

Workshop „Burn your bad thoughts“

Italic : Spoken Lyrics to the Student

Yellow: pay attention

Turquoise: most important

This workshop serves as a final project for RYT200 (Registered Yoga Teacher) teacher training. My goal is to teach Meditation and Yoga Nidra.

Because of the current pandemic situation, there are more and more mental illnesses noted. Together with our daily stress factors it can result more easy in anxiety or depressions.

Note : Don't be shy to look for professional help if you feel continuously very bad or symptoms increasing instead of decreasing.

Even though Yoga is a very powerful instrument and can do amazing things, I strongly recommend you look for professional help first of all.

The purpose of this workshop is, to handle bad thoughts.

You let them come to mind and drain them out (burn them) through your crown chakra (Sahasrara Charka).

I'd like to mention, that I suffered anxiety and bad feelings personally.

That was also the trigger to study yoga more intensively (than just practice asanas).

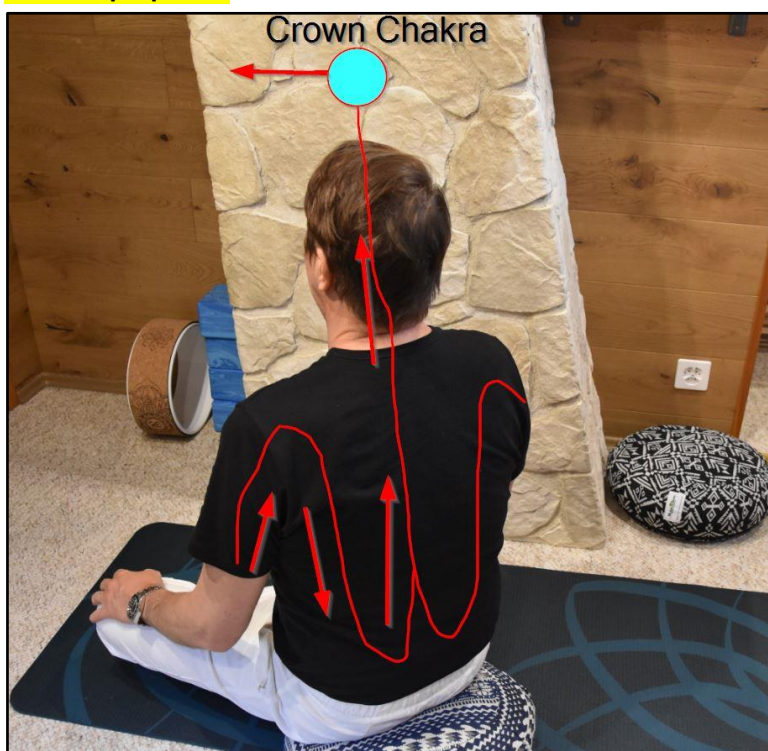
That means, I have experience in what I am describing here.

Note, that most experience is based on personal feelings. But every human is different and not all advice might be good for all of you. I suggest to try what I explain but when you feel uncomfortable (unless stated that this feeling can appear) stop doing so.

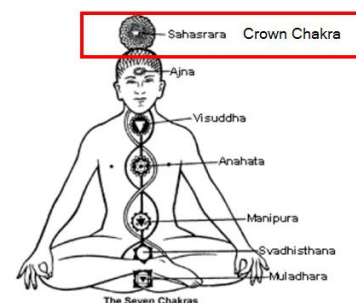
Find your own way by applying my suggestions if you feel so.

If you have knowledge already about Yoga and Chakras, good, but it's not absolutely necessary. I will not dive into the subject so deep, but I will explain the necessary.

Before you decide to study this workshop, you must trust and belief in Yoga. Your subconscious must be prepared.



What is also needed is that you are able to **visualize things with closed eyes** (finally you must see yourself from the angle of 7 o'clock (back, left) and the crown chakra floating at about 4 fingers above your head.



Forest bathing:

Do a walk in the woods regularly and take deep breaths.

Other movement:

Go jogging a round ...or just go for a walk...

Pranayama (Yoga breathing practice):NOTE !

If you suffer anxiety, I suggest to skip any Pranayama practice generally. Or if you prefer, try carefully what you want to try and observe your feelings.

Anulom Vilom :

To come down, to trigger the parasympatetic nervous system. Basic practice :

Place your right hand in Vishnu Mudra (see picture):



By folding the index and middle fingers inwards. Close your right nostril with your thumb, and breathe out completely through your left nostril. Inhale for 4 counts through your left nostril.



Close your left nostril with the ring and little fingers so that both nostrils are now closed.



Hold your breath for a count of 8. Keeping your left nostril closed, release your right nostril and exhale completely to a count of 8.

With your left nostril closed, inhale through your right to a count of 4.

Close both nostrils and hold your breath for a count of 8.

Keeping your right nostril closed, release your fingers from your left nostril and breathe out completely for a count of 8.

This completes one round.

Continue this exercise for 5 to 10 minutes.

For beginners the ratio of 1:2:2 is recommended. So 4 counts inhalation, 8 counts retention, and 8 counts exhalation.

As you become comfortable with this exercise, the ratio of the exercise can be taken to 1:4:2, which is the classical and proper way.

