



Rejuvenating Our
Beliefs

What are beliefs?

- Thoughts are created in the mind based on input from the senses. The mind processes input from the senses and creates thoughts.
- Beliefs are thoughts that we hold to be true.
 - Impressions (*samskaras*) are left by our beliefs as 'seeds in our consciousness'
 - Beliefs shape our perceptions, attitudes, expectations, etc
 - Reality gets filtered through our beliefs

Contemplation

“The world is as we are”

Deepak Chopra

“The childhood imprints of who you are, and who the people you interact with are, continue to unconsciously guide interactions with others well into adulthood... (This causes) confusions about the reality of our lives and form the basis of our day-to-day suffering”

- David Emerson

Yoga Philosophy

Maya = illusion

Maya hides the beauty of life and leads to
a sense of separation

Acknowledging maya is understanding
that we live in a shadow of our greatness



The Work
by Byron Katie

Main Concepts

1. We suffer when we believe a thought that argues with reality.
2. It should have happened, because it did. It should be, because it is.
3. Three kinds of business – stay in yours. Our thinking is all that we can change.
4. Stories are just theories. Bring things back to the bare facts.
5. Thoughts are harmless, until we believe them. Where there is no thought, there is no problem.
6. No one can hurt me emotionally unless I believe what they are saying

Contemplations

- * "Could it be that all along I have lived the life I should have lived and that everything I have done has been what I should have done."
- * "Suffering is a natural alarm – warning us that we are attaching to a thought"

Thoughts are like the breeze or the leaves on the trees or the raindrops falling. They appear like that, and through inquiry we can make friends with them. Would you argue with a raindrop? Raindrops aren't personal, and neither are thoughts. Once a painful concept is met with understanding, the next time it appears you may find it interesting. What used to be the nightmare is now just interesting. The next time it appears, you may find it funny. The next time, you may not even notice it. This is the power of loving what is. – Byron Katie

Byron Katie "The Work"

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

ANGRY

enraged
malicious
infuriated
violent
vindictive
furious
repulsed
seething
scornful
hitting
yelling
revengeful
hostile
insulting
swearing
condemning
offensive
aggressive
bitter
loud
sarcastic
frustrated
resentful
critical
mean
sadistic
spiteful
jealous
short-tempered

mad
cross
retaliating
overbearing
incensed
upset
irritated
controlling
agitated
antagonistic
reprimanding
envious
reactive
abrupt
quarrelsome
stubborn
rebellious
exasperated
impatient
contrary
disrespectful
unpleasant
annoyed
dictatorial
sharp
snapping

DEPRESSED

suicidal
directionless
empty
desperate
despairing
in hell
alienated
miserable
masochistic
despicable
self-hating
self-critical
self-deprecating
stuck
ashamed
exhausted
lousy
tired
despondent
disheartened
down
disappointed
discouraged
powerless
hopeless
grouchy
guilty
dissatisfied
sulky
low
bad
bummed out

pessimistic
dejected
glum
cheerless
rotten
crabby
resistant
punishing
morose
cranky
grumpy
burdened
negative
closed
contracted
tight
blocked
moody
out of sorts
no energy
touchy
haggard
drawn
slumped
slouching
achy
self-loathing
crummy
wretched

CONFUSED

lost
disoriented
off-kilter
frenzied
indecisive
doubtful
uncertain
distrustful
misgiving
unsure
uneasy
tense
stressed
argumentative
authoritative
condescending
embarrassed
hesitant
shy
disillusioned
uncomfortable
comparing
dishonest
demanding
distracted
blushing
awkward
conflicted

HELPLESS

paralyzed
distraught
doomed
distressed
pathetic
overwhelmed
shut down
incompetent
incapable
alone
fatigued
useless
inferior
vulnerable
inept
incapacitated
cut off
trapped
weak
sick
nauseated
fidgety
trembling
craving
squirming
jittery
woozy
compulsive

