

## Week 2 – Law of Pure Potentiality – Om Bhavam Namah – I am pure potentiality – silence/nature/non-judgment Wellbeing Techniques

So, this is the third webinar for week 2. I'm going to go over practical techniques for empowering your wellbeing. These techniques are not necessarily specific to the Law (Principle) of Pure Potentiality, but they will help enliven it.

I'll also explain how you can stack the techniques to truly strengthen your wellbeing empowerment which will not only save you time, but also make the techniques more doable within in your busy schedule.

Remember, the purpose of these techniques is Empowered Wellbeing For Success™ – this wellbeing is not only in the mind, but also physical, hence the inclusion of all the wellbeing techniques.

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### The Wellbeing Technique of Mindfulness -Taste:

**Direct Aim:** To quiet the mind; to bring the mind to one point of focus; to take the mind from activity to stillness.

**Indirect Aim:** To respond with reflectiveness, openness, and calmness in all situations; to achieve, maintain, and preserve health and prevent disease in both mind and body.

#### Procedure:

1. Chose a piece of fruit that you like which can be easily eaten by hand without any cutting or preparation – make sure you wash your fruit before starting this experience.
2. Sit in a quiet place, out of the sun, and look at the fruit.
3. Take a bite into the fruit and take some time noticing the texture of the fruit – is the flesh a different texture to the skin?
4. As you slowly chew the fruit, notice how the fruit tastes in your mouth – is it sweet, tart, a combination of both? Does the skin taste different to the flesh?
5. Keep eating the fruit being mindful of its texture and taste.
6. Keep your attention on the taste of the fruit and how it makes you feel until you finish the piece of fruit.
7. Sit and notice how you feel, both physically and emotionally, once you've finished the piece of fruit.
8. If your mind wanders, without judgment, bring your focus/awareness back to the experience and sensations of eating the piece of fruit and the after effects of having eaten the fruit.
9. After practicing this Mindfulness Technique several times with different foods, try to make one meal each week a Mindfulness Taste experience; this would mean that you focus on each bite of food without any other distractions for an entire meal.

#### Notes:

If you do not like fruits, chose a vegetable that you like which does not need preparation and can be eaten raw.

The Mindfulness Technique of Taste is a wonderful way to develop awareness about what value our food brings to us both physically and emotionally. Have you ever noticed that when you are in peaceful and relaxed atmosphere when you are eating, that your food tastes better – even if it is food you are used to eating all the time? This is basically because you are more focused on the food, so your attention becomes aware of all the nuances in the flavors. You'll probably become satiated more quickly and feel more well-nourished, all from just paying more attention to the food you are eating.

So, let's try a little experiment. Notice how you feel when you eat a food that is considered junk – remember that this program is a total no-judgement zone, so we are not judging what is being eaten, but how the body feels after eating a non-healthy food. Notice how you feel eating a food or group of foods that are considered healthy for you. Notice if you change your eating habits because of practicing the Mindfulness Technique of Taste.

At home: you could create meals specifically for this Mindfulness practice. Placing emphasis on taste, texture and the physical and emotional effects the food has will allow you to create a balanced, healthy meal to enjoy. Share this experience with family and consider practicing this Mindfulness technique while eating a desert or any other specific part of the meal. Remember that this means there no distractions other than eating the food.

I have not read the book: *Savor – Mindful Eating, Mindful Life* by Thich Nhat Hanh and Lilian Cheung, but it's on my list. This book takes you into the mindfulness of taste and its relationship to a mindful life, so it may be something you would be interested in. I personally believe that all types of mindfulness practice will help with deepening a meditation practice and it's always interesting to see different perspectives on the subject.

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## The practice of Yoga to empower your wellbeing:

Here I want to talk about the various Yoga Poses to activate the Sahaswara Chakra (Crown Chakra) as this is the Chakra that enlivens the Law of Pure Potentiality. The idea with these poses is to create a seated, standing or lying down position that brings a sense of calm to the body. Let's talk about how to practice these poses.

