

Teatulia™ &  
ORGANIC SINGLE GARDEN TEAS



presents

DEEPAK  
CHOPRA'S  
Leola™

Your guide to the  
amazing journey  
of greater  
well-being



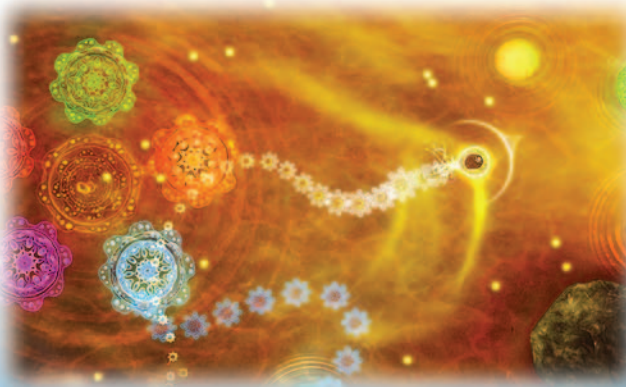
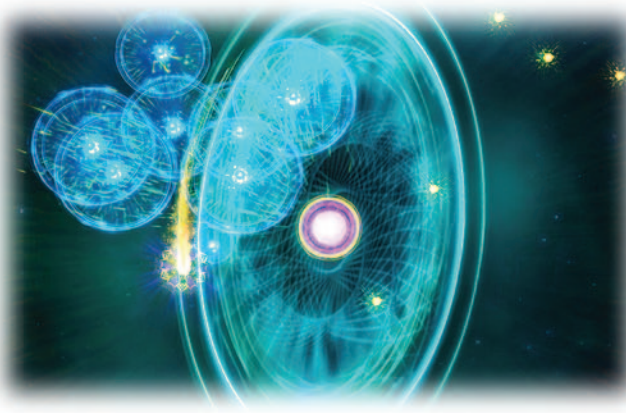
# INTRODUCTION TO MEDITATION

Meditation is, by definition, not trying. The purpose of meditation is to stop thinking for a period of time in order to catch a glimpse of the spirit within. Focus on releasing all thoughts, quietly, passively.

To begin meditation, find a comfortable position - sit in a comfortable chair with your feet flat on the ground. Place your hands in your lap with palms facing upward. Close your eyes and focus on your breath -- observe the inflow and outflow of your breath without attempting to control it in any way. Whenever your attention drifts away from your breath, gently return your awareness to your breathing. This is the basic meditation. Once you become comfortable with simply sitting quietly and focusing on breathing, try adding a mantra or an aphorism, which creates will enable you to expand your consciousness.



The following are some aphorisms hand-picked from Deepak Chopra's Leela game, which include personal mantras authored by Deepak Chopra. Try selecting one now and experience it in meditation.



## **Mantras and Aphorisms –**

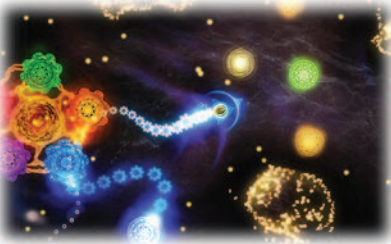
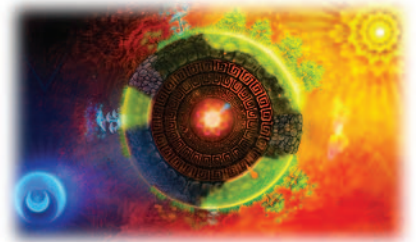
- The only person you are destined to become is the person you decide to become.
- Insist upon yourself. Be original.
- Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
- We don't often hear our inward music, but we're all dancing to it anyway.
- Joy arises within you, pleasure from outside of you.
- Play is love made visible.
- True communication does not come from words, but from the heart.
- In every failure is the seed of success.
- Dreams create the future.
- Gratitude and generosity are natural attributes of success.



# THE SEVEN CHAKRAS

## THE ROOT CHAKRA

Muladhara, the root chakra, means "foundation or root" and is located at the base of the spine. Its element is earth and it affects our sense of stability and safety as well as our sense of smell. When meditating, bring your attention to your root chakra and envision the color red for a few minutes.

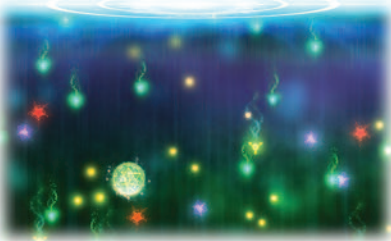
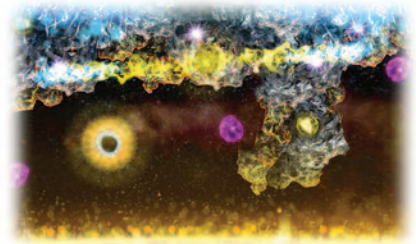


## THE LOWER-BELLY CHAKRA

Svadhithana, the sacral chakra, means "self's dwelling place" and is located at the pelvis, just below the navel. The element of the sacral chakra is water and it guides our vitality, sensuality, and potency. Meditate on your sacral chakra -- envision the color orange.

