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Website: www.swasth.org Email: yog@swasth.org

Author: Garima Gupta Kapila, Swasti Srivastava Copyright © by Swasth Foundation ISBN Code: 979865536990000

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Illustrated by Akshata Chitnis (akshata2401@gmail.com)

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Dedication

Peace, Love, Joy for All

May our body, energy, mind and emotions be in harmony (Yog)

May we be aligned with our true self

May each of us feel – "I'm free to be me"

May we all live fully and freely

This book is dedicated to the countless, selfless Yogis who undertook the hardest journey of all – the journey inwards – and shared its fruit - Yog - with the world, for the world.

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चि ददुः भाग्भवेत् ।
ॐ शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah Sarve Santu Niraamayaah | Sarve Bhadraanni Pashyantu Maa Kashcid-Duhkha-Bhaag-Bhavet | Om Shaantih Shaantih ||

Meaning:

Om, May All be Happy,
 May All be Free from Illness.
 May All See what is Auspicious,
 May no one Suffer.
 Om Peace, Peace, Peace.

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Is this Book for me?

Is this what you want?

- Do you wish to enjoy true well-being physical, mental, emotional, social, spiritual and universal?
- Do you want your body and energy, mind and emotions, intuition and spirit to be in harmony? Do you want them to actively support you in living your potential?
- Do you want well-being to be your default state of being, and not a goal to chase frantically?
- Are you tired of chasing your health 'goals' through diet charts, calorie counters, supplements and superfoods?
- Do you want to cut through the clutter of conflicting dietary 'tips' you receive from myriad sources every day?
- Are you ready to stop being taken for a ride, and get in the driver's set of your journey towards well-being?

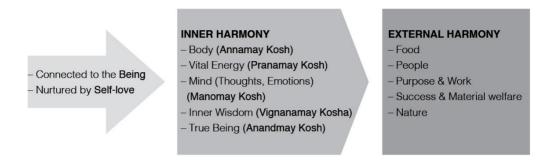
If so, this guidebook is for you. To be your companion as you undertake the journey towards well-being. Your age, background and type of chronic ailment or health issue do not matter. What matters is your intention.

Let's face it!

- We have a problem: Today, we are less healthy than our less 'advanced' older generations
- <u>Unfortunately, the problem is worsening:</u> Life is becoming longer, but NOT healthier.
- <u>Fortunately, the problem is reversible:</u> The miracle of life has given our body the ability to recover and heal itself.
- <u>But the "right" tools for reversal seem hard to find today:</u> There is an overload of often conflicting tools and information, retractions of previously accepted "research" after long-term studies leaving people confused.
- Consequently, we have given our power away: Powerless, we have outsourced our health to providers (doctors, dieticians, yoga teachers, healers, therapists) and technology (calorie counting apps, Google search)
- The "modern" approach to well-being is fundamentally flawed: Most modern wellness practitioners have a flawed approach reductionist and silo-ed. Dieticians reduce the food we consume to nutrients and schools of thought fight over the importance of proteins or carbohydrates or fats. Gym instructors work with isolated body parts, in a bid to build out specific muscles. The importance of our mind is not addressed.

Dieticians feed us fear and guilt. Gym instructors nurture strong bodies but inflexible and hyperactive minds.

The key to well-being lies with(in) us: Ancient Indian researchers (Yogis) had given us the science to remove the root cause behind "dis-ease" and make well-being our default state. The "secret sauce" to well-being is Yog. Yog is NOT Yoga. It empowers us to take charge of our health and our life, to reach and live our true potential.



We believe and know, beyond doubt, that

...your body and energy, mind and emotions, intuition and spirit can be your greatest supporters to reach your potential

...health is your natural state of being, and you can be healthier today than you were a decade ago

...the journey towards well-being can be full of peace, love and joy

Our approach is to do the following

- <u>Make well-being attainable:</u> Enable you to make simple, but profound changes to your life. Provide tools that are feasible for integration in your life in minimal budget and time.
- <u>Present a bouquet of integrated tools:</u> Addressing the body, energy, mind and emotions, intuition and spirit holistically
- <u>Bridge the gap between the East & the West:</u> Present ancient Yogic concepts adapted to today's context with modern tools
- Empower, instead of creating dependencies: Build knowledge of foundational principles, helping you to choose information presented by various health service providers and technology
- <u>Make this a joyful journey</u>: Help you discover your inner child, hidden talents, and dreams in the process...

At the end of this journey, you will have

- <u>Well-being (Swasthya):</u> A tangible, measurable difference in health which YOU can perceive. A feeling of well-being.
- <u>Independence (Swaraaj):</u> The knowledge and motivation to continue your journey to well-being independently.
- <u>A healthy community (Sahparivaar):</u> Tools to enable sustainable integration of changes in daily life, with your family and community.



Reflection

- What health challenges am I facing currently?
- How are these challenges impacting my life quality? What could happen if this continues for a few years?
- What is my intention behind this journey to well-being? How could it impact my life?
- To meet my health goal, what am I ready to commit to?

How to use Yogic tools for your journey?

Like a mountain can be scaled through multiple routes, many tools can lead us to sustained well-being. This book is part of a series of books, each presenting a Yogic tool for your well-being. You may use one, or two or all tools. We suggest choosing the path that is most aligned to your temperament, and which you will be most committed to living in life. As without implementation, these ideas will only stay on paper and not translate into your physical, mental, emotional, social, spiritual and universal well-being!

"Yog" means union, or harmony. All Yogic tools make the journey towards your well-being a harmonious experience by being joyful and therefore, sustainable. This is not a crash dieting or exercising or detox program to implement once and forget. This is a way of life! Always remember the Yogic essence, without which, Aahaar will become obsessive dieting, Vyaayaam will become mindless exercising. It will be like using a supercomputer as a calculator for addition. You will be able to add, yes, but will not be tapping into the amazing abilities of the supercomputer.

How to make the most of the book?

Yogis outlined a 3-step process to integrating any new knowledge – Shravan (श्रवण, listening or reading), Manan (मनन, reflection and contemplation) and Nididhyaasan (निदिध्यासन, integration). Modern research on learning is also echoing this approach. For you, this means that reading this book is only 10% of the impact. To get the other 90% of the impact, we suggest you do the following:

- Reflect: Reflect deeply after each paragraph before moving to the next. Compare the text with your past experiences, or your future experiences if you haven't been aware in the past. Maintain a journal to track your responses to reflections.
- <u>Do and experience:</u> Implement the learnings in your life! Do the activities or real-life experiments for experiencing concepts. More content is available on our YouTube channel. Approach the activities with an open mind and heart. Be aware of the holistic experience of implementing the learnings in your life. Trust your experience more than the words in this book!
- <u>Persevere:</u> Stay on track. Implement this for 3 months to start with. Using self-tracking formats and checklists given in the book and troubleshooting commonly faced issues.
- Enjoy: Most, most of all, enjoy the journey! More important than the % of insights you implement, is the % of joy you experience during this journey. After all, everything we do or want in life, is for joy, right? If you implement nothing, but stay joyful throughout your journey, your well-being is guaranteed!

Remember, the goal is not to finish the book, but to bring it alive in your life!

Welcome to the world of peace, love and joy!



This being human is a guest house. Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice, meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

Jalaluddin Rumi

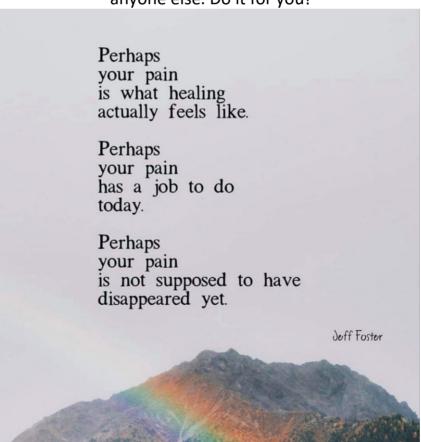
I am

Welcome to the journey towards peace, love and joy!

As per Wikipedia, "Kintsugi", also known as Kintsukuroi (金繕い, "golden repair") is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum. As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise.

All of us have parts of our personality that are yearning for healing. Disguising these through denial, suppression, or excessive expression is to rob ourselves of a wonderful opportunity to become truly whole.

This journey is an opportunity to work with our wounds, and to heal ourselves, by ourselves. Remember – If you decide to do this, don't do it for anyone else. Do it for you!



Chapter 1

"Preparing for our inner journey"

Importance

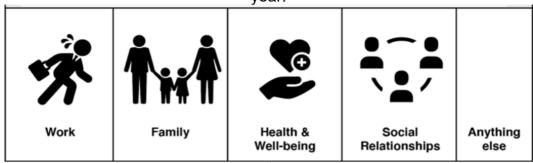
Any journey needs clarity on the destination and tools to get there. Our intention is like a rudder to our boat moving towards health and joy. It helps us set direction and course correct where needed. Having the right tools can make our journey smoother.

Intention Setting

Our mind, the seat of our thoughts and emotions, can be our greatest enemy or our greatest friend. The fact that you're here means that you wish to reach the latter state. Congratulations for embarking upon this journey! Let us start by setting an intention for where you'd like to get to with the support of your mind.



Choose the top 3 aspects of your life that you'd like to transform in the coming year.



For these 3 areas, reflect on the questions below

Aspect of life	Where do I wish to be, a year from now?	How can my mind enable me to get there?
1.		
2.		
3.		



Now, we invite you to physically put the previous reflection aside while saying – "This or whatever else the universe has in store for me, I accept, and I embrace fully". Again, let go of your intention while saying – "This or whatever else the universe has in store for me, I accept, and I embrace fully".

And take a deep breath out. Let it go. Let's leave it to our inner wisdom and the outer wisdom of the universe - because they know, far more than us, what really is good for us. So, breathe out any tension of our body, any attachment to any of these intentions, any need to meet any of these goals. Just breath that out completely.

Notice that after you breathe out, you breathe back in automatically. That is the nature of life. Life is going to find its way to you if you can just let go and allow it to. Breathing in is automatic, it's the only way. We are designed to live life. So, let's trust the process of life, and with this trust, cut any final cords attaching us to our goals.

What happens externally may not be in our hands, but how we feel about it internally is. So, as you turn the lens inwards, ask yourself this – "Behind all the goals that I have jotted down – Who is it that I want to be? What is the state of being that I want to be in?" That state of Being you think achieving all these external goals will give you.

Note the first word that pops up or the first image that pops up. Hold on to that.

Taking your attention inwards, ask yourself again — "Who do I want to be underneath my mind (मन), words (वचन) and actions (कर्म)? Behind what I think, I say, and I do?" Frame this as 1 clean sentence. only 1 sentence.

Now, you can open your eyes – and write out this deeper intention by filling the blanks for yourself.

"I y	earn for me to be		

Enablers for our Journey

Some of us may have a background in emotional intelligence and mental wellbeing, while for some, this may be the first time formally looking at our thoughts and emotions. Our starting point does not matter. What matters is how much we live the learnings in our lives. We believe three states will enable you in your journey.

COURAGE



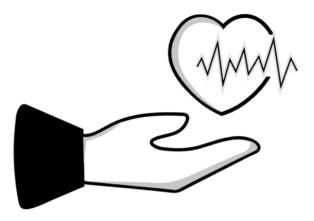
Achieving our goals does not mean changing the other person involved in the situation. It requires change within us. In fact, if we want lasting peace, love and joy, the only way to guarantee that is by changing ourselves rather than trying to change others! Changing ourselves requires courage.

Courage...

- ... To set bold intentions for our inner transformation
- ...To turn the lens inwards in every challenging situation that life presents
- ...To deepen our awareness in a situation and to acknowledge our behaviour, feelings, needs and underlying doubts, fears and judgements instead of denying or suppressing
- ...To acknowledge when our behaviour is compulsive, and its possible adverse impact

The mention of courage may bring up fears and doubts within us. And that's ok! It means we are stretching beyond our comfort zone. How much to stretch and when, is a choice we can exercise for ourselves with freedom, at each moment in life. Let us compassionately honour our freedom, safety and wellbeing, along with courage.

COMPASSION



As we do our inner 'work' with courage, we will develop a greater awareness of our inner landscape and how our behaviours are often unhealthy. We may judge ourselves or others and start using the labels of 'right' and 'wrong'. Here, compassion becomes necessary. By releasing judgements, we can see the situation in its entirety.

Compassion...

- ...Towards ourselves to recognize how our patterns of behaviour, feelings, needs and underlying doubts, fears and judgements have been formed over time
- ... Towards our patterns that were reinforced as they served us in life
- ...Towards the other person involved in a situation, to understand their context also
- ...Towards ourselves and the other person, for stumbling at times, as we walk the journey of self-growth

For some of us, compassion comes easily for others, while for the rest, it's easier to start with ourselves. What is important is to start. So, let us pick the easier choice – where there is ease in finding compassion is where we can start! Once compassion starts flowing within us, it can be extended to difficult territories with more ease.

GRATITUDE



As we operate with compassion, and release judgements for ourselves or others, we can truly tune in to the deeper message of our inner landscape and the situation for us. Thus, we develop gratitude for the challenges life presents to us, by seeing them as opportunities to grow and choose a conscious response.

Gratitude...

- ... Towards our internal landscape behaviour, feelings, needs and underlying doubts, fears and judgements for their deeper message for us and their purpose in our lives
- ... Towards our external challenges, for providing us the opportunity to heal ourselves internally by cultivating courage and compassion.
- ... Towards our innate power to make purposeful choices aligned to our intention and to address the situation at hand

Gratitude implies seeing the purpose in the challenge and being thankful for the learning opportunity. It enables us to reframe the situation as a personal growth story vs. a victim—perpetrator story. We may struggle with Gratitude, perhaps we might not agree with it right away or forget to practice it. Let's be compassionate and allow ourselves the space and time with our relationship with Gratitude.



