

*Meditation Meets
Rumination: A Portal
into Mindfulness*

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www.yogafordepression.com

Yoga and Psychotherapy

Self-Study (Svadyaya)
Compassion (Karuna)

*"The highest spiritual practice is self-
observation with compassion."*

~Krishnamurti

*Yoga Practices
in a clinical setting*



Psychologist and
LifeForce Yoga®
Practitioner Dr. Deborah
Lubetkin with a client,
Lotus Mudra

*Centering with imagery, sound &
breath*

- ✦ Soothing Image
- ✦ Hand gesture
- ✦ Inhale through the nostrils for 4 counts
- ✦ Hold the breath with the image for 4 counts.
- ✦ Exhale with the mantra "so-ham"
- ✦ Yogic Three-Part Breath

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.

How Mindfulness Helps

Once we have established an observing mind or the "seer" as Patanjali puts it, through regular mindfulness or mantra-based 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

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Calming Mudras Adhi Mudra



Calming Mudras Chin Mudra



Calming Mudras Dhyana Mudra



LifeForce Yoga Chakra Clearing Meditation

The technique engages the mind with sound and breath and hand gestures called mudras.

Chanting Om Shown to Deactivate the Limbic System

✦ Researchers compared 15 seconds of “OM” (5 – O; 10 – m) to 15 seconds of the sound “Ssssss...” and to 15 seconds of rest. Significant deactivation in the amygdala as well as other emotional areas only during ‘OM’ chanting

Bangalore G Kalyani, et al., “Neurohemodynamic correlates of ‘OM’ chanting: A pilot functional magnetic resonance imaging study” *International Journal of Yoga*. 2012 Jan-Jun; 4(1):3 – 6.

LifeForce Yoga Research

- ✦ University of North Texas, Mandy Jordan, PhD
- ✦ University of Virginia, Patricia Kinser, PhD
- ✦ Brown University/Butler Hospital, Lisa Uebelacker, PhD (NIH)

Current research summaries available:

<http://yogafordepression.com/research-and-news/>

Teaching a client LFYCCM in a clinical setting



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Bellows Breath - Inhale



Bellows Breath - Exhale



Practice: Calming

- ✦ Bee Breath (Brahmari) – exhale only
- ✦ Lips closed
- ✦ Chin slightly tucked
- ✦ Root of the tongue to back of throat

Mudra: Shanmuki

- ✦ Index points to brow point
- ✦ Middle covers eyes
- ✦ Ring at edges of nostrils
- ✦ Pinky at edges of lips



Shanmukhi Mudra in a Clinical Setting



Psychologist and LifeForce Yoga® Practitioner Dr. Deborah Lubetkin teaching an anxious client suffering from anorexia the Shanmuki Mudra that accompanies Bee Breath (Brahmari) to calm her racing thoughts and focus her mind for the transition into therapy.

Shanmukhi Mudra




- ✦ Index points to brow point
- ✦ Middle covers eyes
- ✦ Ring at edges of nostrils
- ✦ Pinky at edges of lips

LifeForce Yoga Chakra Clearing Meditation - Energizing



Chakra One - Muladhara
(Base of spine)
Tone: Lam
Color: red
Hasta Mudra 1
Link the two little fingers together close to the base of the spine and pull.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*




Chakra Two – Svadhisthana
(Low Abdomen)
Tone: Vum
Color: orange
Hasta Mudra 2
Link the two ring fingers in front of the low abdomen and pull.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*



Chakra Three – Manipura
(Solar Plexus)
Tone: Rum
Color: yellow
Hasta Mudra 3
Link the two middle fingers in front of the solar plexus and pull.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*




Chakra Four – Anahata
(Heart)
Tone: Yum
Color: green
Kapota (Dove) Mudra
Palms together as in prayer. Keep the base of the palms and the tips of the fingers together but cup the palms.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*




Chakra Five – Vishuddha
(Throat)
Tone: Hum
Color: blue
Padma (Lotus) Mudra
Bring the hands together as in prayer. Keep the base of the palms, the little fingers and the thumbs together. Open all the other fingers wide like petals.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*



Chakra Six – Ajña
(Third Eye)
Tone: Om
Color: violet
Kali Mudra
Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.

*LifeForce Yoga Chakra Clearing
Meditation - Energizing*



Chakra Seven – Sahasrara
(Crown)
Tone: Nnng
Color: white
Kali Mudra
Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.

