



Mood Disorder and Meditation For people who are suffering from mood disorders, beginning a meditation practice can be especially difficult, because depression is often accompanied by a lot of negative self-talk.

Once we have established an observing mind or the "seer" as Patanjali puts it, through regular mindfulness or mantrabased practice when we are not depressed, then meditating when we feel lousy can help us detach from those self-critical thoughts.

How Yoga Meditation Helps

The Tantric tradition of nondualism provides us with a number of meditation techniques that offer the busy mind a method of slowing down.

A Doorway In

If you regularly sit, it helps to have a technique to quiet the mind's chatter so that more of your meditation is spent floating on the still pond of your mind, observing the ripples and waves of your thoughts and feelings and less on drowning in them.

Therapeutic Bond – Rituals & Practices

- + Lighting of a candle
- ♦ A hand gesture (mudra)
- A simple yoga breath (pranayama)
- A soothing image of sanctuary or peace (bhavana)
- A soothing universal tone (*mantra*)
- A cleansing breath (kriya)
- Client's intention reveals itself (sankalpa)

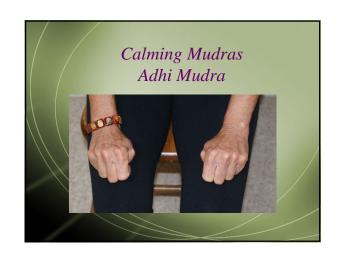
How Yoga Skills Enhance IFS

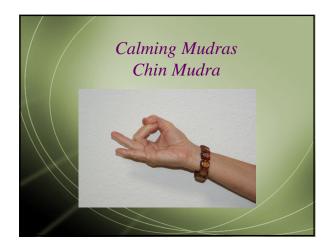
- Strengthens the Therapeutic Alliance
- Helps Client focus
- + Helps Client access Self energy
- Helps Client access feeling parts
- Provides tools for mood regulation
- Provides tools for self-care
- Provides tools and language to speak for Parts and increase self-leadership (access a larger Self

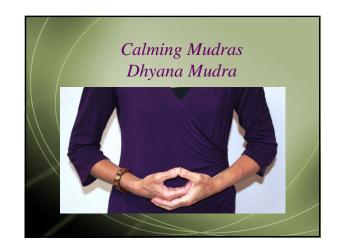
You are more than your mood, more than your beliefs about yourself and the world. You are more than the sum of your Parts!

Overview of Biochemical & Physiological Changes

- Decrease in cortisol levels (stress hormone)
- Increase in GABA levels (primary inhibitory neurotransmitter)
- Increase in HRV (heart rate variability)
- Increase in BDNF (neuroplasticity, genetic expression)
- Demonstrated improvement in memory, cognitive functioning, perceptual motor skills, visual perception







LifeForce Yoga Chakra Clearing Meditation The technique engages the mind with sound and breath and hand gestures called mudras.

