**Meditation Meets Rumination: A Portal into Mindfulness**

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www.yogafordepression.com

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**Yoga and Psychotherapy**

Self-Study (Svadhyaya)
Compassion (Karuna)

“The highest spiritual practice is self-observation with compassion.”

~Krishnamurti

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**Yoga Practices in a clinical setting**

Psychologist and LifeForce Yoga® Practitioner Dr. Deborah Lubetkin with a client, Lotus Mudra

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**Centering with imagery, sound & breath**

✦ Soothing Image
✦ Hand gesture
✦ Inhale through the nostrils for 4 counts
✦ Hold the breath with the image for 4 counts.
✦ Exhale with the mantra “so-ham”
✦ Yogic Three-Part Breath

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**Mood Disorder and Meditation**

For people who are suffering from mood disorders, beginning a meditation practice can be especially difficult, because depression is often accompanied by a lot of negative self-talk.

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**How Mindfulness Helps**

Once we have established an observing mind or the “seer” as Patanjali puts it, through regular mindfulness or mantra-based practice when we are not depressed, then meditating when we feel lousy can help us detach from those self-critical thoughts.
How Yoga Meditation Helps

The Tantric tradition of nondualism provides us with a number of meditation techniques that offer the busy mind a method of slowing down.

A Doorway In

If you regularly sit, it helps to have a technique to quiet the mind’s chatter so that more of your meditation is spent floating on the still pond of your mind, observing the ripples and waves of your thoughts and feelings and less on drowning in them.

Therapeutic Bond – Rituals & Practices

- Lighting of a candle
- A hand gesture (mudra)
- A simple yoga breath (pranayama)
- A soothing image of sanctuary or peace (bhavana)
- A soothing universal tone (mantra)
- A cleansing breath (kriya)
- Client’s intention reveals itself (sankalpa)

How Yoga Skills Enhance IFS

- Strengthens the Therapeutic Alliance
- Helps Client focus
- Helps Client access Self energy
- Helps Client access feeling parts
- Provides tools for mood regulation
- Provides tools for home-care of exiles not yet unburdened.
- Provides tools and language to speak for Parts and increase self-leadership (access a larger Self)

You are more than your mood, more than your beliefs about yourself and the world. You are more than the sum of your Parts!

Overview of Biochemical & Physiological Changes

- Decrease in cortisol levels (stress hormone)
- Increase in GABA levels (primary inhibitory neurotransmitter)
- Increase in HRV (heart rate variability)
- Increase in BDNF (neuroplasticity, genetic expression)
- Demonstrated improvement in memory, cognitive functioning, perceptual motor skills, visual perception

Calming Mudras

Adhi Mudra
Calming Mudras
Chin Mudra

Calming Mudras
Dhyana Mudra

LifeForce Yoga Chakra Clearing Meditation

The technique engages the mind with sound and breath and hand gestures called mudras.

Chanting Om Shown to Deactivate the Limbic System

Researchers compared 15 seconds of “OM” (5 – O; 10 – m) to 15 seconds of the sound “Sssss...” and to 15 seconds of rest. Significant deactivation in the amygdala as well as other emotional areas only during ‘OM’ chanting.


LifeForce Yoga Research

University of North Texas, Mandy Jordan, PhD
University of Virginia, Patricia Kinser, PhD
Brown University/Butler Hospital, Lisa Uebelacker, PhD (NIH)

Current research summaries available:
http://yogafordepression.com/research-and-news/

Bellows Breath - Inhale
**Bellows Breath - Exhale**

Practice: Calming

- Bee Breath (Brahmari) – exhale only
  - Lips closed
  - Chin slightly tucked
  - Root of the tongue to back of throat

Mudra: Shanmuki

- Index points to brow point
- Middle covers eyes
- Ring at edges of nostrils
- Pinky at edges of lips

**Shanmukhi Mudra in a Clinical Setting**

Psychologist and LifeForce Yoga® Practitioner Dr. Deborah Lubetkin teaching an anxious client suffering from anorexia the Shanmuki Mudra that accompanies Bee Breath (Brahmari) to calm her racing thoughts and focus her mind for the transition into therapy.

**Shanmukhi Mudra**

- Index points to brow point
- Middle covers eyes
- Ring at edges of nostrils
- Pinky at edges of lips

**LifeForce Yoga Chakra Clearing Meditation - Energizing**

Chakra One - Muladhara (Base of spine)
- Tone: Lam
- Color: red
- Hasta Mudra 1
  - Link the two little fingers together close to the base of the spine and pull.