### Yoga Poses:

**Direct Aim:** To bring about a sense of wellbeing and quiet to the mind; to tone, strengthen and lengthen the muscles of the body; to establish union within mind, body, soul, Spirit and environment.

**Indirect Aim:** To achieve, maintain, and preserve health and prevent disease in both mind and body.

### Standing Mountain Pose:

#### Procedure:

1. Stand in **Mountain** pose: feet are parallel to each other and hip distance apart; active (engage) your quadriceps and ground (press) your feet into the mat connecting all sides of your feet into the mat or floor

surface; make sure your shoulders are over your hips and you are standing tall extending the crown of your head to the sky. Hands may be at your heart or by the sides of the torso.

2. Place your attention on the crown of your head and imagine that you are lifting up from the crown of your head to the sky.

Another pose that easily activates and enlivens the Principle of Pure Potentiality is, Comfortable Seated Pose. This pose is generally known as Easy Pose or Pose of Happiness (Sukhasana), to activate the Sahaswara Chakra and will enliven the Law of Pure Potentiality:

**Easy Pose:**

**Procedure:**

1. Fold a thick blanket into a firm support about six inches high. Sit close to one edge of this support and stretch your legs out in front of your torso on the floor – you may remain in this position if it is comfortable for you, particularly if you are leaning up against a solid object such as a wall, or even in a chair keeping your knees bent at 90 degrees and your feet flat on the floor.
2. If sitting crossed-legged is comfortable for you, follow the directions below.
3. Cross your shins, widen your knees, and slip each foot beneath the opposite knee as you bend your knees and fold the legs in toward your torso.
4. Relax the feet so their outer edges rest comfortably on the floor and the inner arches settle just below the opposite shin. You'll know you have the basic leg fold of Sukhasana when you look down and see a triangle, its three sides formed by the two thighs and the crossed shins. In Sukhasana, there should be a comfortable gap between the feet and the pelvis.
5. Remember, to sit with your pelvis in a relatively neutral position. To find neutral, press your hands against the floor and lift your sitting bones slightly off the support. As you sit there for a few breaths, make your thigh bones heavy, then slowly lower your sit bones lightly back to the support. Try to balance your pubic bone and tail bone so they're equidistant from the floor.
6. Preferably stack your hands in your lap with your palms faced upwards; you may choose to lay your hands on your knees, palms down, but in yoga, palms facing up is considered receiving mode.
7. You can sit in this position for any length of time, but if you practice this pose regularly, be sure to alternate the cross of the legs.
8. Place your attention on the crown of your head and imagine that you are lifting up from the crown of your head to the sky.

Be cautious about sitting in this position if you have, or have had knee injuries or if there is any discomfort. You may find it easier to sit with your back to a wall for support or with your feet faced forward. Of course, you also have the option of sitting in a chair, keeping your knees at 90° and your feet flat on the floor. Putting a cushion between your back and the back of the chair may be a good idea for added support.

We can also use Corpse Pose or Savasana as it's known in Sanskrit to enliven the law as well:

**Savasana:**

**Procedure:**

1. Lie on your back on a mat, towel, or blanket – you may even practice this in bed before getting up or going to bed.
2. Make sure that you take time to relax every muscle in your body, preferably starting at the feet and moving upwards until you reach your head.
3. Very importantly, make sure that your shoulders are away from your ears and that you feel as if you are sinking into your mat, towel or blanket.
4. Now, consider your jaw, and make sure that it is relaxed. A quick tip here is to use what, in Yoga, is called a Mudra: this Mudra is called *tongue at fire-point*. Gently, place the tip of your tongue on the roof of your mouth, just behind the two front teeth. This Mudra will immediately relax your jaw which is important when lying in Savasana.
5. Close your eyes and let your eyes sink back into their sockets.
6. Place your attention on the crown of your head and imagine lifting up and out of the crown of your head.

For the most part, if you have favorite yoga poses these can also be used to enliven this law. To do this, put your attention on the crown of your head and think of having a piece of string pulling you upwards to the sky from the crown of your head. I've found that focusing on the crown of your head while doing your favorite yoga poses works well – the old adage of where your attention goes your energy flows is very obvious when enlivening this chakra.

