

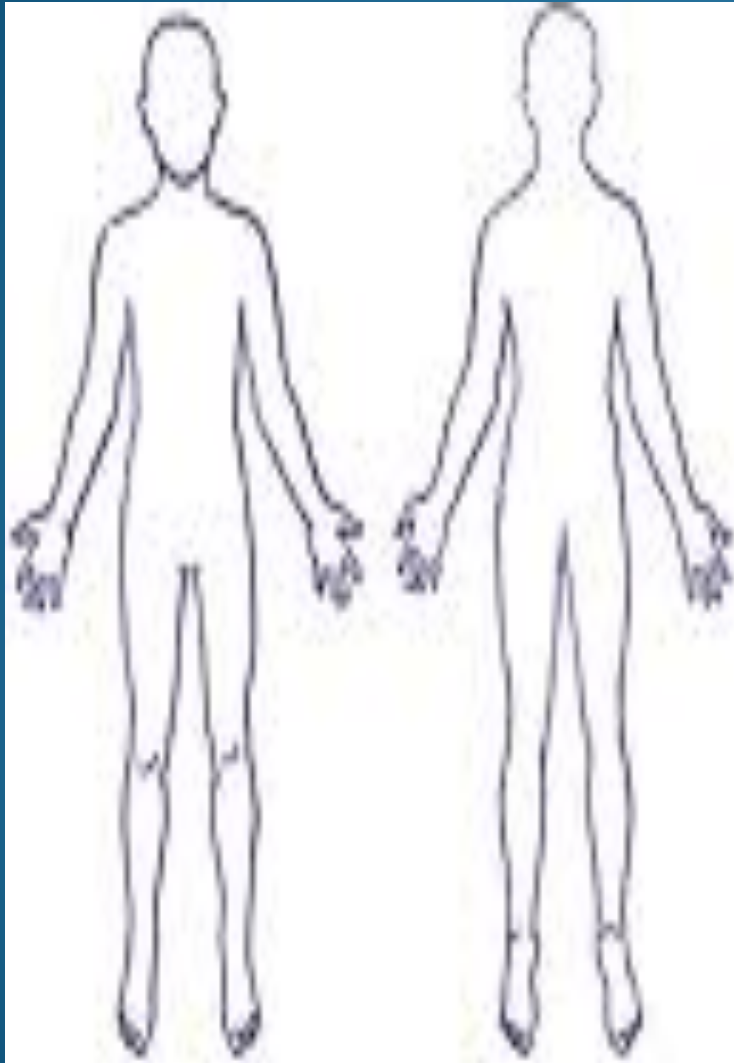
Holistic Wellness Workshop

HOLISTIC Spiritual Healing and WELLNESS

Facilitated By *Dr. Huzan Daver (Ph D)*



What is our Natural State?



