

Stay Calm and Steady

Essential Tips and Techniques *for a* Healthy Nervous System

~Deborah Keene

~ What contributes to a Healthy Nervous System ~

- **Live in alignment with nature's laws and rhythms:**

Our biology is deeply tied to the sun, moon, and seasonal cycles.

Dr. Lele's Prescription for Health:

- Rise with the sun and the birds

- Sleep with the moon and the stars

- Eat 3 meals a day with the main meal in the middle of the day.

- Read spiritual scriptures

- The way we live day in and day out is what matters the most. Diet and lifestyle is important.
- We are all unique: no one size fits all.
- Breath is key: *above all else it is the breath*
- Be situated within ourselves, deeply connected to the truth of who we are and to what is right for us and what isn't

The Nervous System is the command center of the body and
has a profound effect on every aspect of our being:
body – mind – spirit

General therapies to support a healthy nervous system:

- Withdraw senses – dim lights, reduce noise, etc.
- Go outside: one of the most healing environments we can be surrounded by
- Containment: cover head, stay warm
- Decrease use of electronic devices
- Daily spiritual practice: Sadhana
- Warm, moist cooked foods and liquids
- Yoga postures
- Long slow deep breathing, left nostril breathing
Lengthening the exhale
- Meditation
- Mantra – chanting

The Vagus Nerve –key part of parasympathetic nervous system

Ways to stimulate:

- Cold exposure: cold showers, splash cold water on hands, face, feet,
go outside barefoot
- Long slow deep breathing
- Sing, chant, hum, gargle
- Navel pumps
- Meditation
- Laughter
- Pro-biotics
- Omega 3 fatty acids
- Exercise: walk, high intensity interval training
- Massage

Resources for Mantras and Meditation

-Kirtan Kriya –Sa Ta Na Ma

<https://alzheimersprevention.org/research/kirtan-kriya-yoga-exercise/#:~:text=Clinical%20research%20has%20shown%20that,been%20shown%20to%20be%20effective.>

-Healing Mantra – Sa Ta Na Ma Ra Ma Da Sa Sa Say So Hung

<https://www.youtube.com/watch?v=YQrs9zlOW1U&t=127s>

-Meditation for Balancing the Nervous Energies

<https://www.3ho.org/kundalini-yoga/pranayam/pranayam-techniques/balancing-nervous-energies#:~:text=This%20meditation%20is%20also%20known,at%20the%20point%20of%20ego.>



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