Perfect Health
The Chopra Center
Ayurvedic Lifestyle Program
Emotional Wholeness
A spiritual approach to stepping off the emotional roller coaster
We’re not really sure how they dealt with emotions in ancient Ayurvedic times

Weepy Vatas were locked away

Angry Pittas were sent off to fight in Indian epics

Kaphas became yogis and withdrew to mountain caves
The Universe is a collection of Relationships

We are in relationships with:
- Our family
- Our friends
- Our work/student colleagues
- Everyone we meet
- The environment
- The Divine

Every cell of our body is in a relationship with every other cell
Balanced, meaningful relationships and emotions create:

- Happiness
- Health
- Spiritual growth
The Purpose of every Relationship is Enlightenment
- Vedanta
Happiness

Everyone shares a desire to be happy

Most seek happiness from external sources

Worldly belongings may give temporary pleasure but are incapable of satisfying our longing for inner peace

Happiness is a state of Being - JOY, BLISS

- It is our essential nature beyond form and circumstance
The two biggest barriers to happiness

Memories

Desires and Expectations

"Expectation is the root of all heartache"
- Shakespeare
Meditation takes us beyond memories and desires and into the field of Pure Bliss Infinite Possibilities
There are only two emotions

Love and Fear

Everything pleasurable, beautiful, expansive and life-supporting comes from love
Everything painful, toxic, contracting and life-damaging comes from fear
What component of fear is holding me back on my journey to wholeness?

Fear of:

- being abundant
- being rejected
- being punished
- not being loved
- being loved
- losing my image
- changing old habits/patterns
- giving up my story
- stepping out of my comfort zone
- being criticized
- being alone
- losing someone/thing
- the unknown
- dying
Fear contracts, limits, is localized, imprisons

Love expands, is unbounded, is non-local, frees

“Why do you stay in prison when the door is wide open?” - Rumi
Emotional healing means:
Transforming
Your fears into LOVE
There is nothing outside us that isn’t within us

The world is our projection
Choose to project Love
Needs
As humans, we all have needs
Beyond hunger, fundamental human needs may be expressed as:

- Attention
- Affection
- Appreciation
- Acceptance

Emotions are derived from needs
Needs Met

When we perceive our physical and psychological needs are met, we feel:

Comfort
Pleasure
Happiness
Contentment
Satisfaction
Cheerfulness
Needs Met

Vata
adaptable, secure, relaxed

Pitta
courageous, supportive, lighthearted

Kapha
Open, outgoing, nurturing
Needs Not Met

When we perceive our physical and psychological needs are not met, we feel:

Distress
Anger
Pain
Sadness
Discomfort
Vulnerability
Moodiness
Needs Not Met

**Vata**
fear, anxiety, worry, victim, guilt

**Pitta**
anger, hostility, revenge, sarcasm, threatening

**Kapha**
stubborn, withdrawn, moody, sad, indifference
Secondary Emotions

When pain based on unmet needs is stored rather than resolved, it often leads to:

- **Anxiety** (anticipated pain)
- **Hostility** (remembered pain)
- **Guilt** (redirected pain)

Eventually leading to Depression
Causes of emotional suffering

1. Ignorance (of our true Self) \( V, P, K \)

2. Egoism \( P \)

3. Attachment \( K \)

4. Aversion \( V, P \)

5. Fear of death \( V, P, K \)
Emotional Toxicity

Feelings not fully experienced can accumulate as emotional toxins such as:

- **V** Fatigue
- **V** Worry
- **P** Irritability
- **P** Reactivity
- **P** Cynicism
- **K** Lack of Enthusiasm
- **K** Depression
Worry is the greatest cause of personal suffering.

