and commitment to yoga's truth.



62 SAMKHYA KARIKA – OVERCOMING THE THREE CAUSES OF SUFFERING

Srivatsa Ramaswami shares his lifelong journey with yoga and Vedic wisdom, from studying under Krishnamacharya to teaching Samkhya philosophy, Patanjali's Yoga Sutras, and beyond.

56 A JOURNEY FROM EAST TO WEST: INTERGENERATIONAL HEALING THROUGH GRIEF & A RECLAMATION OF PURPOSE & PROSPERITY

A moving account of healing ancestral wounds, reclaiming prosperity, and bridging Eastern spiritual wisdom with Western therapeutic understanding.

FEATURES

36 ANCIENT ROOTS: DISCOVERING THE LOST ART OF EGYPTIAN YOGA AND KEMETIC HEALING ARTS

Explore the spiritual legacy of Egyptian yoga, its connection to Indian yogic wisdom, and the path to divine alignment.



80 THE FOUR FOUNDATIONAL PRACTICES

Oliver Niño reveals four transformative bedtime rituals to cleanse absorbed energies, raise vibrations, and connect with your highest self for manifestation and deep restoration.

22 LOVE YOURSELF SLIMMER: THE SCIENCE OF SELF-COMPASSION

Discover how self-compassion reduces stress, reshapes mindset, and fosters lasting weight loss by nurturing rather than criticising yourself.

18 UNLOCKING THE AKASHIC RECORDS THROUGH YOGA: A PATH TO UNIVERSAL WISDOM

Explore how yoga's meditative and energetic practices—from Samadhi to Kundalini awakening—can open portals to the Akashic Records' cosmic wisdom.

CREATIVE ART

- 41** ILLUSTRATION OF THE MONTH - 'BREATHE DEEP'

BWY SPECIAL

- 72** VIJNANA BHAIRAVA TANTRA: UNLOCKING ABUNDANCE

Discover how the ancient Vijnana Bhairava Tantra's 112 meditative practices reveal inner abundance through sensory awareness and sacred presence in everyday life.

YOGA STUDIO SPECIAL

- 14** BEACH YOGA

Experience yoga by the sea—Beach Yoga brings healing, fun, and community to the shoreline all year round.

INTERVIEW

- 26** ROOTED IN HEALING: THE BANANA YOGA MOVEMENT
Banana Yoga, a BIPOC-centered Oakland studio, fosters radical inclusivity with affordable, trauma-informed classes, empowering LGBTQ2IA+ and marginalised communities through healing-centred wellness.

RECIPES

- 86** 6 SUPER EASY SPRING RECIPES (MAINS, SIDES, AND DESSERTS)
Celebrate spring with six delicious, easy-to-make recipes—from wholesome mains to refreshing sides and show-stopping Easter desserts.

POEM

- 78** HUMBLE WARRIOR

READERS' ASHRAM

- 66** ASK YOGI MAHARAJ DR MALIK

- 98** VEDIC ASTROLOGY

SERIES

- 32** THE KUNDALINI: MEMOIRS OF A YOGI (CHAPTER 31)

A mystical journey through realms unknown, where Muni and Bushie awaken ancient energies under the guidance of Devi Jyotsna.

WHAT'S HOT

- 92** NEW BOOKS, ACCESSORIES AND PRODUCTS



ANCIENT ROOTS

Discovering the lost Art of Egyptian Yoga & Kemetic Healing Arts



Words: Caroline Shola Arewa

Yoga often finds us at major turning points in life. We may have lost direction, experienced illness, had a bereavement or suffered in some way. Challenging times cause us to dig deep and ask questions. We may look to reset and rebalance our lives. Yoga with its spiritual secrets and promise of wellness, offers answers to life's many questions. It directs us within where we have an opportunity to develop awareness and enhance life in body, mind and spirit.

More than 4 decades ago I found myself at a turning point in life. I had recently decided to let go of a successful fashion business and started asking the question; “*is there more to life?*” I felt the need to explore this question. So, I literally left everything and everyone behind and chose to take a major sojourn. It is still one of the most defining choices I’ve made in my life. And it deepened my journey with yoga. As a young seeker, I was drawn to the yogic path not for its physical discipline but for its profound spiritual depth, a way of life rooted in ancient wisdom that deeply resonated with me. My journey took me to India which nurtured my understanding and practical experience of yoga. I immersed myself in the spiritual development ashram life provides and surrendered to the transformation that took place within me. I changed forever.

