



APITHERAPY AND YOGA (by Igor Rosegger)

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I. The benefits of Apitherapy

A) Physically

1. Recognized benefits- general

Apitherapy is a method of healing humans by using the products that honey bees all over the world are producing and/or processing. This healing method practically is known since humanity exists, and was and is practiced in most cultures, modern and ancient, where honey bees are and were known, loved and appreciated, and revered as precious and most important helpers of nature and humanity.

At the same time they also guarantee much of our food supply by their function of pollinating the flowers of plants and trees. The edible products of the bees are an ideal food for anybody, but moreover can serve as well as potent medicines for healing and prevention of illness, and can also help maintain a high standard of physical and mental health for all human beings.

Apitherapy is as old as mankind, but finally, in our times, is receiving its long due scientifically and organisational recognized appreciation and support. In countries like Romania and Russia, there is a long and deep tradition of it, and now also in Western Europe as well, in the form of the well known international set-up and network: (www.apitherapy.com)

Nowadays bee products are in fast growing demand for all people who need to be healed, who are interested in Yoga, and in alternative ways of living, in preservation of nature and environmental protection, and development of human consciousness.

Now, a short description of some of the most important good reasons why the development of Apitherapy is a must:

2. Recognized benefits, -specific

a) Bee honey and bee pollen

Apart from being excellent foods, they are being used as medicines in many countries against obesity and anorexia, against cancer and caries, against asthma and various diseases of the lungs, the breathing system in general, the heart, the nerves, the skin, the eyes and against rheumatic illnesses. Honey and pollen strengthen also effectively the immune system and the sexual vitality.

In addition to all of this, bee products serve as an ideal remedy against illnesses of the liver, the stomach, the circulatory system, diabetes, against a lack of vitamins, minerals and enzymes. They help against allergies, against disorders of the prostate, the sexual organs and the menstruation cycle. Even for cosmetic purposes the products of bees have proven to be superior.

Bee pollen contains many possible forms of proteins, in an amount which is twice as much higher than that of meat, and this with hardly any fat content, thus being potentially the best possible source of proteins, enzymes and minerals for human beings.

b) Bee propolis -

serves amongst other benefits also as a wonderful medicine against all kinds of diseases of the breathing system and of the skin. It helps against cancer, and protects even against viruses, and is used against all of this by beekeepers since ages,- and recently by even large multinational companies, specifically in Japan. All of this is well recorded and documented.

c) Royal Jelly -

is one of the most important substances with magic qualities for restoration of youth, and one of the most important medicines for prevention and healing of diseases ever known and used by humanity. Whole hospitals, therapies and industries have developed around it.

d) **Apilarnil** (another product of the bees, discovered only recently) -

Contains almost all the incredible beneficial healing effects of the magical *Royal jelly*, and also strenghtens the male potency. By now a large amount of scietific data on it, as well as case records conducted in clinics and in medical pratices are availabe.

e) **Bees wax**

Also bees wax is used in many ways, and not only as a raw material for candles, various branchses of industries and cosmetics,etc., but also medicinally. Basically it has antiseptic, emolient, anti-inflammatory , cicatrising and softening effects on our body. It used in Apitherapy both for outward and inward administration.

f) **Bee poison**

Is used in many countries for a variaty of applications. It heals rheumatism, sprains, skin diseases, helps against asthma, all kind of body pains, and even reduces fever. It finds also more and more recognition for cosmetic purposes.

3. Remarks:

Many of the flowers of plants, shrubs and trees, that are famous in phytotherapy and Ayurveda for their inherent healing qualities, are an excellent source for the supply of nectar, pollen and propolis for honey bees. These products collected and processed by the bees, possess either directly, or in homeopathic ways, their original excellent healing qualities, - and that with a broad spectrum of beneficial effects on several organs and areas of the body at the same time, in fact - the whole human body , - and all of this without any side effects.

Many plants, trees forests and whole landscapes exist since millions of years and are alive only because of the pollination bees and other insects.

