

Part 3 The Agile Soul

Cultivating the Agile Self Vedantic Psychology

Part 3 of 7: Inner Stability Through
Ancient Practices

§ 1/11: Recap The Cosmic Dance

Change is Natural We Are Inherently Agile Part 2

- ⚙ If the cosmos is agile, then so are we.
- ⚙ Vedanta offers **psychological tools** to awaken this inner agility.
- ⚙ My journey with these began in childhood, witnessing their power.

§ 2/11: Practices That Anchor Me

A Living Experience Shared Through My Work

⚙️ These are not just theories, but practices I've integrated and trained many in.

⚙️ They help build inner stability in our VUCA world.

§ 3/11: Practice 1 Mindful Moment or Air Break

A Conscious Pause Like a Smoke Break for the Soul

- ⚙ Step out from the daily rush.
- ⚙ Breathe deeply for a minute or two.

Notice your breath, your surroundings.

⚙ **Reset your nervous system.**

A simple, powerful tool.

§ 4/11: Practice 2 Sunrise Ascent

A Morning Liftoff for Centered Energy

- ⚙️ Begin the day with intention (Sankalpa).
- ⚙️ Pranayama (breathing exercises).
- ⚙️ Gentle yoga (like Suryanamaskara - Sun Salutation).
- ⚙️ Quiet meditation.

Start the day centered.

§ 5/11: Practice 3 Twilight Anchor

An Evening Wind Down for Renewal

- ⚙ Reflection on the day.
- ⚙ Practice gratitude for small and big things.
- ⚙ Savasana (corpse pose) or deep relaxation to release tension.
- ⚙ Welcoming **rest and renewal**.

§ 6/11: A Simple Meditation Practice 1

Find Stillness and Anchor to Breath

⚙ 1.

Find Stillness: Sit comfortably.

Gaze softly or close eyes.

⚙ 2.

Anchor to Breath: Notice your natural breath.

Then, breathe in deeply, out slowly.

Repeat.

Then, breathe in deeply, out slowly.

§ 7/11: A Simple Meditation Practice 2

Observe Mind and Embrace Emotions



3.

Observe Mind: Thoughts will come.

Acknowledge without judgment (like clouds passing).

Gently return focus to breath.

(Buddha: mind like a restless monkey).

⚙️ 4.

Embrace Emotions: If feelings arise (sadness, anxiety, joy), acknowledge with kindness.

Breathe with them.

§ 8/11: A Simple Meditation Practice 3

Cultivate Joy and Re Center

⚙️ 5.

Cultivate Joy: Recall gratitude.

Shift to happy memories, people, achievements.

Feel positive emotions.

⚙️ 6.

Re-center: Absorb the calm or joy.

Carry this centeredness with you.

Carry this centeredness with you.

§ 9/11: The Power of Short Practice

Consistency Over Duration Initially

- ⚙️ Even **10-15 minutes daily** can open up remarkable clarity and peace.
- ⚙️ The key is regular, consistent practice.

§ 10/11: Inner Work Cultivates Qualities

These Practices Nurture Key Vedantic Strengths

⚙️ Meditation and mindful moments
are not ends in themselves.

⚙️ They help cultivate core Vedantic
concepts essential for an Agile Soul.

§ 11/11: Core Vedantic Concepts Next

How Inner Work Nurtures the Agile Soul

⚙️ What specific qualities do these practices build?

⚙️ **Next Up (Part 4):** Core Vedantic Concepts that Nurture the Agile Soul.

⚙️ Stay tuned!

Series: The Agile Soul (Part 3 of 7)

Cultivating the Agile Self

Vedantic Psychology Practices

Part 1: VUCA & The Cosmic Context

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Part 2: Vedanta's Core - The One & The Many

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Part 3: Cultivating the Agile Self - Practices (Current)

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Part 4: Core Vedantic Concepts for Agility

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Part 5: More Vedantic Concepts for Inner Work

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Part 6: From Agile Self to Agile Team

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Part 7: Leadership as Stewardship & Conclusion

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Cultivate Your Inner Agility

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Inner stability for outer effectiveness.

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