Indian and Egyptian Yoga

While the myths and mysteries of India lit my inner longing, another flame also shone in my heart. I first visited Egypt in the early 80s, and the magic and magnificence I experienced there left a warm glow and lasting impression. India and Egypt are both home to ancient cultures and in-depth spiritual traditions. They both have sacred art, spiritual practices and systems of self-realisation. The more I explored them both the more I saw the common aspects. Many of these similarities I detail in my first book *Opening to Spirit*.



My study and practice has evolved over the years. I enjoyed a deep exploration of *Indian and Egyptian Yoga*. On a recent visit to Egypt, which I call by its original name of *Kemet*, meaning the black land, I felt such a deep connection. The wisdom of the Temples spoke to me. The colossal monuments and sacred spaces whispered their secrets. The seated statues of Kings and Goddesses in meditation with spines upright, hands resting on their knees and calm faces, called out to me. Egypt’s key of life, the *Ankh*, opened the way for me. I saw expressions of an embodied wisdom and I re-membered what had been hidden and lost in the sands of time.

What is Egyptian Yoga?

Egyptian yoga refers to the spiritual philosophy and practices that can be found encoded in sacred art, hieroglyphs, mythology and the ancient teachings of *Kemet*. Indian yoga, despite colonisation has maintained an unbroken practice. Today it’s still a living breathing tradition, that has been passed down over thousands of years. Egyptian Yoga on the other hand is more of a lost art. Its practical teachings and knowledge encrypted on Temple walls, in ancient coffin texts and papyrus scrolls. The oral tradition has faded with time. There are no Egyptian Ashrams. Yet *Kemet*

Temples, are stone libraries where the wisdom lives on.

The ancient Goddess *Auset* (Isis) brought together the scattered remains of her husband *Asar* (Osiris) and re-membered him, so she could bare an heir and continue his lineage. In the same vein through the magnificent Temple ruins of *Kemet*, using meditation and activation, I began to re-member this lost art of Divine Feminine Wisdom. The teachings are set in stone. The postures, healing arts, rituals, many powerful stories of the Gods and Goddesses, all provide a path for deepening spiritual practise. I vowed to continue the teachings of the Goddess, and created *Shekem Maat Healing System*, to embrace and embody the forgotten Temple wisdom of ancient *Kemet*. I breathed life into the lost art of Divine Feminine Technology.





Re-membering the Divine Feminine

During my numerous visits to *Kemet*, where I now lead groups yearly, I have been blessed to re-member so much of what was fragmented and buried in time. My re-membering is visceral an embodied experience, a knowing. I focus on the Goddesses and Divine Feminine Technology of *Kemet*. The Feminine Energy still pulses through the Temples. From the nurturing wisdom of *Auset* to the fierce protection of *Sekmet*. *Maat* provides order and cosmic balance.

The feminine presence in *Kemet* is so powerful, its spiritually alive. Standing in Temples once dedicated to the Goddesses; Temples that held their rituals and ceremonies, I literally tap back into the magic and magnificence, it feels so tangible. It is the same *Shakti* Energy I encountered during my yogic journey in India. The Divine Feminine is honoured in both cultures and it is this Energy the ancients knew so well, that I believe, we need to reclaim now to awaken a higher consciousness. *Shekem Maat* offers tools for healing and alignment with the celestial realms.

The Heart of Egyptian Yoga

The key principle of *Kemet* science is alignment of the celestial, and terrestrial realms. The human body with its chakras and auric field is like a conductor between the two realms and when all three are in alignment harmonious balance occurs. This balance and the order that ensues is called *Maat*. She is the Goddess of balance and harmony and sits at the heart of *Kemet* teachings. Kings and Pharaohs, the leaders in *Kemet* made a daily promise to live in accordance with the law of *Maat*, and initiates of *Shekem Maat*, are invited to do the same, to live by the Divine laws of *Maat*. Much like Raja yoga which starts with the *yamas* and *niyama's*; sacred laws to live by daily. *Dharma* in Indian philosophy is living in alignment with truth and universal law. Just as *Maat* is living in accordance with truth and Divine law.