Intention Setting for enabling states - Courage, Compassion, Gratitude

- **Courage** to acknowledge my inner landscape to myself, and see the adverse impact of my compulsive patterns
- **Compassion** for myself and the other person involved in a situation, to see beyond judgements
- **Gratitude** towards our internal landscape and externally challenging situations for the opportunity to grow and choose a conscious response

Where has courage or compassion or gratitude been my strength in life?	
Where might I have been unable to demonstrate Courage or Compassion or Gratitude? How might that be a roadblock?	
What can I do differently around Courage or Compassion or Gratitude going forward?	

Chapter 2

"Our Behaviour"

Importance

Understanding our behaviour in the face of challenging external situations is the first step to bringing about change. Sometimes, we react compulsively in ways that do not serve us or the situation. With awareness, we can respond more consciously.

TURNING THE LENS INWARDS

Life presents us with challenging situations or people, almost every day – be it at work, with family, our health and leisure, or social relationships. We spend a lot of mental and emotional energy in reacting to the externally triggering situation or person. On this Yogic journey, we will turn the lens inwards to understand our compulsive patterns, their genesis and impact, and how to consciously choose our response to external triggers.

Turning the lens inwards does not mean that we will stop dealing with an external trigger. Rather, coming into internal harmony (Yog) with our behaviours will enable effective external action through full *awareness*, recognition of our *power* to consciously choose our behaviour and stay anchored in our *purpose*.

Let us examine our current behaviour patterns in challenging life situations. Have we ever

- 1. Pointed out another's mistake or defended ourselves?
- 2. Tried to distract ourselves to prevent an outburst or disruption?
- 3. Been unable to act due to an overwhelm or numbness?
- 4. Used a consciously chosen response to resolve the situation with harmony?

Let us understand how these four types of behaviours we use in life were formed. We have evolved to behave in specific ways over millions of years from our time in the jungles, when our safety was threatened by wild animals or nature's fury. Even today, if we were confronted by a bear, what would we do? If we feel physically strong or have any weapons, we will fight. Else, we would run to save our lives. We may be so overwhelmed or numbed by fear that we are unable to think or do anything and remain frozen.

In today's world, our external stressors have changed, but our nervous system remains the same. Just like when we were physically confronted with dangers, we would fight or flight or freeze, we tend to do the same with triggering situations and people.







FIGHT REACTION: When we engage with the situation or person with a counterattack through words or actions. Characterised by:

- Rage, Anger, Irritation, Frustration
- Movement towards (the trigger)
- "I Can" We feel we can address the trigger, and hence engage with it

Fight Behaviour examples:

- Disagreeing, counter arguing or fighting with others
- Justifying and defending ourselves and the reason for our words or actions
- Showing the other person what they felt or said or did incorrectly
- Being upset with ourselves for thinking or feeling a certain way

FLIGHT REACTION: When we physically or mentally move away from the situation or person. Characterised by:

- Panic, Fear, Anxiety, Worry and Concern
- Movement away (from the trigger)
- "I Can" We feel we can address the conflict by disengaging from it

Flight Behaviour examples:

- Physically moving out of the situation
- Asking for the situation or person to go / be removed (e.g., firing an employee)
- Stating that everything is fine (denying the issue)
- Changing the topic or engaging in distractions (e.g., work, TV, mobile phone)
- Delay dealing with the situation to the extent possible
- Rationalising and questioning our thoughts and emotions, telling ourselves that we should think or feel differently from how we are currently

FREEZE REACTION: When we are unable to say or do anything with the situation or person, due to an overwhelm or numbness. Characterised by:

- Dissociation, Numbness, Depression, Helplessness, Shame, Hopelessness, Feeling trapped
- Movement away (from the trigger)
- "I Can't" We feel we can not address the trigger, even if we want to

Freeze Behaviour examples (seemingly opposite states of numbness or overwhelm, but both are characterised by the inability to say or do anything):

• Unable to take action / Unable to defend ourselves

- Silence. Not talking about it to the person or with others
- Feeling stuck and confused
- Feeling numb, blank
- Staying stuck with our thought or emotion
- In a dull, gloomy or feeling like a victim phase



The **MOST COMMON** reaction I use to deal with triggering people and situations in life Note: We may use different reactions in different spheres of our life



FIGHT



FLIGHT



Disagreeing, counter arguing or fighting with others

Justifying and defending ourselves, explaining the reason for our words or actions

Showing the other person what they felt or said or did incorrectly

Being upset with ourselves for thinking or feeling a certain way Physically moving out of the situation Asking for the situation or person to go / be removed (e.g. firing an employee)

Stating that everything is fine (denying the issue)

Changing the topic or engaging in distractions (e.g. work, TV, mobile phone)

Delay dealing with the situation to the extent possible

Rationalizing and questioning our thoughts and emotions, telling ourselves that we should think or feel differently from how we are currently

Unable to take action

Silence. Not talking about it to the person or with others

Feeling stuck and confused

Feeling numb, blank

Staying stuck with our thought or emotion

In a dull, gloomy or feeling a victim phase

The LEAST COMMON reaction I use to deal with triggering people and situations in life



FIGHT



FLIGHT



COURAGE TO SEE THE ADVERSE IMPACT OF OUR COMPULSIVE PATTERNS

Our compulsive patterns

In each of these three types of behaviours, we are reacting and not responding. We are not truly understanding the situation and making a conscious choice on handling it. This does not mean that fight, flight and freeze are wrong! Our evolution served a purpose in the past by saving us from threats. Even presently, our reactions help us to manage our external and internal landscape. The challenge is three-fold – (a) we get compulsively locked into repetitive patterns and (b) our behaviours do not serve us or the situation anymore (c) our intensity is often disproportionate to the present situation. E.g., when a misunderstanding arises, we may be quick to jump into a conflict or to completely cut off (compulsive pattern), to the detriment of the situation (behaviour not serving us), and in fact may have been a minor issue (disproportionate). When we choose consciously, we may find that in some cases, fight or flight or freeze is still appropriate.

The adverse impact of our compulsive patterns

Whether we were standing up for ourselves (Fight) or on the receiving end (Flight or Freeze), we often felt justified and convinced of our correctness. We can feel like heroes in both situations – on one hand preventing a wrong from happening and on the other being met with injustice and therefore, in the right again. This self-righteousness reinforces repetitive patterns of behaviour. We need courage to accept the adverse impact of our compulsive patterns of behaviour when confronted with a trigger. Each of the fight-flight-freeze reactions impact us at a purely physiological level, as a by-product of our evolution to deal with external threats to our physical safety.

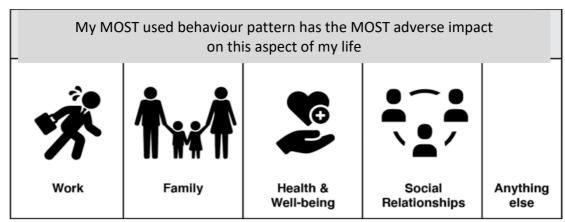
• In **fight** and **flight** states, hormones such as Adrenaline and Cortisol are secreted, increasing our heart rate, breathing rate, blood pressure and blood sugar, tightening our muscles, dilating our pupils and so on. In emergencies, this is beneficial as it aids escape or attack. But over a long period, this damages our body by causing illnesses such as diabetes, hypertension, hormonal imbalances, respiratory issues, chronic inflammation, and pain or stiffness in muscles or joints. It also impairs our immune response, insulin activity, digestion, and reproductive functions, and drains vitality.

• In **freeze** state, the changes are opposite, yet lead to illnesses over time. Endorphins are released to help numb and raise the pain threshold. Key bodily functions decrease – heart rate, blood pressure, temperature, muscle tone, sexual response, immune response, eye contact, awareness of human voice, social behaviour

Similar physiological changes occur in dealing with present-day triggers, leading to illnesses. Additionally, our behaviour adversely impacts us and our situation.

- Fight The physiological energy generated gets expressed towards another person, but given the manner of expression, the energy could cause damage externally to the relationship or person. This, in turn, may create a new trigger for us (e.g., harming someone leading to guilt, losing a relationship leading to sadness). Further, seeing our experience as the only 'truth' leads to excessive outwards expression through words and actions to change the person or the situation. This often leads to frustration when we cannot change the external.
- **Flight** Though the external relationship appears intact and externally we are not engaged in conflict, a distance develops as we are holding ourselves back with the internal turmoil continuing. The relationship does not realise its potential through free expression, deep understanding, and emotional intimacy. Further, emotions get pent up within us and cause unexpected disruption by coming out in the wrong place, at the wrong time, with an unusually high intensity.
- Freeze Since the external situation remains unaddressed, because of our believed helplessness about the situation, the disharmony keeps festering and becoming bigger than it initially was. Further, remaining stuck as a victim, reduces our sense of selfbelief and agency over our own lives.





COMPASSION FOR OURSELVES & 'THE OTHER'

Compassion for ourselves

When we react (Fight-Flight-Freeze) compulsively without awareness, we are controlled by the external trigger and are not in charge. We are powerless and choiceless in front of our pattern. E.g., if someone we love hurts us, our patterns may give us no choice but to use harsh words for them, or to distance ourselves.

It is here that we can compassionately examine the genesis of our behaviour patterns. Right from birth to adulthood, our behaviour is conditioned by many influencers – situations and people – parents, teachers from kindergarten to higher studies, siblings, friends, neighbours, relatives, co-workers, significant others, our children, external media and culture (books, movies, music). Boys are encouraged and allowed to 'fight' and express themselves. Girls are encouraged to forget the conflict and maintain harmony. Doing something different from social or familial norms has consequences. These messages may have been given explicitly or implicitly, directly to us or indirectly through our observation of our surroundings. Slowly, they became a part of our personality.

As we become aware of our patterns, their impact and genesis, let us watch out for additional triggers. How are we feeling towards influencers who contributed to our patterns? How are we feeling towards ourselves for having compulsive reaction patterns? Without compassion, we can further fuel this vicious cycle of triggers and reactions. We can break the cycle through compassion. Compassion for ourselves for being influenced

at a young age, and towards our influencers for being helpless in front of their own patterns and influencers. With compassion, we can start our healing process.

Compassion for 'the other'

With repeated practice, we are likely to naturally start extending this compassion to the other person involved in a conflict – by understanding they are also behaving compulsively based on their own patterns, created by their influencers.



For the Reactive Behaviour MOST used by me (Fight / Flight / Freeze) - How did conditioning from external influencers such as — parents, teachers, siblings, friends, neighbours, relatives, co-workers, significant other, children, external media and culture (books, movies, music) create my pattern?

Explicit messages received from others:

Implicit messages received (e.g. what I saw around me was appreciated or not):

With the lens of compassion, explore what may have in turn influenced my influencers:

DEEPENING PRACTICE-1 Retrospective reflection on a recent situation (medium

Retrospective reflection on a recent situation (medium intensity) where a fight / flight / freeze reaction was used

For a triggering situation where I reacted – what was the situation?
Courage: • What was my behaviour?
What category did my behaviour fit in? (Fight / Freeze)
 What was, or could be the adverse impact of my behaviour in the short and long -term? (On me, the other person, situation)
Compassion: How can I connect my behaviour with my past conditioning and influences around me?
What could I do differently next time?



Retrospective reflection on a recent situation where a conscious response was used

For a triggering situation where I responded – what was the situation?
What was my conscious response? What did I choose to think, say or do? What did I choose to not think, say or do?
What was the positive impact of my conscious response? (On me, the other person and the situation in the short and long term)
What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?
What enabled me to exhibit this response?
What is my learning?



Courage and compassion to support a live situation where there is an opportunity to shift the pattern (medium intensity)

What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	Identify the behaviour and classify it as fight-flight-freeze
impact of our	
compulsive	
patterns	
	What could be the possible adverse impact of this behaviour?
Compassion for	What judgements are coming up for myself?
ourselves and	
'the other'	

	How can I drop judgements in this moment? E.g., Remembering their genesis and my influencers who shaped this behaviour
	What judgements are coming up for the other person?
	How can I drop judgements in this moment? E.g., Hypothesizing on how the other's compulsive patterns may have been shaped
Possible Action	What inspiration or learnings can I draw from the past, where I demonstrated some of the traits that will help me
	in the current situation?

With all this awareness, how can I respond now?



We may already be aware about the adverse impact of our dominant behaviour pattern.

In situations where I have chosen to suppress this pattern to avoid the adverse impact, what are some other "opposite" behaviours I have used? (Fight / Flight / Freeze)	
How did using these "opposite" behaviours help me?	
What might have been the adverse impact of using these "opposite" behaviours?	

DEEPENING PRACTICE-5

There are some situations in life that persist for several months or years – challenging relationship with a significant other, in-laws or parents, children, relatives, friends, manager, team member or colleague. The external trigger doesn't change but we learn to deal with it through a particular pattern. Let us examine some long-standing difficult, triggering situations and the impact of our behaviour.

•	A situation where I have been having a conflict and have expressed my point of views, sometimes with anger, for the other person to change their behaviour. Examine impact in the short and long-term - How has my style of engaging in the conflict helped the situation? How has it not helped?

 A situation where I have backed out to prevent an outburst and avoid active conflict, even though me and the other person think differently. Examine impact in the short and long-term - How has my avoiding conflict helped the situation? How has it not helped?

