



FINDING MY TRUTH

**A COURSE IN
AWARENESS
AND WELLNESS**

EXTRA SHEETS

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Introduction

*Here are the appendices for the different sections.
These can be printed out or referred to as needed.*

*The First part concerns yoga and meditation,
The Second focuses on wellness,
The Third on nutrition and diet.*



Part 1:
Yoga and Meditation
Techniques

Yoga / Breath of Fire - Kundalini and Hatha

*There is a little bit of confusion between the
Breath of Fire and **Bhastrika** or **Bellows** breath.*

In **Bhastrika** the Inhale and Exhale are equal in length and sound. In **Breath Of Fire**, the focus is on the exhalation being forceful and strong. Equal breath is the key to this practice.

Observe any sensations

Kapalabhati means *shining skulls breath – Breath of Fire*.

It brings clarity to the mind. Cleanses our thoughts and increases our intuition.

Exercise:

It is a sharp staccato exhale through the nose and the inhale is passive.

*We want the solar plexus and the heart to be connected
Equal inhale and exhale. Just remember the exhale is powerful.*

Breathe only through the nostrils.

Focus on the diaphragm and feel the movement in the stomach.

Strengthens the nervous system

Inhale tummy out. Fill the balloon

Exhale tummy in , empty the balloon

Start slow and speed it up.

Inhale 1 - Passive

Exhale 1 - forceful

Think: 'pump', 'pump', 'pump'. 3 rounds of 20.

It will bring a glow and oxygen to all of the cells in the body.

*Hold the hands in **Gyan Mudra** or **Ego eradicator**.*

Do not do if respiratory infections, pregnant, vertigo, spinal disorders, or in the first few days of menstruation

If you feel giddy you are detoxing. Stop and take some regular breaths before beginning again. If you feel unwell then stop and just start again another time. Really listen to how your body responds.

Energises the mind, body and soul

- Belly does the work.*
- Removes mucus from the lungs.*

Three minutes is ENOUGH to get your reset and going.

Properties of this breath:

- It is very cleansing and invigorating and releases toxins
- Rapid movement of Oxygen stimulates every cell in your body.
 - It is a cleanse on a cellular level too.
- Tones the transverse abdomens which are deep in the abdomen.
 - Takes you out of that 'low' afternoon slumber
 - Balances the Automatic Nervous System
 - Helps lose addictive tendencies
 - It restores and rejuvenates the body
 - Readjusts your nervous system.
 - Very good for any gastric issues
- Cleanses digestive organs, sinuses and lungs
 - Great for abdominal muscles
- Burns away disease



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Benefits of Meditation

We begin to **lead** from our hearts
We are free from the **melodrama**

Meditation brings **inner peace** and therefore outer peace

Meditation helps us to **focus the mind**
It restores **love** for ourselves and others
We reconnect to the **wisdom within us**

It improves our **concentration**
It relieves **stress**
It improves **health**
It brings freedom from **anxiety**
It relieves us from **stress**
It decreases **inflammation**.

Our brainwaves change showing **positive responses**

Mass Meditation = World Peace



Prana

What does it mean?

It is the life force energy within us.
It is that feeling of Aliveness.

Where is it Abundant?

Where is it stagnant?

These questions are really important

Sometimes we need to re-charge it and de-charge it.
Some of us more highly charged than others.

We can learn from animals how to get rid of stagnant energy. An animal will shake too much energy off, or stretch it out. They will not let it get stuck. When we do not let go of a trauma or a fear we allow it to get stuck in the energetic field.

When we practice **Kundalini** it can be a little uncomfortable as we start clearing things that we have not cleared before. We start dissolving blocks. Both **Yoga** and **Meditation** help us with that.

Ha/Yang/Sun/Masculine/Hot/High Energy

Tha/Yin/Moon/Feminine/Cool/Low Energy

All of this is connected.

*Our Chakras assimilate energy,
store energy and express energy.*

We must learn and allow ourselves to decompress.
To be. To stop and to express.

(Adapted from Brett Larkin).

Meditation exercises

Mederi means to Heal

When we pray we are talking to Source, when we meditate we are listening.

It helps us to be whole on the inside so that our lives are complete on the outside.

Mindfulness IS Awareness.

It is what IS.

EXERCISE 1

Inhale 1-10. Exhale 10-1.
If thoughts come in... cleansing.

