

Slide 1: Soul2Soul Educare presents: Getting in touch with Your Higher Self

One of the main ways to get in touch with your Higher self is to bring down the walls that we all put up. A way to do this is to get our mind and body in sync. Yoga is a good way to bring the body and mind in sync.

Slide 2: I will teach you a few yoga moves to rid yourself of common problems that can get in the way of connecting with your higher self, eg Fear, laziness and fatigue. These will also prepare us for the rest of the exercises in the workshop.

FEAR

This is called Veerasan or the warrior pose. Kneel down and let your buttocks rest on your heels with toes bent. Raise your right knee so that it comes to touch your chest while your sole touches the ground. Your toes should be bent on your left foot. Then place your right palm on your right knee, folding it at the elbow. Back straight. Look straight ahead Hold this position for 20-30 seconds Repeat process with left leg.

Why it works: This pose help to build self-confidence. Holding the spine erect helps keep you alert. The bent toe on which your buttock is resting is exerted with a lot of pressure due to your own body weight. According to acupressure, the pressure points in the toe stimulate the head, the pineal and the pituitary glands causing them to release certain chemicals that raise your mental capacity, increasing your ability to think clearly and logically even when you are faced with a fearful situation.

LAZINESS

Chalit Pavan Muktasana or rocking pose: start with some deep breaths. Here you have to lie flat on your back, lift up your legs and fold them over your chest. wrap both your arm around the folded legs and lift your head. Try to get your chin to touch your knees. Now rock back and forth in this position. Continue to do this while aiming to get your head and toes to touch the floor. If you find yourself getting exhausted, stop immediately. With practise you should be able to perform this more easily.

Why it works: Rocking back and forth serves as a massage for your spine. Its stiffness is released and the lethargy melts away, instantly refreshing you.

FATIGUE

Shavasana or dead man pose: Lie flat on your back and simply relax feel each individual parts become lifeless, starting from your toes to the tip of your head. Let your hands lie by the side of your body, preferably at a slight distance from the body so as to keep them totally relaxed, palm facing upwards and your fingers slightly curled. Keep your eyes closed and take a 10 deep breaths letting each breath go with a sigh of relief after these 10 breaths slowly bring your

breathing back to a slow still deep but quiet rhythm. Try to keep your thoughts at bay. If thoughts keep disturbing you, count backwards starting from 60. Do this for 2-3 minutes. You will feel refreshed.

How it works: Fatigue is usually the result of inadequate rest. Shavasan is a perfect way to make up for being sleep deprived. It is similar to power nap as it revs you up and makes you feel energised instantly.

Slide 3: A big way to get in touch with your higher self is to let go of barriers, to become like a child.

Power Brain Yoga helps us with this process – start with Power brain dance

Hello Power Brain – (nana nana poo pose)

Right foot forward and back (Count 1, 2), left foot forward and back (Count 3, 4)

Right hand on waist (Count 5), left hand on waist (count 6)

Lean right “Hello”, Lean left “How are you?”

Clap hands: Count 1, 2, 3, 4, and then Hi five with partner Count 5-6

Arm in arm with partner, Spin clockwise and screw a light bulb with other hand (count 1-6),

Do the same counter clockwise (count 1-6).

Hug your partner saying “I love you” Bye bye Power brain (nana nana poo pose)

Once you let go of your walls, you are able to do a lot of magic. Let’s get our focus for a few minutes, and then we’ll see if we can all do the magic that follows.

Do Short visualization meditation picturing a white light enter their third eye.

Slide 4: Spoons on forehead exercise.

Slide 5: A lot of the times, we cannot make miracles and do magic because of blocked energy in our body. The next exercise helps us to get rid of some of the blocked energies.

Hitting body parts to increase chi and energy flow in the body:

I love my chest, lungs, heart, shoulders, hands, thumbs, stomach, kidneys, liver, butt, brain, armpit

Slide 6: Auras

Seeing and feeling your aura is of vital importance to your health, happiness and spiritual evolution.

Slide 7: Put your hands out and see if you feel something.

Slide 8: Let's try an exercise in seeing auras.