<u>INDIFFERENT</u>	<u>AFRAID</u>		<u>HURT</u>	<u>SAD</u>	<u>JUDGMENTAL</u>
cold	terrified	insecure	tormented	anguished	stony
lifeless	petrified	wary	pained	desolate	hurtful
uncaring	panicked	menaced	tortured	devastated	brutal
uninterested	frozen	uptight	agonized	grieved	combative
unresponsive	threatened	apprehensive	crushed	tearful	attacked
insensitive	hateful	defensive	deprived	sorrowful	tactless
numb	agoraphobic	guarded	rejected	unhappy	glaring
dull	fearful	troubled	humiliated	lonely	disgusted
reserved	suspicious	self-	insulted	mournful	ranting
weary	rigid	absorbed	injured	dismayed	scolding
bored	phobic	intolerant	offended	downhearted	obsessive
preoccupied	disturbed	avoiding	afflicted	oversensitive	serious
robotic	disrupted	unwelcoming	aching	remorseful	stern
slow	anxious	unbending	victimized	sullen	frowning
sluggish	alarmed	paranoid	heartbroken	sour	recoiling
blasé	dreading	inhibited	appalled	self-	unfair
blank	attacking	immobile	wronged	castigating	bossy
	intimidated	attached	withdrawn	unworthy	stilted
	nervous	prejudiced	miffed	fragile	stiff
	scared	self-	indignant	disconnected	pushy
	worried	conscious	suffering	blindsided	neglectful
	frightened		distant	discontented	stonewalling
	timid		invaded	crying	rude
	shaky		bulldozed	groaning	shrill
	restless		bullied	moaning	hard
	cowardly		secretive	forlorn	fake
			slighted		phony
			smothered		shallow
			belittled		territorial
					complaining
					blunt
					arrogant
					superior
					faultfinding

Examples of Limiting Beliefs

- I do/don't:
 - I don't deserve...
 - I don't have enough...
- I can't
- I should/shouldn't (must/mustn't)
 - I should be...
 - I shouldn't feel...
- I am/am not
 - I am not good at...
 - I am not creative
 - I am stupid
- Others are / will
 - Others will laugh at me
 - "That's just how the world / life works"

Limiting Belief	Uplifting Belief
I failed last time	The past does not equal the future
I don't have enough time	I have an abundance of time. One hour is 4% of my day.
I am not good enough	My dreams are mine for the taking
I don't have enough money	I have everything that I need to live a comfortable life
I don't deserve it	I am a good person and deserve good things to happen to me
It's impossible	I am destined for success Anyone can do anything and anything is possible. The impossible is worth striving for.
I am not smart enough	I have unique strengths that I can utilise to achieve my dreams.

Limiting Belief	Uplifting Belief
I might get judged	It is not my job to please people in life. Those who matter don't mind and those who mind don't matter.
I might get hurt	I love freely because that is what it means to be truly human
I will fail	Whatever I can conceive I can achieve. There is no failure, only feedback. I embrace challenge because I will find a way to overcome
I can't trust people	Everyone is deserving of my trust unless they have proven otherwise
It's too late / I am too old	Age is just a number. My age reflects the number of years that I have been able to accumulate wisdom and knowledge and this makes me unstoppable. It is never too late to become the person I have always wanted to be.

Limiting Belief	Uplifting Belief
I am too young / people won't take me seriously	I have fresh ideas and I am full of passion.
I am not attractive / pretty / skinny enough	I am perfect within all of my imperfections I accept myself unconditionally right now I am deeply fulfilled with who I am.
I am afraid	No matter what happens, I can handle it I am not afraid, only excited for what is ahead
I am too shy	My vulnerability gives me strength and fuels my belief in me
I am too young / people won't take me seriously	I have fresh ideas and I am full of passion.



billabong
RETREAT

The logo features the word "billabong" in a green, rounded, lowercase font. Above the letter "o" are two stylized yellow leaves. Below "billabong" is the word "RETREAT" in a smaller, orange, uppercase, sans-serif font.



Introspection and Self Reflection

What is it?

Non-judgemental internal reflection process perfect for anyone with curiosity and a desire to understand themselves on a deeper level.

The process of examining thoughts and feelings and the nature of these thoughts and feelings.

Why Do It?

A recent study showed that we have 50,000 thoughts per day, over half of which are negative and over 90% are repeated from the day before.

Awareness of these thoughts allow us to grow and develop by understanding ourselves and our motivations / values... Something that our current busy society doesn't give us much time for.

But....

