

Yogic Tips for your healing

There are times in our lives when difficult situation such as divorce or domestic abuse, a memory of a traumatic event or day to day stress of daily living can stop us in our tracks developing symptoms in the body such as heavy in the chest, stuck with a negative outlook, a shaky body, breathing that is short and shallow and with a mind that is unable to focus. Western doctors can box these symptoms in medical diagnosis such as anxiety, depression etc.

When we see these symptoms to move us from this state of suffering to a state where we feel well again and our life feels like worth living. And for this, we need help. Yogic counselling provides us with nine ways that we can seek support and balance during these times.

1. **Connect to the principle of the Self- Trust and belief in yourself:** This trust is within and a very special gift of the mind. It is that which provides us strength and gives us stability. Fear is the biggest obstacle of healing and the antidote to fear is this trust in oneself. And once we inculcate mental strength through trust and conviction it permeates into physical strength.

Reflection:

When have you been on your own side and believed in yourself? Think of a time that you helped yourself to have a rich experience of this memory. What is this sense in your body? Can you connect to this experience of believing in yourself?

Practice:

Set Intention for how you can be your own friend caring and trusting yourself through unpleasant situations.

Make your intentions realistic and be committed to them. Imagine what it be like to be yourself and in believing in yourself in these ways. You can start by saying.

“Today I will be.....”

2. **Connect to a belief or faith in a higher power.** And this higher power does not necessarily need to be in god or as proposed by religion. It could that higher power that resonates with you for example science, the big bang, the universal consciousness. In difficult times, we may not know how things will work out but if we trust that it will, this faith can help sustain us. With this conviction and the container provides a sense of courage that allows you to move through those times or situations.

Reflection:

Can we sense and be comforted by the possibility or even the knowing that something bigger than ourselves is at work in our lives? Think of that higher power that resonates with you.

Practice:

Set intention to connect to this higher principle everyday after waking up and being grateful to be there for you.

“Today I am grateful for and connected to”

3. **Cultivate attitude of friendliness toward those who are happy, compassion for those who suffer, support those doing good work in the world without the need to get something back, and for those who are doing bad and upsetting stuff, maintain emotional distance and non-judgement.** If that kind of emotional equanimity isn't possible, then you may need

to establish physical distance : Nothing is permanent in life and we at some point or the other are faced by situations that are unpleasant and out of our control. The point with this last one is for you to do your best to stay emotionally and mentally balanced.

Reflection:

Think of a time when you truly felt happy in offering something where you gave without feeling that it for transactional purposes? What was the quality of that giving? Did you have a feeling of lightness or heaviness once the action was complete?

Practice:

Set an intention of giving without expectations or attachment. Choose a task weekly or monthly where you offer your services or your help for nothing in return. You could start by:

“This month I will give myself to.....”

4. **Practice breathing with a focus on exhale:** In the world where we are constantly exposed to stress through daily lives, the tigers in our brains are constantly present. We humans have been on the top of the food chain because of our amazing ability to respond to these tigers(stressors) and have a thinking brain to even avoid them. However, 21st century is riddled with tigers even in traffic jams and the off button once the tiger has left does not happen. Focusing on exhalation, we turn off the response to tigers so we can return to balance.

Reflection:

Think of a time when you have had a road rage just because you were stuck in traffic.

Practice:

a)



In - Free
Ex - Free

12 Br

b)



In - Free
Ex - 2', 3', 4'..... Ex-Max

2 Br / Count