

Advice from my grandfather

My grandfather was a health and fitness genius and a great observer of his own mind. From the very early age, he started teaching me to practise, 'how to observe the moving breath inside my own nose'.

My first training began with the practise of BREATH OBSERVATION and I practised it seriously every morning for 30 minutes at a time for three consecutive months, to discipline the mind and to make it stay with the breath for 30 minutes. I became very good at this.

Then my grandfather introduced me POSTURE PRACTISE. He began by telling me why physical exercise is so important. He explained that as we age our hearts and lungs become weaker, body fat increases, muscle size decreases and that's why physical exercise becomes very important.

He told me the following:

“Physical exercise will keep your lungs healthy, your beating heart stronger and all your blood vessels strong and flexible. Another point to remember is that ageing and inactivity slows down capillary growth, whereas regular physical exercise will maintain capillary growth to optimal level throughout your life. Consequently, your mind will be sharper due to good supply of oxygen to your brain as long as exercise remains an integral part of your life. Always keep in mind that exercise is the food of fitness, healthy eating and a good thinking is the food of health.

“So, Saeed, when I am gone, you will carry on with your practise of Yoga and meditation in the morning and during the day you will deepen the practise of self-observation, self-examination, self-correction, and possibly the ending of that which has been. This holistic practise on daily basis will give you a longer HEALTH SPAN and shorter DISABILITY SPAN or almost none. It is the way of good life for as long as you live.”

If you happen to be reading this, my advice to you is this: If you are someone who has reached 40, you must consider a holistic type of exercise such as YOGA. Unless you have your own preference, for your physical and psychological well-being then take up YOGA. The rest is up to you, it's your mind and it's your body, now you know the way to fitness, health and good life.

Saeed