



AYA[®]
healing

SELF-HEALING PRACTICAL EXERCISES

Produced by Āyā Education

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Introduction

This booklet has been designed to work in conjunction with any of our courses, or as a stand alone booklet for any self-healing work.

The first three breath-work exercises are designed to be performed as a progression because they increase in complexity. It is vital to have mastered each exercise before moving onto the next. All of the other exercises can be performed in any order.

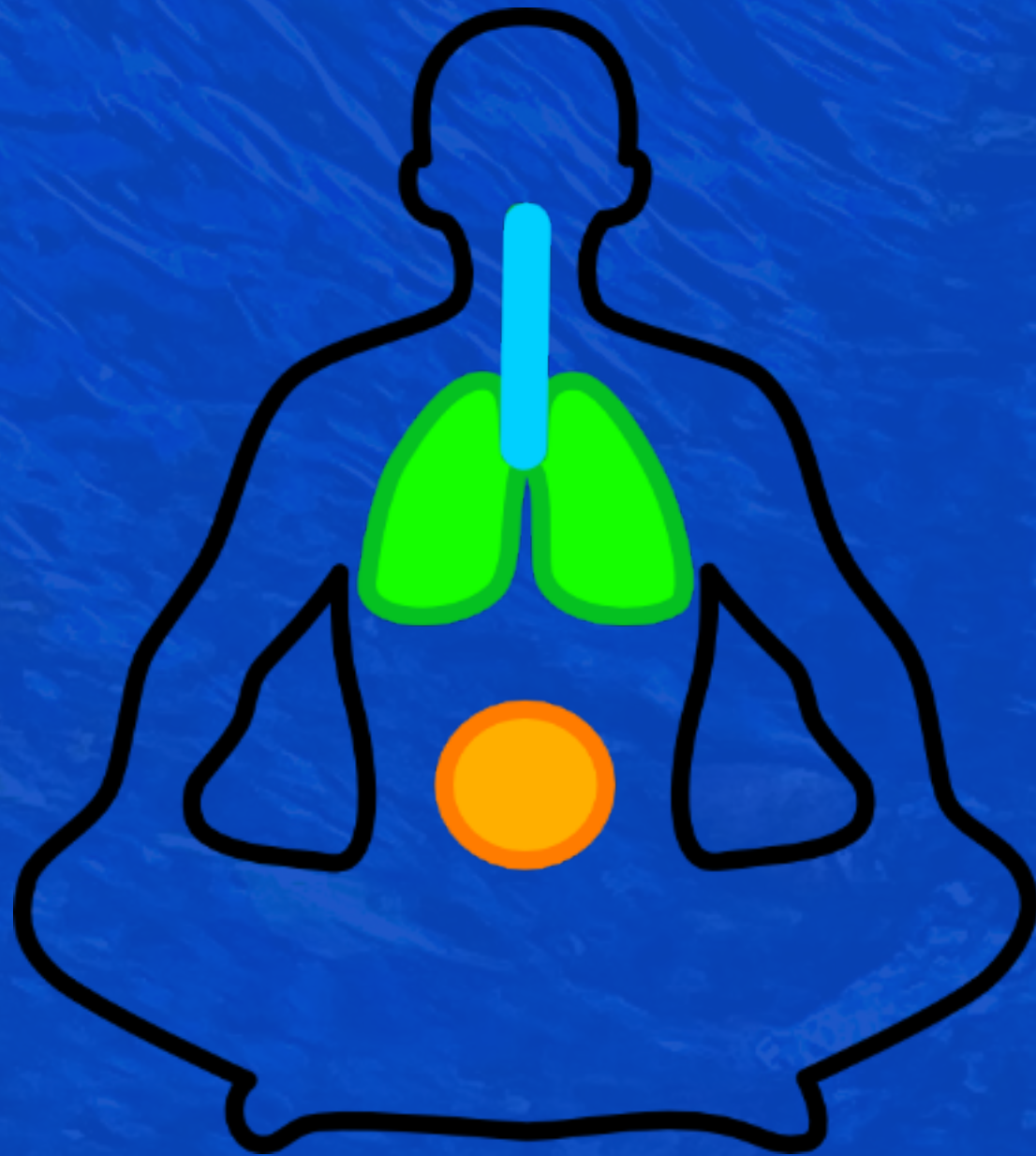
In our modern day busy lives, it can very difficult to find time for self-healing exercises and so it is important to realise that these exercises can be performed in any place, and at any time of the day.

We would like to encourage the idea of 'self-healing on the go'. Although is it great if you have the time to sit down every morning or evening for well-being exercises, it is not an absolute requirement because it is possible to sprinkle self-healing techniques into our daily lives and every-day routine.

Please contact us if you have any questions.



BASIC YOGIC BREATHING



This exercise is the first and most basic breathing rhythm of our series of self-healing breath-work exercises.