Egyptian yoga, particularly *Shekem Maat* includes, postures, meditation, breathwork, somatic work, use of symbols and sacred geometry, prayer and of course rest. Just as Indian Yoga can include, asana, meditation, pranayama, mandalas, vastu, mantras and nidra. The similarities suggest a shared history, which is beyond the scope of this article, but I do detail it in my book *Opening to Spirit*. Both traditions see humans and our environs as a microcosm of the Universe. They see the body as a sacred vessel of Energy and light. In India, instruments of ascension are the chakras and kundalini Energy. In *Kemet* the parts of the soul named *Ka*, *Ba*, and *Sahu* carry you towards liberation and eternal life. Both philosophies advocate an inward spiritual journey that illuminates the soul and unites you with source. Yoga means Union with the Divine.

In *Kemet* the *Sahu* is the Divine spiritual body attained through purification, initiation and righteous living. After death the *Sahu* allows the soul to live eternally in the realm of the Gods. This Egyptian understanding of spiritual evolution is also the Indian yogic goal of *Moksha* which is liberation and Union with the Divine.



I choose to honour both traditions; India's living yoga practice, and I breathe life back into *Kemet's ancient* healing arts. They both offer a powerful piece of the puzzle that deepens our understanding of what it means to be human and Divine. They share a spiritual ancestry. Whether you walk by the Nile or the Ganges, in every step the message is clear: your body is a Temple, your spirit is eternal, and the spiritual path will lead you home.

Ultimately, re-memembering the lost **Kemetic** Healing Arts, and learning to de-code the truth reveals a complex system of self-realisation and eternal life. Both Indian and *Kemetic* paths guide the seeker from fragmentation and separation to sacred union and oneness with the Divine, which is our true nature. This is a journey from the limitations of being human to the liberation of being Divine and Godlike, balanced, harmonious and eternal. Both paths lead to the realisation of our true nature as pure Divine Consciousness.