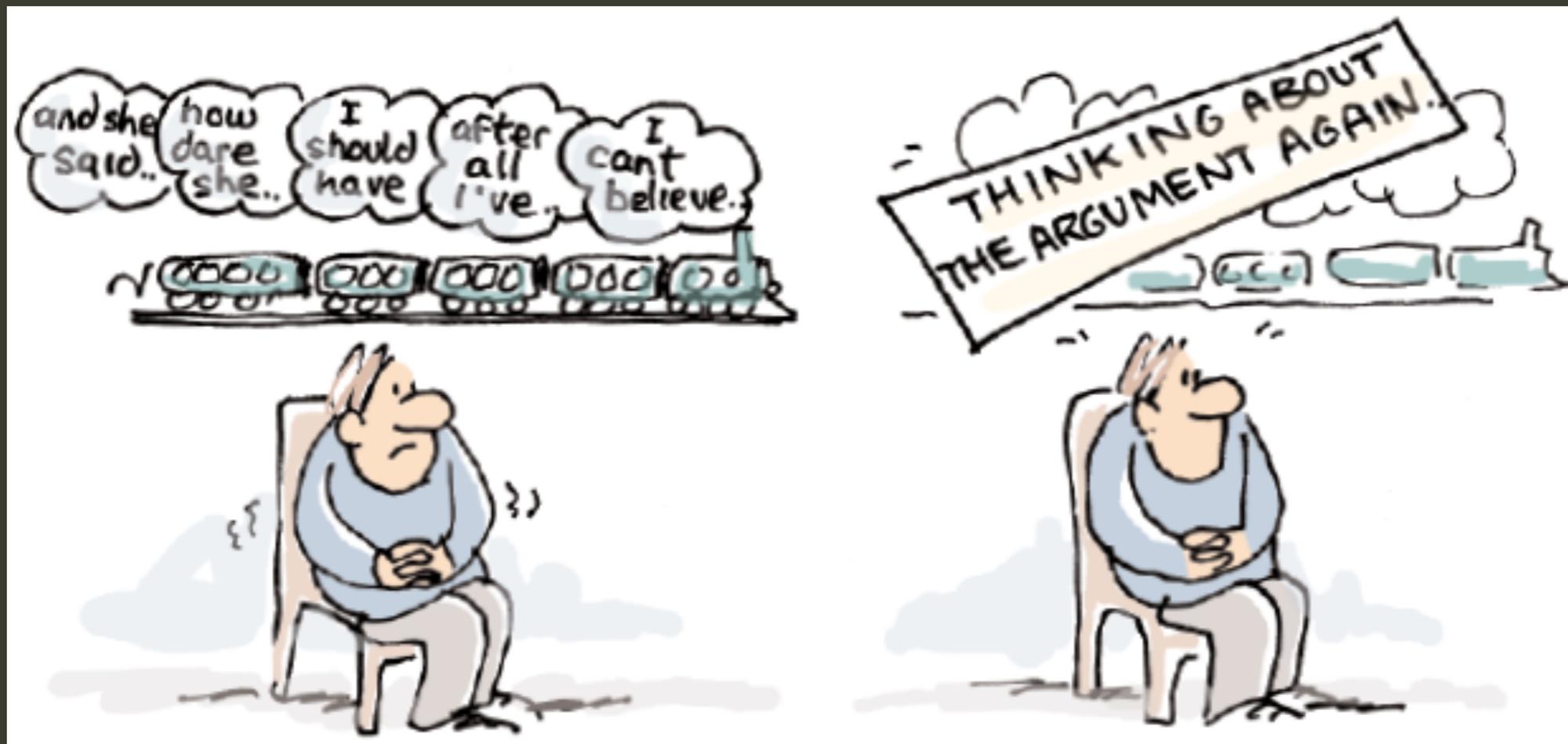
We need to take care not to take it too far into obsessiveness and over-analysing.

For these reason it is good to structure questions as "what" rather than "why"

Thought Labelling

The process of acknowledging and labelling your thoughts

Allows for a review of your habitual thoughts and breaks the cycle of rumination



Jon Cabat Zinn Video

<https://www.youtube.com/watch?v=w8Nsa45d0XE>

- * Sit in meditation and acknowledge your thoughts on paper. After, label them as past, future, present and positive, negative, neutral.

