

A woman with her hair in a bun, wearing a white dress, is sitting in a meditative pose on a sandy beach. Her hands are pressed together in a prayer position. The background shows the ocean with waves and a sunset sky with soft clouds. The overall mood is peaceful and serene.

3 WEEK
Challenge

BODY.MIND.KUNDALINI

Week 2

MIND

The Mind

The mind can either be your best friend or your enemy.

It's up to you.

We live in a world, where the mind has taken over. It's literally like a disease, that is completely running the show, controlling how we experience life, allowing the mind only give us the experience to exist, not to truly live.

Most of us? All in the head.

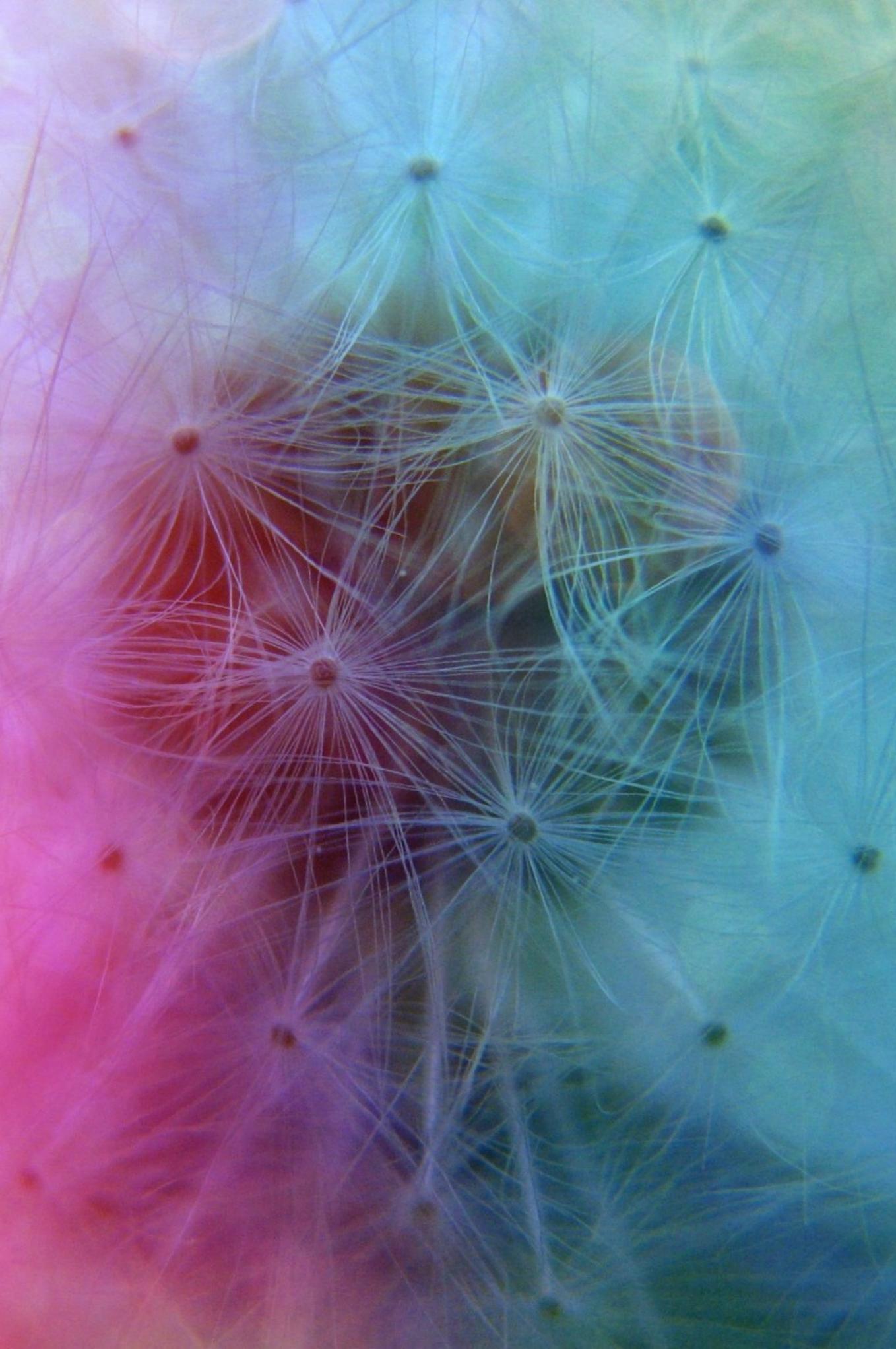
But where is the heart?

Just watch people as they walk down the street...how many people you see walking with their head first, thinking about the past or the future, nothing of the present.

Are you riding the donkey or is the donkey riding you?

Most of us are living through our subconscious mind or unconscious mind. The unconscious mind is literally like the hard drive of a computer that is actually very often running the show and when that hard drive is full of stress, anxiety, and/or trauma, it creates a filter or a dirty windshield that we are constantly looking through never seeing anything truly for what it is, but instead seeing through the filter of a past experience. We need to clean the windshield and the best way to do that through the practice of meditation, through observation of the thinking, by having a strong nervous system, which in turn creates an internal stillness allowing for more inner peace and presence.





Think of the mind like a lake, there are moments of stillness but then a thought drops in from the unconscious and the ripple effect begins to occur causing an inner disturbance that instantly takes away the steadiness and has been replaced with anxiety, fear, sadness, depression etc.

Meditation helps bring that calm, that equanimity back into place and the more you do it? The easier it is to shift from inner disturbance to inner peace.

Homework:

Developing Deeper Awareness

1. Consciously watch your thoughts
2. Consciously feel your emotions
3. Consciously feel your body
4. Consciously focus your attention

Commit to observing your negative thinking this week, and as soon as you become aware of your negative thinking, feel what emotion it creates...stay with that emotion and then feel it in your body. We all have places in our physical body where we hold our stress/anxiety, feel it in the body and focus all of your attention on that area as you do long deep breathing, bringing expansion and space to that area, keeping your awareness there...and something will shift.



Meditation to clear the Sub-Conscious

1. Begin in Easy Pose (simple crossed leg on the floor or sitting in a chair with both feet on the floor)
2. Interlace your fingers with the thumbs resting on top.
3. Bring your folded hands up to your heart center, palms face the heart. Hold your hands against your body and rest them there comfortably. (This is called “heart folding.” It is soothing + neutralizing.)
4. Close your eyes, inhale deeply, then hold your breath in for 45-60 seconds. Focus your energy at the third eye and mentally chant “Har.”
5. Exhale. Repeat 4 more times. (If you need a few normalizing breaths between the retained breath periods, this is perfectly acceptable.)
6. When complete, inhale and exhale rapidly (2 seconds each for a total of six rounds), then relax.



Note: If you cannot retain your breath peacefully + without strain for this amount of time, begin where you can. Work your way up. Respect your limits and don't push. Your capacity will grow in time.

Har is the Gurmukhi word for the Infinite Consciousness, for Divinity, for God.

Don't forget!

During the the 3 Weeks if you have any questions, need any help or guidance, do not hesitate to get in touch! Send an email to info@catherinescherwenka.com

All information about the 3 Week Challenge is posted here: catherinescherwenka.com/3-week-challenge

If you are on social media make sure to follow my pages and PLEASE share with us your experiences! It's wonderful to know if people are participating and are seeing transformations, so don't be shy, get sharing!!



www.facebook.com/catscherwenka



www.twitter.com/catscherwenka



www.instagram.com/catherine_scherwenka