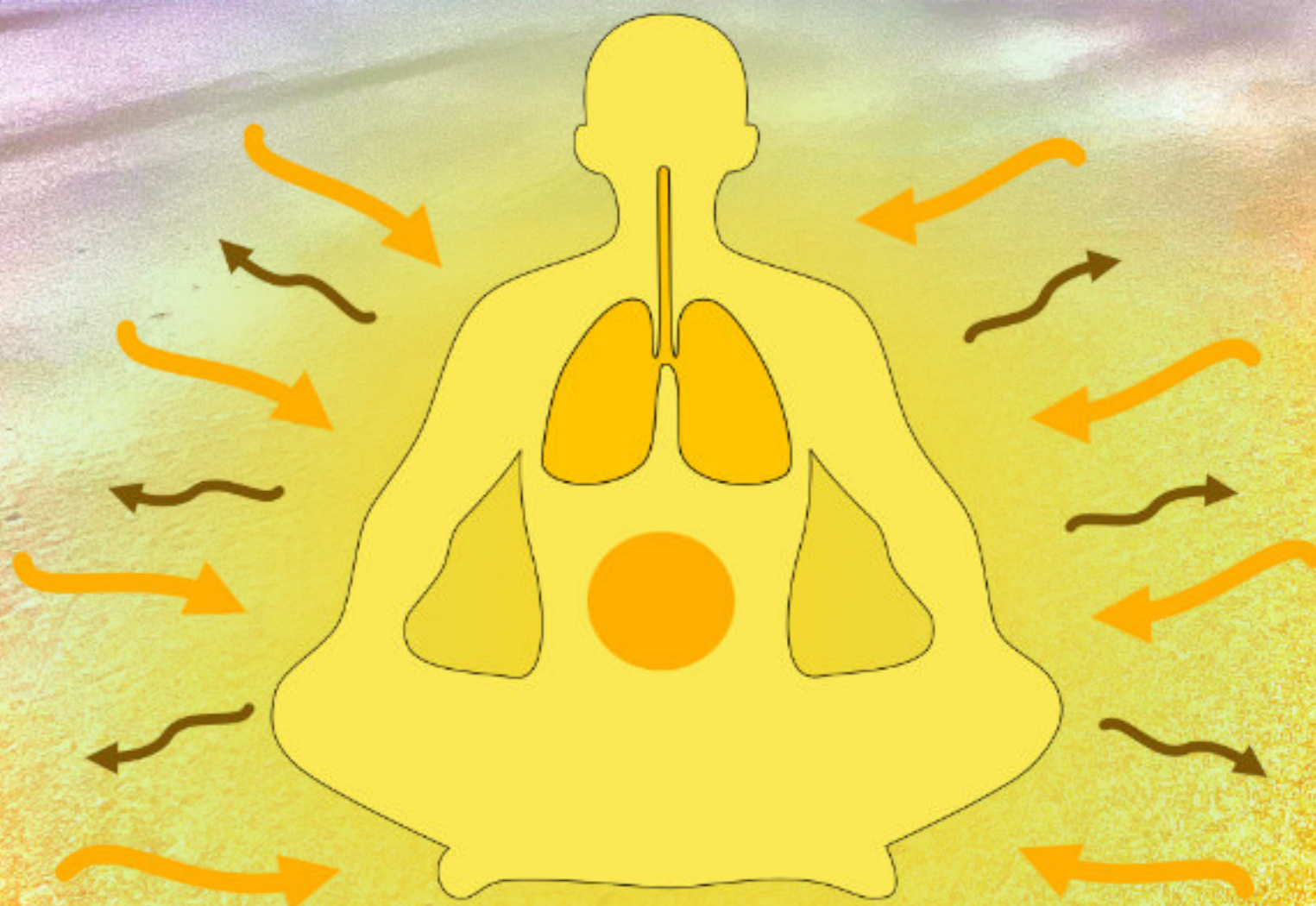
If you have time, repeat this exercise for at least 5 -10 minutes every day. If you do not have the time, try squeezing in a minute or two whenever you have a spare moment. For example when you are waiting for a meeting, or in a queue, or waiting for the kettle to boil.

- ▶ For this breathing exercise, breathe through your nose.
- ▶ If possible, this exercise should be done in a sitting position with a vertical spine.
- ▶ The in-breath should last for a count of around 5 seconds or 5 heart beats.
- ▶ Start the in-breath from the belly and inhale slowly, while expanding the belly.
- ▶ Once the belly is fully expanded, continue the breath and expand the chest. Push out your chest as far as you can and keep the shoulders back until the maximum amount of air has been drawn into your lungs.
- ▶ Once the lungs are completely full, hold the breath for 2 or 3 counts.
- ▶ Begin to slowly exhale in a controlled manner, timing the whole exhalation for a count of 5.
- ▶ On the bottom of the breath, when the lungs are empty, hold for a count of 2 or 3.
- ▶ Repeat the cycle for 5 to 10 mins.

