



MY PRANAPORTAL

HOW TO SIGNIFICANTLY REDUCE STRESS

Stress arises anytime we encounter a resistance to the fulfillment of our needs & desires.

It can arise from the perception that our desires, happiness, security or self-esteem are being compromised.



We feel stress whenever there is a threat to the fulfillment of our desires

When we experience stress, it can have a significant impact on our well-being, affecting all areas of our life from the Physical to the Mental and Emotional and the Spiritual....



The impact of stress on our system is multifaceted

Stress impacts our spirituality and sense of well-being, diminishing our capacity to search for meaning, purpose and connection with something greater than ourselves.

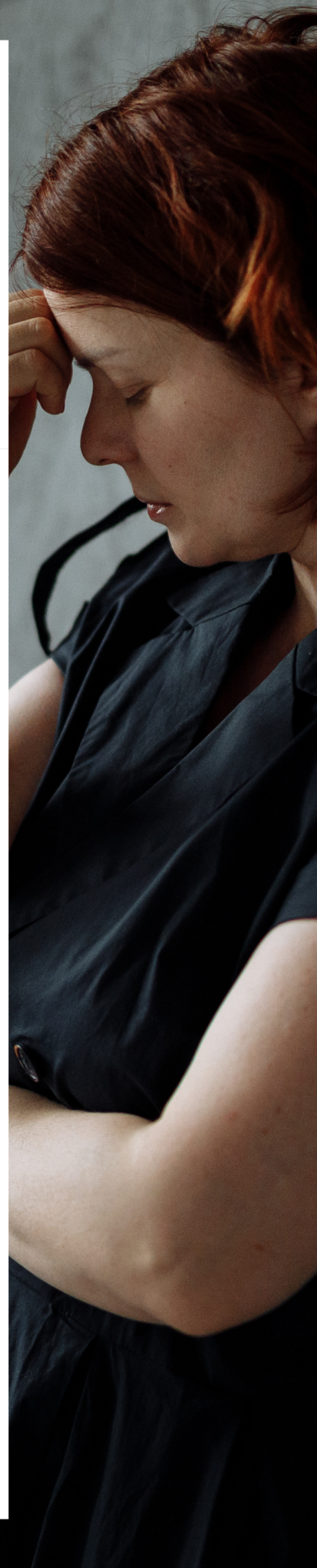


When we're overwhelmed, it may be difficult to find the time or energy to engage in activities that align with our values and that bring a sense of fulfillment.

The overwhelming demands and pressures can make it difficult to engage in introspection, self-reflection, and practices that nurture the soul.

Stress can restrict our ability to engage with nature and experiences that evoke a sense of awe, beauty and transcendence.

These experiences often play a significant role in spiritual growth and nourishment.



Stress can have a profound impact on mental health. It can contribute to the development of anxiety, depression and irritability.

Chronic stress can also affect cognitive processes, memory, creativity, decision making, problem solving and concentration



Prolonged or chronic stress can take a toll on our mental well-being.

Physically, chronic stress can lead to various health problems such as high blood pressure, cardiovascular disease, weakened immune system, digestive disorders and sleep disturbances.



Furthermore, stress can hinder the free flow of energy & information throughout our system

The sources of stress can come from major life crises and transitions such as:

- ☑ Health issues
- ☑ Caring for ageing parents
- ☑ Dealing with adolescents
- ☑ Career change and relevance
- ☑ Relationship changes/
breakdown



But it can also come from:

- ☑ Being stuck in traffic
- ☑ Your boss giving you a deadline
- ☑ Mounting bills



“ These seemingly minor daily challenges, when persistent and ongoing, can contribute to chronic stress.

When we experience stress, our body's emergency response system known as flight-or-flight gets turned on. This adrenaline fuelled sympathetic nervous system is an innate and archaic survival mechanism that has evolved over thousands of years. It served our ancestors well in helping them respond to immediate threats and survive in dangerous situations...





When faced with a life-threatening situation, such as being chased by a predator like a saber-toothed tiger, the flight-or-flight response would activate to prepare the body for rapid action. Adrenaline and other stress hormones would be released, triggering physiological changes such as increased heart rate, heightened senses and a surge of energy.