As we meditate we reconnect to our truth, our awareness to feel joy, love, wisdom, creativity, intelligence, peace, self awareness, forgiveness.
Love = warmth, security and safety.

Being the light, seeing the light is not woo woo it is truth. It is joy, light, laughter, gratitude, forgiveness, kindness, Love, Peace... All natural feelings.
It is our essential nature.
Divine light is our source. It is our awareness.

EXERCISE 2

Bring your awareness to your heart and breathe in the emotion compassion. As you breathe out, the feeling of love
Start to feel the energy of these positive vibrations
Start to bring in those that you love and feel them in your heart.
And bring in the wording

*May they be Kind, May they be loving,
may they be happy, may they be at peace.*

Bring in those you may struggle with and may they be kind, may they be loving, may they be happy, may they be at peace.

SO HUM
The Breath unites us all!

Inhale SO – I am

Exhale Hum – That

Acceptance of all that IS

Even if we are in a hole we need to accept that first
before we can change it because if we fight it,
it only becomes a deeper hole!

Relinquish control and resistance.

EXERCISE 3

Closing your eyes, imagine yourself cocooned in bright light.

Feel it moving through your bones, your muscles,
your ligaments, your physical and energy field.

Feel the light connect to billions of stars in the skies,
the billions of galaxies.

Feel yourself immersed in a light of happiness,
health, wealth and beauty.

Surround yourself with this light and wear it like a cloak.

Immerse yourself in peace.

EXERCISE 4

*I breathe in Peace
I let go of judgements
I breathe in Compassion
I let go of all conflicts
I breathe in Love
I let go of all fears
I embrace forgiveness and a peaceful and loving world.*

EXERCISE 5

*Inhale Aum
Exhale Shanti*

EXERCISE 6

Movement Meditation

*Happiness Meditation
Warrior I > II > Centre > II Meditation
Contd.*

EXERCISE 7

*Seated Satanama in cat/cow
108 times.*

Very good for brain health.

Sa as you send chest forward

Ta as you round spine

Na as you send it forward

Ma as you send it back.

Sata is 1 and Nama is 2 and so on!

PEACE TO ALL

Meditation creates a New world!

We are stepping out of the SNS and into the PNS,
allowing the body to rest, restore, rejuvenate, recover and heal.

When in the SNS all the time we block our fluidity
and create addictions, digestive issues, strokes,
inflammation, infections, illness.

*For healing we need to know how to eat properly,
how to stop, how to take care of ourselves.*

It is not always easy, but with discipline and support,
it can be achieved!



Part 2:
Wellness notes

Wellness: *the wellness wheel*

The wheel helps us to see where we might be lacking. It helps us to recognise where we need to heighten our awareness so that we can bring more balance into our life. Place a dot near the centre if an area is out of balance and near the edge if you feel it is pretty good. Then draw a circle, joining the dots. We keep returning to this over the course of the 6 weeks.

Please fill in the wheel below...

- Love
- Kindness
- Joy
- Home cooking
- Forgiveness
- Exercise
- Sleep
- Water intake
- Relationships
- Soul purpose
- Compassion



Chakra balance sheet

IMBALANCED		BALANCED
Loneliness, depression anxiety, confusion, apathy		I am at Peace
Indecisiveness, confusion, nightmares, poor insight		I am Calm I can solve my problems
I cannot express or explain myself		I express myself freely
I feel heart-broken & unloved, my relationships are broken		I am loved and loving
Angry and helpless I cannot finish tasks		I am organised. I can accomplish my dreams
I have lost my creativity, despair, no solutions to everyday problems		I constantly have new ideas to create the life I want
Low self-esteem Low energy		I am confident and full of energy

Instagram post,
thank you!

Seven steps to happiness – unlocking the chakras

Think Less		Feel More
Frown Less		Smile More
Talk Less		Listen More
Judge Less		Accept More
Watch Less		Do More
Complain Less		Appreciate More
Fear Less		Love More

Instagram post,
thank you!

A note on breathing

When we breathe correctly we support the body and all its systems to function effectively. When we do not take long, deep breaths we starve the cells of **Oxygen** allowing bacteria, fungi and viruses to thrive as they love an acidic environment.

When there is no oxygen there is **too much acid**. This leads to inflammation, and inflammation then leads to disease.