Try and keep your focus of attention on your counting throughout the exercise. If you notice that your mind has wandered off, gently bring your attention back to the counting.

GOLDEN-ENERGY YOGIC BREATHING

Golden-energy yogic breathing is a deep-breathing energising exercise which is enhanced by the use of a visualisation of golden energy. The exercise consists of two parts which must be performed together: the breathing and the visualisation. This exercise will help you rid yourself of emotional impurities and boost your energy levels significantly, as well giving you a sense of calm.



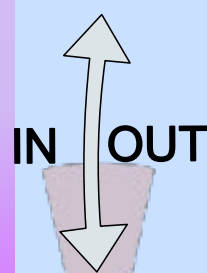
- ▶ For this breathing exercise, breath through your nose.
- ▶ This exercise should be done in a sitting or standing position with a vertical spine.
- ▶ Each in-breath should be taken for a count of around 5 seconds or 5 heart beats.
- ▶ (once the breathing rhythm is automatic, the counting can be dropped)
- ▶ Start the in-breath from the belly and breathe slowly in, expanding your belly.
- ▶ Once the belly is out, then expand the chest. Push the shoulders back and push out the chest to allow the maximum amount of air to enter the lungs.
- ▶ Once the lungs are completely full, hold the breath for 2 or 3 counts.
- ▶ Start letting the breath out very slowly in a controlled manner, timing the exhalation for a count of 5.
- ▶ On the bottom of the breath, when the lungs are empty, hold for a count of 2 or 3.
- ▶ Repeat the cycle for 5-10 mins.

The next part should be performed at the same time as the yogic-breathing cycle. On the in-breath, as you inhale, imagine that the air that you are breathing in is golden energy. Imagine this golden energy is pouring into you through your nose and filling your abdomen first, and then filling your whole body. On the top of the breath, the golden energy has filled your entire body and is radiating outwards.

On the out-breath, you expel the air and all the impurities go with it, but the golden energy has stayed in your body and does not move. Your body is still full of the golden energy that is radiating outwards.

CHAKRA BREATHING

This exercise is a visualisation whereby you are breathing in and out of a chakra, each one in turn. The exercise should be performed in conjunction with the breath using the same cycle that is used for the yogic breathing.



As you breathe in, imagine a white or violet energy being pulled into your body from above, through your **Crown chakra** which is on the top of your head. The white energy fills your whole body. On the out-breath, you imagine pushing it out back out the same way it came in. It is as if you are breathing in and out through the top of your head.

Repeat this visualisation imagining a purple colour energy for the **Brow chakra**, which is in the centre of the brow, right between the eyes.

Repeat this visualisation imagining a light blue colour for the **Throat chakra** which is at the base of the throat.

Repeat this visualisation imagining a green colour for the **Heart chakra** which is at heart level but in the centre of the sternum.

Repeat this visualisation imagining a yellow colour for the **Solar Plexus chakra** which is just underneath the very bottom of the rib cage.

Repeat this visualisation imagining an orange colour for the **Sacral chakra** which is over the naval.

Repeat this visualisation imagining a red colour for the **Root chakra** which is located at the base of the spine pointing vertically down from your body, in-between the legs.

The Crown chakra and the Root chakra only have one opening as they point up and down respectively. The brow chakra also only has one opening that points forward between the eyes. The Throat, Heart, Solar Plexus and Sacral chakras have two openings, one pointing forwards out of the front of the body and one pointing backwards out of the back of the body. To ensure the correct functioning of each chakra, the breathing exercise must be performed on the front and back of each chakra.

Blockage Diagnosis

Once chakra breathing has become second-nature, the next step is to try and notice if there are any differences between the chakras. Are some chakras difficult to visualise or do some feel very dull, as if there is no sensation there? Quite often, this will be the case for the back aspects to our chakras as they tend to be forgotten. If you find a chakra opening like this, it is very likely that it is blocked with stuck energy. A blocked chakra will feel completely different to a clear one and is a sign that you should spend more time breathing through this chakra in an attempt to clear it out. If the blockage is very large, you may need to use a stronger chakra-clearing exercise.

Clean both directions

It is also important to breathe both in and out of each chakra opening.

Both the front aspects and also the back aspects both need the in and the out breath.

The reason for this is that each opening has an inlet and outlet with energy moving in and out in different directions.

Energy Psychology

Visual Meditation Mantra Meditation
Nature Meditation
 Task Orientated Meditation
 Subject-Object Meditation
Vision Meditation
 Emotional Meditation
Music Meditation
 Physical-Exercise Meditation
Objectless Meditation
 Auditory Meditation **Mindfulness**
Kinaesthetic Meditation

Meditation

The Subject and the Object

At the start of our journey of meditation, we should be aware of the basic concept of the Subject and Object. The Subject is you, the one who is doing the meditating. The Object is the item that you are using your mind to focus on such as something that you can see, hear or feel, smell or taste etc.