 A situation where I find myself overwhelmed and unable to make a decision, feeling stuck in my thoughts and emotions or numb and confused? Examine impact in the short and long-term - How has my inaction helped the situation? How has it not helped?

 A long-standing difficult situation that I finally resolved from a place of internal and external harmony.

GRATITUDE FOR OUR INTERNAL LANDSCAPE & EXTERNAL CHALLENGE

The purpose behind our internal landscape

While we are cultivating compassion towards ourselves and the other person in a situation, the awareness of our patterns and their adverse impact may trigger us. Here, it is important to remember that the fight, flight and freeze reactions are not wrong! Let us see our behaviour without judgement. Even reactive behaviour helps acknowledge that something is triggering us and needs to be looked at. These reactions were developed for a purpose and were necessary for our ancestors to survive in the wild. With the lens of gratitude, we can see that even today, each of them serves a purpose:

- **Fight:** Enables us to stand up for ourselves and speak our truth. Without this, people would take us for granted, disrespect our boundaries, step all over us.
- **Flight:** Prevents damage through words or actions in the heat of the moment. Without this, our relationships would be jeopardised through constant triggers of words or actions of people involved and we would stay stuck in the past.
- Freeze: Numbing disconnects us from pain and feeling overwhelmed in the moment. Without this, we may either react in ways that make matters worse or stay stuck in the emotional charge and not be able to look for resources and solutions. The seemingly opposite manifestation of overwhelm and letting emotions and thoughts fester within is an indication that change must happen. Without overwhelm, we would ignore the past and move on, without resolving the situation.



My most used behaviour pattern has the **MOST POSITIVE** impact on this aspect of my life



Work





Family



Health & Well-being



Social Relationships

Anything else

External challenges as opportunities

Armed with courage, compassion, and gratitude, we can move out of compulsive patterns and make conscious choices to grow. We can shift our perspective to see every challenging situation as an opportunity for self-discovery and internal healing. A key step is to recognize that our context is different. Most external stressors presently are not threatening our safety. Hence, we need not give in to compulsive animal instincts.

We have an option beyond fight-flight-freeze reactions. This is the ability to respond instead of reacting. This distinguishes humans from animals. Physiologically, compulsive patterns correspond to our primitive reptilian brain which reacts to threats in life, and conscious response corresponds to using our neocortex - the part of our brain that enables us to respond through purposeful choices. This is our intellect, our ability to fully observe a situation and find a way to reconcile and harmonise conflicts.

Such a response is characterized by:

- Being grounded, in the present, joy, curiosity, openness, compassion
- Sense of connection, safety, orientation to the environment
- Decrease in defensive responses, physical ease
- State of courage, compassion, gratitude.

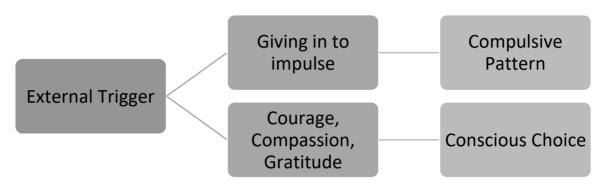
This is a state of 'optimal arousal', where our response is proportionate to the situation at hand. Each of us can draw from our experience with such a response.



Remembering a time when I responded consciously, instead of reacting compulsively to an external trigger at work, family, social relationships or any aspect of life: What did I consciously do? How did I feel? What was the impact?

PUTTING IT TOGETHER: CREATING A CONSCIOUS FUTURE

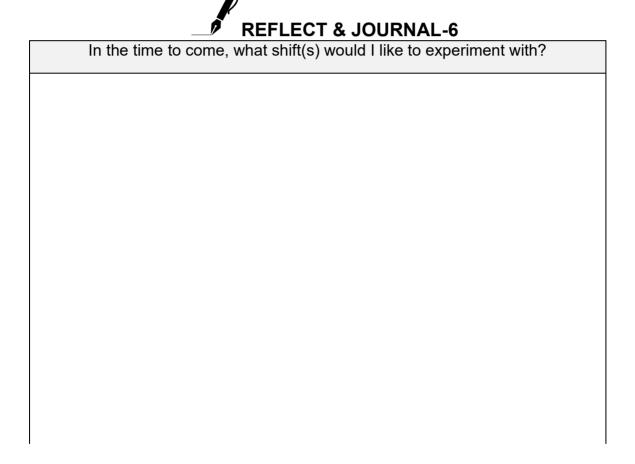
When faced with a triggering situation or person, we have two choices – to react compulsively, or to respond through conscious choice. The key shift is to pause and respond, rather than react. Courage, compassion and gratitude can enable us to be aware, access our inherent power to make choices aligned to our purpose.



KEY SHIFT: Pause and respond rather than react					
	How it can support us				
Courage to see	We can pause and reconsider our behaviour				
the adverse	Pattern: Become aware of our compulsive internal behaviour				
impact of our	pattern when faced with an external trigger.				
compulsive	Adverse Impact: Become aware of the adverse impact of our				
patterns	compulsive behaviour patterns				
Compassion for	We can drop judgements for the inner landscape of both parties				
ourselves and	involved, enabling us to see the whole picture				
'the other'	• For ourselves: Drop judgements for our compulsive patterns				
	by remembering their genesis				
	• For the other person in a situation: Extend above to drop				
	judgements for the other's compulsive patterns				
Gratitude for	We can choose the most appropriate response				
our internal	• For internal landscape: See the purpose our compulsion is				
landscape and	trying to serve				
external	• For external challenge: See the situation as an opportunity to				
challenge	grow by choosing a conscious response that constructively				
	meets the purpose of our inner landscape				

Even though we may want to make conscious choices, we are likely to resort to our compulsive patterns initially. In such situations, let us remember that our reaction is getting us to internal stability in the short-term. We can retrospectively reflect on how our reaction did not serve us, and how we can respond differently in future. Initially, we may start responding in our external actions, but our internal thoughts may still be reactive. With repeated practice, this will percolate into our internal landscape also.

Also, as we start responding consciously, we need to remember that the other person may not be in the same space, and our conscious action may be the first of many steps towards the complete resolution of the situation.



DEEPENING PRACTICE-6

Retrospective application of learnings to a recent situation (medium intensity) where a fight / flight / freeze reaction was used

Identify a triggering situation. Re-live and recap it

Courage: What was my behaviour?

Compassion: How did my above behaviour support me in the moment?

Gratitude: - What did I learn about me, the other or the situation?

What could I do differently, if confronted with a similar situation?

	KEY SHIFT: Pause and respond rather than react				
Courage to	We can pause and reconsider our behaviour				
see the	Pattern: Become aware of our compulsive internal behaviour pattern when faced with				
adverse	an external trigger.				
impact of our	Adverse Impact: Become aware of the adverse impact of our compulsive behaviour				
compulsive	patterns				
patterns					
Compassion	We can drop judgements for the inner landscape of both parties involved, enabling us				
for ourselves	to see the whole picture				
and 'the	For ourselves: Drop judgements for our compulsive patterns by remembering their				
other'	genesis				
	For the other person in a situation: Extend above to drop judgements for the other's				
	compulsive patterns				
Gratitude for	We can choose the most appropriate response				
our internal	For internal landscape: See the purpose our compulsion is trying to serve				
landscape and					

external	For external challenge: See the situation as an opportunity to grow by choosing a
challenge	conscious response that constructively meets the purpose of our inner landscape

DEEPENING PRACTICE-7

Retrospective reflection on a recent situation where a conscious response was used
For a triggering situation where I responded – what was the situation?
What was my conscious response? What did I choose to think, say or do? What did I choose to not think, say or do?
What was the positive impact of my conscious response? (On me, the other person and the situation in the short and long term)
What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?
What enabled me to exhibit this response?
What is my learning?



Application of learnings to support a live situation (medium intensity)

What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	Identify the behaviour and classify it as fight-flight-freeze
impact of our	
compulsive	
patterns	
	What could be the possible adverse impact of this behaviour?
Compassion for	What judgements are coming up for myself?
ourselves and	white has been and been any or
'the other'	
	How can I drop judgements in this moment? E.g., Remembering
	their genesis and my influencers who shaped this behaviour

	What judgements are coming up for the other person ? How can I drop judgements in this moment? E.g., Hypothesizing on how the other's compulsive patterns may have been shaped
Gratitude for our internal landscape and external challenge	What purpose is my compulsion is trying to serve? How is it trying to protect me and address the situation?
	How can this challenge be an opportunity to grow and learn? What inspiration or learnings can I draw from the past , where I demonstrated some of the traits that will help me in the current situation?

What	can	be	an	alternative	conscious	response	that
constru	ıctivel	y me	ets tl	he above purp	oose?		



Behaviour	How this behaviour supports me in the aspects of my life where I set my intention for transformation?	How does this behaviour NOT support me in the aspects of my life where I set my intention for transformation?					
FIGHT		, internative during of manoriti					
FIGHT							
FLIGHT							
. 2.5.11							
FREEZE							
	1	1					

DEEPENING PRACTICE-10 Synthesis of journey so far of reflection and application

Incidents after	
starting this	
journey, where I was able respond	
consciously: What	
was the impact?	
mas are ampastr	
What enabled me	
to do this? What	
did I learn through	
these	
"successes"?	
_	
Incidents after	
starting this	
journey, where I was not able	
respond	
consciously: What	
was the impact?	
·	
What were the	
obstacles for me?	
What did I learn	
through these	
"mistakes"?	

Chapter 3

"Our Emotions"

Importance

Our behaviour stems from our emotions. Sometimes, we may feel powerless in front of our emotions, and react in ways that don't serve our long-term well-being. With awareness, we can consciously harness the energy of emotions

TURNING THE LENS INWARDS

What causes our behaviour to an external trigger? The answer lies hidden inside us, like an iceberg with many layers beneath the surface. The first layer beneath our behaviour is thoughts and emotions. When we react to an external trigger, we have often not internally addressed our emotions and are driven compulsively by them. On this Yogic journey, we will turn the lens inwards to understand our emotional patterns, their genesis and impact, and how to consciously harness their energy.

Turning the lens inwards does not mean that we will suppress our emotions. Coming into internal harmony (Yog) with our emotions will enable us to engage in behaviours addressing our underlying emotions through *awareness*, recognition of our *power* to harness our emotions and stay anchored in our *purpose*.

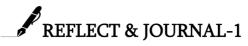
Let's examine our current relationship with thoughts and emotions. Have we ever

- felt overpowered by a thought or emotion to take a particular action?
- felt pleasurable states of thoughts and emotions that we wish would last longer?
- felt numb and disconnected from our emotions?

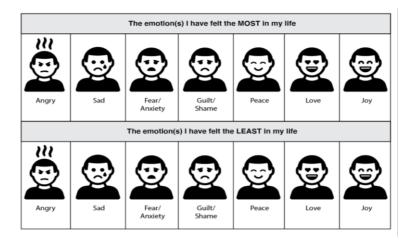
Our experience of life is filled with thoughts and emotions. Emotions are thoughts intensified. Like water in the sea is in incessant motion with waves rising periodically, we think thousands of thoughts and those with higher intensity are emotions. Emotions are more rooted in the body, and hence more gross and impactful. Herein lies the power of emotions. Our thoughts are subtle and may dilly-dally, but our emotions, once transformed, are more lasting. For this reason, we shall deep-dive into emotions.

Broadly, we can categorize emotions as unpleasant and pleasant. We are not saying 'positive and negative' 'good and bad', or 'right and wrong'. Each emotion exists for a reason, and hence, we are not judging emotions. Yet, there is a distinction between pleasant and unpleasant emotions based on their undeniable impact on us. Within these two categories are many families of emotions – Anger (Mad), Sadness (Sad), Fear and Anxiety, Guilt, Peace, Love and Joy (Glad). There are many frameworks to categorize emotions! This a simple one we will work with.

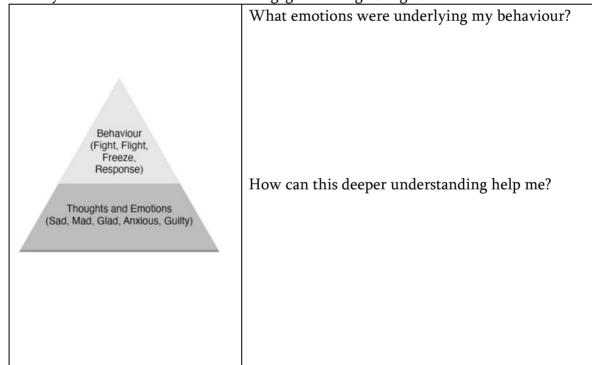
UNPLEASANT EMOTIONS			PLEA	ASANT EMOT	IONS	
Angry	Sad	Fear/	Guilt/	Peace	Love	Joy
		Anxiety	Shame			



For emotions experienced by me in life, not necessarily expressed or processed.



For any one recent incident where I engaged in a Fight/Flight/Freeze reaction.



This process of moving from our behaviour to thoughts and emotions is the first step to turn the lens inwards and move to what drives or underlies our external actions. If we learn to consciously identify and harness our emotional energy in ways that serve us, we will no longer be driven to behave compulsively, even in the face of challenges.