*Our breath is our vitality
It is our saviour
It is the answer to good health*

When we breathe properly we create an alkaline environment and we create a relaxed state.

Part 3:
Dietary information
and techniques

Notes on diet: recognising sugars

Here is a list of 61 different names for sugar

1	Agave nectar	32	Golden sugar
2	Barbados sugar	33	Golden syrup
3	Barley malt	34	Grape sugar
4	Barley malt syrup	35	High-fructose corn syrup
5	Beet sugar	36	Honey
6	Brown sugar	37	Icing sugar
7	Buttered syrup	38	Invert sugar
8	Cane juice	39	Malt syrup
9	Cane juice crystals	40	Maltodextrin
10	Cane sugar	41	Maltol
11	Caramel	42	Maltose
12	Carob syrup	43	Mannose
13	Castor sugar	44	Maple syrup
14	Coconut palm sugar	45	Molasses
15	Coconut sugar	46	Muscovado
16	Confectioner's sugar	47	Palm sugar
17	Corn sweetener	48	Panocha
18	Corn syrup	49	Powdered sugar
19	Corn syrup solids	50	Raw sugar
20	Date sugar	51	Refiner's syrup
21	Dehydrated cane juice	52	Rice syrup
22	Demerara sugar	53	Saccharose
23	Dextrin	54	Sorghum syrup
24	Dextrose	55	Sucrose
25	Evaporated cane juice	56	Sugar (granulated)
26	Free-flowing brown sugars	57	Sweet sorghum

27	Fructose	58	Syrup
28	Fruit juice	59	Treacle
29	Fruit juice concentrate	60	Turbinado sugar
30	Glucose	61	Yellow sugar
31	Glucose solids		

From IIN Health Coaching

High and Low Glycemic foods

HIGH-GLYCEMIC FOODS

- 1 Sugar
- 2 Flour
- 3 Rice
- 4 White potatoes
- 5 Some fruits: bananas, grapes, cherries, watermelon
- 6 Raisins
- 7 Many breakfast cereals, including puffed rice and corn flakes
- 8 Bread
- 9 Soda
- 10 Cookies and crackers

LOW-GLYCEMIC FOODS

- 1 Sweet potatoes
- 2 Many vegetables – leafy greens, asparagus, cauliflower
- 3 Steel-cut oatmeal
- 4 Farrow
- 5 Quinoa
- 6 Legumes, including lentils, chickpeas
- 7 Ezekiel bread
- 8 Skimmed milk
- 9 Reduced-fat yogurt
- 10 Sesame seeds, peanuts, flax seeds

From Dr. OZ –

Read up for yourself so that you get an understanding if you feel it is something you would like to know about.

Fasting Sheet

Adapted from A. Villoldo and N. Whittel.

*Benefits of fasting between 6pm/8pm and 12pm the following day.
See if you can do 1-2 a week.*

Avoid carrots and other root vegetables on these days too as high GI meaning they can create sugar spikes.

To repair a leaky gut or an unhappy gut we need to eliminate sugars and gluten. This in short means all processed foods need to go. Not only good for you but for the environment too! It is not a quick fix, so please do not think that everything will be 100 percent tickety-boo after a week.

On fasting days we ideally want to remove whole grains but this might feel too much so go slowly and at your pace.

When we fast for even 16 hours, we help the body repair itself. It brings about cleansing on a cellular level.

When we eat wholesome foods and practice intermittent fasting **autophagy** happens.

When we reduce sugars and processed foods and carbohydrates for more than a few hours it triggers a process called **autophagy**.

*“**Autophagy** is your body's personal cleaning staff that keeps your cells working and your body functioning. This process slows down over time which can lead to problems with age but ‘but fasting intermittently can boost autophagy and help yourself feel better and younger.’”*

N. Whittel.

As Alberto Villoldo said “Even in a very short time amazing things happen. In 24 hours human growth hormone increases 1500%, repairing cells that make up our tissues. Not eating sugars for as little as 18 hours wakes up the body's system for self repair, detoxifies cells and switches on the longevity gene.”

Lets discuss what days over the coming week you can engage in fasting between the above hours with no sugars and no carbs. And pop it down on your list for the weeks ahead to engage with.