In the dark – put out Black cloth – see auric lines coming out of fingers.

Even though many of you cannot see auras at the moment, you must repeat to yourselves “I can't see the human aura yet, but I know I will be able to soon”. Your subconscious will pick up the message and eventually you will see the auras.

Slide 9: In the meantime, you must bring awareness of your aura. (eg of being in an elevator or someone talking too closely to you). Let's try an experiment.

Stand in a circle, everyone's eyes are closed. I will lightly touch the space on top of the kids heads. They have to let me know if they could feel me and sit down.

Intend to go to someone, blindfold the person, spin in the middle, and they have to walk to that person – stop when your fingers are about to touch theirs.

Slide 10: The texture of your auric egg is electromagnetic and so when you mix with others when you're shopping, at school etc., your aura magnetically picks up tiny bits and pieces of the auric texture of others along with becoming saturated with the magnetic pieces of your own negative emotions throughout the day (psychic dirt) – leaving you feeling tired and exhausted.

Slide 11: Ways to clean auras

Your aura needs cleansing. When you take a shower, all those magnetic bits wash right down the drain, and the aura slowly draws back within the body. Have you noticed after a bath or shower you feel a little weak? This is because your aura has drawn within. Then after your dry off, the sense of slight weakness is replaced by a surge of energy. This is because the aura has projected itself out again, glowing in its normal state without all the psychic dirt that you picked up before.

So if you feel strong negative emotions – take a bath or shower.

Or you can use the Vacuuming technique which will have a similar positive effect.

Another way to clean up the aura is through rattles. Let's try this. Ask for a volunteer feeling extremely tired. Rattle the person's aura to see how they feel.

Slide 12: Mudras

The science of Yoga Mudra is an important part of yoga. Mudras are special signs or positions of the fingers of the hand, used in yoga as well as in ancient dance forms.

It is believed that a special form of electromagnetic energy from our bodies is emitted through our hands and fingers. It is this energy that is used by experts in touch therapy like Reiki, acupuncture etc. to treat ailments.

The five basic elements which go to make up our bodies (earth, water, fire, air and space) are represented by the five fingers of each hand. Thus it was that ancient rishis believed that by touching our hands or folding fingers in a particular way or pressing certain energy points on the palms, we could release the healing and beneficial energies to our body.

We can practice mudras whenever: watching tv, traveling or walking or you can make them a part of your daily meditation.

Mudras are performed with both hands – right handed mudras influence the left side of our body and left handed mudras influence the left side of our body.

If you want to see beneficial effects of mudras, you should practice them whenever you are sitting. Eg if you are sitting in class instead of putting your hands on the desk, practice holding them in mudra position. You will see great benefits on your body and mind.

1. **Slide 13:** Gyana Mudra – this is formed by touching the tip of the thumb with the tip of the index finger – gently without pressing, the remaining fingers are kept straight, without stiffness.
 - a. increases brain-power;
 - b. it releases tension and helps you overcome emotional disorders like anger, depression and overexcitement.

- c. increases the power of concentration. It is therefore useful for students and small children.
 - d. For the treatment of mental disorders
 - e. Effective cure for insomnia
2. **Slide 14:** Akash mudra – this is formed by touching the tip of the thumb-held straight with the tip of the middle finger bend towards the thumb. The remaining fingers are kept straight but not stiff.
- a. increases the akash or space element in our body
 - b. useful for the heart which is directly linked with the middle finger
3. **Slide 15:** Prithvi Mudra - This is formed when the ring finger and thumb come together.
- a. Helps to maintain the earth element in our body and removes all physical weakness
 - b. Helps to increase weight – so if you are skinny and would like to put on weight use this mudra
 - c. Increases the luster of the skin.
 - d. Makes the mind happy and generous
4. **Slide 16:** Varun Mudra – this is formed by bringing the tips of the thumb and little finger together.
- a. It balances the water elements in the body and helps to restore moisture to dry skin
 - b. It helps to remove impurities in the blood and relieves cramps – good for girls during their period
5. **Slide 17:** Vayu Mudra – this is formed by keeping the index finger at the base of the thumb and pressing it with the thumb against the mount of Venus
- a. This decreases the level of vayu or air in the body
 - b. It cures rheumatism, arthritis, gout etc.
 - c. Used for the treatment of cervical spondylitis – pain in the neck
 - d. Used for knee pain
 - e. gives relief for gastric troubles.

