



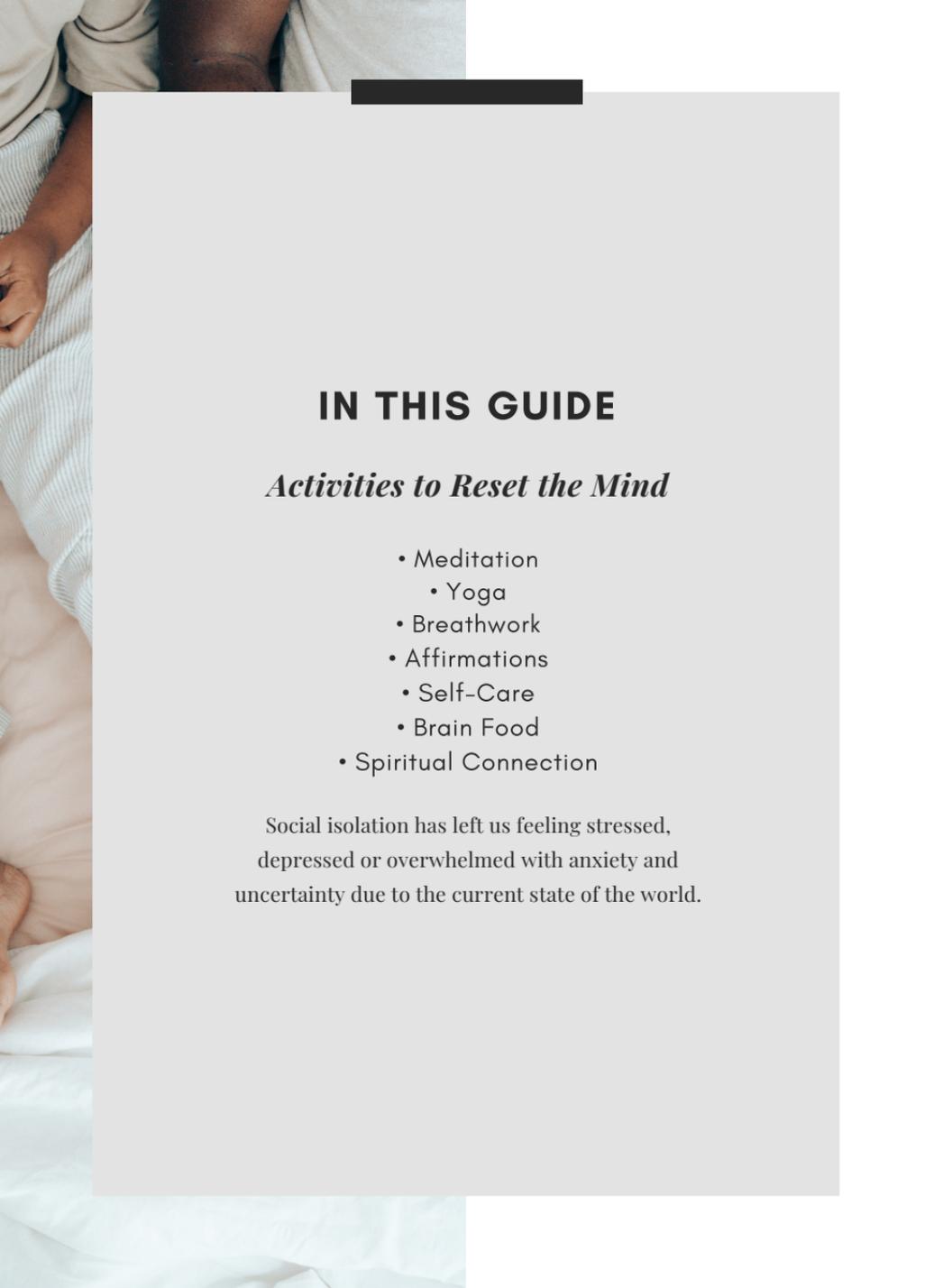
HIBISKISS ĀYURVEDA

# Detoxification for the Mind

**FEELING LIKE YOU NEED A  
TECHNOLOGY BREAK?  
NOW'S YOUR CHANCE!**

**30 DAY DETOX FOR THE MIND**

[www.hibisKISSayurveda.com](http://www.hibisKISSayurveda.com)



## IN THIS GUIDE

### *Activities to Reset the Mind*

- Meditation
  - Yoga
- Breathwork
- Affirmations
  - Self-Care
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- Spiritual Connection

Social isolation has left us feeling stressed, depressed or overwhelmed with anxiety and uncertainty due to the current state of the world.

# MEDITATION

## **So-Hum:**

Translates to “I AM”. Breathe into the sound visualization “SO”, breathe out to the sound visualization “HUM”. Slow the breath down between rounds.

## **Mindfulness:**

Becoming present and focused, being witness to the moment and bringing your attention to a single point. You can use the breath, a flame or any viewpoint. Bring the mind back to your focus point each time it begins to drift away.

## **Walking Meditation:**

Being mindful of your environment and present in the current moment, allow each step to be slow and purposeful. Focus on the steps you take, creating fluidity in each stride.

## **Metta:**

Repeat 4x, first directing the words to yourself, then to a loved one, to an acquaintance, and lastly to someone you are having difficulty with. If the last round provides to be too difficult, use the final round to direct the words to all sentient beings.

“May I/you feel protected and safe,  
May I/you feel contented and pleased,  
May I/your body support you with strength,  
May I/your life unfold smoothly and with ease.”