- Perfect
- Spirit or energy form
- Multidimensional

Self

- Gross body
- Subtle body
- Casual body

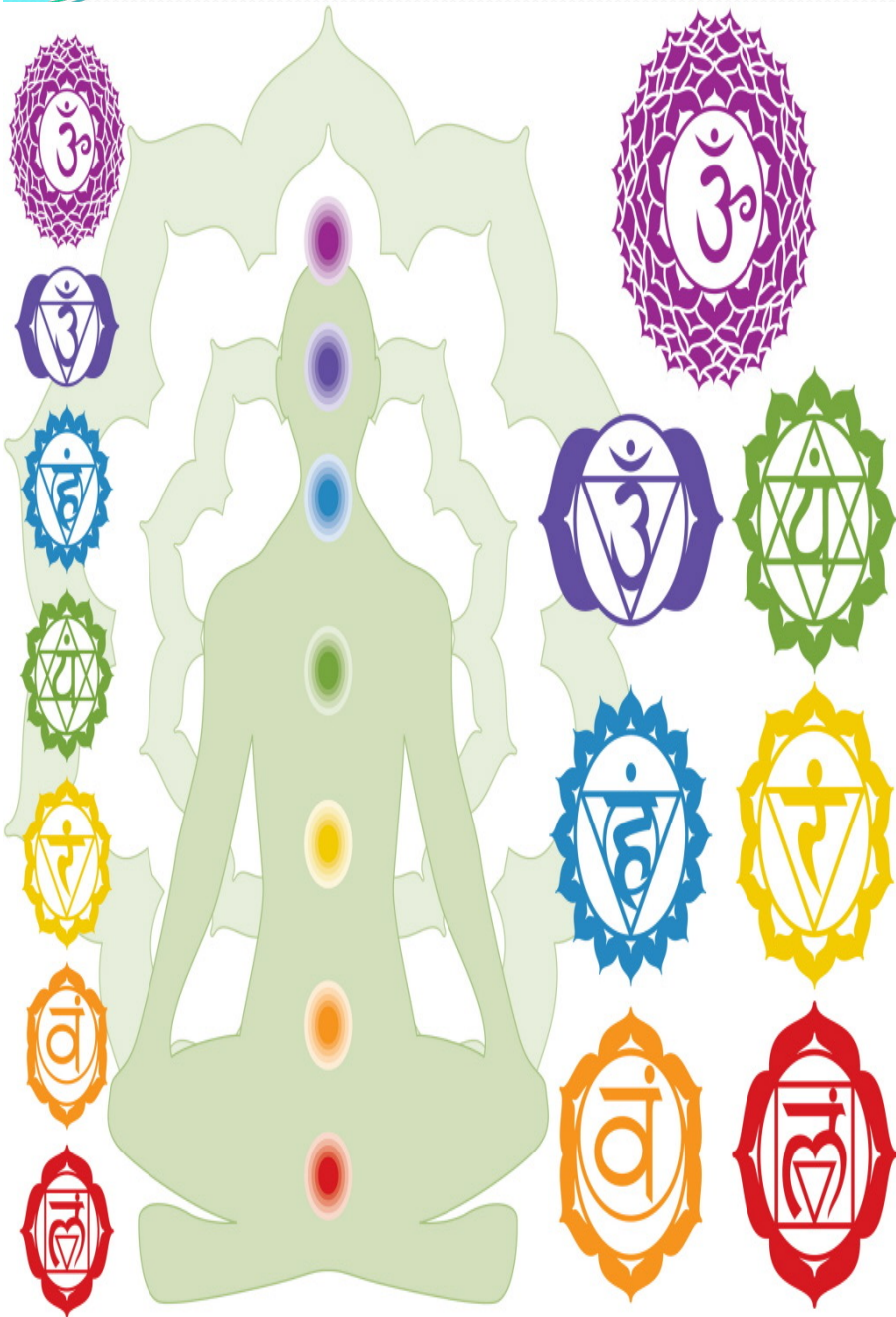


Original REFERENCES

Subtle vital force (**prana**) and channels (**nadis**) appear in the earliest *Upanishads* (7th-8th century b.c.e.).

2nd century b.c.e. and the 2nd century c.e. - reference is first made to basic Tantric concepts such as **chakras**, mantras etc.

Brahma-Upanishad mentions the four "places" occupied by the *purusha* (soul): the navel, heart, throat, and head.



Crown Chakra(Sahasrara)

Third Eye(Ajna)

Throat(Vishuddha)

Heart Plexus(Anahata)

Solar Plexus(Manipura)

Sacral or Spleenic(Hara)