COURAGE TO SEE THE ADVERSE IMPACT OF OUR COMPULSIVE PATTERNS

Our compulsive patterns

Life gives us experiences of all emotions, but we have developed some patterns of how we experience and deal with them. Some emotions are dominant in our experience or expression, some are suppressed or hidden, and some we deal with effectively. We have become used to a certain emotional landscape. Have we ever wondered why some of us are always angry, or sad, or peaceful or joyful, irrespective of the external situation? This is because we have become used to transforming the energy of external experiences into a certain internal emotion. The challenge is three-fold - (a) we have got compulsively locked into patterns of feeling or supressing certain emotions (b) our behaviour arising from emotions does not serve us or the situation anymore and (c) our intensity is often disproportionate to the present situation.

The adverse impact of our patterns

Waves have a lot of power. Every year during the Ganpati festival in Mumbai, massive idols are submerged in the sea using the power of these waves. The next morning, the same waves dump disfigured idols on the shore. Waves can take and give back!



Similarly with emotions. Parents, driven by the emotion of love for their children, endure all hardships in life, even if they are not valued or loved back in return. On the other hand, if overcome by emotions such as anger, greed and jealousy, the closest family members can turn against each other, and even kill each other for property.

The word "emotion" can be seen as two parts "e" and "motion", i.e., an emotion is a form of energy in motion. This points to the immense power of emotions — constructive or destructive. Each emotion impacts us physiologically. Different emotions produce different chemicals in our body, which flow through our blood and impact our organs. Hormones such as Adrenaline and Cortisol are associated with unpleasant emotions,

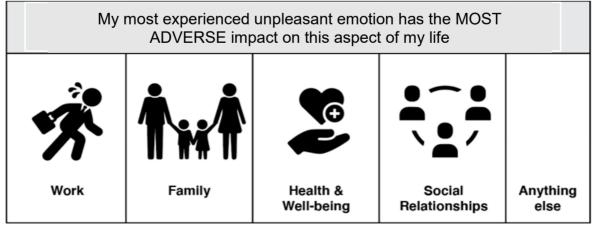
while Endorphins, Dopamine, Serotonin and Oxytocin are associated with pleasant emotions. The former when repeated, lead to diseases and the latter heal us. Further within pleasant and unpleasant, each emotion has a different impact on us. We can recognize emotions by tuning into the sensations and body experience. Some commonly experienced emotions and their impact is summarized below:

Fear	Anger	Sadness	Joy	Peace
Shivering	• Immediate	Down	High energy	Body
Sweating	energy rush	Low energy	Smile	relaxed
Going cold	Burning heating	Pain in heart	Fullness	Eyes
Increase in,	sensation	Numbness	Expansion	relaxed
or Skip of	• Stiffness/	Emptiness	Freshness	
Heartbeat	Tightness	Dull	Light, Bright	
		Body turns	Energetic	
		inward		

Let us become aware of the energetic signature of our emotions. This will help us identify our emotional state - the body tells the truth! Also, experiencing this energy in motion in our body, rather than resisting it, is a key to harnessing them.

Our body is equipped to deal constructively with all emotions. For instance, fear allows us to act for our safety. But when the same emotion becomes our default state for long (as opposed to a wave which rises and falls), the chemical changes produced in our body by pleasant emotions create a state of well-being, and by unpleasant emotions create a state of dis-ease. Hence, the categories - pleasant and unpleasant.

REFLECT & JOURNAL-2



COMPASSION FOR OURSELVES & 'THE OTHER'

Compassion for ourselves

When we get used to transforming external situations into a particular emotion without awareness, we are controlled by our pattern. Let's first compassionately examine the genesis of our emotional patterns. Sadly, our upbringing, education and social conditioning does not equip us to understand and handle emotions, especially unpleasant ones, which have been labelled as bad, wrong or negative. This disturbs our relationship with them, and subsequently our relationship with ourselves and the world. E.g., Little boys are explicitly or implicitly told not to "cry like a girl". This disturbs their relationship with sadness. Little girls are told to be well-mannered, and to not shout. This disturbs their relationship with anger.

Since we build an implicit judgement of emotions, especially the unpleasant ones, we often react to them through fight or flight or freeze. Instead of seeing emotions for where they are, we resist them. Our resistance makes their energy unmanageable.

The first step to responding to emotions is to build our capacity to see our emotions without judgement. Let us allow ourselves to acknowledge, accept and experience our emotions. It's okay to feel what we feel!

We can also remind ourselves that our emotional patterns, however dysfunctional, were reinforced because they did serve us in some way in life. E.g., Anger got things done, Anxiety got us to put in our best, Sadness got us love. Emotions are not wrong. When we learn how to harness them, we can benefit from them without harming ourselves, others or the situation.

Compassion for 'the other'

With repeated practice, we can extend this compassion to the other person in a conflict – by understanding why they are behaving compulsively based on their own patterns.



Examining judgements towards emotions with compassion

What emotion do I suppress the most or judge as harmful or unhelpful?
Despite its adverse impact, how did the above emotion serve me in my life?

DEEPENING PRACTICE-1 Retrospective application of learnings to a recent situation (medium intensity) where a fight / freeze reaction was used

For a triggering situation where I reacted – what was the situation?

Courage:

What was my behaviour and underlying thoughts and emotions?

Behaviour (Fight, Flight, Freeze, Response)

Thoughts and Emotions (Sad, Mad, Glad, Anxious, Guilty)

• What was, or could be the adverse impact of my behaviour and unmanaged emotions in the short and long -term? (On me, the other person, situation)

Compassion: How can I connect my behaviour and emotions with my past conditioning and influences? How did my pattern previously serve me in life?

What could I do differently next time?

DEEPENING PRACTICE-2 Retrospective application of learnings to a recent situation where a conscious response was used

	For a triggering	situation where	I responded – what was	the situation?
--	------------------	-----------------	------------------------	----------------

What was my conscious behaviour? How did I effectively harness my underlying thoughts and emotions?



What was the positive impact of my conscious response and harnessing of emotional energy? (On me, the other person and the situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

What enabled me to exhibit this response?

What is my learning?



Courage and compassion to support a live situation where there is an opportunity to shift the pattern (medium intensity)

What is the triggering situation?

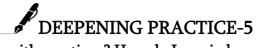
Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	
impact of our	
compulsive	
patterns	
	What is the emotion underlying this urge for behaviour?
	What is the possible adverse impact of my behaviour and
	unmanaged emotions?
Compassion	What judgements are coming up for myself?
for ourselves	
and 'the other'	
	How can I drop judgements in this moment? E.g., Remembering
	their genesis (influencers), and reinforcement (how my patterns
	served me)

	What judgements are coming up for the other person ? How can I drop judgements in this moment? E.g., Hypothesizing on how the other's patterns may have been birthed and reinforced
Possible Action	What inspiration or learnings can I draw from the past, where I demonstrated some of the traits that will help me in the current situation? With this awareness, how can I respond now?



We may already be aware about the adverse impact of our dominant emotions.

In situations where I have chosen to suppress my emotions to avoid the adverse impact, what have I tried?	
How did suppressing my dominant emotion help me?	
How did suppressing my dominant emotion NOT help me?	



What is my relationship with emotions? How do I see, judge, experience and express them?

Emotion	My relationship with this emotion. How I see, judge, experience
	and express it
Anger	
Sadness	
Fear & Anxiety	
Guilt	
Joy	
Peace	
Love	

Emotion	My relationship with this emotion. How I see, judge, experience	
	and express it	
Other		

GRATITUDE FOR OUR INTERNAL LANDSCAPE & EXTERNAL CHALLENGE

The purpose behind our internal landscape

Given the adverse impact of unpleasant emotions, we may wish we didn't have to deal with them! This is like wishing we didn't have a tongue so there wouldn't be temptation for fried food and sugary desserts. The tongue has taste buds for a reason. Removing the tongue would also remove all pleasure out of eating. If we learn to eat healthy AND tasty, the tongue becomes a gift.

Emotions too are there for a reason. We have not learnt how to harness them. If we learnt how to be in the state of peace, love and joy most of the time – would we still dislike emotions? No! Emotions would then become an amazing gift. When we are saying we don't want emotions, it means we want pleasant emotions!

Unpleasant emotions are not an enemy to be fought or run away from or freeze in front of. They are a friend signalling to us that a need of ours is being met or not. Unpleasant emotions are telling us all is NOT well. It is a way for our mind to draw our attention so that we can take appropriate action towards the underlying need. With a lens of gratitude, we can understand that each emotion serves a purpose. In fact, as we delve deeper, we may find that we subconsciously resist the experience of pleasant emotions too, perhaps due to some coupling with unpleasant emotions. E.g., resisting joy for the fear of others feeling jealous or our joy not lasting.

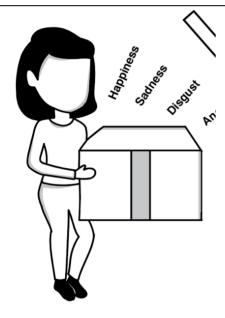
Imagine life without emotions:

- Anger: People would take advantage of us and overstep their boundaries
- **Sadness:** We would not pause to heal our wounds
- Fear & Anxiety: We would take unnecessary risks

- Guilt: We would go on hurting others for our purpose
- **Joy:** We would not look forward to the experience of life
- Peace: Our inner and external conflicts would drive us mad!
- Love: We would not care for people around us



For the unpleasant emotion I suppress or judge the most				
What purpose does that emotion play in	What is possible if I learn to			
my life? What is its message for me?	purposefully harness its energy?			



This being human is a guest house. Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,

because each has been sent as a guide from beyond. - Jalaluddin Rumi

External challenges as opportunities

We saw how judging our emotions as bad, wrong or negative leads to unhealthy suppression of emotions, without understanding their underlying message. Even the opposite judgement, a self-righteous one, leads to expression without understanding the other person's truth. Neither of these judgements (positive or negative) and neither of these strategies (continuous suppression or expression) are supportive, as they lack compassion, either for us or for the other.

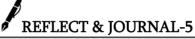
We often resort to unhealthy strategies of continuous suppression or expression due to our inability to handle the disproportionate energy of emotions. While the present trigger is small, the overwhelming energy has been gathered over time, from similar situations in the past. We can harness this energy. Uncontrolled water can destroy, as in a flood. Harnessed water can produce electricity, water trees, and give life. As per physics, energy can neither be created nor destroyed, it transforms from one form to another. This applies to emotional energy too. We can transform emotional energy to serve us. Mahatma Gandhi was thrown out of a train in South Africa due to his race. He channelized his anger into a non-violence-based freedom movement.

With this perspective, if an external trigger arises, before engaging in a behaviour, we can first feel our underlying emotion and harness its energy. We can use the following strategies to feel and harness our emotions, based on their intensity and our capacity to handle them:

- **Observation:** If the emotional energy intensity is manageable, we can courageously step back to objectively look at our unpleasant emotions as in meditation (guided or self-led)
- Experiencing: Feeling the physical sensations in our body is the most 'real' way to come from scattered thoughts to impactful emotions. Embodying emotions in the body helps us see our 'energy'. By allowing ourselves just ninety seconds to experience an emotion fully, instead of rushing to suppress or express it, we can let the wave pass through without damage to ourselves or others.
- **Constructive expression:** If the energy of emotions seems intense or overwhelming for us to observe or experience, we can employ tools to express them constructively with the goal of reducing emotional charge e.g., journaling or scribbling, voicing to ourselves, sharing with a confidante

• Constructive transformation: We can also manage emotional charge by recognizing that emotions are energetic and hence can be transformed, we can use tools such as play, tapping (EFT), humming, grounding, affirmations

Even if we are unable to effectively do any of the above, simply acknowledging our inner landscape will diffuse the emotional charge and open new conscious behaviour choices which we may not have seen before. Managing our emotions allows us to step out of patterns of internal judgements and reactive behaviours



Which of these strategies do I already use and benefit from?	
Which of these strategies or new tools do I wish to use more consciously now?	

PUTTING IT TOGETHER: CREATING A CONSCIOUS FUTURE

When faced with a triggering situation or person, we have two choices – to react from compulsive patterns of behaviour, or to respond through conscious choice. A pause to reconsider our reactive behaviour enables us to respond. Additionally, by accessing a layer deeper - our emotions - we can harness their energy and excess charge which otherwise pushes us into compulsive reactions.

Even our intention to move out of our, compulsive patterns can bring up fight, flight and freeze reactions. We may rationalize and justify the present status or feel overwhelmed, numb or stuck. Here too, the first step is to acknowledge the emotions underlying these reactions. There could be fear and anxiety about what may come up externally with this change. Or guilt disappointment about our own inability to shift behaviours in the past. Acknowledging the emotions and harnessing their energy enables us to reach a state where we can decide our path by weighing the adverse impact of our compulsive behaviour with the benefits of conscious action. Yes, it is far easier to stay in the comfort zone of our present patterns. But with courage and compassion, we can grow AND be safe from further damage to ourselves or others.