There are many old and modern research and case records, conducted by medical doctors, scientiests and bee keepers all over the world for a period of many years - confirming all of this.

By now, there are also many case records obtained in hospitals, in medical pratices and in home medicine all over the world of very succesful actual therapeutic applications of bee products for healing purposes.

B) Emotionally and psychologically

Comment:

It is not at all surpising, that the great beneficial effects of the products of the honey bees on human health extend also to our emotional and psychological aspects and parts of our personality. Any bee keeper all over the world will confirm, that working with the bees is making him feel good. Any medical doctor or researcher, - anybody who is regularly consuming the products of honey bees , - unless there is an allergy against bees-, will agree that people will also benefit emotionally and psychologically by taking these products.

Why is that? Why do bees, why do their products carry such a good vibration, such a good energy?

The answers are simple. They are known, and a billion times proven and reconfirmed, ever since humanity came into existence: Not only that there is no killing involved, while the bees collect their honey, propolis, and pollen, - not only that in the nectar and pollen of the plants, their own most positive essence and powers are ingrained and offered, - the essence of the nectar of pure physical nature,- not only that the products of honey bees contain an unbelievable amount of beneficial substances, vitamins, enzymes, amino acids etc., and essential minerals, - but also: ***that some form of secret subtle energy is contained in the products of bees, and accessible to us,- an energy that sustains life in general on this planet, and makes humans happy. And: In Yoga one works predominantly with this energy.***

Even this energy is known since ancient times. It was also known that also the bees and their products have it in large amounts. In many different cultures this energy was identified as the most important element of our whole existence. In ancient India it was called **Prana**, in Europe **Orgon**, in China **Chi**, etc..

Thus, there are no other substances available on this planet, being produced by nature, or by humans, with these qualities, that are contained in the products of honey bees, - and: They effect us not only physically, but to a large degree also emotionally, and psychologically, and energetically.

II. The benefits of **YOGA**

1. Recognized benefits- general

The word „**yoga**“ means unity and harmony. This means, that the individual, that each human being, each one of us, who is doing **Yoga**, will eventually be experiencing consciously unity and harmony - with himself, with the universe, with the earth, and with nature,- and with the highest consciousness.

These are big and lofty words, describing a state, hardly anybody of us can honestly claim to have. Yet most certainly all of us are dreaming of it, and many have made it the real main goal and task of their life, they are aspiring for. Following this path of **Yoga**, as it is proven a million times all over the world since ancient times and in all cultures, they also reach a state of dramatically improved physical, emotional and mental health, long life, the capability of increased perception, new horizons and goals, and an everlasting happiness.

Corresponding to the different parts of our personality and existence, there are different types of **yoga**, like for instance: **Hatha yoga, Kundalini yoga, Jnyana yoga, Karma yoga, Bhakti yoga, Tantra yoga, Raja yoga**, etc., and the **Integral Yoga**. The details about these different types of **Yoga** can easily be obtained.

2. Recognized benefits, -specific

Yoga exercises can help the student to reach the following:

Harmonisation in life

The harmonising effect of **yoga** has been proven and documented in many scientific studies. That is the reason why many health insurance companies now participate in the cost of **Yoga** courses, and **Yoga** is recommended in many health and fitness guidebooks. Everyone who practises even just a little **Yoga** will soon experience some of its magical effects: A never before known feeling of total relaxation, disappearance of all kind of pains, reduction of physical, mental and emotional tensions, more energy, new vitality, mental clarity, strengthening of the immune system, new self-confidence, and improvement of concentration.

Re-awakening of dormant skills

Whoever is interested in more than just harmonising the body and mind, can venture towards a more intense practice of advanced **yoga** exercises. The **Yoga** masters say that many hidden potentials are dormant within a person. Intensive **Yoga** exercises can activate skills such as intuition and creativity, in order to bring out artistic skills, increase the power of physical and spiritual perception, charisma and individual vibrancy. Other levels of consciousness open up for the **Yogin**: He can observe the forces of life and nature, within himself and outside himself in others, and discover his own secret energy field and its channels, as much as their applications in the normal world.