Gossip is the greatest cause of suffering to others.
Seven Biological Responses to Unmet Needs

1. Fight/Flight - ego based
2. Reactive - ego based
3. Restful Awareness
4. Intuitive
5. Creative
6. Visionary
7. Sacred
Flight/Fight Response

It is an ancient, primitive response, grounded in the survival instinct

Based on fear

Perceive environment as threatening

Vatas - flight
Pittas - fight
Kaphas - withdraw
# Fight/Flight - Seeds of Illness

<table>
<thead>
<tr>
<th>Change in Physiology</th>
<th>Contributes to</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase blood pressure, heart stress</td>
<td>Coronary heart disease</td>
</tr>
<tr>
<td>Increase stress hormones</td>
<td>Anxiety, insomnia, addictions</td>
</tr>
<tr>
<td>Increase blood sugar</td>
<td>Diabetes, obesity</td>
</tr>
<tr>
<td>Decrease circulation to digestive tract</td>
<td>Digestive disturbances</td>
</tr>
<tr>
<td>Decrease growth, sex hormones</td>
<td>Premature aging</td>
</tr>
<tr>
<td>Decrease immunity</td>
<td>Infections, cancer</td>
</tr>
<tr>
<td>Increase in sticky platelets</td>
<td>Heart attacks, strokes</td>
</tr>
</tbody>
</table>
Reactive/Ego Response
Psychological equivalent of flight/fight
Crossing the “mine” field – ego response
Often used by kids - tantrums

Most people use only these first two responses

Vatas - victim
Pittas - aggressive, blame
Kaphas - ignore
Restful Awareness Response

Meditation

Shifting our internal reference from ego to spirit

Taking time to respond

Peace rather than turbulence
Restful Awareness Response

Stop what you are doing

Think - breathe

Observe how you are feeling

Proceed with Awareness
## Conditioned vs. Unconditioned

<table>
<thead>
<tr>
<th>Fight/Flight/Reactive</th>
<th>Restful Awareness</th>
</tr>
</thead>
<tbody>
<tr>
<td>↑ Heart rate</td>
<td>↓ Heart rate</td>
</tr>
<tr>
<td>↑ Blood pressure</td>
<td>↓ Blood pressure</td>
</tr>
<tr>
<td>↑ Respiration</td>
<td>↓ Respiration</td>
</tr>
<tr>
<td>↑ Perspiration</td>
<td>↓ Perspiration</td>
</tr>
<tr>
<td>↑ Stress hormones</td>
<td>↓ Stress hormones</td>
</tr>
<tr>
<td>↓ Anti-aging hormones</td>
<td>↑ Anti-aging hormones</td>
</tr>
<tr>
<td>↑ Platelet stickiness</td>
<td>↓ Platelet stickiness</td>
</tr>
</tbody>
</table>
Intuitive Response

Being aware of our interpretations
Taking responsibility for our emotions
Taking back our power
What can I do to change?
What is the opportunity?
Facilitates conscious communication
Synchronicity
Spontaneous right action
Creative Response

Applying a new context or meaning to a situation or circumstance, embracing uncertainty

Intention

Information Gathering and Analysis

Incubation

Insight / Inspiration

Implementation

Integration/Incarnation

“Insanity is to keep repeating the same thing and expecting a different result”
Visionary Response

Living from the collective soul

Connecting with your archetypal energies

Awakening your dormant potentialities

Predicting the future based on your current choices
Sacred Response
Sense of self expands beyond constricted ego

Compassion is a natural expression

Transcend “what’s in it for me” and dwell in “how can I be of service?”

Freedom from emotional turbulence

Loss of all fear

Unity Consciousness

Being Love
Conscious Communication

Much of our emotional turbulence comes from the way we communicate.
ARAB PROVERB
The words of the tongue should have three gatekeepers.
Before words get past the lips, the first gatekeeper asks, “Is this true?” That stops a lot of traffic immediately. But if the words get past the first gatekeeper, there is a second who asks, “Is it kind?” And for those words that qualify here too, the last gatekeeper asks, “Is it necessary?”

Speech should always be to create joy in the listener.
Conscious Communication

When experiencing emotional turbulence, ask these questions that empower you and promote conscious interactions before responding:

1. What happened?
2. What emotions are arising in me?
3. What do I need that I’m not receiving?
4. What am I asking for?
5. What is the gift?