	How it can support us		
Courage to	We can pause and reconsider our behaviour (pause), feel		
see the	and harness our underlying emotion (e.g., observe,		
adverse	experience, express or transform emotion constructively)		
impact of our	Pattern: Become aware of our compulsive internal pattern		
compulsive	(behaviour, emotion) when faced with an external trigger.		
patterns	Adverse Impact: Become aware of the adverse impact of		
	our compulsive pattern (behaviour, emotion)		
Compassion	We can drop judgements for the inner landscape of both		
for ourselves	parties involved, enabling us to see the whole picture		
and 'the other'	For ourselves: Drop judgements for our compulsive patterns		
	by remembering their genesis and reason for reinforcement		
	For the other person in a situation: Extend above to drop		
	judgements for the other's compulsive patterns		
Gratitude for	We can choose the most appropriate response		
our internal	• For internal landscape: See the purpose our inner		
landscape and	landscape (behaviour and emotion) is trying to serve		
external	• For external challenge: See the situation as an opportunity		
challenge	to grow by choosing a conscious response that constructively		
	meets the purpose of our inner landscape		

	What to do	How to do
Behaviour	Respond, instead of	Pause, see internal landscape before
	reacting	reacting
Emotion	Feel our emotions and	Observe, experience, constructively
	harness their energy	express or transform

Let us see two examples of creating a conscious behaviour with awareness of emotions

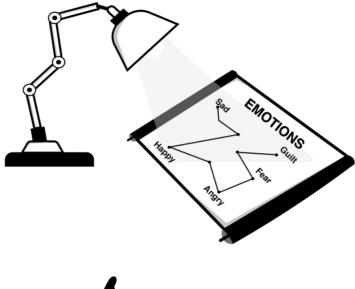
Person &	Geri realizes that her team member Siri faced an unexpected	
Situation	Siri is not on track to meeting a	and doesn't want Geri to worry, so is
	deadline and has not informed her. solving it with others	
Courage to	Compulsive behaviour driven	Compulsive behaviour: To put in a
see the	towards: To send a strong text message	night out and ask her colleagues to
adverse	to Siri expressing her disappointment	help her resolve the issue. Deciding
impact of	in Siri's performance and asking why	she will inform Geri when the issue
our	Siri did not inform her (Fight)	gets solved <i>(Flight)</i>
compulsiv	Emotions underlying this urge for	Emotions underlying this urge for
e patterns	behaviour: Anger at Siri, Anxiety	behaviour: Fear of aggression and
	about deadline	Anxiety for deadline
	Possible adverse impact : Siri may feel	Possible adverse impact: Loss of
	demotivated and unvalued, rest of the	professional credibility (manager and
	team will know	client) despite hard work
	Pause and constructively harness the en	nergy of emotions
Compassio	Possible judgements about oneself Possible judgements about oneself	
n for	that may come with this awareness:	that may come with this awareness:
ourselves	I'm overly critical. I can't manage my	I'm responsible for this situation, not
and 'the	anger. This anger will disrupt my	good enough. My fear makes me weak
other'	relationship with Siri, and my	and timid, I can't communicate with
	reputation.	courage.
	Dropping above judgements: My	Dropping above judgements: My
	parents had a "flight" pattern, their	parents chose flight, disputes weren't
	unresolved emotions disrupted the	discussed and resolved. Seeing only
	relationship, which led me to the	silence or massive fights, which scared
	"fight" response. My anger has got	me, I started believing silence is
	things done in the past. It's okay to	better. At work previously,
	feel anxious and upset given the	communicating once the issue is
	importance of deadline.	resolved often prevented conflict, and
		larger deadlines also did get met
		finally. It's okay to feel fearful and

		anxious, to protect myself from
		_ ·
		aggression
	Possible judgements for the other :	Possible judgements for the other:
	Why doesn't Siri share openly? Why	Geri micromanages as she doesn't
	does she fear me, when I've always	trust me. Her stress-monster is scary,
	supported her in the past? Why	hard to deal with, and she doesn't
	doesn't she trust me?	listen when she is upset. It's hard to
		ask for help in a crisis.
	Dropping above judgements: Siri is	Dropping above judgements: Geri
	responsible and may be trying to solve	could be under pressure because of
	on her own. It's okay for her to feel	this deadline. It's okay for her to feel
	anxious about telling me, knowing my	angry about me not informing, due to
	past outbursts.	missed deadlines in the past.
Gratitude	Purpose of compulsion: The message I	Purpose of compulsion: Not sending a
for our	want to send is a way to ensure work	message is a way to keep me out of
internal	is delivered and Siri rises to her	harm's way. Putting in a night out
landscape	potential. Anger wants to set	enables me to finish the task at hand.
and	boundaries that I can't be taken for	Anxiety is pushing me to complete the
external	granted and external deadlines can't	task, well. Fear is trying to protect me.
challenge	be constantly pushed.	

For each person in the situation: While her behaviour may have served her in the past, it is currently not. Her compulsivity has implications for her and others. With this awareness, she can arrive at a response that meets the underlying purpose of her patterns in healthier ways.

Each of these states, if not used, could become a stumbling block

	Without this state		
Courage	We may deny or rationalize the truth of a situation (external trigger		
	and internal landscape), and the adverse impact of reactive behaviours		
Compassion	We may judge our or the other's behaviours or emotions as completely		
	wrong or completely right, and miss seeing the entire picture		
Gratitude	We may resist difficult situations and fall into a compulsive		
	victim/perpetrator role		





In the time to come, what shift(s) would I like to experiment with? How could this benefit me and others?		
Tiow could time serious me and others.		

DEEPENING PRACTICE-6

Retrospective application of learnings to a recent situation (medium intensity)

Courage: What was my inner landscape? (Behaviour, thoughts and emotions)

Behaviour (Fight, Flight, Freeze, Response) Thoughts and Emotions (Sad, Mad, Glad, Anxious, Guilty)

Compassion: How did my emotions and behaviour support me in the moment?

Gratitude: What did I learn about me, the other or the situation?

What could I want to do differently, if confronted with any similar emotions? Recognizing the external stressor may not be the same?

Courage to	We can pause and reconsider our behaviour (pause), feel and harness our		
see the	underlying emotion (e.g., observe, experience, express or transform emotion		
adverse impact	constructively)		
of our	Pattern: Become aware of our compulsive internal pattern (behaviour, emotion)		
compulsive	when faced with an external trigger.		
patterns	Adverse Impact: Become aware of the adverse impact of our compulsive		
	pattern (behaviour, emotion)		
Compassion	We can drop judgements for the inner landscape of both parties involved,		
for ourselves	enabling us to see the whole picture		
and 'the other'	For ourselves: Drop judgements for our compulsive patterns by remembering		
	their genesis and reason for reinforcement		
	For the other person in a situation: Extend above to drop judgements for the		
	other's compulsive patterns		
Gratitude for	We can choose the most appropriate response		
our internal	• For internal landscape: See the purpose our inner landscape (behaviour and		
landscape and	emotion) is trying to serve		
external	• For external challenge: See the situation as an opportunity to grow by choosing		
challenge	a conscious response that constructively meets the purpose of our inner		
	landscape		

	What to do	How to do
Behaviour	Respond, instead of reacting	Pause, see internal landscape before reacting
Emotion Feel our emotions, harness their Observe, experience, constructively express of		Observe, experience, constructively express or
	energy	transform

DEEPENING PRACTICE-7

Retrospective application of learnings to a recent situation where a conscious response was used

For a triggering	situation where	l responded – what [.]	was the situation?

What was my conscious behaviour? How did I effectively harness my emotional energy?



What was the positive impact of my conscious response and harnessing of emotional energy? (On me, other person and situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

What enabled me to exhibit this response?

What is my learning?



Application of learnings to support a live situation (medium intensity)

What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?	
the adverse		
impact of our		
compulsive		
patterns		
	What is the emotion underlying this urge for behaviour?	
	What is the possible adverse impact of my behaviour and	
	unmanaged emotion?	
	How can I pause and constructively harness my emotional energy ?	
	(observe, experience, express or transform)	
	What judgements are coming up for myself?	

Compassion	
for ourselves	
and 'the other'	
and the other	
	How can I drop judgements in this moment? E.g., Remembering
	their genesis (influencers), and reinforcement (how my patterns
	served me)
	What judgements are coming up for the other person?
	8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
	How can I drop judgements in this moment? E.g., Hypothesizing on
	how the other's patterns may have been birthed and reinforced
Gratitude for	What purpose is my compulsion (behaviour, emotions) is trying to
our internal	serve? How is it trying to protect me and address the situation?
landscape and	, , ,
external	
challenge	
	What inspiration or learnings can I draw from the past, where I
	demonstrated some of the traits that will help me in the current
	situation?
<u> </u>	

How can this challenge be an opportunity to grow and learn? What
can be an alternative conscious response that constructively meets
the above purpose?

DEEPENING PRACTICE-9

	DEEF ENING FRACTICE-9				
	In the aspects of my life where I have set my intention for transformation (work, home, social relationships, health etc.)				
EMOTION	How does this emotion support me?	How does this emotion NOT support me?			
Anger					
Sadness					
Fear & Anxiety					

Guilt	

DEEPENING PRACTICE-10 Synthesis of journey so far of reflection and application

	•
Incidents after	
starting this	
journey, where I	
was able respond	
consciously: What	
was the impact?	
What were the	
enablers for me?	
What did I learn	
through these	
"successes"?	
Incidents after	
starting this	
journey, where I	
was not able	
respond	
consciously: What	
was the impact?	
What were the	
obstacles for me?	
What did I learn	
through these	
"mistakes"?	

Chapter 4

"Our Needs"

Importance

Our emotions stem from needs. Sometimes, our behaviour does not effectively address our underlying needs. Awareness of our needs opens up newer possibilities of behaviours to address them more effectively.

TURNING THE LENS INWARDS

Let's go deeper down our iceberg to see the source of our emotions. We often engage in unhealthy behaviours to manage our emotions without understanding our needs. On this Yogic journey, we turn the lens inwards to see our needs, their genesis and impact, and how to consciously address them in healthy ways. Turning the lens inwards does not mean denying or suppressing our needs! By consciously fulfilling our needs, we can harness our emotions effectively.

An emotion indicates a need – met or unmet. As per leading psychologist Marshall Rosenberg, all our thoughts, words and actions are an attempt to meet our needs. Needs drive our life. Values are needs that we hold long-term.

Behaviour
(Fight, Flight,
Freeze,
Response)

Thoughts and Emotions
(Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs
(Expression, Harmony, Autonomy,
Integrity, Community, Contribution,
Connection, Play, Meaning, Well-Being)

We can see iceberg from top down or bottom up. Any behaviour springs from thoughts or emotions, which are caused by needs. Met or unmet needs create pleasant or unpleasant thoughts and emotions, which lead to behaviours. E.g.

- Absence of harmony in a relationship (unmet need) may cause us anxiety (unpleasant emotion), leading to us avoiding the person (behaviour).
- If we feel appreciated in a relationship (met need), we may feel happy (pleasant emotion), leading us to do our best to preserve the relationship (behaviour).

There are many-to-many relationships here, with differences across people. Any situation may involve many needs, emotions and behaviours. The same need being unmet may evoke different emotions within different people. The same emotion being experienced by different people may be due to different underlying needs. Only we know our internal landscape, our iceberg.

The seemingly hard process of not judging behaviours or emotions is simplified by seeing our underlying needs, since they are independent of an external person or situation. They are within us and universal to the human experience.

Illustration of Key Human Needs		
(Source: Coaching for Transformation, by Leadership That Works)		
Expression	celebration, vitality, humour, passion, creativity, imagine, dream, inspiration	
Harmony	peace, security, safety, order, calm, stability, relaxation, comfort, ease, beauty	
Autonomy	independence, dreams, freedom, choice, individuality, space, spontaneity	
Integrity	authenticity, purpose, justice, fairness, honesty, openness, trust, respect, equality	
Community	interdependence, trust, bonding, inclusion, belonging, cooperation, unity, synergy, integration, loyalty, participation, partnership, acceptance	
Contribution	mastery, growth, service, gifts, empowerment, support, acknowledgment, help, nourishment	
Connection	understanding, closeness, appreciation, empathy, support, consideration, love, affection, companionship, mutuality, nurturing, intimacy	
Play	adventure, challenge, daring, risk-taking, thrill, fun, humor, laughter, pleasure	
Meaning	awareness, consciousness, creativity, purpose, effectiveness, growth, discovery	
Well-Being	health, sustenance, safety, shelter, rest, sex, food, clothing	

REFLECT & JOURNAL-1

As I browse through the list above to see which needs call out to me or connect with		
me – What are upto 10 needs I identify the most with, in life.		
Which needs of mine have I acknowledged the least in life?		

How does it feel to identify and asknowledge my peeds?
How does it feel to identify and acknowledge my needs?

If we are getting overly focussed on our or another person's behaviour or emotions, let us go inside. E.g., If someone hurt us and our pain has caused us to withdraw, we can ask ourselves – "What am I longing for? What's missing for me?"

REFLECT & JOURNAL-2

REFLECT & JOURNAL-2			
As I think of a recent situation where I experienced pleasant thoughts and emotions -			
what needs of mine were met?			
As I think of a recent situation where I experienced unpleasant thoughts and			
emotions - what needs of mine were unmet?			
How can this understanding of my underlying needs support me?			

For any recent triggering situation, let's see the iceberg of our landscape

Behaviour (Fight, Flight, Freeze, Response)

Thoughts and Emotions (Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs (Expression, Harmony, Autonomy, Integrity, Community, Contribution, Connection, Play, Meaning, Well-Being)

COURAGE TO SEE THE ADVERSE IMPACT OF OUR COMPULSIVE PATTERNS

Our compulsive patterns

The beauty of our needs is that are universal and without judgement, without a concept of pleasant or unpleasant as they don't harm us or anyone else. The challenge arises when we compulsively fall into behaviour patterns to meet these needs, without realizing such behaviours don't serve us anymore. Also, sometimes our intensity is disproportionate to the reality of present situation.

The adverse impact of our patterns

How do we know if a compulsive pattern is unhealthy? It ultimately doesn't serve us. They either cause external conflicts, don't meet other needs of ours, or the need that we wish to meet ultimately remains unmet. Often, all these happen together. E.g.,

- Meeting our need for excellence by constantly showing others their genuine
 mistakes could lead to conflicts at home or work, leading to our other need of
 harmony being unfulfilled. Those impacted by our behaviour may ultimately
 withdraw from work or the relationship, leaving excellence unmet.
- Meeting our need for harmony by constantly putting others ahead of us to please them could lead to conflict due to our other unmet need of expression. When prolonged, it could break relationships, leaving harmony unmet.



