



Tips for Spring Cleansing For Your Mind!

In Hunger, Hope & Healing, we follow the principles of Yoga and Ayurveda. When it comes to digestion and health, in Ayurveda, we don't only consider food, we also recognize that our thoughts and emotions influence our digestion and our overall health.

To the average reader, this might seem too esoteric. However, if you recall the last time you were anxious, angry, sad, or nervous, you were likely experiencing those emotions in your body. Not just in your mind. Your body houses the **gut-brain axis** which is a super highway of communication between your gut and your brain. When emotions are blocking this pathway, it's like a traffic jam. Things can not flow as smoothly nor efficiently.

If you live in sympathetic overdrive, with your fight or flight system turned on more often than not, your digestive system gets a memo: Your department has been closed due to emergencies elsewhere. In fact, your endocrine and immune systems get this same memo.

It's truly hard to feel even minimally vital when your systems are out of balance. Since your mind is powerfully influencing all of these systems, we need to tend to your MIND in order to tend to your overall health.



Meditation is an ideal practice to bring back this overall balance. But, what if your mind won't let you meditate? What if you have the energizer bunny version of the monkey mind? Follow these tips to prepare you for meditation. (Don't just sit there miserably, deciding that you are a meditation failure!)

- Tend to your senses. Reduce the clutter in your space. Set the lighting to be more calming for your mind. Light a naturally scented candle or incense stick. Play music with a 432Hz vibration. Wear comfortable clothing.
- Reduce the stimulation to your brain! Check your daily life for unnecessary stimulation to your brain: too much noise IS influencing your concentration, your stamina, and your overall nervous system tone. Drive in silence. (Yes!) Limit scrolling on screens. Clear your desk, kitchen counter, or other surface areas that affect your visual field.
- Unsubscribe or Cancel subscriptions. Unsubscribe from email lists that your NEVER look at. Do this also for the ones you think you'll open later, but you don't. Cancel your unnecessary magazine subscriptions. This saves paper, reduces clutter, and refreshes your mind not to see the magazine mail piling up in your recycling every week.

Remember, no matter where you are in your nutrition journey, you can always start new habits.

Meditation



- Choose one frequent visitor thought to evict from your mind. You likely have several forms of repeating thoughts that (a) have no real beneficial purpose, (b) have been repeating for decades, (c) no longer make sense in your life today, or (d) act like mosquitoes that won't go away. These may seem innocent. But, when you disallow them, you'll be freeing up mental space AND you'll be practicing this technique for the next thought, and the next one, and even some of the MUCH bigger ones!

For example:

“I wonder what time it is?”

“I will never get all of this done.”

“I can't believe they said that.”

“This is boring.”

“I'm missing out.”

- Add a nutritive thought! Just like we use nutritive foods to support cleansing our guts, we can use nutritive thoughts to help cleanse our minds.

“Stress is the tension between expectation, resource, and time. I choose patience.”

“I'm doing what I can as I can. I trust myself.”

“Everyone is facing something. Not everyone knows this about themselves.”

“This is reminding me of what I value in life.”

“I'm right here. And, it is enough.”

- Choosing any one of these tips will move you toward your physical and mental vitality. Choosing two renews your stamina. Choosing three of them gives you new super powers!

Remember, practicing one action is creating the neural pathways for that action to be integrated. The next action will have more traction and you'll feel more confident and energized about it. This will continue to build on itself!