## THE NAVEL CHAKRA

Manipura, the navel chakra, means "the place of the shining gem" and is located above the navel at the solar plexus. The element of the navel chakra is fire and it affects our ability to realize our desires. Meditate on your navel chakra by focusing on the area between the navel and chest and picture the color yellow.

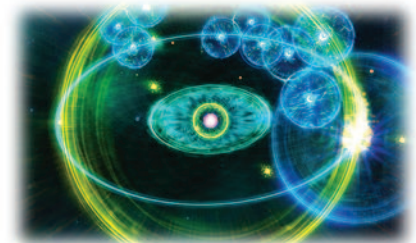


## THE HEART CHAKRA

Anahata, the heart chakra, means "the place of openness" and is located at center of the body: the heart. Its element is air and it allows us to give and receive unconditional love. Connect with this chakra by focusing on the center of your chest and visualize the color green for a few minutes.

## THE THROAT CHAKRA

Vishuddha, the throat chakra, means "pure." It guides our creativity and powers of communication. An open throat chakra allows you to speak the truth and let your voice be heard. Meditate on your throat chakra by focusing your thoughts there and envisioning the color blue.

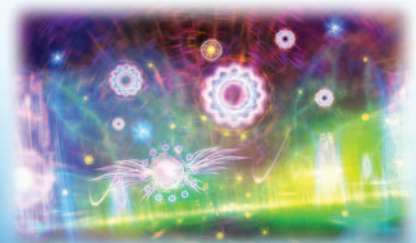


## THE THIRD-EYE CHAKRA

Ajna, the third-eye chakra, means "infinite power" and is located on the forehead, directly between the eyes. Its element is light and it affects insight and our sense of intuition – opening us to guidance and even clairvoyance. Draw your attention to the center of your forehead and visualize the color of indigo.

## THE CROWN CHAKRA

The crown chakra, Sahaswara, means a "thousand-petaled lotus flower" and is located above the top of the head. Its element is pure thought which merges us with the infinite and is the seat of all consciousness – here we sense oneness with all. Focus your attention to the area at the top of your head and envision the color purple-red.



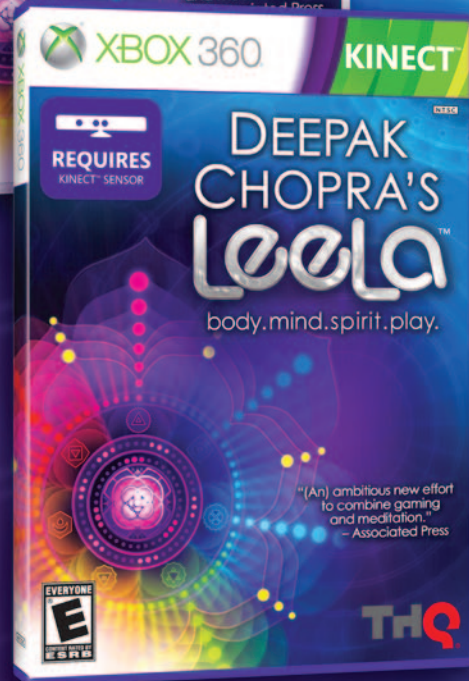


# DEEPAK CHOPRA'S Leela™

body.mind.spirit.play.



To learn more visit  
[www.DeepakChopraLeela.com](http://www.DeepakChopraLeela.com)



Deepak Chopra, the internationally renowned expert on mind-body wellness, brings his extraordinary creativity and insight to Leela – a journey into the inner self available exclusively on kinect™ for Xbox 360® and the Wii console from Nintendo.

Breaking the boundaries of what has ever been created for videogame systems, Leela is an amazing journey of the self that utilizes kinect and Wii technology to relax, stretch, connect with and explore both body and spirit. At its foundation is the concept of the Seven Chakras - spiritual energy centers inside every human being. When these ever-spinning Chakras are aligned, the result is greater well-being... opening new avenues of possibility and personal fulfillment. Leela – it means play. And now we bring Leela's meditative experience to you.



curiouspictures

KINECT for  XBOX 360

XBOX  
LIVE

Wii

DEEPAK CHOPRA'S LEELA™ and © 2011 Curious Holdings LLC and/or Deepak Chopra, LLC. Game and Software © 2011 Curious Holdings LLC and/or Deepak Chopra, LLC and related logos, characters, names and distinctive likenesses thereof are the exclusive property of Curious Holdings LLC and/or Deepak Chopra, LLC and used under exclusive license. All rights reserved. Exclusively published and distributed by THQ Inc. All rights reserved. THQ and the THQ logo are trademarks and/or registered trademarks of THQ Inc. All rights reserved. All other trademarks, logos, and copyrights are property of their respective owners. KINECT, Xbox, Xbox 360, Xbox LIVE, and the Xbox logos are trademarks of the Microsoft group of companies and are used under license from Microsoft. Wii is a trademark of Nintendo. © 2006 Nintendo.





Teatulia teas are single-garden direct sustainable teas that come directly from an organic garden in Bangladesh.

Our commitment to sustainability carries through from our garden, to our packaging, to your cup.

The result is unsurpassed purity, accountability and freshness.

To learn more visit  
[www.teatulia.com](http://www.teatulia.com)