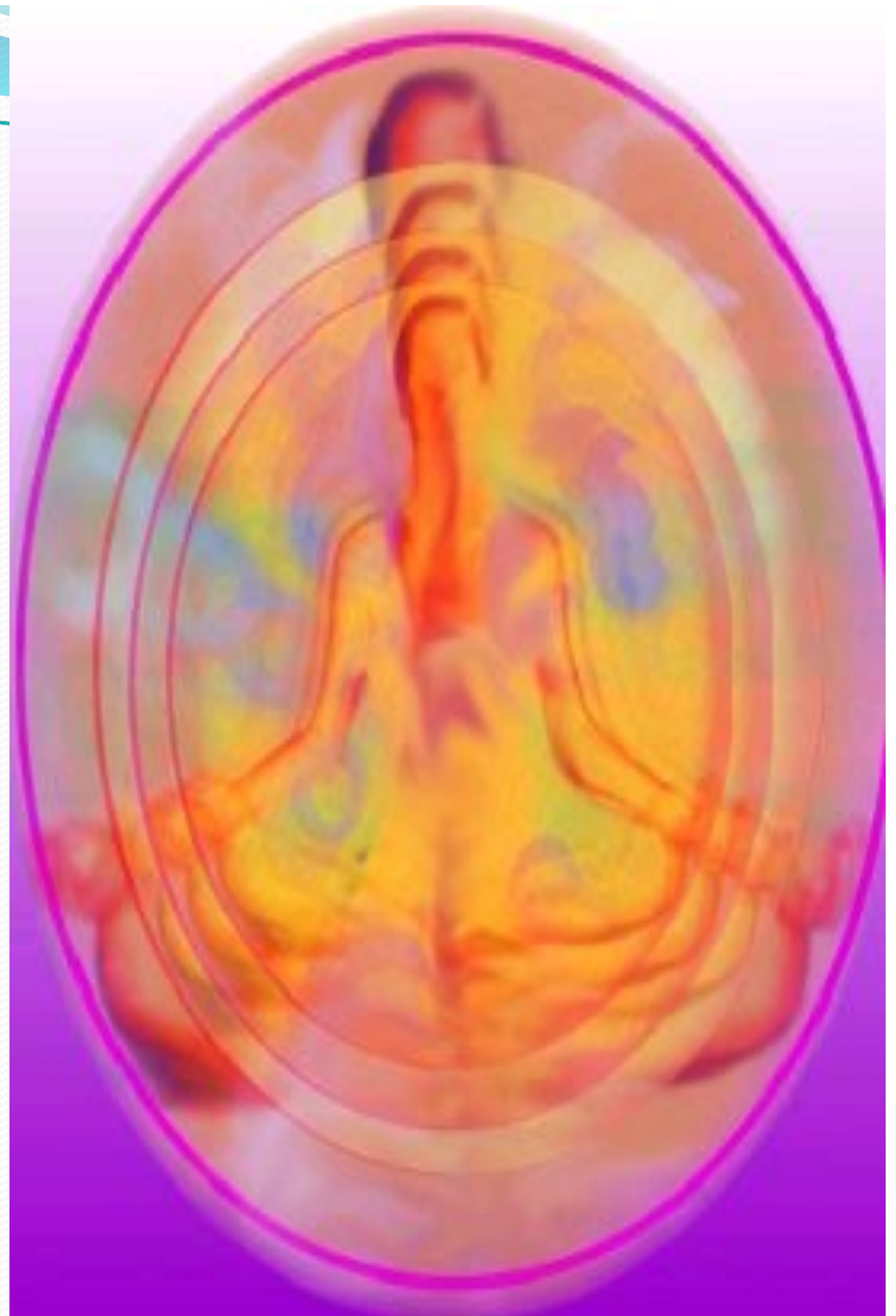
Root(Muladhara)

72,000 Nadis



5 Sheaths (Kosas)

- **Food** : annamaya kosa
gross body
- **Vital air** : pranamaya
kosa subtle body
- **Mental**: manomaya kosa,
subtle body
- **Intellectual**: vijnamayah
Subtle body
- **Bliss**: anandamayah kosa
causal body



Why do we get ill?

- Genes
- Stress
- Negative thinking
- Negative beliefs
- Blocks in ethereal body
- Negative programming or conditioning (vasnas)
- Negative living
- Lack of Love to self and others
- *Karma*



Activity

Feel (emotions)

Nervous
Worried
Apprehensive

Think (cognitions)

Repetitive thoughts
Think the worst will happen

During times of stress
or uncertainty, I...

Do (behaviour)

Avoid tasks that have anything to
do with the stressor
Exercise more

Physical symptoms

Difficulty concentrating
Difficulty sleeping

Body

Mind



Emotions

Behavior

Environmental stressors

(work, home, neighbourhood)

Major life events

Trauma, abuse

Perceived stress

(threat/no threat, helplessness, vigilance)

Individual differences

(genes, development, experience)

Behavioural responses

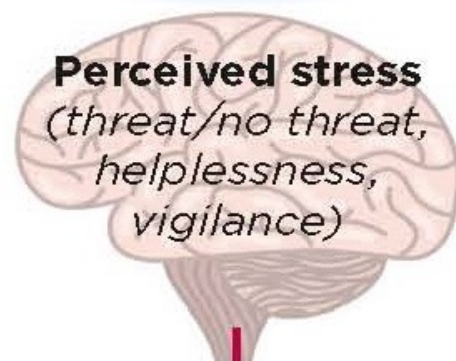
(fight or flight, personal behaviour: diet, smoking, drinking, exercise)

Physiological responses

Allostasis

Adaptation

Allostatic load



How is stress created?