The Object can be anything within your whole sphere of experience. Even your thoughts and emotions can be used as an Object of meditation.

Almost all types of meditation can be called Subject-Object Meditations. The only exception is Objectless meditation, which is the ultimate goal of meditation.

Meditation on the Senses

Sit down comfortably and allocate around 10 to 15 minutes for this exercise. You can start by performing a few minutes of yogic breathing to help calm the mind.

Visual Meditation

Close your eyes and let your focus rest on the colours and shapes that you can see on the backs of your eye lids, pick a spot and try and focus intently on it for a few minutes.

Notice the thoughts that arise in the mind stream and try not to be taken away with them into a mini day dream. As soon as you have realised that you have lost concentration, gently bring your focus back to the Object.

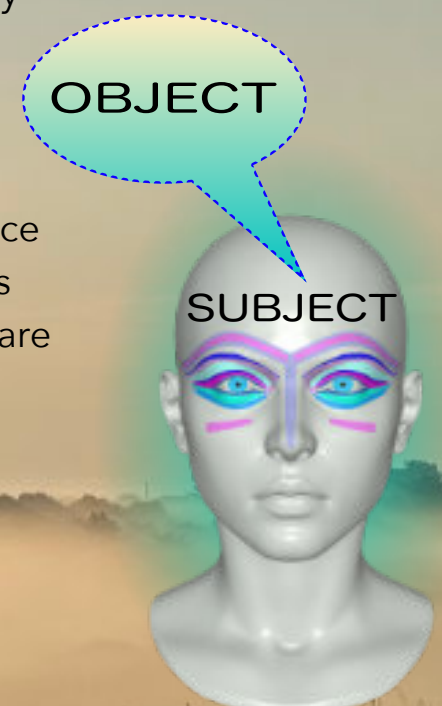
Kinaesthetic Meditation

After a few minutes, shift your focus onto the sensations that you can feel in your breathing. Feel the rise and fall of the chest and the expansion of the diaphragm. Feel the air as it moves through the inside of your nose. Focus intently on these sensations for a few minutes.

Auditory Meditation

Next, shift your focus onto the sounds that you can hear. Focus intently on every little sound, many of which you may not have noticed before. Thoughts will pop up now and then but notice that it is possible to have the thought, and let it pass, and return to the Object.

In each of these cases, always try and notice the 'voice in the head' - the mind stream - a stream of thoughts that seems to flow out of nowhere. Notice that they are only thoughts and they **can** be ignored.



TOM

Task Orientated Meditation

TOM is one of the most important types of meditation that we can learn. Not only does it bring together many different types of meditation, but it also retrains the mind to allow you to take advantage of all-day meditation.

Finding time to meditate

Most of us find it difficult to meditate regularly due to our busy schedules but what if there was a way to meditate all day long without even needing to find the time?

Task Orientated Meditation is a type of meditation performed while using the mind in an active task. The Object of meditation can be a mixture of things such as what you are touching, seeing, hearing, smelling or tasting, and thinking.