Based on the work of Marshall Rosenberg (Nonviolent Communication)
Conscious Communication

1. What happened?
   What am I observing?
   Am I seeing or evaluating?
   Distinguish between present moment observation and past-laden evaluations

Stick to the facts
Conscious Communication

2. What emotions are arising in me?

What am I feeling?

Refrain from projecting responsibility for your feelings onto someone else

Reduce the language of victimization, take back your power
# Words that encourage victimization and are best avoided

<table>
<thead>
<tr>
<th>Abandoned</th>
<th>Distrusted</th>
<th>Put down</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abused</td>
<td>Interrupted</td>
<td>Rejected</td>
</tr>
<tr>
<td>Attacked</td>
<td>Intimidated</td>
<td>Taken for</td>
</tr>
<tr>
<td>Betrayed</td>
<td>Let down</td>
<td>granted</td>
</tr>
<tr>
<td>Boxed-in</td>
<td>Manipulated</td>
<td>Threatened</td>
</tr>
<tr>
<td>Bullied</td>
<td>Misunderstood</td>
<td>Unappreciated</td>
</tr>
<tr>
<td>Cheated</td>
<td>Neglected</td>
<td>Unappreciated</td>
</tr>
<tr>
<td>Coerced</td>
<td>Overworked</td>
<td>Unappreciated</td>
</tr>
<tr>
<td>Co-opted</td>
<td>Patronized</td>
<td>Unappreciated</td>
</tr>
<tr>
<td>Cornered</td>
<td>Pressured</td>
<td>Unwanted</td>
</tr>
<tr>
<td>Diminished</td>
<td>Provoked</td>
<td>Used</td>
</tr>
</tbody>
</table>
Words that express how we feel when our needs are NOT being met

Afraid
Anxious
Bitter
Blah
Chagrined
Confused
Detached
Discouraged
Embarrassed
Empty
Frightened
Frustrated
Gloomy
Guilty
Helpless
Hurt
Irritable
Invisible
Jealous
Jittery
Lonely
Lost
Miserable
Meaningless
Nervous
Nauseated
Overwhelmed
Panicky
Pessimistic
Resentful
Restless
Skeptical
Sorry
Terrified
Tired
Uneasy
Unhappy
Vexed
Withdrawn
**Words that express how we feel when our needs are being met**

<table>
<thead>
<tr>
<th>Awesome</th>
<th>Joyful</th>
<th>Radiant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bright</td>
<td>Keyed-up</td>
<td>Secure</td>
</tr>
<tr>
<td>Carefree</td>
<td>Loving</td>
<td>Thankful</td>
</tr>
<tr>
<td>Delightful</td>
<td>Mellow</td>
<td>Upbeat</td>
</tr>
<tr>
<td>Enthusiastic</td>
<td>Nice</td>
<td>Vivacious</td>
</tr>
<tr>
<td>Fabulous</td>
<td>Optimistic</td>
<td>Warm</td>
</tr>
<tr>
<td>Glowing</td>
<td>Peaceful</td>
<td>Yummy</td>
</tr>
<tr>
<td>Hopeful</td>
<td>Quiet</td>
<td>Zestful</td>
</tr>
<tr>
<td>Invigorated</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Conscious Communication

3. What do I need that I’m not receiving?

Don’t expect the other person to figure it out for you.

Is this being triggered by some need from the distant past?

Consider fundamental human needs:

- Attention
- Affection
- Appreciation
- Acceptance
Conscious Communication

4. What am I asking for?

Make a request
Be specific

Be prepared for a “no” answer
If your requests are constantly met with a “no” response, it may be time to consider why you are in the relationship
Conscious Communication

5. What is the gift?

What can I learn from this experience?