- **A stimulus** (events or circumstances in the environment that we perceive as threatening or harmful, which produce feelings of tension -stressors)
- **Behaviour thought patterns and emotions** interact with the physiological component of heightened bodily arousal, and these responses are called strain.
- **Stress as process** - The person is an active agent who can influence the impact of the stressor through behavioural, cognitive and emotional strategies

(Caltabiano, Byrne & Sarafino, 2008)

What is the relationship between stress and illness?

Stress management tools

- Mindfulness, Meditation and prayer
- Life style changes – diet, sleep, exercise etc...
- Thought and emotional management
- Psychology Therapy
- Energy work – Spiritual Healing

What is Holistic Counselling?

**SO WHAT IS
'HOLISTIC'
COUNSELLING?
WHAT TO EXPECT
FROM A HOLISTIC
TREATMENT**

PATHFINDER HOLISTIC HEALING



Principles of Holistic Counselling



- We are ONE. All humanity is part of the whole.
- Mind, body and spirit are intertwined and we need to cater to all.
- We are spiritual beings living in a physical body for an experience.
- There are no mis-takes only LEARNING
- Forgiveness and Atonement Heals.
- Life is a journey that we have chosen to experience.
- Purpose of life brings meaning and mental balance and harmony.
- Mental illness and addictions are also purposeful at times for a learning
- There is no judgement as all experiences are valid.

Everything is ENERGY OR VIBRATION

- ENERGY converted to matter
- Energy is consciousness
- Matter made of MIND, SENSES, PHYSICAL ELEMENTS
- The soul or purusha comes into the physical world of matter indirectly, through the subtle elements of chitta (unconscious mind), buddhi (intelligence) and ahankara (ego)
- Chitta storehouse of memories, vasnas and samskaras.
- Soul infuses consciousness through prana.

Key concepts in Spirituality

- Purpose of humankind to raise INNER DIVINE consciousness to BE Divine
- Divinity is TRUTH.
- Truth through the pathway of “ṛtasya panthāḥ” or ‘the way of the right’.
- Life is a battleground between the forces of good and evil. Struggle between devas (light and truth) and dasyus darkness and falsehood. War between Indra and Vṛtra and Aṅgirasa rishis and the lost cows
- Sacrifices are symbolic of inner offering of thought, word and deed. The Vedic rishis and Swami extols us to make the sacrifices conscious acts from the unconscious.

Key concepts continued...

- Human Life is a journey through layers of consciousness to the final divine state of Truth – Svar
- The ultimate reality is ONENESS - “ekam sat” or “tad ekam
- The key to achieve oneness is a “clarified MIND”.
- Sri Aurobindo represents the illumined mind with horses, denote force, strength and power. Therefore when Indra’s horses are described as ghr̥tasnū the ṛ̥ṣis must have meant that “the powers of the illumined mind are resplendent with clear and brilliant thought” rather than that “Indra’s horses are dripping with clarified butter”.

Continued...

- every action done consciously as an offering to the god (indra) automatically results in the release of delight or joy, called soma.
- Any task undertaken by a human being is really an act of collaboration between him and the gods; it is known as a sacrifice or yajña which marches forward, yajña ānuṣak adya (RV, 5.26.8).
- Progress is possible only because of the absence of duality (oneness with divine energy)
- by invoking the great mantras of the Vedas we can still develop the powers of intuition, inspiration, will within us.

What is mindfulness?