**LifeForce Yoga Chakra Clearing Meditation - Energizing**

Chakra Two - Svadhisthana (Low Abdomen)
- Tone: Vum
- Color: orange
- Hasta Mudra 2
  - Link the two ring fingers in front of the low abdomen and pull.
LifeForce Yoga Chakra Clearing Meditation - Energizing

Chakra Three – Manipura (Solar Plexus)
Tone: Rum
Color: yellow
Hasta Mudra 3
Link the two middle fingers in front of the solar plexus and pull.

LifeForce Yoga Chakra Clearing Meditation - Energizing

Chakra Four – Anahata (Heart)
Tone: Yum
Color: green
Kapota (Dove) Mudra
Palms together as in prayer. Keep the base of the palms and the tips of the fingers together but cup the palms.

LifeForce Yoga Chakra Clearing Meditation - Energizing

Chakra Five – Vishuddha (Throat)
Tone: Hum
Color: blue
Padma (Lotus) Mudra
Bring the hands together as in prayer. Keep the base of the palms, the little fingers and the thumbs together. Open all the other fingers wide like petals.

LifeForce Yoga Chakra Clearing Meditation - Energizing

Chakra Six – Ajña (Third Eye)
Tone: Om
Color: violet
Kali Mudra
Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.

LifeForce Yoga Chakra Clearing Meditation - Energizing

Chakra Seven – Sahasrara (Crown)
Tone: Nung
Color: white
Kali Mudra
Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.

Meditations

◊ Bliss Meditation – Inhale: “I am” to the crown; Exhale: “Here” to the feet. (Many variations of this practice)
◊ Calming Mantras for Chakras: Ō, Ū, Ah, Ā, Ė, Mm, Hing
◊ Bhavana — Image from nature, or a face that is soothing and evokes feelings of comfort and ease
Mantra Chanting (aloud, whispered, silently)

- Shanti
- So Hum
- Ma-ha-ra
- Sha-ma-ya
- Ma-ha-ya

Kirtan Kriya – Mantra chant: Sa Ta Na Ma (My identity is truth)

- Mudra: pressure from thumb to index finger down to little finer with each syllable of mantra

- Visualization: White light sweeps from crown out to brow point.

- Timing: chant -2 minutes, whisper - 2 minutes, silently – 3 minutes, whisper – 2 minutes, chant – 2 minutes. After completing this 11 minute meditation, sit silently in what remains.

- Hebrew substitute for Kirtan Kriya mantra: Ah Ha Va Ya (love of God)

- Christian substitute for Kirtan Kriya mantra: Ma-Ra-Na-Tha (come, Oh Lord)

LifeForce Yoga Bliss Meditation

- Sit comfortably, with the spine erect or lie down. Begin to notice the breath - there is your mind, and there is not, and then notice how the belly is moving the breath. Notice if the breath is responding to the breath.

- Now imagine that you are inhaling to the center of your heart. Imagine that you are inhaling to your feet. As you inhale to the heart, imagine that you are inhaling emotion into your heart. As you inhale to your feet, imagine that you are inhaling grounding to your feet.

- After this, imagine that you are inhaling bliss to the crown of your head.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the third chakra Saraswati with the word, “aha.” Repeat several times, varying A by exhaling to the root with the word, “person.”

- Continue to inhale to the crown with the mantra “I am.” Exhale to the second chakra wisdom with the word, “love.” Repeat several times.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the third chakra compassion with the word, “full.” Repeat several times.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the fourth chakra creativity with the word, “mind.” Repeat several times.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the fifth chakra fulfillment with the word, “truth.” Repeat several times.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the sixth chakra spine with the word, “energy.” Repeat several times.

- Continue to inhale to the crown with the mantra “I am.” Exhale to the seventh chakra awareness with the word, “body.” Repeat several times.

- Imagine that you are inhaling bliss to the heart. Imagine that you are inhaling bliss to the crown.

- Alternate. Repeat several times.

- Allow顺畅ness to arise.

Balancing Mudra

Happy Buddha

Resources


Trainings and Classes that Specifically address Depression

- LifeForce Yoga for Depression workshops & LifeForce Yoga Practitioner Trainings 520-349-2644 yogafordepression.com
- The Healing Breath Technique, (Satdhanan Koyal), The Art of Living Foundation, (800) 897-5913. www.artofliving.org
- Richard Miller’s Best Yoga Nidra workshops, retreats, books and tapes, www.realup.com
- Phoenix Rising Yoga Therapy, (800)288-YOGA (9642). www.pry.com
- Breath–Body–Mind Workshop with Dr. Richard Brown & Dr. Patricia Gerbarg, www.haveahelalthmind.com

Good practice CDs and DVDs

- Weintraub, Amy, LifeForce Yoga® Audio Series: Breathe to Beat the Blues, LifeForce Yoga Nidra, LifeForce Yoga Bhavanga, LifeForce Yoga Chakra Clearing Meditation, Video series: LifeForce Yoga to Beat the Blues, Level 1 & Level 2. www.yogafordepression.com