All-day meditation on any activity

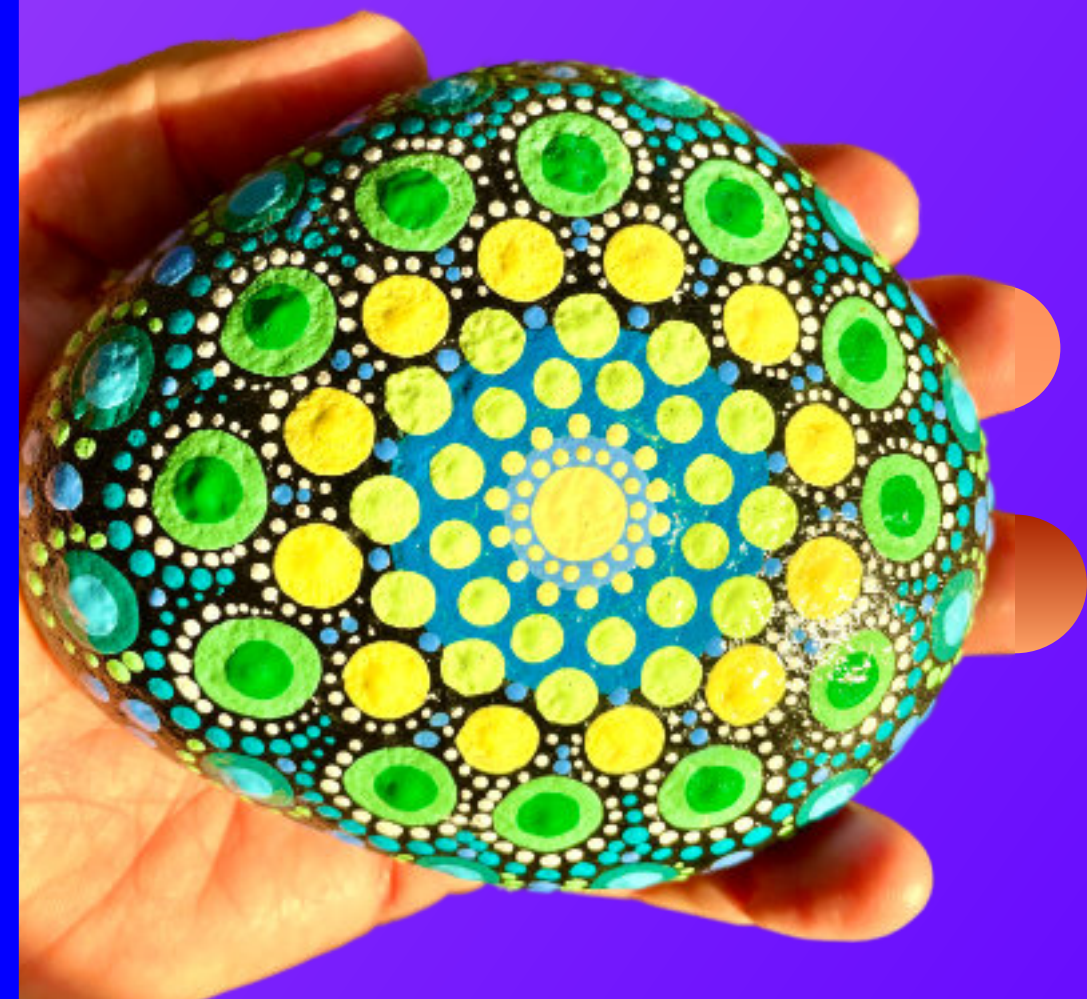
Therapeutic activities such as art or learning a musical instrument are good for performing this type of meditation. However, TOM can be used throughout the day while performing routine tasks like cooking, doing the weekly shopping, or completing an assignment for work. In fact, this type of meditation also increases our natural creativity and boosts our focus and productivity.

It can be difficult at first to remember to meditate all day long. The mind is easily distracted but with determination, hard work and patience, the effects of meditating all day in this way can be phenomenal.

Meditate on your senses

While you are engrossed in an activity, become conscious of your senses and focus intensely on each of them in turn. For example, if you are making a cup of tea, focus intensely on the feel of the teabag on your fingers. Then watch the water vapour intensely as it comes out of the kettle, and listen intensely to the sound of the water boiling.

Try and stop your mind from wandering off into useless or damaging thinking. It might well be that you need to actually think for this task, but always remain **Aware** and watch your thoughts as they come and go.



EMOTIONAL MEDITATION

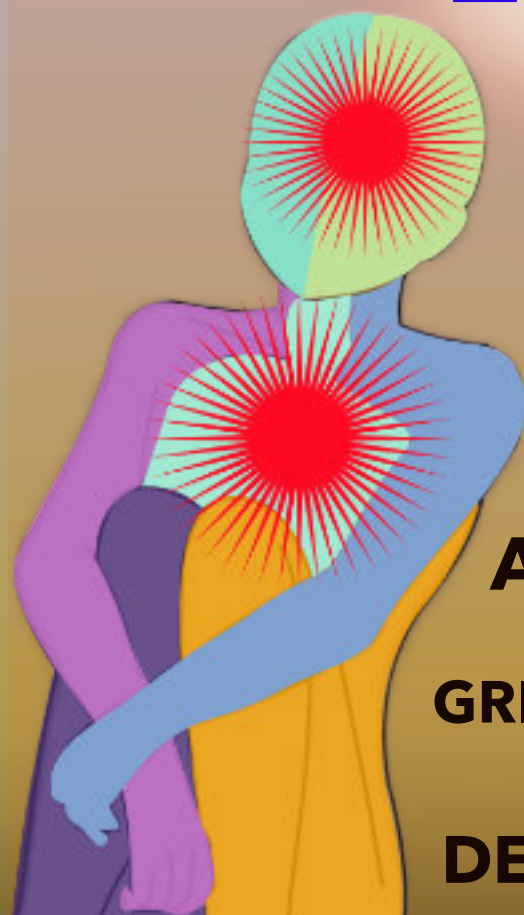
JOY
GRATITUDE
EMPATHY
HOPE
COMPASSION
ENTHUSIASM
HAPPINESS

Positive emotions are wonderful, but powerful negative emotions can be very damaging.

LOVE

Love is the highest emotion that exists and can neutralise negative emotions.

Where do you feel an emotion?



