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The Power of Simplicity in Holistic Living

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Introduction

What does it take to live life holistically?

It definitely does not require a degree from well known university, a high paying job or huge bank balance. Holistic living has nothing to do with all that!

Holistic living simply means...

- 1) To enjoy positive health and wellness with your physical body
- 2) To have a sharp and alert mind
- 3) To have positive emotions such as Zest, Love, and Joy
- 4) To be aware spiritually

Holistic living is all about being human! More and more human!!

The Effects of Negative Experiences

The majority of people who have had too many negative experiences in life get stuck with the negative polarity. So, in such cases where negative polarity is dominant in human experience, living holistically does take commitment, practice with patience and clear intentions to create balance and evolve wholeness consciously.

Holistic living is to emphasize the positive in all dimensions. To begin with, create wholeness in the grosser trio of Body-Mind-Emotions. Once these grosser dimensions are brought in a state of balance, then we can actualize the more subtle dimensions.

The Effects of Positive Experiences

A simple practice like smiling more often can have a profound impact on our personality. Smiling is one of the natural and simplest things we can do. It doesn't cost anything! Scientific studies have shown the uplifting effects on the mind and emotions from a simple smile.

Conscious attention on the breath is another simple practice. It is such simple practices as these that can create balance between the negative and positive polarities. By being diligent in the practice of life affirmative techniques, we can make a profound shift in our state of being.

The Effects of Kriya Yoga

Practice "Tatwa Breathing" (25 connected breaths) or "Elemental Breathing" consciously. Start it with a couple of deep breaths. Now, start with four short breaths and end with a long breath. This makes the train of five connected breaths. Repeat this train five times and you have completed "Elemental breathing" (all 25 breaths should be connected without stopping in between). Tatwa breathing is based on the fact that our body is made of five tatwas or elements, namely, Earth, Water, Fire, Air and Space. Once these five elements are balanced within our body, we experience wellness! It is such a simple practice which does not need any cassette or gadget for practicing. Also, breathing in such a simple way does not even cost you anything! You do not need to travel to attend any group for practicing this Kriya. For the next few days, simply focus on the practice of this simple Kriya. Also focus on simplicity with regards to your holistic lifestyle.

Practice Kriya regularly. It takes less than half a minute to practice it. You do not have to make any noise while practicing it. Nobody will know except you about it! You can do it standing, sitting or sleeping positions. You can repeat it every hour or anytime you feel you are drifting into negative habit patterns.

The Healing Effects of Meditation

Once you practice Kriya which prepares the background, it naturally throws you in a space of non-thinking, called meditation. It creates the high levels of Prana in your body-brain system that makes it easier for you to be aware of your breath and your thoughts simultaneously. You can easily get the knack of meditation when you do this Kriya. Simply remain silent after doing Kriya, and keep your attention on your natural breathing process. Simultaneously keep witnessing your thoughts. You will experience very low levels of thought traffic. As in a high Prana state, thoughts can not linger for long. Even if the no-thought state remains just a few seconds, you will experience the surge of energy and vitality, bringing back the positive qualities of zest, love and joy!

Half a minute of Kriya and five to ten minutes of meditation can be very refreshing during hectic workdays if you can manage short breaks. You can make it a habit of practicing it consciously before lunch, before tea or before starting a meeting. It has the

power to zoom up your personal effectiveness. It is bound to reflect in work quality and productivity going up with effortless ease! This is one of the easiest ways to manage your stress too!

Through your commitment to practice Kriya and Meditation, which is to focus in emphasizing the positive, you will increase balance. That balance is the basis of wholeness and fulfillment. What begins as a simple balancing technique can become a powerful tool for life transformation.

About the Author

Prem Nirmal is a postgraduate in cybernetics and has done extensive research in the areas of stress management, intuition development, aura reading and meditation therapy. He is visiting faculty to various management institutes and a professional keynote speaker for many social events. He has extensive experience in personal counseling, consultancy and training.

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