Can you recognize past patterns that caused your reaction and learn not to repeat them?
Seven Steps to Emotional Clearing

1. Take responsibility for what you are feeling
2. Identify the emotion
3. Witness the feeling in your body
4. Release the emotion through a ritual
5. Express the emotion in private to yourself
6. Share the emotion with a good listener
7. Rejuvenate with a celebration!
These Seven Steps can be used for clearing old, deep rooted emotions or To process current emotions before they become toxic
Emotional Clearing

1. Take responsibility for your emotions

No one can make you feel the way you feel

Your emotions are your choice. Ask yourself what it is within you that is causing this reaction
Emotional Clearing

1. Take responsibility for your emotions

All relationships are a mirror. If you want to know about yourself, look at your relationships.

Qualities you want
Qualities you’re denying

Everything is a projection of yourself

“If you don’t like what you see, it’s no good breaking the mirror”
- Deepak Chopra
Emotional Clearing

2. Identify the emotion

Clearly define how you are feeling

Avoid using generalizations, interpretations and judgments

![Image showing multiple facial expressions]
3. **Witness the feeling in your body**

All emotions have a physical sensation associated with them, which is stress forming in the body.

Observing the sensation brings the body’s healing energy to that area.

Breathe into the sensation.

As the physical sensation diminishes, the emotional charge decreases.
Emotional Clearing

4. Release the emotion through a ritual

Physical movement is best -
- dance, yell, bat a pillow, run,
- power walk, breathe forcefully

Feel the release of the emotion during the activity
5. **Express the emotion in private to yourself**

   Journal, free write - not for re-reading
   Say everything you need to about the situation
   Write a letter to the other party - no need to send

**Acceptance** - the only way to create the future you want is to accept the present as it is

**Understanding** – what would it take

**Forgiveness** - if you cannot forgive, the only person who suffers is you
   If you cannot forgive, you will never love
   Forgive others, ask for forgiveness, forgive yourself
   Separate the person from the act

**Opportunity / Gratitude**
Emotional Clearing

6. Share the emotion with a good listener

If you want advice, ask for it, otherwise request that they just listen.

If the emotion involved another person(s), who is open to participating, sharing your feelings with them creates long lasting relationships.

- take turns using a talking object (stone, stick)
Emotional Clearing

7. Rejuvenate with a celebration!

Reward yourself for having done this work

- get a massage
- buy yourself a present
- eat a delicious meal
- do something nourishing
All the World is a Stage
What are the roles you play?
Understand yourself as the eternal witness, the role-player in all roles
Vision Statement

My Needs and Desires:

Physical Body and Health
Family
Career
Friends and Loved Ones
Material Possessions
Spiritual
Soul Profile

What makes me joyful?

Who are my role models?

What kind of relationship nurtures me?

What can I offer others in relationships?

What are my unique talents?

What kind of world do I want to live in?

What can I do to serve humanity?
Dosha Relationships

Vata
- Imbalanced: victim, helpless
- Balanced: lively, fun, creative

Pitta
- Imbalanced: domineering
- Balanced: protective, passionate

Kapha
- Imbalanced: disinterested
- Balanced: supportive, nurturing
Dosha Dating

Imbalanced

VV   crazy
PP   destructive
KK   stagnant
VP   abusive
VK   frustrated
PK   intolerant

Balanced

creative
powerful
loving
exciting
balancing
nurturing
OMmmm
Mental Qualities of the Gunas

**Satva** - harmony, balance, stability, clarity, purity, considerate

The natural state of the mind before it became disturbed with negative thoughts and emotions. Our spiritual journey is to return to this state.

**Rajas** — dynamic, agitated, changeable, disturbed

This is the force that makes us look outward — desires, stimulation.

**Tamas** — inert, dull, negative, lazy, resisting, lack of focus

This is the state of ignorance, loss of Truth/Dharma, animalistic in nature.
Over indulgence in sensory experiences leads to:
  Instability
  Chaos and confusion
  Delusion
  Mental weakness
  Addictions
  Illness (mental and physical)
Steps for Emotional Healing

Correct attention – what you put your attention on grows

Correct intention – conscious choice-making

Correct focus – examination

Acceptance, detachment, surrender, love, faith

Positive thinking/affirmations – letting go of negative thoughts and emotions

Seeing the good in others

Looking for the opportunities

Bless all unconditionally - send love and light to all

Drop seriousness

Have fun!