For a key need in my life - What are some unhealthy, compulsive patterns of my
behaviour to meet the need?
What has been the adverse impact of these patterns on my life? (e.g., conflicts, not
meeting other needs of ours, or our need ultimately staying unmet)

COMPASSION FOR OURSELVES & 'THE OTHER'

Compassion for ourselves

Unlike reactive behaviours and unpleasant emotions, it is easier to not judge needs. Our challenge may be to not judge our compulsive patterns. Here, we can remind ourselves of their genesis. We subconsciously or consciously created these patterns as they have served us in life! They have brought us love, safety, appreciation. E.g.,

- If we meet our need for excellence by showing others their mistakes this may have helped us to enable others to reach their potential and earned us respect.
- If we meet our need for harmony by pleasing others this may have helped us cultivate relationships in an atmosphere of joy and earned us love.

Over time, these behaviours became our strengths and shaped our personality

Compassion for 'the other'

We can extend this compassion to the other person in a conflict – by understanding why they are behaving compulsively based on their unmet needs.



Extending the previous reflection:		
Despite knowing the adverse impact, how has my attempt to meet my need served		
me so far?		

DEEPENING PRACTICE-1

Retrospective application of learnings to a recent situation (medium intensity) where a fight / flight / freeze reaction was used

For a triggering situation where I reacted – what was the situation?

Courage:

• What was my inner landscape? (Behaviour, emotions, needs)



 What was, or could be the adverse impact of my behaviour, unmanaged emotions and unmet needs in the short and long -term? (On me, the other person, situation)

Compassion: How has my similar behaviour in the past helped me meet similar unmet needs?

What could I do differently next time?

DEEPENING PRACTICE-2 Retrospective application of learnings to a recent situation where a conscious response was used

For a triggering situation where I responded – what was the situation?

What was my conscious behaviour? How did I effectively harness my underlying thoughts and emotions? How did I honor my needs?

Behaviour
(Fight, Flight,
Freeze,
Response)

Thoughts and Emotions
(Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs
(Expression, Harmony, Autonomy,
Integrity, Community, Contribution,
Connection, Play, Meaning, Well-Being)

What was the positive impact of my conscious response, harnessing of emotional energy and meeting my needs? (On me, the other person and the situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

What enabled me to exhibit this response? What is my learning?



Courage and compassion to support a live situation where there is an opportunity to shift the pattern (medium intensity)

What is the triggering situation?

	TT71
Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	
impact of our	
compulsive	
patterns	
	What emotion underlying this urge for behaviour?
	What is the need underlying this emotion?
	what is the need underlying this emotion:
	What is the possible adverse impact of my behaviour and unmanaged
	emotions?
	What judgements are coming up for myself?

Compassion	
for ourselves	
and 'the other'	
	How can I drop judgements in this moment? E.g. see my needs as legitimate
	What judgements are coming up for the other person ?
	How can I drop judgements in this moment? E.g. other's needs also legitimate
Possible Action	What inspiration or learnings can I draw from the past, where I demonstrated some of the traits that will help me in the current situation?
	With this awareness, how can I respond now?

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Incidents after	
starting this	
journey, where I	
was able respond	
consciously: What	
was the impact?	
What were the	
enablers for me?	
What did I learn	
through these	
"successes"?	
Incidents after	
starting this	
journey, where I	
was not able	
respond	
consciously: What	
was the impact?	
What were the	
obstacles for me?	
What did I learn	
through these	
"mistakes"?	

In your childhood and adolescence, which of your needs were met by the ecosystem around you?	
How has that	
shaped your emotional and	
behavioural	
patterns?	
In your childhood and adolescence,	
which of your	
needs were NOT	
met by the	
ecosystem around	
you?	
How has that	
shaped your	
emotional and	
behavioural	
patterns?	

GRATITUDE FOR OUR INTERNAL LANDSCAPE & EXTERNAL CHALLENGE

The purpose behind our internal landscape

Needs tell us what is important to us. Need make us who we are. Honouring them in constructive ways supports our true expression through our words, thoughts, and actions in all spheres of life. World champions are driven by excellence. Nobel Peace Prize winners are driven by harmony. Needs and values are our potential.



If I meet my key need constructively, how can I realize my potential?

External challenges as opportunities

Challenging situations are opportunities to create and experiment with healthy patterns of behaviour. Before rushing to a behaviour, we can acknowledge our iceberg. Many strategies can be used to meet our underlying need in healthy ways:

- Seeing present context proportionately: Recognizing that our reaction may be exaggerated for the actual situation because it carries charge of the past where our needs were unmet. E.g., Before overly criticizing someone to meet our need for 'excellence', we can check if we are projecting past experiences and reminding ourselves of a fair assessment of the present situation.
- **New definition of our need:** Sometimes, we may need to modify our perception of what a need means. E.g., 'Strength' can be redefined to having the courage to be vulnerable and feeling our pain, instead of suppressing our emotions. Excellence can be seen as a joyful state of flow instead of obsessive perfection.
- New ways to meet our need: Especially when it's hard to change external situations, we can find new ways to meet our needs independently. E.g., Instead of bending over backwards for an overly critical person to meet our need for 'harmony', we can cultivate new relationships and reduce our dependence on one.
- Prioritizing needs through Values: Sometimes, multiple needs may appear to be in conflict, and we may struggle to meet them all. Here, we can prioritize the needs we hold most valuable, i.e., our values. E.g., In a difficult conversation where our needs for Integrity and Harmony are clashing, we can prioritize the one we hold dearly as our values.
- Meeting all needs: Having to prioritize needs can seem like a compromise or a forced choice! As we go deeper, we'll see that in almost every situation, we can find a solution and a way of Being that harmonizes and meet all our needs. E.g., In a seemingly "difficult" situation, we share our truth with integrity, while also being open and compassionate to the other person, hence maintaining harmony.

Simply becoming aware of our needs is a huge step. Their legitimate, universal nature helps us accept ourselves and reminds us of what is important to us beneath what we

seem to want. E.g., If we are looking for a new job, to meet our need of 'respect', we can specifically evaluate the culture of potential new workplaces.



For my key need – Remembering a time when I effectively met the unmet need using any of the methods above. What did I do? What was the impact?

PUTTING IT TOGETHER: CREATING A CONSCIOUS FUTURE

Awareness of our inner landscape, combined with courage, compassion and gratitude enable us to respond consciously. We can pause to reconsider our reactive behaviour, feel our emotions and harness their energy, and then identify and meet our underlying needs constructively.

	How it can support us	
Courage to see	We can pause and reconsider our behaviour (pause), feel	
the adverse	and harness our underlying emotion (e.g., observe,	
impact of our	experience, express or transform emotion constructively),	
compulsive	identify our underlying needs	
patterns	• Pattern: Become aware of our compulsive internal pattern	
	(behaviour, emotions, underlying needs) when faced with an	
	external trigger.	
	Adverse Impact: Become aware of the adverse impact of our	
	compulsive pattern (behaviour, emotions, underlying needs)	
Compassion for	We can drop judgements for the inner landscape of both parties	
ourselves and	involved, enabling us to see the whole picture	
'the other'	• For ourselves: Drop judgements for our compulsive patterns by	
	remembering their genesis	
	• For the other person in a situation: Extend above to drop	
	judgements for the other's compulsive patterns	
Gratitude for	We can meet our needs constructively (seeing present context,	
our internal	redefining need, an alternate way to meet it, prioritizing values,	
landscape and	meeting all needs)	
external	• For internal landscape: See the purpose our inner landscape	
challenge	(behaviour, emotion, need) is trying to serve	
	• For external challenge: See the role of the situation in enabling	
	us to choose a conscious response that constructively meets the	
	purpose of our inner landscape	

	What to do	How to do
Behaviour	Respond, instead of	Pause, see internal landscape before
	reacting	reacting
Emotion	Feel our emotions and	Observe, experience, constructively
	harness their energy	express or transform

Needs	Constructively meet	Seeing present context, redefining
	them	need, an alternate way to meet it,
		prioritizing values, meeting all needs
	1	

REFLECT & JOURNAL-7

In the time to come, what shift(s) would I like to experiment with?



Retrospective application of learnings to a recent situation (medium intensity)

Courage: What was my inner landscape? (Behaviour, emotions, needs)

Behaviour
(Fight, Flight,
Freeze,
Response)

Thoughts and Emotions
(Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs
(Expression, Harmony, Autonomy,
Integrity, Community, Contribution,
Connection, Play, Meaning, Well-Being)

Compassion: How did my inner landscape support me in the moment?

Gratitude: What did I learn about me, the other or the situation?

What could I want to do differently, if confronted with any similar unmet needs? Recognizing the external stressor may not be the same?

Courage to see	We can pause and reconsider our behaviour (pause), feel and harness our	
the adverse	underlying emotion (e.g., observe, experience, express or transform	
impact of our	emotion constructively), identify our underlying needs	
compulsive	• Pattern: Become aware of our compulsive internal pattern (behaviour, emotions,	
patterns	underlying needs) when faced with an external trigger.	
	Adverse Impact: Become aware of the adverse impact of our compulsive pattern	
	(behaviour, emotions, underlying needs)	
Compassion	We can drop judgements for the inner landscape of both parties involved, enabling	
for ourselves	us to see the whole picture	
and 'the	• For ourselves: Drop judgements for our compulsive patterns by remembering	
other'	their genesis	
	• For the other person in a situation: Extend above to drop judgements for the	
	other's compulsive patterns	
Gratitude for	We can meet our needs constructively (seeing present context, redefining need, an	
our internal	alternate way to meet it, prioritizing values, meeting all needs)	
landscape and	• For internal landscape: See the purpose our inner landscape (behaviour,	
	emotion, need) is trying to serve	

external	• For external challenge: See the role of the situation in enabling us to choose a
challenge	conscious response that constructively meets the purpose of our inner landscape

DEEPENING PRACTICE-7 Retrospective application of learnings to a recent situation where a conscious response was used

For a triggering situation where I responded – what was the situation?

What was my conscious behaviour? How did I effectively harness my underlying thoughts and emotions? How did I honor my needs?

Behaviour
(Fight, Flight,
Freeze,
Response)

Thoughts and Emotions
(Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs
(Expression, Harmony, Autonomy,
Integrity, Community, Contribution,
Connection, Play, Meaning, Well-Being)

What was the positive impact of my conscious response, harnessing of emotional energy and meeting my needs? (On me, the other person and the situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

What enabled me to exhibit this response? What is my learning?

DEEPENING PRACTICE- 8,9 (Do over 2 days) Application of learnings to support a live situation (medium intensity)

What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	
impact of our	
compulsive	
patterns	What emotion underlying this urge for behaviour?
	What is the need underlying this emotion?
	What is the possible adverse impact of my behaviour and
	unmanaged emotion?
	How can I pause and constructively harness my emotional energy ?
	(observe, experience, express or transform)
Compassion	What judgements are coming up for myself?
for ourselves	
and 'the other'	
	How can I drop judgements in this moment? E.g. see our needs as
	legitimate

	What judgements are coming up for the other person? How can I drop judgements in this moment? E.g. other's needs are legitimate
Gratitude for our internal landscape and external	What is the purpose of my compulsion (behaviour, emotion, need)?
challenge	(repeat if needed) How can I constructively handle my emotional energy (observe, experience, express or transform)?
	(after doing above) How can I deal constructively handle my need (see present context, redefine need, an alternate way to meet it, prioritizing values, harmonizing needs)?
	What inspiration or learnings can I draw from the past, where I demonstrated some of the traits that will help me in the current situation?

	(after doing above) How can this challenge be an opportunity to
	grow and learn? What can be an alternative conscious response that
	constructively meets the above purpose?
<u> </u>	

DEEPENING PRACTICE-10

Reflection on a key need in my life (in addition to previous reflections). Connected to the intention I set at the start of my journey for aspects of my life I'd like to transform in the coming year (work, family, wellbeing, relationships, etc)

III tile collii	ng year (work, family, wellbeing, relationships, etc)
Need	
What are some	
unhealthy, compulsive	
patterns of my	
behaviour to meet the	
need?	
What has been the	
adverse impact of these	
patterns on aspects of	
my life I wish to	
transform?	
How has my behaviour	
served me so far in	
aspects of my life that I	
intend to transform?	
If I constructively meet	
my key need, how can	
I realize my potential	
in aspects of my life I	
wish to transform?	
What new strategies	Seeing present context proportionately: (where this need was
can I consciously	unmet in the past).
towards my goal?	
	New definition of my need to serve me and my present context

1	New ways to meet my need
F	Prioritizing my needs based on values
N	Meeting all needs

Chapter 5

"Our core fears"

Importance

As we learn to honour and respect our needs, we can start understanding - what makes needs arise? This deepest level of our iceberg can unlock the path to transformation.

TURNING THE LENS INWARDS

Most psychological paradigms stop at the level of needs, values, and beliefs. Let us go to the deepest layer within our iceberg to understand the source of our needs. While all needs are legitimate and important, the challenge arises when we are driven to unhealthy behaviours by multiple or very strong needs. By consciously seeing and addressing the core fears underlying our needs, we can gain true freedom, peace, love, and joy. On this Yogic journey, we will turn the lens inwards to understand our core fear patterns, their genesis and impact, and how to consciously address them.