This response provided our ancestors with the necessary physical abilities to fight off the threat or flee for safety.

When this Fight or Flight response is triggered our;

- ⬆ Heart rate
- ⬆ Blood pressure
- ⬆ Respiration
- ⬆ Perspiration
- ⬆ Stress hormones
- ⬆ Anti-aging hormones
- ⬆ Platelet stickiness
- ⬆ Our immunity weakens over time

Today...

While modern-day challenges may not typically involve being chased by tigers like those encountered by our ancestors, our physiological response to stress remains largely the same.



Today...

The sympathetic nervous system can still be activated in response to various stressors, whether they are physical, psychological or emotional in nature.



So the challenge in today's world is that the flight-or-fight response, which was designed for acute stressors, can be triggered by chronic or recurring stressors like work and financial stress that may not require an immediate physical response.

This can lead to long-term activation of the sympathetic nervous system, resulting in the accumulation of stress hormones and potential health consequences.

Mindfulness...



The news is not all negative, Mindfulness practises such as Breathwork and Meditation have been found to be effective in reducing stress, even clinically evident in Veterans with PTSD.

There is a growing body of research exploring the link between breathing, emotion, and cognition.

Mindfulness...



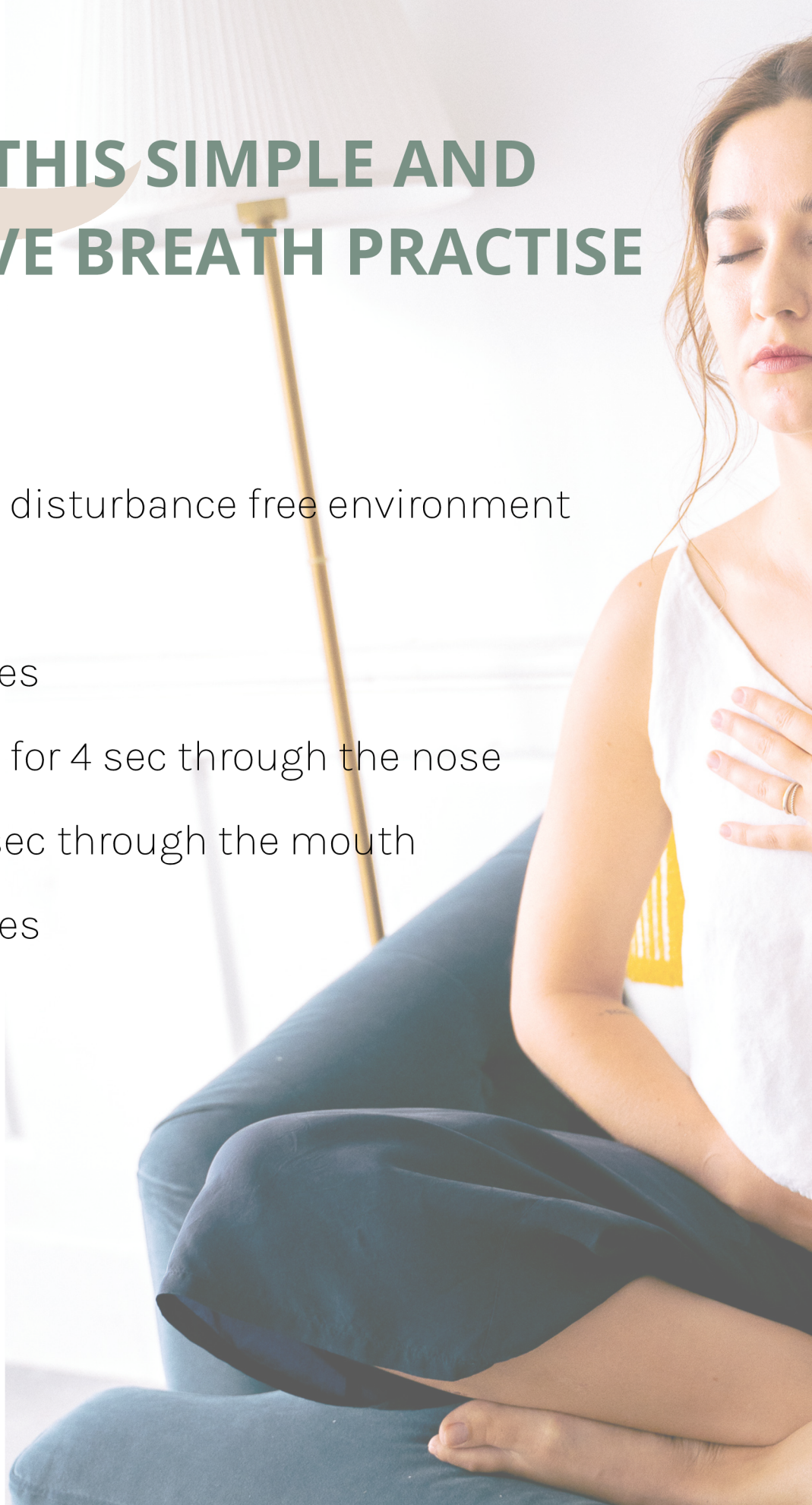
Other clinical studies have shown the benefits of repetition of a Mindfulness based practice of repeating a Mantra