# MEDITATION

## **Chakra:**

Using the appropriate designated chakra, visualize the color associated and repeat the mantra. Picture a lotus flower opening and closing with each breath.

### **Sahasrara - Crown Chakra**

**Color: Violet**

**Location: Crown of head, pineal gland**

**Bija Mantra: Silence**

**Pure-awareness, bliss, cosmic consciousness, higher wisdom**

### **Ajna - Brow Chakra**

**Color: Indigo**

**Location: Third eye, pituitary gland**

**Bija Mantra: OM**

**Intuition, psychic power, insight**

### **Vishuddha - Throat Chakra**

**Color: Blue**

**Location: Depression in the neck, base of cervical vertebrae**

**Bija Mantra: HAM**

**Communication, breath, self-expression**

### **Anahata - Heart Chakra**

**Color: Green**

**Location: Center of the breast**

**Bija Mantra: YAM**

**Unconditional love, compassion, peace, forgiveness**

# MEDITATION

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Using the appropriate designated chakra, visualize the color associated and repeat the mantra. Picture a lotus flower opening and closing with each breath.

### **Manipura - Navel Chakra (Solar Plexus)**

**Color: Yellow**

**Location: Two finger breaths above navel**

**Bija Mantra: RAM**

**Confidence, power, self-will**

### **Svadhithana - Sacral Chakra**

**Color: Orange**

**Location: Sacrum**

**Bija Mantra: VAM**

**Sexuality, intimacy, emotions, independence**

### **Muladhara - Root Chakra**

**Color: Red**

**Location: Perineum**

**Bija Mantra: LAM**

**Security, grounding, survival instinct**

# YOGA

Hatha Yoga is an important practice for attaining a state of body-centered restful awareness. It has the ability to awaken and restore your sense of balance and wholeness.

Yoga for stress relief should be slow, grounding and strengthening.

Postures should be restorative with longer hold times. Practice in a warm and inviting space. The breath should be slow and steady.

## **MUDRA: CHINMUDRA**

Place the tip of the index finger to the tip of the thumb, and keep the other fingers straight. This helps alleviate insomnia, a restless mind, agitation and other conditions of the mind.

# BREATHWORK

**Ujjayi (sounding breath):** A tri-doshic breath to calm the senses. Become focused by slowing the breath down, constricting the back of the throat; commonly referred to as the “ Darth Vader” or “ocean” sounding breath. Movements should follow the breath, if practicing with asana (yoga postures).

**Nadi Shodhana (alternate nostril breath):** Create a peace symbol with your dominant hand, then lower the peace sign (index and middle finger) and raise the thumb, ring and pinky fingers. With your palm facing you, close off the right nostril with your thumb, exhaling through the left. Inhale through the left nostril, then close off the left nostril at the top of the breath with your ring finger, release your thumb from the right nostril to open for the exhale. Repeat back and forth, alternating nostrils.

**Chandra (lunar breath):** A cooling and pacifying breath, which can be done sitting up or lying down. If sitting up, close off the right nostril with your right thumb, breathing in and out through the left. If lying down, lay on the left side of the body so to enable breathing through the right nostril.

**Shitali (cooling breath):** Reduces heat in the body, as well as aggression. Sticking your tongue slightly out of your mouth, create a straw by curling the tongue. Inhale through your “straw”, and then bring the tip of your tongue to the top of your mouth as you close your lips and exhale through the nose. Repeat.

# AFFIRMATIONS

In moments of discomfort or uncertainty, try silently reciting an affirmation to yourself.

Affirmations are a simple, but effective, tool for altering the subtle mind and shifting your consciousness toward supporting your deepest health. Start by repeating the following affirmations to yourself daily.

- o I am strong, active and inspired.**
- o I am emotionally invested in my own experience.**
- o I am honoring my journey toward balanced health.**
- o I live in an abundant Universe where anything is possible.**

# SELF-CARE

## **Abhyanga (Body Oil Massage)**

Abhyanga uses a blend of herbs and essential oils to cover the body and penetrate the pores of the skin to move deep into the tissues and organs of the individual. Taking time to anoint the skin with oil allows for compassion and care of the self, as well as regulates the flow of energy (prana) throughout the body.

To give yourself an abhyanga oil massage:

Before your morning shower (and after your garshana massage), warming your oil if so desired - for better penetration into the pores, begin to massage oil onto the skin starting with your legs, working towards the heart. You may wish to include positive affirmations as a part of your ritual, showing gratitude for your human vessel. Allow for the oil to seep into the pores, approximately 15 minutes, before washing away any excess oil (without stripping the skin).

# BRAIN FOOD

## **Spiced Milk to Promote Relaxation**

Milk: organic almond, oat, rice or hemp

Ghee: one small spoonful

Organic Maple Syrup: for taste

Spices: to taste

- Turmeric
- Cinnamon
- Nutmeg
- Cardamom

Optional: add a date with the skin on or off as preferred

Mix ingredients in a pot over heat and blend until warm. Sip slowly to enjoy all of the flavors!

# SPIRITUAL CONNECTION

Build a meditation practice by allowing yourself to sit in stillness for 5- 10 minutes 3-5x weekly.

Continue to find opportunities for mindfulness and moving meditation throughout your day. This can be as simple as bring your awareness to the breath.

Check out the book Loving Kindness by Sharon Salzberg to deepen practices of mindfulness and self-love.

## **DAILY GRATITUDE JAR**

Begin a daily gratitude "jar journal", writing down on small strips of paper one thing each day that you are grateful for, for 30 days. On the 31st day revisit your jar and reflect on all of the wonderful moments of the past month.