ANGER
SHAME
SADNESS
ANXIETY
GUILT
JEALOUSY
GRIEF
FEAR
DEPRESSION
HATE

Emotions

Sometimes we can get caught up in a large negative-emotional reaction that can be difficult to escape. Notice that when a thought comes into your mind, an emotion directly follows which then feeds the negative thoughts, which then produces more emotions. This cycle is difficult to break.

It is important, when dealing with negative emotion to be aware of the concept of repression. If we repress an emotion, we are asking for trouble. Repression is when we bottle up emotions and do not allow ourselves to feel them. The problem is that they will build up and then explode sometime in the future. How do we know if we are repressing an emotion? If we run away from the feeling in some way or try to distract ourselves in some way, it is likely we are repressing it.

So we need to allow ourselves to feel the emotion, but at the same time, remove the thoughts which are generating it. If we can stop the negative-repetitive thought patterns, the mind will stop producing the emotion that is perpetuating the cycle.

The Exercise

As soon as we feel the wave of emotion come over us, as a result of negative thought patterns, we must go straight to the emotion with our focus and give the emotion all of our attention. We do this by finding the exact location of the emotion in the body. Our emotions are always felt in approximately the same places in the body. We search for the location of the emotion in the body and when we find it, we put all of our focus there and meditate on it.

Very soon, we may find that the emotion dissipates, and we start to feel better. What is happening during this process? As we give the emotion all of our attention, we are feeling the emotion very deeply and allowing ourselves to feel it. This is allowing the emotion to flow without repressing it, while at the same time, stopping the repetitive thought patterns in the mind that cause the emotion. We have cut the fuel to the emotional cycle, and as a result, it vanishes.

When we first try this meditation, we may find it quite difficult as the emotional cycle is very powerful. Let any type of negative emotional reaction become an alarm bell. The alarm bell shouts, 'wake up!', 'become aware!', 'I am having an emotional reaction!', 'time to meditate!'.



SELF-PROTECTION

Emotional Transfer

It is wonderful when we see someone who is feeling very excited, joyful or has compassion or love for another. It can even be contagious.

Unfortunately, negative emotions can also be contagious. When caring for others who are suffering, we have to open a connection to them and inevitably, we give out as much of our positivity as possible while at the same time taking on the other person's negativity/pain.

This can leave the Health and Social Care Worker physically and mentally drained, depleted, very tired, and in some cases, health can deteriorate to the point of developing medical conditions.

The Doorway

Let's use the analogy of a doorway for our emotional transfer. We open the door to somebody in need, and it becomes a free flow where we give out our positive energy and emotions and at the same time we take on their negative emotions, for the purpose of helping them.

So what can we do to protect ourselves from the negative emotions of others while still being able to give loving kindness and care?

The Exercise

A very effective way is by understanding the mind-body connection and using the power of intention.

A visualisation is a very powerful form of intent and this can be used to close down the connection between you and the person in question.

Every time you visit an individual, visualise the doorway and make a point of opening the door, ready to make a connection. During your time with the person in need, give yourself fully and unconditionally. Once you have left, visualise yourself shutting the door and leaving it closed. You are forming the intention to close down the emotional connection between you.

Additionally, repeat this visualisation every day when you get home and every time you find yourself needlessly thinking over your work cases.

NATURE MEDITATION



Try using a simple item like a leaf. Hold it close to your eyes and look intensely at the fine detail of the leaf. This is a form of visual meditation.

Notice that there is a whole new world of the very small, just waiting to be found, right under our noses. Allow your gaze to follow the tiny intricate patterns on the leaf.

Try and keep your focus fearfully intense and without thought, but also allow yourself to wonder in amazement at the beautiful structures that nature offers us.

One of the most natural forms of meditation is using nature itself as a visual, auditory or kinaesthetic Object of meditation.

Look and listen intensely at the detail of what lies around you, wonder at the beauty of the very small as well as the very large.

Allow yourself to be drawn in by intense focus and notice that your mind stream of thoughts slows down or even stops which allows you to feel the stillness and peace that lies behind.

We call this 'Nature Meditation', but this type of meditation does not need to be restricted to nature.

If you do not live near natural surroundings, just use whatever environment you find yourself in. City life can offer just as many interesting visual, auditory or kinaesthetic Objects of meditation.

Always remember, the idea is to train the mind to focus under your supervision, through intense concentration. If you find yourself lost in thought, as soon as you realise, gently bring your focus back to the Object of meditation.

PHYSICAL-EXERCISE MEDITATION

Two great things at once

If you find it difficult to find time for health and well-being exercises, you can do two great things at once.

Physical exercise is one of the best ways to increase health and well-being and if you push yourself hard, the increased breathing rate also gives the energy body a good workout in the same way that breath-work does. But there is even more that you can do. While you exercise, you can meditate as well, making the most from your valuable time.