- * PAST:

- Neutral – remembering
- Positive – reminiscing
- Negative – regretting

FUTURE:

- Neutral– planning
- Positive – fantasizing
- Negative – fearing

PRESENT:

- Neutral– wondering
- Positive – desiring
- Negative – judging

Metta – Loving Kindness

Invoking a warm hearted feeling and directing that feeling towards yourself and others

Studies have shown that metta increases positive emotion, increases ability to ward off depression, gives life purpose, decreases illness and outruns the "Hedonic Treadmill Effect".

"May you be happy" ... "healthy" ... "safe" ...
"peaceful and at ease"



Developing a Regular Practice

Sutra 1.12

abhyasa vairagyabhyam tat nirodhah

The fluctuations of the mind are controlled through *abhyasa* (practice) and *vairagya* (non-attachment).

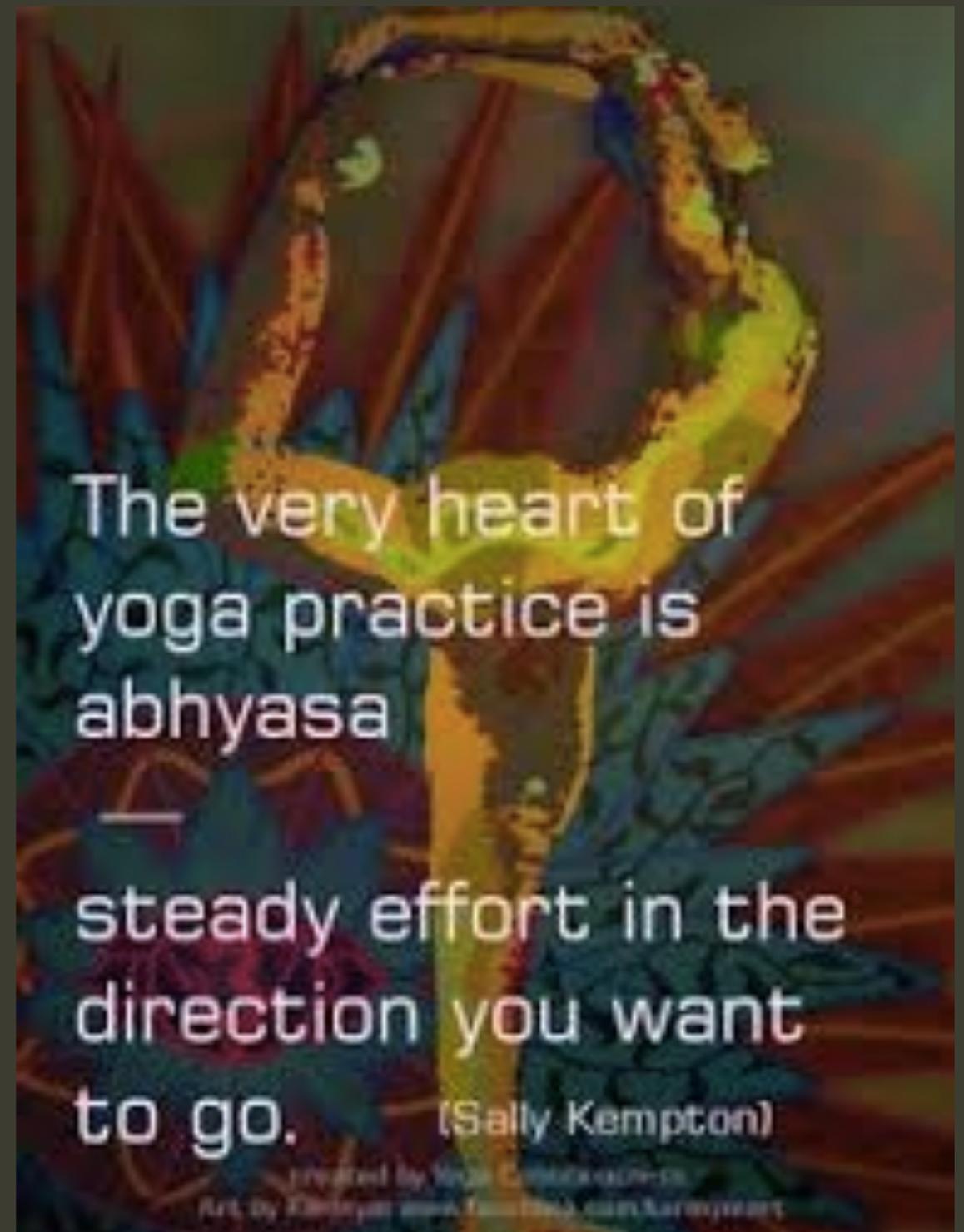
Practice: cultivating the lifestyle, actions, speech and thoughts that lead us in a positive direction and letting go of the things that lead us away from where we want to go.