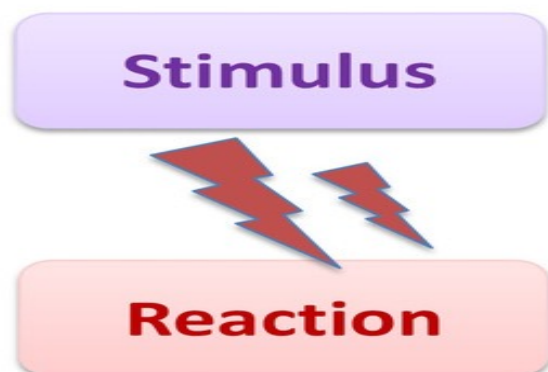
PROCESS OF MINDFULNESS



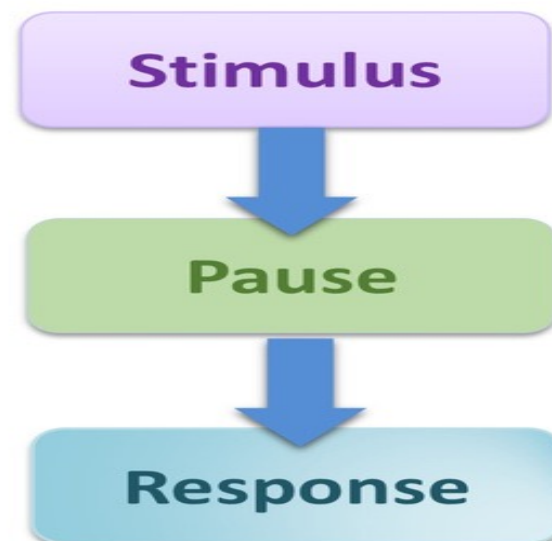
Mindful Behavior

Being mindful creates space to pause...
Replacing impulsive reactions with thoughtful responses.

Autopilot/Reactive Behavior



Mindful Behavior





Discover. Care. Believe.

6 Ways to Practice Mindfulness

1. Be in The Now

Guide your awareness back to the present moment.

2. Bring Attention to Your Breath

Allow your breath to take place. Become aware of it and enjoy it.

3. Know Your Mind

Notice when the mind is wandering or worrying and bring it back to center with mindful breathing.

4. It Takes Two

To see the most benefit from mindfulness, remember two key ingredients: awareness and appreciation.

5. Be Appreciative

Reflect and appreciate caregivers, family and friends, and relationships.

6. Happiness

Pay attention to the experience of basic happiness in everyday life.



Source: <http://blog.dana-farber.org/insight/2015/10/how-cancer-patients-can-benefit-from-a-lifestyle-of-mindfulness/>
Source: <http://www.mindful.org/five-steps-to-mindfulness/>

For more information on the Zakim Center, call 617-632-3322 or email Zakim_Center@dfci.harvard.edu



DAILY MINDFULNESS KIT

Sanhearts.com

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BREATH

Notice your breath in your body. Without changing it, feel its rhythm. Observe how your body moves with your breath. Feel the air in your nose or mouth.



GROUND

Notice your feet against the ground. Feel the ground with your feet or shoes. Notice how you stay connected with the earth.



SENSES

Use your senses during everyday activities. For example, eating an apple. See the color, feel the texture and weight, notice the taste and texture.



THOUGHT

Notice how thoughts come and go from your mind. Observe your surroundings. What do your senses notice? What thoughts are you having?



EMOTION

Emotions are similar to waves. Some are big and some are small. Allow the waves to come and go, as a surfer would ride a wave in the ocean.



BODY

Feel the way your muscles work to support your body. Notice which muscles feel tense, sore, or uneven. Express kindness towards those muscles.

What is prayer?