Unification with true self

The ultimate goal of **Yoga** is the realization of our true self, which the **yogis** describe as being one with the highest cosmic consciousness. The awakening of new skills seems so fascinating that the old masters warn us not to overestimate this. Unification with the true self, the fusion with the cosmic consciousness, the realization of being one with it, is the highest goal of **yogis**. It leads to true love, to the feeling of being one with all beings, to the experience of pure being, ultimate knowledge and unlimited happiness.

Individual responsibility

Everyone is responsible for himself in his attempt to reach this. Everyone can improve his/her life, and do something to grow faster. **Yoga** has a great variety of exercises and practices. It is everyone's own choice how far he wishes to go with **Yoga**. Those who wish to go further must practice more. **Yoga** is not a magic pill, but something that leads to the desired goal through patient and systematic training.

III. The benefits of combining Apitherapy and Yoga together

(Physically, emotionally, psychologically, and energetically, and examples of the combination as per Yogic tradition, and as per own experiences)

The basics of Yoga – and the bees**1. The bodies**

Yoga means unity and harmony. **Yoga** regards the body as a vehicle for the soul on its journey towards perfection. But at the same time **Yoga** also regards the physical as the major field of action, of transformation, as one of the most important levels of our existence, that will lead us to the next step in our evolution, of which our body is an essential element.

Yet **Yoga** also recognizes that human beings, as other beings, have access to, and thus are living and are operating, consciously or unconsciously, in more than more than one layer of consciousness. Thus in the yogic tradition one identifies different bodies or sheaths, all of us possess. For instance, we are easily aware of our three main bodies or sheaths: (We have, of course, more than these, however!!!!)

a) Annamaya kosha = nourishment sheath = the gross physical body

The products honey bees produce possess inherent qualities superior to any other known products. They nourish the body, giving health, long life, energy and cure diseases specifically and integrally, like no other known medicine.

b) Pranayam kosha = vital sheath = the body of the five Pranas (life forces or emotions)

Bees and the products of bees are famous for their inherent superior content and power of Prana. Ask anybody who is working with bees, or consuming bee products! The amount of energy bees have at their disposal is phenomenal.

They not only are able to do their work without interruption during their whole life time, throughout the days, but for instance they are also capable to maintain without any outside help or devices a constant temperature of about 37 degrees Celsius in their hives, even during the winter, when the normal temperature are much below zero. They even are able to increase this temperature, for instance in defence, against enemies. They possess in addition organs of perception we can only dream of.

c) Manomaya kosha = mental sheath = the body of the mind

Mind is the regulating force in this universe for action in and organisation of the physical. It sets reference points, the creative energy is following. The organisation and life of the bees in a colony is unique, and works impeccably. So much so that even we can learn from it. The mind behind the force governing a bee hive must be superior. All of this is ingrained in the products the bees are producing, and will be conveyed by Apitherapy using these products for healing.

2. The five elements of the Yogic practice, - and the bees

> Proper exercise (Asanas)

During their whole life bees are training and are being trained in incredible ways, in order to be able to fulfill their roles and functions in the organisation of the maintenance of the colony.

> Proper breathing (Pranayama)

Proper breathing is the most important element for originating physical and subtle pranic energy. Bees are masters in this.

> Proper relaxation (Shavasana)

Equally impressive is the performance of bees in the periods of relaxation. In a bee hive these periods are as important as the periods of concentrated work. In fact one is not possible without the other.

On the other hand, it was found out that working with the bees is extremely relaxing for humans. This was discovered a long time ago. Consequently, this was and is used therapeutically by individuals, employers, and big companies, in order to increase the efficiency of human work performances,- or to meditate on a bee hive in order just to feel great!

> Proper diet

Can one imagine a better diet than bees are having? They survived with it marvellously for the last 25 millions of years. Can we imagine a better food than the honey bees are offering to us? It is ideal for any Yogic practice,- and for that matter, - for anybody else as well.