17 Science-Based Benefits of Omega-3 Fatty Acids

(Taken from [healthline.com](https://www.healthline.com))

Omega-3 fatty acids are incredibly important and they have many powerful health benefits for your body and brain. In fact, few nutrients have been studied as thoroughly as omega-3 fatty acids.

Here are 17 health benefits of omega-3 fatty acids that are supported by science.

1. Omega-3s can fight **Depression and Anxiety**
2. Omega-3s can improve **Eye Health**
3. Omega-3s can promote **Brain Health** During Pregnancy and Early Life
4. Omega-3s can improve **Risk Factors for Heart Disease**
5. Omega-3s can reduce symptoms of **ADHD** in Children
6. Omega-3s can reduce symptoms of **Metabolic Syndrome**
7. Omega-3s can fight **Inflammation**

Inflammation is a natural response to infections and damage in your body. Therefore, it is vital for your health. However, **inflammation** sometimes persists for a long time, even without an infection or injury. This is called **chronic— or long-term— inflammation**. **Long-term inflammation** can contribute to almost every chronic western illness, including **heart disease** and **cancer**

8. Omega-3s can fight **Autoimmune Diseases** and can also help treat lupus, rheumatoid arthritis, ulcerative colitis, Crohn's disease and psoriasis).

9. Omega-3s can improve **Mental Disorders**

Low omega-3 levels have been reported in people with psychiatric disorders. Studies suggest that **omega-3 supplements** can reduce the frequency of mood swings and relapses in people with both schizophrenia and bipolar disorder Supplementing with omega-3 fatty acids may also decrease violent behaviour.

10. Omega-3s can fight **Age-Related Mental Decline** and **Alzheimer's Disease**

A decline in brain function is one of the unavoidable consequences of ageing. Several studies link higher omega-3 intake to decreased age-related mental decline.

11. Omega-3s May Help Prevent Cancer

Cancer is one of the leading causes of death in the Western world, and omega-3 fatty acids have long been claimed to reduce the risk of certain cancers. Interestingly, studies show that people who consume the most omega-3s have up to a 55% lower risk of colon cancer. Additionally, omega-3 consumption is linked to a reduced risk of prostate cancer in men and breast cancer in women.

12. Omega-3s Can Reduce Asthma in Children

Asthma is a chronic lung disease with symptoms like coughing, shortness of breath and wheezing. Severe **asthma attacks** can be very dangerous. They are caused by inflammation and swelling in the airways of your lungs.

13. Omega-3s Can Reduce Fat in Your Liver

Non-alcoholic **fatty liver** disease (NAFLD) is more common than you think. It has increased with the obesity epidemic to become the most common cause of chronic liver disease in the Western world.

14. Omega-3s May Improve Bone and Joint Health

Osteoporosis and **arthritis** are two common disorders that affect your skeletal system. Studies indicate that omega-3s can improve **bone strength** by boosting the amount of calcium in your bones, which should lead to a reduced risk of osteoporosis. Omega-3s may improve bone strength and joint health, potentially reducing your risk of osteoporosis and arthritis.

15. Omega-3s Can Alleviate Menstrual Pain

Menstrual pain occurs in your lower abdomen and pelvis and often radiates to your lower back and thighs. It can significantly affect your quality of life. However, studies repeatedly prove that women who consume the most omega-3s have milder menstrual pain.

16. Omega-3 Fatty Acids may improve sleep

Good sleep is one of the foundations of optimal health. Studies tie sleep deprivation to many diseases, including obesity, diabetes and depression. Low levels of omega-3 fatty acids are associated with sleep problems in children and obstructive sleep apnea in adults. Omega-3 fatty acids — especially DHA — may improve the length and quality of your sleep.

17. Omega-3 Fats are good for your skin

DHA is a structural component of your skin. It is responsible for the health of cell membranes, which make up a large part of your skin. A healthy cell membrane results in soft, moist, supple and wrinkle-free skin. **EPA** also benefits your skin in several ways, Managing oil production and hydration of your skin.

- Reducing premature ageing of your skin.
- Reducing the risk of acne.

The Bottom Line

Omega-3 fatty acids are vital for optimal health. Getting them from whole foods — such as fatty fish two times per week — is the best way to ensure **robust omega-3 intake**. However, if you don't eat a lot of fatty fish, then you may want to consider taking an omega-3 supplement. For people **deficient in omega-3**, this is a cheap and highly effective way to improve health.