Generally, we say that meditation is the best way to activate this chakra, which is why I've chosen the three poses discussed here. However, as you are becoming aware, if you are not already: "Yoga is the settling of the mind into silence. When the mind has settled, we are established in our essential nature, which is unbounded consciousness." These are words from the famous yogic sage Patanjali, indicating that all yoga poses will enliven this Principle.

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**Now, on to further discussion about the Chakra which enlivens this particular Law(Principle):**

The Sahaswara Chakra: we associate the color violet (although some say gold or silver) with this chakra. It's the chakra that is believed to connect us to our spiritual essence and inspires optimism. It is represented by the 1000 petal lotus. We use a seed mantra (bija) that helps open the chakra – remember that sound is vibration - as the chakras are energy centers intoning this sound will help with opening up and clearing this energy center. I suggest that as you practice each of these poses, you go ahead and intone the “OM” sound.

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## Wellbeing Technique of Breath - Success Breath:

**Success Breath (known in Sanskrit as Ujjayi):** This breath is very similar to Deep Belly breathing, but in addition to the balancing effect on the cardio-respiratory system it also has a cooling effect on the body.

1. Using the same procedure as for Deep Belly breathing take a deep breath in through your nose.
2. On the exhalation through your nose, constrict the back of your throat so that you make the sound of the ocean, or sound like Darth Vader from *Star Wars*.
3. At first, if this is challenging, practice constricting the throat by exhaling with the mouth open and saying 'haaah;' once you get used to constricting the back of your throat, go back to breathing out of your nose with the slight throat constriction on your exhalation.

### Note:

Whenever you find that you are upset or facing a challenging situation, practice this breath and you will notice an immediate calming effect on your mind and body.

Success Breath is usually used during a yoga practice to help with focus.

Some top athletes use this breath to achieve higher-level performance as it enhances respiratory efficiency.

This breath is probably the easiest to use of all the breathing techniques I'm going to teach you, as it can be used at all times, while sitting and while moving. So, it's the breath that I really want you to keep in your back pocket and use every day. I used to use this breath before I went into any challenging meetings, particularly when I was faced with irate parents and uncooperative students. As I walked to the meeting I would breathe using this technique. If the meeting was in my office, I made sure that I took a 2-minute break before the meeting so that I could use this technique. I still use it as part of my routine if I was walking to the restroom, or when sitting in my car at a traffic light. I encourage you to really use this technique on a daily basis.

You will only need to practice it several times per day until it becomes a habit for you; it will also create a calming physiological response in your body helping reduce the fight or flight response that we all seem to live in during our daily existence – which is most definitely not healthy to be in on an ongoing basis.

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## Stacking Techniques

We will never add anything to a Mindfulness technique, so you'll notice throughout the program I never suggest you stack any of the Mindfulness techniques.

Stacking Yoga, Breath, Chakra toning, Affirmations and Visualizations is easy to do.

Let's consider sitting in Sukhasana (Easy Pose): while in this pose do several rounds of Success Breath and then breathe normally. While breathing normally, you may want to include a visualization or you may want to repeat an affirmation for several seconds. Once, you have completed this, finish off the practice by intoning the mantra: OM. I suggest that you end a wellbeing practice by intoning the mantra that activates the Chakra associated with the Principle you are working on.

This should take about 2-5 minutes to do. Remember that you do not need to sit on the floor in Easy Pose, but you could be seated in your desk chair with your feet flat on the floor, or you could be in any of the other poses I've mentioned for this week.

Practice this daily trying to include stacking as many of the wellbeing techniques that you can depending on where you are in the day. If you can, practice about three times per day as, this will bring noticeable benefits to both your mind and body in a relatively short period of time.

Stacking the techniques compounds the benefits of the different techniques and makes your practice more powerful, however, you can use any of the techniques separately at any point in time whenever the moment is right for you.

As we are all so unique remember that your practice is unique to you and as such you are the one who will know best what works for you. The techniques, however, will benefit everyone as we've seen in the research.