Turning the lens inwards does not mean ignoring or giving in to our fears! By consciously addressing them, we can break the bondage to our deepest patterns.

The core fears that drive our needs are: **Am I safe? Am I loved? Am I valued?**These lie at the root of our fear-based survival reactions of fight-flight-freeze. Given how deeply embedded within us they are, we may not be able to identify with them at a first glance. If so, we can try to connect with other associations

- Am I safe? Am I secure? Will I be alone? Will I be abandoned?
- Am I loved? Am I lovable? Am I deserving of love? Am I cared for? Am I liked?
- Am I worthy? Am I valuable? Am I valued? Am I good enough? Am I respected?

Each of these fears is perpetuated by an implicit judgement we have of ourselves. E.g., The core fear "am I worthy" is perpetuated by the self-judgement "I'm not worthy".



At a first glance, which core fear do I seem to operate with mostly, in life?
How does it feel to name my core fear?

Often unknown to us, core fears give rise to needs to be assuaged. E.g.,

- Am I safe? We may seek financial security, harmony in relationships, well-being
- Am I loved? We may seek community around us, harmony, appreciation
- Am I worthy? We may seek contribution at work or home, meaning to feel value

Hence, unmet needs trigger our core fears. E.g., Not getting desired results can lead to an unmet need of contribution, triggering the core fear – Am I worthy?

Here too, there are many-to-many relationships, with differences across people. Any situation may involve multiple core fears, needs, emotions and behaviours. The same core fear may birth different needs within different people. The same need of different people may be due to different underlying core fears. Only we know our iceberg.

Further, at the deepest layer of the iceberg, the plurality of needs, emotions, and behaviours starts to disappear as we come to three core fears which impact every aspect of our life. Herein lies the challenge, as well as the opportunity.



Drill down of my iceberg for a recent triggering situation (medium intensity)

Behaviour
(Fight, Flight,
Freeze,
Response)

Thoughts and Emotions
(Sad, Mad, Glad, Anxious, Guilty)

Needs, Values and Beliefs
(Expression, Harmony, Autonomy,
Integrity, Community, Contribution,
Connection, Play, Meaning, Well-Being)

Underlying fears
Am I safe?
Am I loved?
Am I valued?

COURAGE TO SEE THE ADVERSE IMPACT OF OUR COMPULSIVE PATTERNS

Our compulsive patterns

We saw earlier how our fight-flight-freeze reactions are driven by a threat perception. While most present-day situations do not endanger our physical safety, they trigger our core fears, causing almost instantaneous, compulsive reactions that are often disproportionate to the situation at hand and do not serve us anymore.

The adverse impact of our patterns

A small external trigger can pierce through us, causing disproportionate pain or reaction because it hits our core fears.

External	Possible Thoughts &	Possible Unmet	Underlying
Trigger	Emotions	Needs	fear
My partner	Thoughts	• Companionshi	• Am I
confides in	• I am not a good partner	p	worthy?
someone else	• My partner doesn't love	Affection	• Am I loved?
instead of me	me	• Security	• Am I safe?
	Our relationship may	 Contribution 	
	end		
	Emotions: Anxiety,		
	Sadness, Anger		
My manager	I am not good at my	Contribution	• Am I
doesn't invite	work	• Respect	worthy?
me for a key	My manager doesn't	• Growth	• Am I loved?
meeting	care about my opinions		• Am I safe?
	and how I feel		
	I may not be promoted		
	Emotions: Worry,		
	Disappointment		

Our core fears become compulsive when we wound ourselves repeatedly with our self-judgements. We may not be doing this actively. It's a self-image we created a long time ago and have been repeating sub-consciously till it became part of our reality.

Compulsive core fears get reinforced irrespective of the external outcome. E.g., If we constantly question our worth, if we fail to get the desired results, we will strengthen our judgement "*I'm not worthy*". Even if we get the desired results, if we are compulsively locked into doubting our worth, we will find multiple reasons to believe that we did not deserve our success or ways to not acknowledge our success – "*The task was too simple*", "*I was lucky*", "*I was only able to do it because of the support I got*", "*It is not a big deal*", "*I have a lot more to do*". Despite a positive outcome, we subconsciously hold on to our core fear, making it compulsive.

Compulsive core fears can drive us to behave in ways that don't serve us or the situation. E.g., A fear that "*T'm not loved*" can cause us to become 'people pleasers' to gain love, ignore our needs, and perhaps not be honest with people for the fear of losing their love. It may also cause the opposite behaviour which is also unhealthy. We may become 'reclusive personalities' to avoid pain, be overprotective of our needs, and misjudge the intentions of those who do love us.



For a core fear that drives me, in what areas of my life does it play out?
Where is it disproportionate?
How does it compulsively get reinforced irrespective of the external outcome
(success or failure in what I want)?
How does it cause me to behave in ways that don't serve me? (Remember that
seemingly contradictory behaviours may arise from the same core fear)
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COMPASSION FOR OURSELVES & 'THE OTHER'

Compassion for ourselves

Let us remind ourselves of the genesis of our core fears. These took root in us as little children, based on what we saw, heard and experience with our key influencers - parents, siblings, friends or teachers. It may have been a single incident or a repeated experience, big or small matter, true or untrue, intentional or not – this is immaterial.

As meaning-making beings, we attempted to rationalize and make meaning of an unpleasant event with our limited understanding of life situations as children. These fears were often disproportionate to the situation. E.g.,

- Seeing the younger sibling being doted on, may trigger a fear for love
- Overhearing parents quarrelling loudly one day may trigger a fear for safety
- A teacher's disappointment on not scoring well may trigger a fear for worth

Once this core fear took seed, it got reinforced when similar triggering situations happened at different points in life (especially age 3-6, age 8-12, age 16-21). We subconsciously kept going back to the same rationalization. Often, they became self-fulfilling prophecies. E.g., a child told in school that he is not good at math internalized it so much that the very mention of math scared him. When he went to college, he made mistakes due to that fear, thus re-iterates the belief that he is not good enough.

This does not mean what we did as children was wrong. It was the best we could do with our limited understanding then to cope with difficult situations. Also, our core fears served us because the needs they led to, gave us love, worth and safety. E.g.,

- "Am I worthy" may have birthed the need for excellence, making us high achievers
- "Am I loved" may have birthed the need for harmony, making us empathetic
- "Am I safe" may have birthed the need for autonomy, making us independent

Compassion for 'the other'

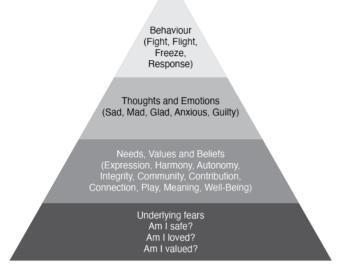
We can extend this compassion to the other person in a conflict – by understanding why they are behaving compulsively based on their own patterns.

REFLECT & JOURNAL-4

How has my core fear served me so far in my life?

DEEPENING PRACTICE-1, 2 (to be done over 2 days) Retrospective reflection on a recent situation (medium intensity) where a fight / flight / freeze reaction was used

Courage: What was my inner landscape? (Behaviour, emotions, needs, fears)



Courage: What was, or could be the adverse impact of my behaviour in the short and long -term? (On me, the other person, situation)

Compassion: How can I connect my behaviour with my past conditioning and influences around me?

What could I do differently next time?

DEEPENING PRACTICE-2 Retrospective application of learnings to a recent situation where a conscious response was used

For a triggering situation where I responded – what was the situation?

What was my conscious behaviour? How did I effectively harness my underlying thoughts and emotions? How did I honor my needs? How did I overcome my core fears?



What was the positive impact of my conscious response, harnessing of emotional energy and meeting my needs? (On me, the other person and the situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

What enabled me to exhibit this response? What is my learning?

DEEPENING PRACTICE- 4,5 (To be done over 2 days) Courage and compassion to support a live situation where there is an opportunity to shift the pattern (medium intensity)

What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	
impact of our	
compulsive	
patterns	
	What emotion underlying this urge for behaviour?
	What is the need underlying this emotion?
	, c
	What core fear underlies the need?
	What is the possible adverse impact of my behaviour and
	unmanaged emotion?

Compassion for ourselves and 'the other'	What judgements are coming up for myself?
	How can I drop judgements in this moment? E.g. see genesis of core fears
	What judgements are coming up for the other person?
	How can I drop judgements in this moment? E.g. see their possible core fears
Possible Action	What inspiration or learnings can I draw from the past, where I demonstrated some of the traits that will help me in the current situation?
	With this awareness, how can I respond now?

GRATITUDE FOR OUR INTERNAL LANDSCAPE & EXTERNAL CHALLENGE

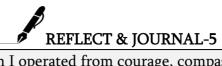
The purpose behind our internal landscape

Our core fears show us the healing we need, to live our lives fully and freely.

External challenges as opportunities

Once we drill down to our core fears, the plurality of challenges presented by life collapses into a core pattern, unlocking the possibility of transformational impact on all aspects of our life. The following strategies can be used to assuage our core fears:

- Seeing the full truth: Core fears feel overwhelming as they subconsciously threaten our survival. However, we widen the scope of our awareness to remind ourselves that this is an exaggeration of the reality. A small external trigger does not mean we are unworthy, unloved, or unsafe.
- **From Fear to Courage:** The opposite of fear is courage. We can derive courage from faith and trust towards any 'object' ourselves, others, or a higher power. Some tools we can use are Prayer, Surrender, Spiritual practices
- From Judgement to Compassion: We can move from constantly judging and trying to change ourselves to accepting ourselves. Compassion helps us meet ourselves fully. Paradoxically, compassion towards ourselves makes it easier for us to change. Some tools we can use are Affirmations, Mirror Work, Appreciation
- From Doubt to Gratitude: In a state of doubt, we resist what is. A space of gratitude opens us to the experience of life, with its ups and downs. Every internal and external challenge becomes an adventure with possibilities for transformation.



Remembering a time when I operated from courage, compassion or gratitude when
my core fear was triggered. What did I do? What was the impact?

YOGIC PERSPECTIVE

of us

The outcome of drilling down and shifting our inner landscape is what has been referred in the Patanjali Yoga Sutras as – "Yogah Chitta Vritti Nirodhah", i.e., Yog is the cessation of the modifications of the mind.

The Sanskrit root of the word 'Vritti' means a circle, referring to compulsive, circular patterns of thought and action. The key to note here is the word 'Cessation' (Nirodh). Not suppression (Virodh). Not denial (Avrodh). Not dissociation. In our attempt to be in a state of peace, love and joy, we run the risk of using fight (suppression) or flight (denial) or freeze (dissociation) from triggers, our thoughts, emotions, needs, values, beliefs, fears, self-judgements, doubts.

Using these means to transcend our inner landscape and our needs, we end up deceiving ourselves. In some ways, one can say that by doing so, we are being driven by the need for freedom, and hence, not truly free! The process of cessation happens when we learn to acknowledge our inner landscape without judgement. Paradoxically, this reduces the hold of our inner landscape on us.

The three core fears (for love, worth and safety) map to the 5 Kleshas referred to in Patanjali Yog Sutras as responsible for all our suffering in life:

- Asmita (I-ness, Ego sense)
- Raag (attachment) & Dwesha (aversion)
- Abhinivesha (fear of death, clinging to life)
- *Avidya* (ignorance) This is the root of all Kleshas. This is our feeling of "incompleteness", the lack of understanding of our true nature.

Transcending these core fears is real liberation (*Mukti, Moksha, Yog*). It is the secret to peace, love and joy. The way to it is through Yog (harmony), starting with being in harmony inside, and then letting it manifest in the outside.

Believing these core fears are the only reality is Avidya. It is important to recognize that we are safe, worthy and loved. First, in our own eyes, even if not in others'. That even in difficult life situations, our survival is rarely at stake. Without recognizing this, our mind keeps moving in circles and we stay stuck in unhealthy patterns (*Vrittis*). Knowing and acknowledging the whole picture is the lasting way to break circular patterns and to move towards peace, love and joy.

have experienced this. Several times. Moments of Clarity. Confidence. Calm. Ease. Stillness. Being in the Present. Flow. Inner Silence amidst Outer Chaos. Let us trust our own experience and have faith in what we can't see.

PUTTING IT TOGETHER: CREATING A CONSCIOUS FUTURE

When faced with a triggering situation or person, we have two choices – to react from compulsive patterns of behaviour, or to respond through conscious choice. Using the enablers of courage, compassion and gratitude, we can build awareness, access our inherent power to make conscious choices aligned to our purpose.



	How it can support our behaviour
Courage to see	We can pause and reconsider our behaviour (pause), feel
the adverse	and harness our underlying emotion (e.g., observe,
impact of our	experience, express or transform emotion constructively),
compulsive	identify our underlying needs and core fears
patterns	Pattern: Become aware of our compulsive internal pattern
	(behaviour, emotions, needs, core fears) when faced with an
	external trigger.
	Adverse Impact: Become aware of the adverse impact of our
	compulsive pattern (behaviour, emotions, needs, core fears)
Compassion for	We can drop judgements for the inner landscape of both parties
ourselves and	involved, enabling us to see the whole picture
'the other'	• For ourselves: Drop judgements for our compulsive patterns by
	remembering their genesis
	• For the other person in a situation: Extend above to drop
	judgements for the other's compulsive patterns
Gratitude for	We can choose the most appropriate response (e.g. courage,
our internal	compassion, gratitude, awareness of the full truth)
landscape and	• For internal landscape: See the purpose our inner landscape

external	(behaviour, emotion, need, core fear) is trying to serve
challenge	• For external challenge: See the role of the situation in enabling
	us to choose a conscious response that constructively meets the
	purpose of our inner landscape

	What to do	How to do
Behaviour	Respond, instead of	Pause, see internal landscape before
	reacting	reacting
Emotion	Feel our emotions and	Observe, experience, constructively
	harness their energy	express or transform
Needs	Constructively meet them	Seeing present context, redefining
		need, an alternate way to meet it,
		prioritizing values, meeting all needs
Core	Switch to any of the	Prayer/Spiritual practice
Fears	enabling states – courage,	Affirmations/Mantras
	compassion, gratitude,	Gratitude practice
	seeing the full picture	



In the time to come, what shift(s) would I like to experiment with?



