

## Help Your Health - The Weekly Review - #03 - Spring/2016

This week in class:

The 25th name for the survey prize, Double Set of DVD's: Diane Palmero  
(all other winners listed last week)

The winner of a private yoga session: Natalie Mc Gann

### **Asana:**

This week we have reviewed Joint-Freeing Series: Pavanmuktasana Chart 1 & 2.

Pavanmuktasana = pawana means namely air, wind or the vital breath  
mukta is free  
asana means "to be seated in a position that is firm, but relaxed"

Link to the Charts: [www.crohnsforum.com/yoga/Joint-Freeing-Series.pdf](http://www.crohnsforum.com/yoga/Joint-Freeing-Series.pdf)

The version I have chosen to teach is from Mukunda Stiles (Structural Yoga Therapy) which does not just concentrate on the digestive benefits of the series but works on expelling the stagnant air of the body joints, moving each joint gently and systematically through its full and natural range of motion beginning with the feet and finishing with the hands. The motions described in this series represent all the basic motions of the body. I have added toes and fingers which we have covered in class. This series is also a part of my recently released DVD's Volume 1.

The best part is that one can perform this regardless of any age, taking into consideration some adaptations, depending upon bodily restrictions.

### **Readings:**

#### **Gratitude**

#3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Dr. Robert A. Emmons PH.D., a Professor of Psychology at UC Davis and considered the world's leading expert on Gratitude, has conducted a multitude of studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

The following are two links which will lead you to studies, articles and interviews. Please consider sending this information to anyone you know who may be suffering from depression as the information can be quite enlightening.

[http://greatergood.berkeley.edu/author/Robert\\_Emmons](http://greatergood.berkeley.edu/author/Robert_Emmons)

<http://emmons.faculty.ucdavis.edu/>

## **Brain Health**

### **#3. REFRAME** everything negative.

The third on the list of what to do for your brain is known in organizational behavior and political science circle, but not often enough in ordinary life.

The technique is called 'reframing'.

Imagine your boss (family member or friend) just yelled at you in front of the whole team of co-workers (relatives or friends). The negative thought that sparks your alarm is obvious: I am a failure, I am stupid etc..

The possible reframes, however, are invaluable in jump starting the rest of your day and your brain health. Imagine immediately, even in the middle of the scene, thinking, "Well, at least he/she noticed me." or "That wasn't fun, but it proves I can handle being embarrassed."

When you reframe, you make an ugly thought into a positive one.

It is not just positive thinking because you can't lie to yourself and think you enjoyed the yelling. What you do is think how the experience was valuable.

When reframing becomes a habit, your alarm doesn't have negative memories of experience to shut you down in the future.

### **Quote:**

You fill a bucket, drop by drop.

You clear your mind, thought by thought.

You heal yourself, moment by moment.

-by Lisa Limburger, Founder of the Neurosculpting Institute

Link: <http://www.neurosculptinginstitute.com/>

### **Music:** either Deuter or Jim Brinkmann

### **Essential Oil:**

"Passion" from DoTerra part of the Emotional Aromatherapy Line

Ingredients: Cardamon, Cinnamon, Ginger, Clove, Sandalwood, Jasmine, Vanilla, Damiana, with the carrier Fractionated Coconut Oil.

### **Miscellaneous:**

A special video: "Love has no labels" If you follow me on my website you will have received this in your inbox. Well worth looking at and forwarding to others.

### **The Art of Living:**

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**New Offering from The Art of Living: Burgundy, France in October 2016.**