> Positive thinking and meditation

As we cannot prove here the related performances of the bees, we abstain from any comment on it...

*But fact is that our own positive thinking is stimulated tremendously by the presence of bees, and fact is also, that millions of people all over the world use bee colonies as helpers for the improvement of their power of attention, as much as they use the presence of bee colonies as wonderful targets for their meditation.
(The Humming of Bees. www.matamba-nectar.org)*

3. The basic first two conditions for doing successfully Yoga.-

(But what here about the bees?)

These first two basic steps of the eight arms of **Raja Yoga** that is recognized by all **Yogins**, and by the **Yogic** tradition as the condition for **Yoga**, are a must for further progress. One can name them also as the **Yogic ethics**.

These two conditions, or steps, or ethics are called:

a) The Yamas (= rules for association with others)

- Non-violence
Bees, in order to get their food, do not use any type of killing or violence, even for proteins. Nor do use plants for the original production of these foods any killing or violence. Nor do we have to use any killings or violence in order to get these products.
- Truthfulness
The bees, - as any other creature of nature,- sense immediately if somebody does not speak or think the truth. The bees will take action immediately. Nobody who lies,- can make real use of our true potential.
- Chastity
The sexual behaviour of bees is strictly regulated according to their natural needs.
- Non- covertness
In a bee hive the organisation of work and of benefits is perfect, and will never be violated.
- Non – stealing
It is impossible and never happens that one bees steals from another. They always will work together and help each other. The good of the colony is superior. Without hesitation they will sacrifice their life, if required.

b) The Niyamas (= some of the commandments, = rules for behavior in private life, according to the Yogic tradition)

- Cleanliness
Bees are extremely clean. It is one of the conditions for their survival. Their culture of cleanliness is perfected to such a degree, that they even are able to place the millions of single grains of pollen in predetermined locations in the combs, according to the chemical composition of each single grain, and the corresponding needs of the baby bees. Apitherapy makes use of this phenomenon already, but there is a vast field of research still waiting for us.
- Contentedness
Can one imagine any being more content than bees, working tirelessly from early morning till late in the night to collect nectar, pollen, and propolis?
- Asceticism
Bees are showing us, what true Tapasya (= fierce discipline) in the physical world should look like! They are a perfect example also, of how to follow ones Dharma.

IV. CONCLUSIONS

If we learn how to work with nature,- not against it,- nature will cooperate with us in unimaginable ways and degrees. If we learn how to really live the way we are meant to be living, many of our problems are likely to be resolved. Nature has helped creating us, in order that we may successfully dare our next step in our evolution. Nature looks at us, expecting that we fulfil this role.

One of the most marvellous beings on this planet accompanying us on our path are honey bees. Their work not only sustains our life, (pollination of plants), but their products also give us excellent food, health, and lots of physical and subtle energies. The superior qualities of their being are contained in their products, and this not only physically, but also energetically and mentally. Therefore, and because of the unique chemical and energetic composition of their products, as much as because of their nature and presence, honey bees and their products can serve, and are serving as ideal examples for us. On top of it we can use their products as medicines for prevention and healing of diseases, as used and applied in **Apitherapy**. Even on other levels of awareness we can learn from the bees. On these levels these qualities of the bees are transferred homeopathically, that means energetically.

It is our task and duty, and privilege, and honour to protect honey bees, and make sure that they survive. In **Yoga** the bees and their products can be and are serving us as marvellous helpers, as much as our teachers. They can teach us about life, how to survive, and how to develop, following our destiny in our evolutionary path. Thus **Yoga** and **Apitherapy** are not only two movements that have to be considered as one, and can be and should be accordingly developed and realised, - but their beneficial wonderful effects on human beings, including body and mind, compliment and reinforce each other. This means: anybody, anyone of us, will benefit greatly, inwardly and outwardly, combining **Apitherapy** and **Yoga**.

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