In my psychology practice , I see numerous clients with chronic stress benefit from making changes to their lifestyle including using an extended exhalation breath practise.

This study on breathwork exercises provides valuable insights into the potential benefits of controlled breathwork practices, specifically cyclic sighing, as a means of improving mood, reducing respiratory rate, and potentially managing stress and anxiety. This highlights the benefit of incorporating breathwork exercises into daily routines for enhancing well-being and emotional regulation.

TRY THIS SIMPLE AND EFFECTIVE BREATH PRACTISE

- ☑ Simply find a disturbance free environment
- ☑ Sit down
- ☑ Close your eyes
- ☑ Inhale deeply for 4 sec through the nose
- ☑ Exhale for 8 sec through the mouth
- ☑ Do this 5 times



FEEL THE DIFFERENCE

Set an alarm 4X per day, at 8am, 12pm, 4pm, 8pm. And each time do this breath technique 5X.



NEXT STEPS!

This simple Breath technique is just the beginning. Please check out Avanti's online Meditation course called Soul's echo where you will learn how to use your Birth Mantra for Daily Meditation.



Avanti is a Holistic Psychologist,
Chopra Centre Meditation
Instructor and Ayurvedic
Practitioner but feels much more
a teacher of Modern Mysticism.



Her story contending with health challenges and IVF eventually led to an awakening and the birthing of her Holistic Counselling and Education business My Prana Portal in 2011.

She is known for her integrated, dynamic and warm approach using a combination of Ancient Wisdom and Modern Science Teachings...

