

Healing Habits Week 1

- You Are Enough
- Definition of Yoga
- Your Story
- Setting Your Intention



Healing Habits - Definition of Yoga

"Yoga is our waking up to the inherent wholeness and perfection that exists within each of us, ending the confusion that causes us to suffer by remembering the truth that the only thing that has ever needed fixing is our misunderstanding that something about us needs to be fixed."

Alexandria Crow

Healing Habits Quick Wins

- What small changes have you made already?

Quick Wins

- Going to bed/getting up ? mins earlier
- One replacement to shopping list?
- mins meditation – what when?
- mins exercise – what when
- Daily Journaling exercise

Healing Habits Your Story

Most of our core beliefs are formed before the age of 7 years old. They are learnt from the people around us. That means that we haven't made a choice about them, and yet they drive our behaviour. We can change those beliefs with work and effort and willingness.

This can be an emotional process. You are in complete control. This is a safe environment and I am here to support you.

I was shocked into the consideration of my behaviour, thought patterns, emotions and beliefs. My health scare was a pattern interrupt. And this is often the case for people, when they have a difficult experience, they re-assess the way they are living. But we don't want it to have to get to that stage do we? You are already way ahead of where I was in that you have chosen to dedicate this time to your wellbeing.

The subconscious mind doesn't know the difference between imagination and reality. Our outer state reflects our inner state. This works across all areas of our lives. If we start to work on feeling the way that we want to feel, our outer experience will begin to shift to align with that. If we start to practice thoughts and emotions that we want to experience more of they become habits. We forge new neural pathways in the mind (neuro plasticity). A great and simple example is gratitude. If we practice gratitude regularly it becomes a habit. We start to see what we have, rather than what we don't have and we begin to feel rich /healthy /loved / successful. When we feel that way it affects our everyday thoughts and then translates into our behaviours. We begin to behave in the way a healthy person would behave.

List out everything that you are grateful for in relation to your health and wellbeing

Healing Habits Your Story

We are uncovering old beliefs that no longer serve us and creating new beliefs that align with what we want for our life.

The Feedback Loop

Beliefs – emotions – thoughts – behaviour

What is your story?

Where do you want to focus your attention?

- Healthy Eating
- Movement
- Meditation
- Mindset
- Sleep and Relaxation

Healing Habits Your Focus

What are your beliefs?

- Exercise is...
- Rest is ...
- Meditation is
- Healthy eating is....

Healing Habits Your Story

What do you say to yourself about this? Inner voice isn't necessarily yours. Might be something that someone has said to you.

What are the negative connotations around what you want to change? Cast your mind back, what is your earliest memory of this behaviour? Movement, could be PE/school. Eating can be loaded with emotional memories, or passed down, learnt behaviours. Rest and relaxation – were you shamed for resting? For taking time for yourself?

What did your parents say about it? Was it positive, or negative?

What phrases were used?

Write it down so that you can let it go.

What beliefs can you start to uncover? These were created to protect you. They are always there for a reason, they just don't necessarily serve you anymore. We can even thank those beliefs for the job that they have done and acknowledge that they are no longer required.

Healing Habits Your Story

It isn't easy to shift these beliefs. It takes a willingness to do the work and be open to the process. Increasing our awareness so that we can grow can feel uncomfortable at times. We are stretching our comfort zones beyond what we are used to. It's brave work and not everyone wants to do it! It's time to get really honest with yourself. Time to uncover our own bullshit. These beliefs belong to our relatives, society, our ancestors.

You are in complete control. It is powerful to simply become aware that our story is affecting our behaviour.

What are your self-sabotaging thoughts? Become aware of your inner voice. Start to notice them and keep track of when they crop up. Stop them immediately. Replace the old thought patterns with new ones.

I get to, rather than I have to

Gratitude

Kindness

Love

How do the people around you talk about the area you want to focus on? What are their beliefs about it? Get their support. Ask them to not talk negatively about it in front of you. Be aware that they may feel threatened that you are making changes that don't align with their current beliefs.

Healing Habits Your Story

Be kind to yourself. Let go of the story – it is a story. You can re-write your story. Let go of any shame, blame or guilt. These will hold you back. That's why approaching our health from that perspective never works. It creates a spiral of negative behaviour.

Take one of the statements you identified that you say to yourself and let's reframe it. Turn it around from a negative to a positive. This could become your intention. Stated in the present to remind you that you are already everything you need to be. You have all the resources to make the changes you decide to make.

Write down your intention.

Set it as a screen saver.

Set an alarm to go off every day.

Get conscious about what is going on.

Pay attention.

Focus on it every day – energy flows where attention goes.

You get more of the things that you focus on.

Healing Habits Meditation

- Intention
- Grounding
- Meditation