- Intention
- Communicating
- Asking
- Having faith and trusting the receiving



HEALTH BENEFITS OF REGULAR MEDITATION

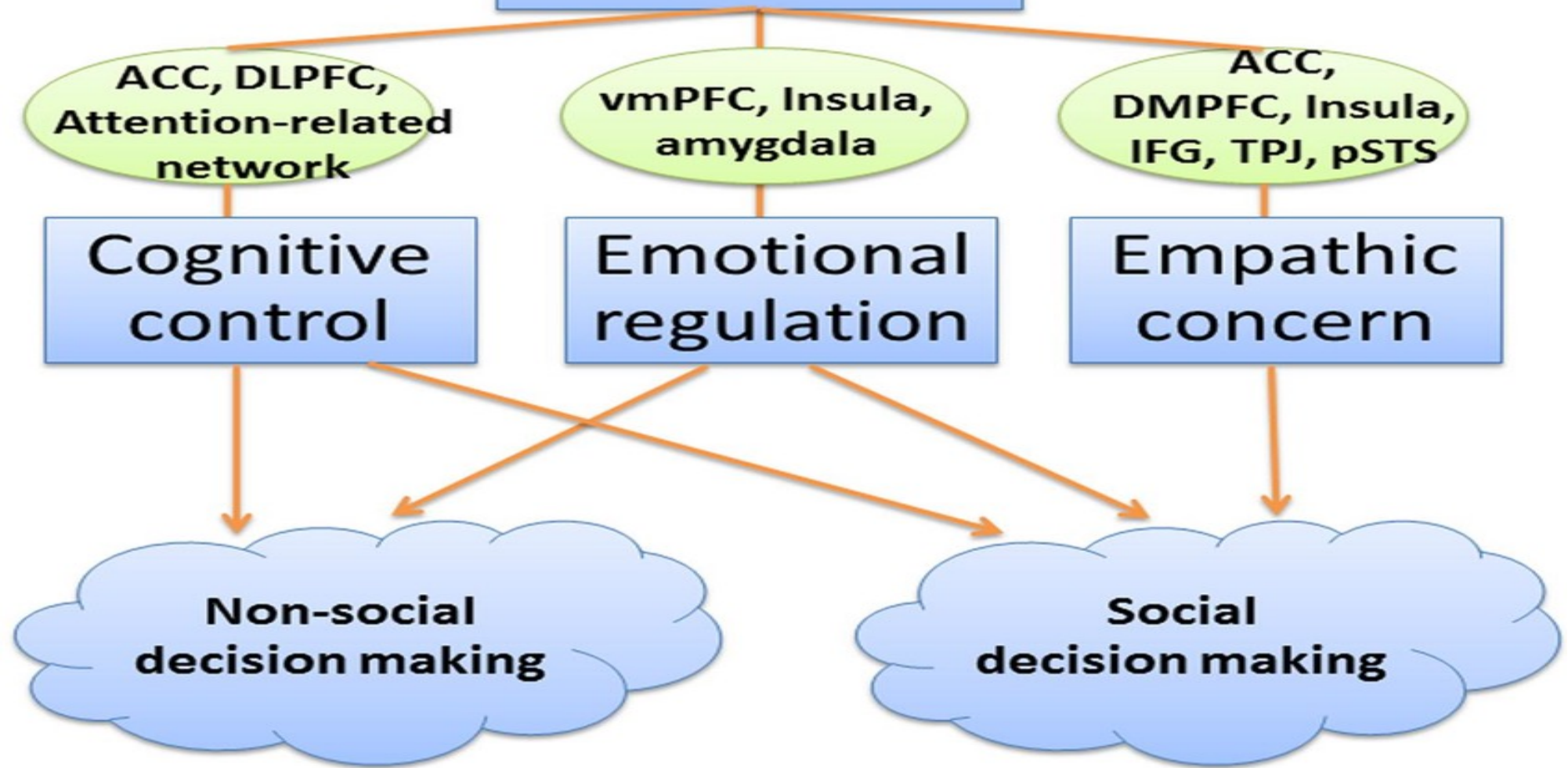
Meditation has been practiced for thousands of years in India. Meditation calms down your mind and improves your health in various aspects.

HERE ARE A FEW VERY IMPORTANT HEALTH BENEFITS OF MEDITATION:



One can practice meditation at home or one can go to various meditation centers where people are provided with the right ambience to relax and meditate.

Meditation



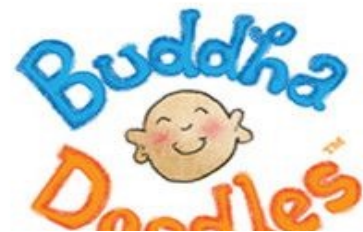


"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."
- Thich Nhat Hanh



“The words you speak
become the house you
live in.”

— Hafiz





Every thought we think
is creating our future.
- Louise Hay



Kind thoughts



Kind speech



Kind intentions

♡molly
3.24.16

Energy work