Walking is accessible to most

Walking is one of the most popular fitness activities in the UK and is available to most people and you can use this method even if you are not walking for fitness. Whether you are walking down the stairs in the morning, or walking from meeting to meeting at work, or walking around a supermarket when shopping, the purpose of the activity does not matter, nor does it matter how long it lasts. The idea is to get into the habit of this type of meditation whenever you are moving around and exercising.

The exercise

Put all your attention into the soles of your feet and your toes. Focus intently on the sensations that you can feel, the pressure on your skin, and how it is transferred up your legs. This is a form of kinaesthetic meditation.

Can be done with
any form of
physical exercise



Notice how the pressure sensation shifts around as you move your weight around your foot and then onto the other foot. Follow the movement of the pressure with your focus of attention, this is the Object of meditation.

Distractions

Focus so intently that there is no more room in your mind for thoughts. Do not allow daydreaming to start as this is an uncontrolled mind which can allow negativity to creep in.

As soon as you realise that you have been distracted and your mind stream has wandered off into a day dream, gently bring your focus back to the feet. To mix it up, every now and then move the Object of meditation to your knees for while..

MUSIC MEDITATION

A new way of listening to music

A very good way of meditating is to use music as an auditory Object of meditation, but there is more to it than meets the eye. It is not simply a case of putting on your favourite artist. Music meditation is listening like you have never listened before.

Separate out the drum beat

Start by listening so intensely to the music that you start to hear each individual component to the song or track. Separate out each component. For example start with the drum beat as this is the easiest to focus on. Use the drum beat as an auditory Object of meditation and focus so hard that the rest of the music feels slightly distant.

Separate out all the other instruments one by one

Next, do the same for the bass line, or a rhythm guitar, or another musical instrument, depending on what type of music you are listening to. If you are listening to electronic music, try and separate the different melodies that are being played one on top of the other.

Object switching

Once you have successfully separated out different components of the track, practise switching between Objects within the track. For example, meditate on the drums for 10 seconds, then switch to the bass line for 10 seconds, and so on.

Resist the distractions

As in other types of meditation, the mind will try and distract you. Try your hardest to keep your focus and if you get lost in thought, as soon as you realise, gently bring your focus back to the Object of meditation.



OBJECTLESS MEDITATION

The real Goal of Meditation

OBJECTLESS meditation is the most advanced form of meditation. It is quite literally meditating without an Object, and only the Subject remains. Once we have understood and realised this way of meditating, all other forms of meditation can be left behind.

The Subject of meditation is YOU, the one who is doing the meditating. It is not the mind or the personality, it is the space of Awareness in which Objects of meditation appear. Realising that the Subject is your 'True Self' is the ultimate goal of meditation.

Subject becomes Object

This method works by turning your meditative gaze around and trying to make the *Subject* the new Object of meditation in the hope of realising or finding the Subject. Essentially this is impossible as Awareness cannot be found. However during the process, the Object vanishes and all that is left is YOU, the peaceful Awareness that lies behind the mind.

"What am I?" exercise

Look within yourself and try to find which part of you you can really call you. Keep asking yourself the question 'What am I?'. Go through everything in your experience and, if you can make an Object out of it, it is not you. Your sense perceptions? Your emotions? Your thoughts? These are all Objects in the mind. What else is there? Where are you located? Ask yourself this question until you find/realise the conscious presence of Awareness. This is an experience, not a thought. Do not over-think it.

Unshakable Silent Inner Peace

Spending as much time as possible in the state of Objectless meditation results in a background state of inner peace that over time becomes completely unshakable.



GOLDEN-ENERGY SELF-HEALING

It is possible to harness the amazing healing power of our own bodies through natural techniques that have been around since ancient times. These techniques use the *mind-body effect* which is the powerful effect that the mind can have on the physical/material body using the process of **intention**.

We can use the intention process in the mind to direct energy flow within the body to perform specialised healing tasks. The energy runs along energy vessels/pathways within the energy body and once we have become well practised, it is possible to speed up our own healing and recovery times. This can be used to aid any type of material-body healing, from pain relief, to serious injury, illness or disease.

Breath-Work

Energy-breath work is an essential component to this exercise as it super-charges the energy body by drawing in maximum levels of energy and increases energy flow throughout the body. For maximum effect, please ensure that you have practised energy-breath-work exercises for many months before trying this exercise.

Visualisation

A visualisation is a powerful form of intent and can have huge impact on the body. When you add a visualisation to your energy healing, it acts as a type of programming for the energy. The more you know about the medical condition that you are trying to aid, the more specific your healing visualisation can be.

Mantras

A mantra is a phrase which is repeated over and over. It can be spoken out loud, or in silent thought form, although the spoken form tends to be more effective. It can be used instead of a visualisation, or on top of a visualisation. Either way, the more detailed the instruction, the better the programming for the energy.