6. **Slide 18:** Prana Mudra – this is formed by bending the little finger and ring finger so that their tips touch the front edge (tip of the thumb). The remaining two fingers are kept straight without stiffness.
- This increases our vitality, strengthening us mentally and physically.
 - Improves circulation and clears blocks in blood vessels
 - Raises our immunity against diseases
 - Strengthens weak muscles
 - Improves eyesight
7. **Slide 19:** Apan Vayu Mudra – The index finger touches the base of the thumb; and the tip of the thumb touches the tip of the middle finger and ring finger. The little finger remains straight
- This helps heart patients and can be used to relieve heart attacks. This mudra is therefore also called hridaya-mudra or even mrit-sanjeevani mudra.
 - The combined effect of apana (prana for elimination) and vayu (air) cures diseases like stomach disorders, gastric diseases and regularizes bowel movements
8. **Slide 20:** Apan Mudra - Place tips of thumb, middle finger and ring finger together in each hand.
- Helps the Liver
 - Helps the Gall Bladder
 - Removes waste products and toxins
 - Helps with Bladder problems
 - Boosts Self confidence
9. **Slide 21:** Shankha Mudra - The left thumb should be held in the right fist and then the left index finger should touch the right thumb. Put light pressure with the remaining fingers of the left hand onto the closed fist of the right hand. Swap over sides.
- Helps the Thyroid Gland
 - Helps with Throat problems
 - Helps the blood vessels, muscular system
 - Aids Digestion
 - Good for actors and singers for voice enhancement
10. **Slide 22:** Surabhi Mudra - Join the little finger of one hand with the ring finger of the other and vice versa. Similarly, join the forefinger with the middle finger of the other hand and vice versa. Leave the thumbs free.

- a. controls rheumatic inflammation
- b. sharpens your intellect.

11. **Slide 23:** Shunya Mudra - Bring the middle finger down to touch the palm and bring the padding of the thumb on top of it, keeping the other fingers straight up.

- a. for ailments of the ear especially deafness - Even five minutes of this mudra will help an earache.
- b. helps ailments of the nose and the throat.
- c. Helps with vertigo
- d. Relieves numbness in the body

12. **Slide 24:** Linga Mudra - Join both the palms and lock the facing fingers together, keeping one thumb upright. The upright thumb must be encircled by the other thumb and the index finger.

- a. Makes the body resistant to colds, coughs and chest infections by generating heat in the body, and destroying accumulated phlegm in the chest.
- b. It helps in weight reduction but has to be practiced with restraint. The intake of at least eight glasses of water, and butter and ghee (clarified butter) as cooling agents in sufficient quantities is a must. Due to the heat it generates, it may not be possible to practice this mudra with as much ease and flexibility as the other mudras. It might prove taxing and result in a feeling of lethargy.

13. **Slide 25:** Dhyana Mudra – This mudra is formed by sitting in lotus position and keeping right palm tightly on the left palm. The head, neck and back should be kept straight, with eyes and lips closed.

- a. this can be used in meditation and can have beneficial spiritual results – the person meditating focuses on his favorite God and attains peace
- b. Most important mudra for attaining self-realisation.

- c. Gives mental rest and peace
- d. Increases pious and devout thoughts

To control ANXIETY

Dyana Mudra when you are feeling anxious or stressed out and ,there are several thoughts racing through your head, you can practice this. Sit cross legged or in a comfortable chair. place your open right palm over your left palm, facing upwards, letting the tips of your thumbs touch each other. The right hand represents enlightenment, while the left is the illusory nature of existence. Close your eyes and concentrate on your breathing. Concentrate on the subtle sound created at the opening of your nostrils,. Listen to it attentively. you may get distracted occasionally. Fight it simply by taking a deep breath.do this asana for about three to five minutes to get rid of anxiety.