Non-attachment: Doing all of this without attachment to the results.

Abhyasa

Exercise:

- Where do I want to go?
- Which actions, words, thoughts lead me toward where I want to go?
- Which actions, words and thoughts lead me away from where I want to go?



* *The most complicated thing about a home practice is just getting on the mat. Roll out your mat and sit on it - the rest will come, you need no plan, no special outfit, no particular circumstance - you just need a mat and your butt sitting on it.*

* *Stephanie Snyder*

Six Keys to Success

- * *“Enthusiasm, perseverance, discrimination, unshakeable faith, courage, avoiding the company of common people, are the six causes (keys) which bring success in Yoga”.* Hatha Yoga Pradipika

Enthusiasm: Why do I practice?

Perseverance: What are the obstacles and how will I continue to practice anyway?

Discrimination: Understanding what is taking you closer to a deeper practice and everything that is taking you further away.

Faith: In yourself, the teacher and the teachings

Courage: What makes you feel vulnerable?

Avoiding common people: Do the people around you bring out the best version of you?

Practice Toolbox

chanting

study

visualisation

mantra

pranayama (breathe)

meditation

journalling

poses

counting

gazing

intention

Tips

- Set an alarm / put a reminder in your calendar / visual reminder
- Make a space!
- Utilise apps like Insight Timer and Headspace
- Begin still and end still
- Set a realistic commitment
- Consider the practice you need based on age, lifestyle and time of life

* *“When you do yoga at home every day, it becomes no different from taking a shower. You wouldn’t dream of not taking a shower, and you don’t congratulate yourself for doing it every day. So doing a daily practice doesn’t have to be a heroic activity you impose on yourself. It’s just a simple, natural pleasure.”*

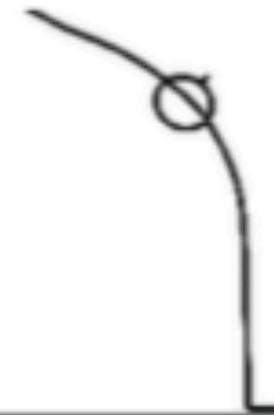
* Mark Whitwell

Studio Practice

- Know the difference between styles:
- Ashtanga: strong, dynamic set sequence
- Iyengar: focused on props and alignment
- Vinyasa/Hatha: extremely varied
- Yin: long passive holds
- Gentle yoga/restorative yoga/slow flow: more slow, restorative practices
- Collaborative Maroubra, Sukha Mukha Bronte, Earth and Sky Marrickville, Qi Manly and Freshwater

Seven Minute Daily Yoga Practice " A Moving Pranayama"

