



YOGIC SOLUTIONS FOR STRESS RELIEF

*for greater
Mental Clarity and
Emotional Stability*



ANCIENT TECHNIQUES AS REVEALED BY ENLIGHTENED MASTER PARAMAHAMSA NITHYANANDA

SUCCESS Without Stress



MIND IS YOUR ACTION

5 MINUTE EXERCISE

UNCLUTCH — THE KEY TO SUCCESS

The worldwide endemic of stress-related illnesses is cause for close examination of the inner workings of the mind and how our thoughts are directly linked to these physical, mental, and emotional states. Paramahansa Nithyananda describes the mind not as an object but an action! The mind is not a thing to suppress or destroy, and should be viewed as a tool, available to you whenever you need it. With the right understanding you can learn to switch the mind off as needed. When you can stop walking or talking, why not stop thinking? To take a break from constant thinking is to take a break from stress. This powerful act of self-renewal is essential for removing all obstacles of the mind. And all that is required is the simple decision to take action!

For 5 minutes write down all the free flowing thoughts that are happening in your mind. Write the thoughts as they come. Don't suppress or edit any thoughts. After 5 minutes, stop writing and read what you wrote. If you do this sincerely you will likely be shocked at all that goes on inside!



- What kind of thoughts happen inside?
- Are they coherent? Connected? Logical?
- The first step to eliminating stress is to simply acknowledge how the mind works

Unclutching is a process established by Paramahansa Nithyananda to elevate your consciousness by creating an inner space of possibility for attaining your desires, whether for health, wealth or bliss.

Your thoughts are not connected as you think! Stress arises because you make the mistake of connecting past with present and future. You may think I have been depressed for 1 year. You fail to realize that you had thousands of happy thoughts also in the last year! Like independent bubbles rising in a fish tank, there is no logical connection between your thoughts. When you understand this simple truth you are able to spontaneously unclutch from the grip of the past.

The technique: When stress builds up, observe your thoughts without giving them your attention, support or encouragement. Avoid connecting the present through with past experiences. Suddenly you will be Unclutched. Your inner chatter will be instantly reduced as you are pulled into the space of completion, restful awareness, and deep inner peace.



3 Techniques for INSTANT STRESS RELIEF



TECHNIQUE 1: ANYTIME, ANYWHERE

Parsvottanasana

Step 1: Take a medium step forward with the right foot and pivot the left foot at a slight angle for balance. Square the hips and shoulders in the line of the right foot. Interlace the hands behind the back. Take a deep inhale while opening the chest and gently lifting the chin.

Step 2: Slowly bend forward, as far as you can comfortably, allowing the straight arms to come overhead. Hold the posture for few breaths. To come out of the posture, inhale while lifting the chin, the chest and the whole upper body. Allow the arms to relax down.

Repeat on the other side with the left leg forward.

NOTE: Avoid this posture if you have high blood pressure or any heart condition. You can come half-way down without raising the arms.

TECHNIQUE 2: BACK FROM WORK

Viparita Karani: Legs-up-the-wall pose

Step 1: Sit sideways with the hip against the wall.

Step 2: Lie on your back and bring the leg that is close to the wall right up.

Step 3: Bring both legs up against the wall and keep the sitting bones as close to the wall as possible. Stay in the posture, breathing and relaxing for at least 5 minutes.

Option: place a folded blanket or a block below the hips to relax the back.

TECHNIQUE 3: BEFORE BED

3 minutes of Brahmari Pranayama

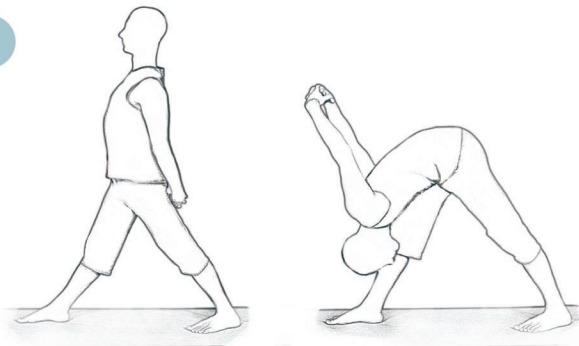
Step 1: Sit cross-legged in sukhasana with the spine straight.

Step 2: Place the thumbs in the ears.

Step 3: Close your eyes and hum like a bee (soft 'mmm' with closed lips), for 3 minutes.

Step 4: Sit in silence for few minutes. Relax.

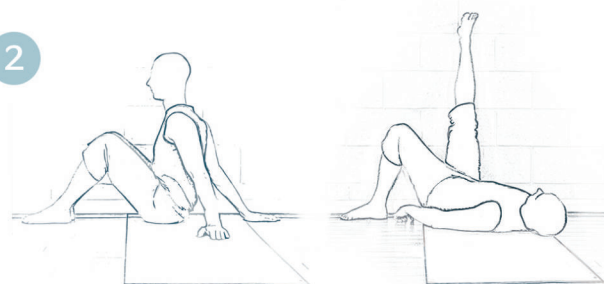
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Step 1: Inhale

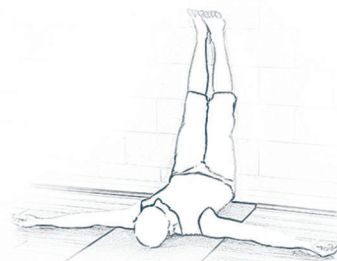
Step 2: Exhale

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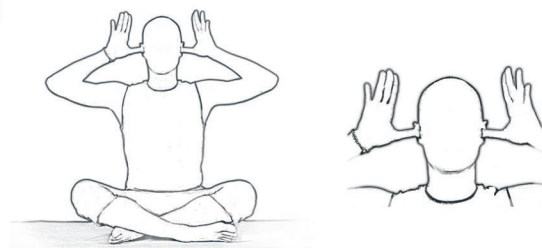
Step 1

Step 2



Step 3

3





Nithya Yoga is a scientific, modern yet most ancient system of Yoga as originally expressed by Patanjali and the great sages thousands of years ago. Yoga has always been a science that was kept in secret, and was only transmitted in a lineage from a great master to an adept disciple after many years of practices. Now we have the privilege to have this ancient science of Yoga revealed and transmitted with the pristine purity from source by a living enlightened Master, Paramahansa Nithyananda for the modern day man. Making this powerful science available to one and all!

Nithya Yoga is not just limited to the practice of physical asana, nor the understandings of some philosophies. It is a happening, and experience, that brings forth the benefits and result in every dimension of life.



His Holiness, Paramahansa Nithyananda, recognized today as a clear, legitimate, apolitical voice of Sanatana Dharma, is revered as a living incarnation of super-consciousness by millions worldwide. He is a Maha Mandaleshwar (spiritual head) of Mahanirvani Peeth, the most ancient apex body of Hinduism. He is the most watched spiritual teacher on Youtube with over 16 million views and the author of more than 300 books published in over 20 languages His talks are watched live every day on Nithyananda.TV, as well as on multiple international television channels and via video conferencing. Paramahansa Nithyananda is also a powerful spiritual healer and adept who has successfully demystified yogic sciences like Kundalini Awakening, levitation, materialization, anti-aging, and going beyond food.



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