The Exercise

Perform a few breath cycles of the 'Golden-Energy Yogic Breathing' exercise to get you started as this self-energy-healing exercise will build upon the breathing rhythm and visualisation already learnt.

For this exercise, we will use the example of an injury to a knee joint, although in practise, it can apply to any part of the body.

- ▶ Breathe through your nose for this exercise.
- ▶ On the 'in' breath, pull in a full breath of golden energy and visualise the energy being centred in the belly/solar plexus area. This brings the energy into one focal point ready for you to move it to its next location.
- ▶ Hold your breath for a few seconds to intensify the energy.
- ▶ On the 'out' breath, visualise moving the energy from the belly area down through your leg to the knee joint. Imagine that there are large energy channels that the energy is moving through.
- ▶ Visualise the knee joint actually healing. Try and 'see' the energy reducing the inflammation, healing the tendons and muscle fibres and taking the pain away. The more detailed your visualisation, the better.
- ▶ If you prefer, you can repeat a mantra at this stage instead of the visualisation. Repeat the words 'my knee is healed' over and over. Feel free to try out your own mantra, the more detailed the better.
- ▶ Hold your breath for a few seconds on the bottom of the breath while you repeat your visualisation or mantra (or both).
- ▶ Repeat the cycle many times.



Āyā - Awaken Your Awareness is a non profit organisation dedicated to teaching and promoting transformative self-healing techniques with the aim of gently encouraging a silent 'inner peace' revolution in our society using a personalised and preventative approach to health and well-being.

Healing is the central underpinning core of our organisation and is the golden thread running through all our charitable projects. All our services are offered for free and our goals are actuated through our 7 departments, spanning many different sectors of our society.

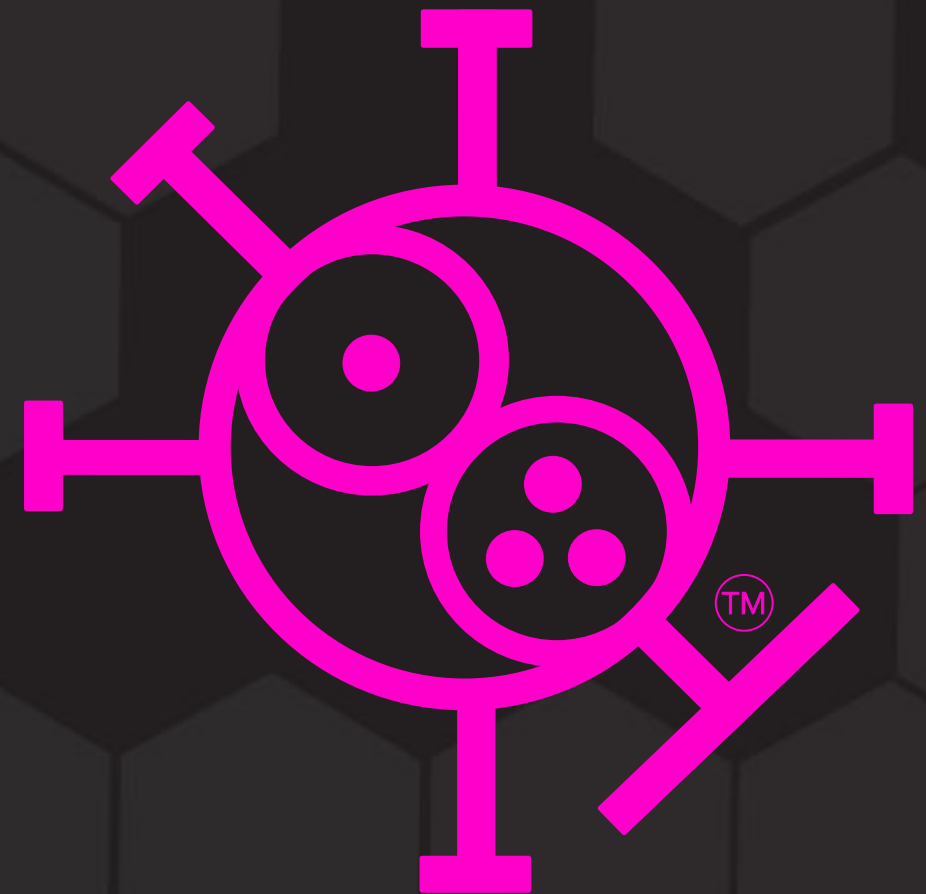
The **Silent 'Inner Peace' Revolution** is a revolution in well-being that needs to spread from one individual to another, like a chain reaction or like ripples on the surface of the pond. Together we can create a new and healed planet for ourselves and a world of loving kindness for all.

THE SILENT INNER PEACE REVOLUTION

A Transformation of our World through Healing



www.aya.world





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Produced by Āyā Education Publishing

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