



YOGEEESH ASHRAM & SIDDHAYATAN

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How to Break your Habits, Part 1

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It is very difficult to change your habits especially when you are not aware of them. Lack of awareness makes us fight one another. Husband and wife do not get along. Mother and daughter do not get along. Father and son do not get along. It seems as if the world is in chaos. Habits are not yours; you have borrowed them from others. The baby is not born with habits. The baby learns from others. Habits are not your nature. Your nature is totally different. Today I am talking only about habits and how you can change them.

You are probably familiar with hypnosis, auto relaxation and self-analysis used by psychologists to help one change. Even if these are good methods they can only help you scratch the surface, they are not enough to bring total transformation.

Let me give you a real solid input on how habits can really be changed. Lord Mahavira, the 24th Jain Tirthankar in Jain tradition introduced this method to us 2600 years ago.

If you fully abide to these methods you will see a real transformation. These are the steps:

- Kayotsarga/Auto relaxation
- Anupreksha/Self-analysis
- Viveka/Self-awareness
- Dhyana/Meditation
- Sharanam/Self surrender to the four infinite qualities
- Bhavana/Self suggestion

The first step to change is kayotsarga or auto relaxation. With this step you let go of yourself fully. I guarantee you that if you let go of yourself fully all suffering, all pain and all habits will disappear. This first step is very important. You let go of all control. Control might work in society, but in the real sense it does not work. Only kayotsarga or auto relaxation works. You were born with a body not with the mind. Your Mind developed later. Start with the root, start with your body - start with kayotsarga. Utsarga means to leave behind, to fully forget. If you can do this you will see tremendous changes both in your life, and in your habits. This change will become noticeable to everyone. It will surprise you to see how much more you can accomplish.



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When you learn to be fully relaxed all toxins will leave your body. Practice this everyday, and if you can do kayotsarga for 48 minutes I guarantee you enlightenment. There is one condition, it has to be one hundred percent full kayotsarga.

The second step Mahavira suggested is anupreksha, or self-analysis. If you want to change your habits you have to learn how to analyze what is happening. For example, if you want to get rid of anger you have to see what anger does to you. If you do not analyze, how will you know that anger is bad? To know what anger is you have to go deep inside yourself. There you will see what an attack of anger can do to you. Your brain gets hot, and your heart and adrenal glands get drained of their power. An anger attack will affect all the main energies in your body. When the brain gets hot, the nervous system stops functioning. When the heart doesn't function the whole blood system is in chaos. And when the adrenals do not work you cannot function at all. Through self-analysis all these changes can be observed.

In June's Newsletter, the discussion will continue.

Summarized by Daniela Romero

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