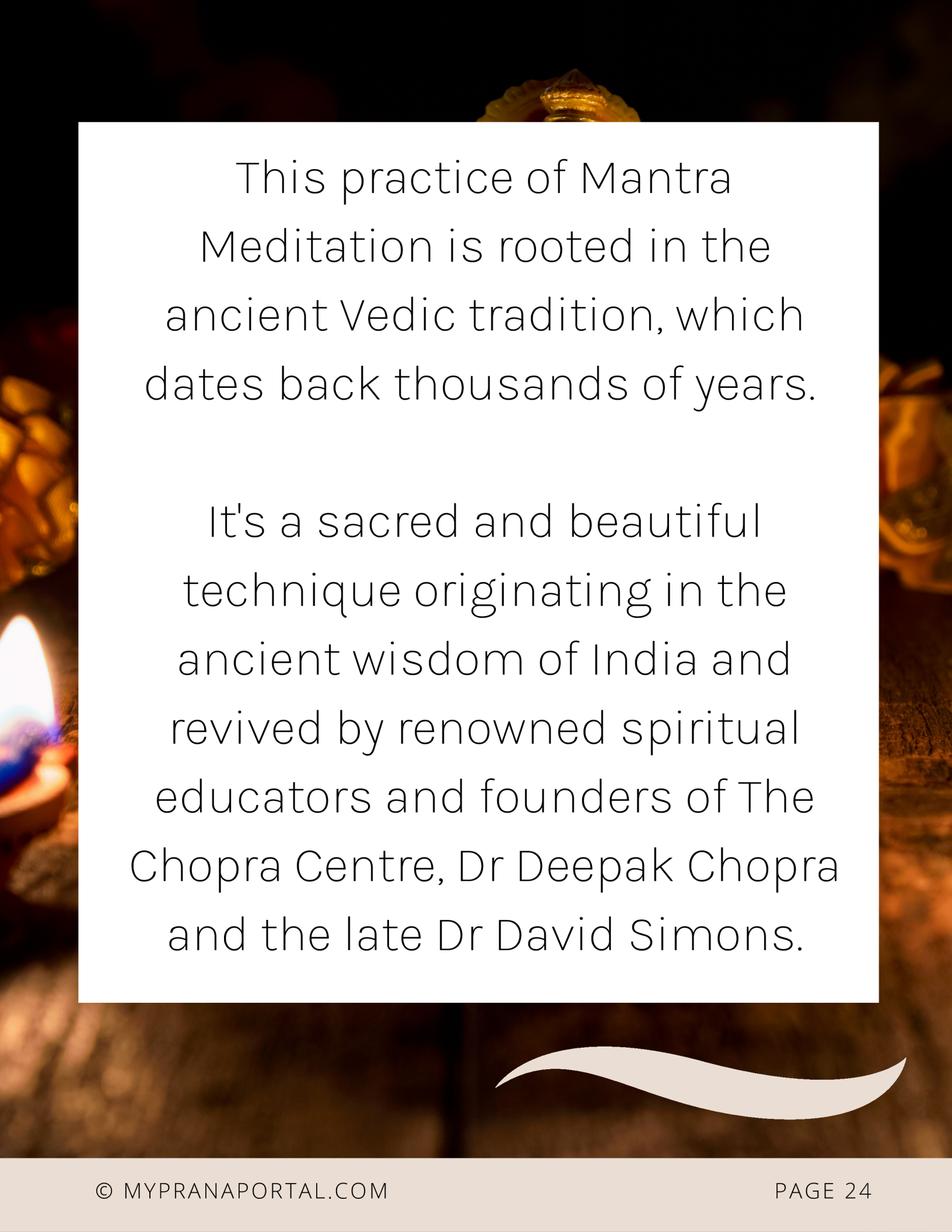
www.mypranaportal.com/about

When I travelled to The Chopra Centre, San Diego in 2013, it was at a hugely transformative period in my life and by this time I was yearning for growth and healing.

I never imagined that I would eventually become a Chopra Primordial Sound Meditation Teacher.

It is one of the most significant things I have done with my life because it brought me a daily tool for self discovery as well as a way to contribute simply and effectively to my clients lives.





This practice of Mantra
Meditation is rooted in the
ancient Vedic tradition, which
dates back thousands of years.

It's a sacred and beautiful
technique originating in the
ancient wisdom of India and
revived by renowned spiritual
educators and founders of The
Chopra Centre, Dr Deepak Chopra
and the late Dr David Simons.

WHAT I LEARNED AT THE CHOPRA CENTRE ABOUT MEDITATION



The practise of Meditation is easy to learn!

It does not require any specific
religious or spiritual belief

Meditation isn't about stopping our
thoughts or trying to empty our mind

The benefits can come relatively immediately

Meditation is a tool for self discovery and for rediscovering your body's own inner guidance system.

Practising meditation on a daily basis allows us to weave silence into our body and mind and foster a life of fulfilment, compassion and creativity.



I have taught hundreds of people to Meditate using their own birth mantra and now I am so happy to be releasing my online Meditation course, Soul's Echo. You can do it from the comfort of your own home, teaching and inspiring you to become a daily meditator.

During this course you will be given your unique mantra, a specific vibrational sound, your Soul's echo that corresponds to the time and place of your birth.

The mantra is calculated based on your birth information and serves as a tool to quiet the mind and connect with the deeper aspects of consciousness.



JOIN MY ONLINE MEDITATION PROGRAM AND BECOME A DAILY MEDITATOR

Discover the purpose of meditation.

Explore the benefits of meditation for physical health and emotional well-being.

Learn about the origins of Meditation

Receive your own personal birth mantra.

Learn when and how to Meditate.

Establish a daily meditation practice.