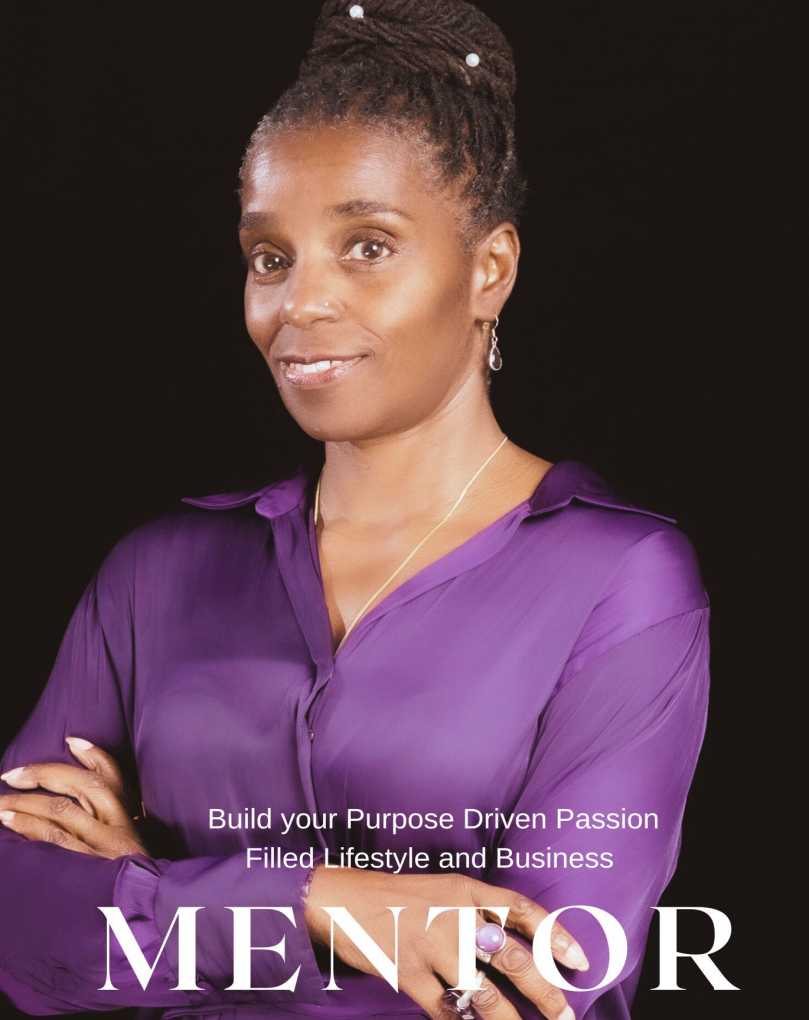


Caroline Shola Arewa known as the Energy Doctor helps you get your Energy back and your Life on track! A leading figure in the worlds of Spirituality and Wellness. Shola has delivered her award-winning Energy-based work internationally for decades. A psychologist, speaker and author of five books, including bestsellers *Opening to Spirit* and *Energy 4 Life*.

Shola trains and certifies Spiritual Coaches and offers individual Mentoring to Energise and Empower you. Shola's newest program is the *Shekem Maat Healing System*, based on Kemetic Healing Arts. It is come about at this time to help us Heal the Heart and reclaim Maat.

Working with Shola is not just information, but transformation. She'll help you reach your highest Purpose and Potential with an abundance of love and laughter.

Book your Free Discovery call at Shola.
co.uk



TRANSFORM YOUR LIFE AND BUSINESS

Ready to take your life and business to the next level?

Building a Wellness Business can be hard work and overwhelming, but you don't have to go it alone!

Mentoring with Shola helps you unlock your fullest potential and achieve your purpose driven dreams.

Shola has designed an integral program combining energy psychology for mindset, which is the foundation of success, and coaching, with visioning and strategic planning, so you can be **Energised**, and **Empowered** to create your **Highest Contribution**.

It may be a book or signature program or training that will increase your impact, income and support you to live your best life, while helping others do the same.

**Let me help you identify your next level.
Elevate your Life and Business Today!
Contact Shola.co.uk - book your free Discovery Call**

Your Transformative Journey of Health, Happiness
Success and Fulfilment starts now!

The world needs you to be on Purpose!

Shola.co.uk/mentoring

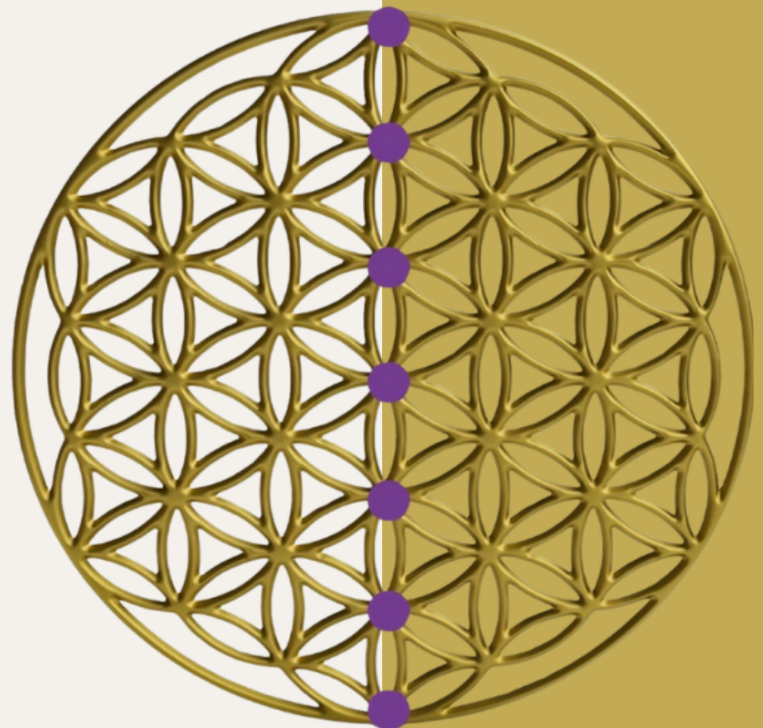
LOVE MAGIC HEALING

SHEKEM MAAT

HEALING SYSTEM

6 WEEK ONLINE COURSE
CAROLINE SHOLA AREWA

SHOLA.CO.UK



RITUAL – REST – RELEASE – RADIANCE – REJUVENATION