Breath leads all movements, breath through nose but feeling breath at throat



x4

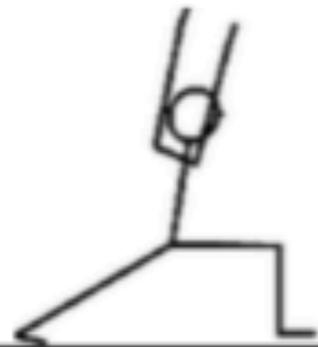
Inhale raise arms

Exhale lower arms

x4

Inhale raise arms

Exhale bend forward



x4

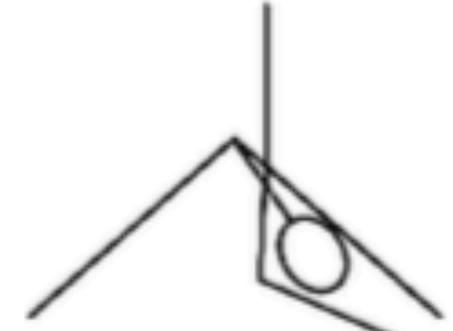
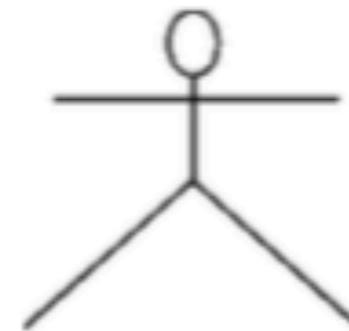
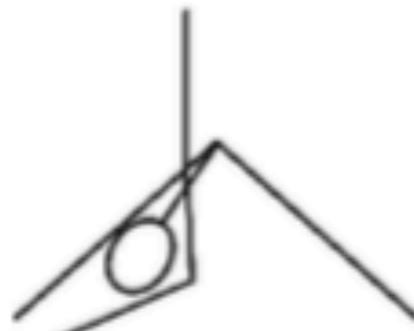
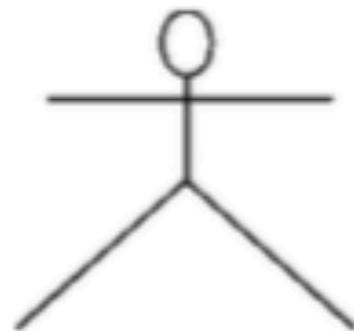
Inhale raise arms

Exhale forward

x4

Swap legs inhale raise

Exhale bend forward



x4

Arms & legs wide

Exhale twist

Inhale up

Exhale other side



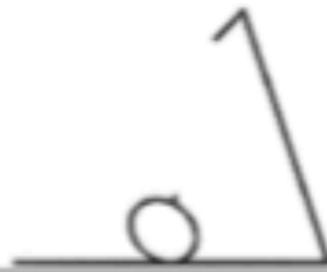
x4

Inhale look up in cat

Exhale child pose

Inhale cobra – use abs

Exhale down dog



x4

Hands knees, knees chest

Inhale legs up

Exhale hands knees
knees chest

Inhale raise hips



x4 rounds alternate nostril
breathing 'Nadi Shodhana

x4 "Sur yar.. yar namaha"
(welcomes the sun)

Sit totally still for 3 minutes – observe, repeat mantra
silently I on inhale, Am on exhale



Poems / Quotes

"The Guesthouse" by Rumi

- * This being human is a guest house.
Every morning a new arrival.
- * A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
- * Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
- * The dark thought, the shame, the malice.
meet them at the door laughing and invite them
in.
- * Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

"The Mighty Oak Tree" by Johnny Ray Ryder Jnr

A mighty wind blew night and day
It stole the oak tree's leaves away
Then snapped its boughs and pulled its bark
Until the oak was tired and stark

But still the oak tree held its ground
While other trees fell all around
The weary wind gave up and spoke.
How can you still be standing Oak?

The oak tree said, I know that you
Can break each branch of mine in two
Carry every leaf away
Shake my limbs, and make me sway

But I have roots stretched in the earth
Growing stronger since my birth
You'll never touch them, for you see
They are the deepest part of me

Until today, I wasn't sure
Of just how much I could endure
But now I've found, with thanks to you
I'm stronger than I ever knew

Body Love Poem by Hollie Holden

- * Today I asked my body what she needed,
Which is a big deal
Considering my journey of
Not Really Asking That Much.
- * I thought she might need more water.
Or protein.
Or greens.
Or yoga.
Or supplements.
Or movement.
- * But as I stood in the shower
Reflecting on her stretch marks,
Her roundness where I would like flatness,
Her softness where I would like firmness,
All those conditioned wishes
That form a bundle of
Never-Quite-Right-Ness,
She whispered very gently:
- * Could you just love me like this?

Passage by Rupi Kaur

- * It was when I stopped searching for home within others
- * And lifted the foundations of home within myself
- * I found there were no roots more intimate
- * Than those between mind and body
 - * That decided to be whole.

Carl Jung

- * Your vision will become clear only when you can look into your own heart.
- * Who looks outside, dreams.
- * Who looks inside, awakens.