DEEPENING PRACTICE- 6,7 (to be done over 2 days) Retrospective application of learnings to a recent situation (medium intensity)

Courage: What was my inner landscape? (Behaviour, emotions, needs, fears)



Compassion: How did my inner landscape support me in the moment?

Gratitude: What did I learn about me, the other or the situation?

What could I want to do differently, if confronted with any similar core fears? Recognizing the external stressor may not be the same?

Courage to	We can pause and reconsider our behaviour (pause), feel and
see the	harness our underlying emotion (e.g., observe, experience,
adverse	express or transform emotion constructively), identify our
impact of	underlying needs and core fears
our	Pattern: Become aware of our compulsive internal pattern
compulsive	(behaviour, emotions, needs, core fears) when faced with an
patterns	external trigger.
	Adverse Impact: Become aware of the adverse impact of our
	compulsive pattern (behaviour, emotions, needs, core fears)
Compassion	We can drop judgements for the inner landscape of both parties
for ourselves	involved, enabling us to see the whole picture
and 'the	• For ourselves: Drop judgements for our compulsive patterns by
other'	remembering their genesis
	• For the other person in a situation: Extend above to drop
	judgements for the other's compulsive patterns
Gratitude	We can choose the most appropriate response (e.g. courage,
for our	compassion, gratitude, awareness of the full truth)
internal	• For internal landscape: See the purpose our inner landscape
landscape	(behaviour, emotion, need, core fear) is trying to serve
and external	• For external challenge: See the role of the situation in enabling us
challenge	to choose a conscious response that constructively meets the
	purpose of our inner landscape

	What to do	How to do
Behaviour	Respond, instead of	Pause, see internal landscape before
	reacting	reacting
Emotion	Feel our emotions and	Observe, experience, constructively
	harness their energy	express or transform
Needs	Constructively meet them	Seeing present context, redefining
		need, an alternate way to meet it,
		prioritizing values, meeting all needs

Core	Switch to any of the	Prayer/Spiritual practice
Fears	enabling states – courage,	Affirmations/Mantras
	compassion, gratitude,	Gratitude practice
	seeing the full picture	

DEEPENING PRACTICE-8 Retrospective application of learnings to a recent situation where a conscious response was used

For a triggering situation where I responded – what was the situation?

What was my conscious behaviour? How did I effectively harness my underlying thoughts and emotions? How did I honor my needs? How did I overcome my core fears?



What was the positive impact of my conscious response, harnessing of emotional energy and meeting my needs? (On me, the other person and the situation in the short and long term)

What do I want to acknowledge or appreciate about myself? How did I embody courage or compassion (for myself or the other) or gratitude in this situation?

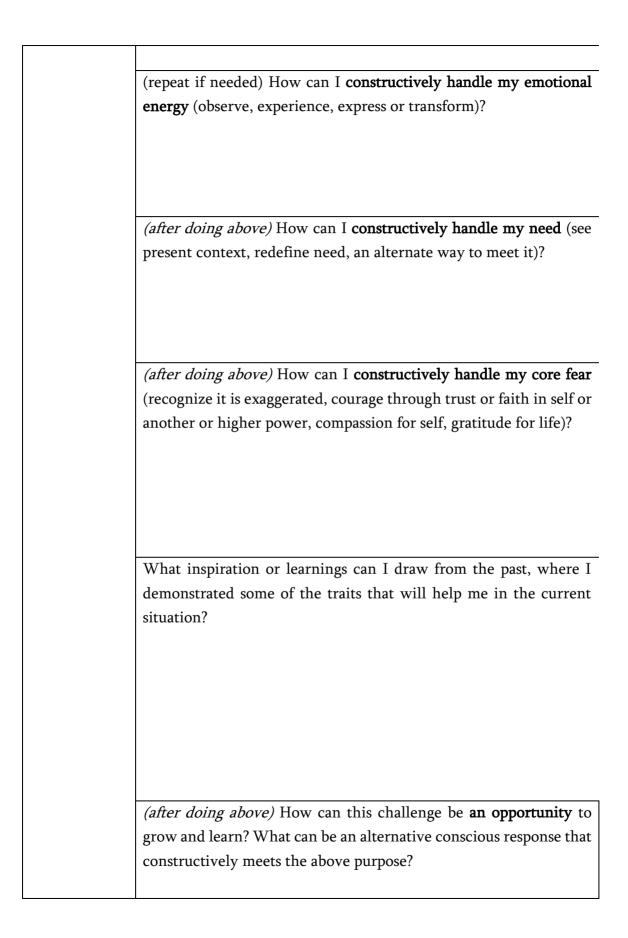
What enabled me to exhibit this response? What is my learning?

DEEPENING PRACTICE- 9, 10 (To be done over 2 days) Application of learnings to support a live situation (medium intensity)

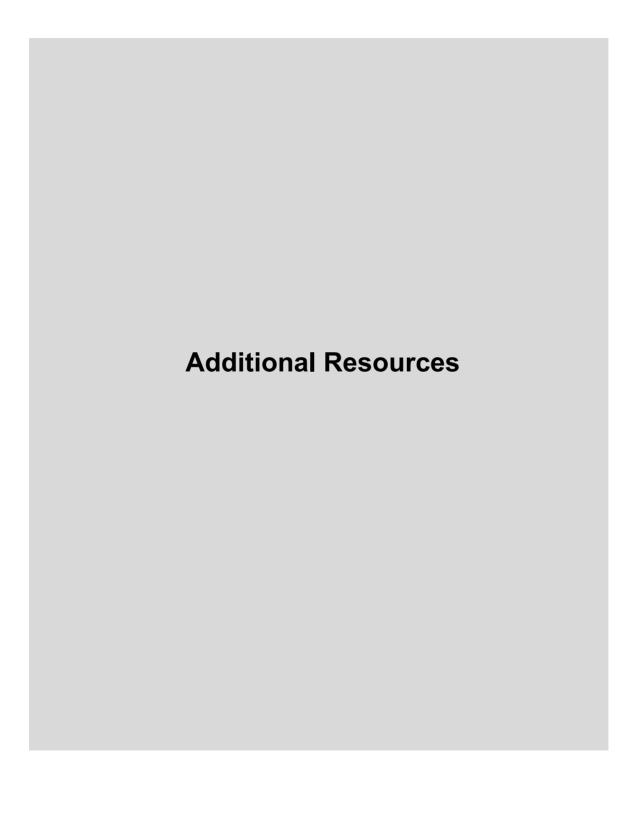
What is the triggering situation?

Courage to see	What is the compulsive behaviour I am feeling driven towards?
the adverse	•
impact of our	
compulsive	
patterns	
	What emotion underlying this urge for behaviour?
	What is the most and subsine this amortion?
	What is the need underlying this emotion?
	What core fear underlies the need?
	What is the possible adverse impact of my behaviour and
	unmanaged emotion?

	How can I pause and constructively harness my emotional energy?
	(observe, experience, express or transform)
Compassion	What judgements are coming up for myself?
for ourselves	
and 'the other'	
	How can I drop judgements in this moment? E.g. see genesis of core
	fears
	What judgements are coming up for the other person?
	what judgements are coming up for the cure person.
	How can I drop judgements in this moment? E.g. hypothesize on
	core fears of the other person
Gratitude for	What is the purpose of my compulsion (behaviour, emotion, need)?
our internal	
landscape and	
external	
challenge	



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About Us

Swasth Foundation (<u>www.swasth.org</u>), founded in 2007, is a non-profit social enterprise working towards health and joy for all. SWASTH stands for Sustained Wellbeing through Analysis, Service & Training with Harmony.

As of 2022, through its two programs – Swasth India Medical Center (SIMC) and Swasth Yog Institute (SYI, www.swasthyog.org), Swasth has served over 1.5 million health interactions and delivered over 65,000 person-hours of health education services.

The colloquial meaning of the Sanskrit word "Swasth" is healthy. Etymologically, it means to be established in one's own self. When our body and energy, mind and emotions, intuition and spirit are in harmony within, there is harmony in our external environment too – our health, relationships, work, leisure and growth aspirations are all met seamlessly.

Swasth Yog Institute is creating an ecosystem to enable this sustained, holistic well-being through an integrated approach. Integration runs across the dimensions of Self that are impacted, across multiple aspects (modalities, approaches, functions, delivery mechanisms) and at different levels (macro to micro).

Through its Health & Wellness Center, participants across the world design customized journeys towards their well-being. A range of tools for transformation are available:

- Aahaar (Nutrition)
- Vigyaan (Philosophy to understand self & life)
- Vichaar (Channelizing the Mind & Emotions)
- Vyaayaam (Somatic Movement & Relaxation to Channelize Energy)
- Vihaar (Being one with Nature, Leisure)

These services are delivered by Swasth Yog Coaches – a new cadre of integrated care professionals trained at the Institute to deliver the highest quality services with the spirit of Peace, Love and Joy.

Integrated functions at the back-end



upskilling mainstream and

Collaborating with and

alternative healthcare

providers

offer services

professionals called Swasth Yog Coaches to Building a new cadre of integrated health

NALYSIS

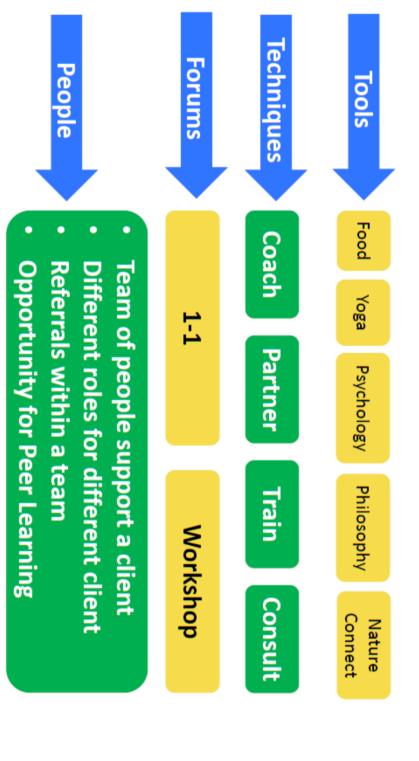
- Evidence based tools integrating modern and traditional knowledge identified to restore sustained well-being in a wide range of health conditions
- Western and holistic diagnostics used to understand health issues, lifestyle and habits leading to disharmony in the body, energy, mind and emotions

SERVICE

- Multiple, cost-effective and scalable group and personalised interventions designed for physical, mental, social and spiritual wellbeing
- An online Health and Wellness Center offering multiple services for custom healing journeys of participants, with access to empowering tools and a likeminded community for independence and sustainability



Integrated services at the Front-end...





Resource People and Institutions

Sharing, not hoarding is the spirit of yog, of union. In this spirit, we have created a YouTube channel with a range of resources for well-being. All are welcome to use and refer these resources. Also, feel free to email us to get access to the templates and checklists used in the book. Additionally, the following organizations and people could be potential resources for you, as you chart out your journey. Their work has been a great support to us in re-discovering Yog, and we are forever indebted to them.

Yog, Ayurved & Body Wisdom

- Swami Vivekaaananda Yoga Anusandhana Samsthana
- Indian Yoga Association (IYA)
- Isha Foundation
- Kaivalyadhama (Lonavala)
- The Yoga Institute (Santacruz, Mumbai)
- Dr Robert Svoboda
- Dr Claudia Welch
- Dr Scott Blossom
- Yoga Anatomy

Life Purpose Work and Emotional development

- Leadership That Works (LTW)
- Indian Society for Applied Sciences & Behaviour (ISABS)
- Dr Wasundhara Joshi (Changeworks)
- Louise Hay
- Manav Sadhana
- Sukhvinder Sircar (Joyous Woman)
- Vikram Bhatt (Leadership That Works)
- Mission Impossible Leadership Program

Yogic Aahaar - Food, Nutrition

- Vaidya Atreya Smith
- Dr Vasant Lad
- PHC Clinic and Nutrition Science (Bengaluru)
- Physicians Committee for Responsible Medicine (PCRM)
- Sanctuary for Health and Reconnection to Animals and Nature (SHARAN)
- The Health Awareness Center (THAC)
- T. Colin Campbell Center for Nutrition Studies

Spiritual Growth

- Art of Living
- Chinmaya Mission
- Isha Foundation
- Mukeshaaanand (http://www.mukeshaanand.org/)
- Ramana Maharshi Ashram
- Vipassana

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- Emotional Intelligence, by Nikita Yogi Ganatra
- Emotoscope www.6seconds.org/feel | by Joshua Freedman & Marilynn Jorgensen
- Falling into Grace, by Adhyashanti
- Nithya Shanti's body of work
- https://www.ramdass.org/using-emotions-on-the-spiritual-path/
- "Creating True Peace", by Thicht Nhat Hanh
- Louise Hay's body of Work