So 4 counts inhalation, 16 counts retention, and 8 counts exhalation.

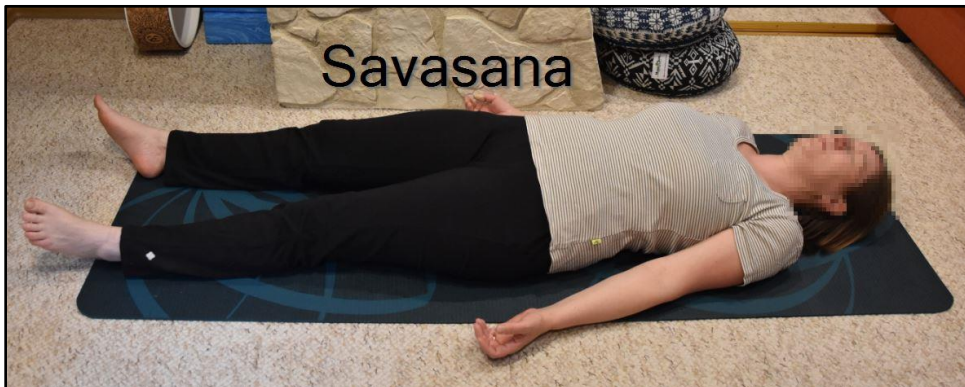
The count of the exercise may be increased, but always in a ratio of 1:4:2.

Dharana (Yoga Meditation practice):

General relaxing and preparation for Meditation:

Look for a quiet place.

Lay down on a mat on the floor in Shavasana (Corps Pose) :



(or lay on the couch or bed, but flat)

Close your eyes

Relax all of your body, check : feet, legs, hands, arms, shoulder, back, abdomen, face muscles...

Feel the connection to the floor

Listen to your breath

Breath naturally into your abdomen, feel your abdomen relaxing

Try to visualize, like your body is raising up vertically, head up (your physical body remains on the ground), you turn and see your body laying on the floor.

Don't be afraid of anything. If you feel fear, just open your eyes and take a deep breath.

Bring yourself back to the physical body (the same way opposite as the vertical stand-up mentioned before).

In this practice you will learn how to drain your bad thoughts:

The practice is called Antar Mouna (Inner Silence)

Sit in meditation pose (Sukhasana), knees below pelvis (use of cushion).



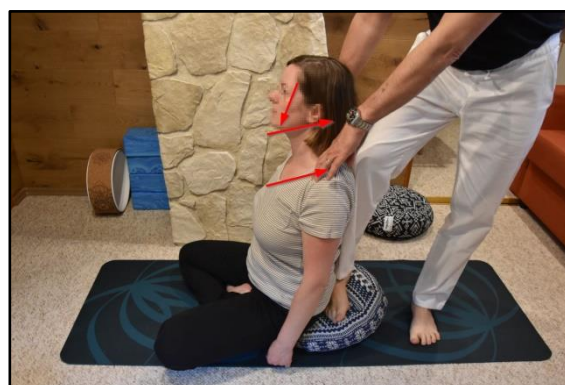
Hands rest on your knees or thighs

Elongate Spine

Shoulders are relaxed

Your chest is wide

The back of your neck is long



Facial muscles relaxed

Your eyes are closed

Let your body become steady

Let your breath become easy and effortless

Be conscious that you will practice inner silence

Thighs and knees are heavy

Observe the heaviness of your entire legs

Become aware of your pelvis, feel how the pelvis is connected to the ground

Observe the heaviness of the pelvis

Bring your awareness to your upper body

Observe the movements of the body caused by the breathing

Become aware of the steadiness of your spine

Visualize your hand and arms

Visualize your neck and shoulders

Feel the steadiness of your neck and shoulders

Let your body become steady and still, like a rock

Bring your awareness to your thoughts

Become aware of the float of your thoughts

Let your thoughts come and go without any judgement, just observe

Bring your awareness to the crown chakra

Now we start to push out thoughts through the crown chakra :

Just create any kind of thought

...like „the sky is blue“

Bundle this thought to a small ball and push it out through the crown chakra like above explained:

- See the ball moving slowly all the way up your spine, following the natural curve of the spine, moving through your head, entering the crown chakra and see finally how it spread out in front of the Chakra.

Repeat this with a few more simple thoughts you bring to mind.

Observe again your thoughts come and go, but now, push out the thought through the crown chakra, repeat until the next thought appears, and do the same again with this thought.

Practice this for the next 5-10 minutes or until you feel to stop.

Take two deep breaths and return the awareness to your physical body and your senses.

Suggestion: Let the lyrics read out or record by someone.

Practice the visualization of burning bad thoughts whenever you want

I hope you could enjoy this instructions and it helped in any way...

That would be a great pleasure for me...

Namaste

MH

Resumen of the most important:



■ Bad thoughts are in your mind

Pull them out from both arms together resulting in one little ball at the lower back. (follow the red lines as indicated in the photo).

See the ball moving slowly all the way up your spine, following the natural curve of the spine, moving through your head, entering the crown chakra and see finally how it spread out in front of the Chakra.

Let it flow a little bit.

Repeat the visualization at least one time.