

FOUNDATIONS OF HUMAN VALUES

STRESS

What is stress?

Any occasion where a person moves away from a 'natural' state is in STRESS

We feel stressed when we are overloaded and wonder whether we really can cope with the pressures placed upon us like:

- Family problems
- Financial matters
- Illness
- Job issues
- Relationships

Impacts of stress

Psychology of Stress: Emotional impact

- Anxiety
- Fear
- Depression
- Anger
- Sadness

Physiology of Stress

- Acidity
- Ulcers
- Heart ailments
- Blood Pressure
- Kidney problems
- Diabetes

Impacts of Stress

Brain

- Continues to operate in higher Beta state (15 to 26 cycles per second of electrical impulses (EEG))

- Continues to trigger the rest of the body mechanism and create stress

Blood Pressure remains high

- High blood pressures can lead to Heart failure, paralysis (due to breakdown of blood vessels in brain)...

Acidity, Ulcer and other digestive problems

Diabetes

Kidney problems due to overload on removing toxins from the body

Reduces immunity and makes body susceptible to diseases

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- ✓ Human body & mind are a highly complex and integrated system
- ✓ Each system impacts the other: either positively or negatively
- ✓ Stress and Mind induced effects on the body are far more harmful than the external pollution
- ✓ Internal Toxins are far more harmful than external chemical/industrial pollution
- ✓ Human body has huge number of chemical factories – approximately 6600 different chemicals are produced (scientists/doctors are discovering more)

How to reduce the impact of stress?

Yoga

Pranayama

Meditation

Sudarshana Kriya

What does Yoga do at Physiological level?

Yogasanas exercise different parts of the body

They combine with breathing

They create flexibility and hollowness, lightness

Postures: Stretch & hold, Compress & hold

- Helps in flow of water, food, oxygen, electrical signals and flow of energy in the body

They are Isometric exercises

- As against Isotonic exercises of aerobics, gym exercises which help to build muscles which reduce the flexibility & become blockers over a period of time (aerobics are useful to exercise the heart)

What does Pranayama do at Physiological level?

Increases absorption of oxygen into the hemoglobin by creating inhale pressure in lungs for osmosis

E.g. Ujjayi breath

Increases the removal of carbon dioxide from the blood plasma by creating exhale pressure in lungs for osmosis

E.g. Bhastrika pranayam

90% of toxins are expelled through breath: ~ 20,000 times per day expelling ~ 5000 liters of air per day

Increases oxidation and liberation of energy in every cell of the body

Air filter analogy in automobiles

Stimulates nerve tips in lungs which have connection to the brain area (hypothalamus) where Pituitary Gland is situated

- Pituitary Gland is the master gland in the endocrine system and has a strong influence on rest of the endocrine glands

Breathing is the key voluntary AND involuntary function

- Clue (entry point) to explore the internal world – what ancient Rishi's discovered
- Breath is the connection between body & mind: unique breathing pattern for every emotion

What does Meditation do at Physiological level?

- ***Meditation***

Takes the brain to Alpha state: electrical impulses of 8 to 14 cycles per second

At deep meditation level (Samadhi state) brain goes to Theta state: electrical impulses of 4 to 7 cycles per second

Leads to deep relaxation

- ***Sudarshana Kriya of The Art of Living***
 - Takes the brain to higher beta state
 - Then takes the brain to deep relaxation
 - Thus exercises and expands the brain/mind capacity
 - Mind rules the body
 - Mind → Nervous system → Endocrine system → rest of the body function

*Disease free **Body***

*Quiver free **Breath***

*Stress free **Mind***

*Inhibition free **Intellect***

*Trauma free **Memory***

Ego that encompasses all

*Sorrow free **Soul** and*

*Violence free **Society***

Is the birth right of every individual

Gurudev Sri Sri Ravi Shankar

What does Meditation and Spiritual Practices do ?

They bring out the four 'I' s in us

Innovation

Intuition

Inspiration

Intelligence
