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## **Cultivate the Positive:**

**How to get clear,  
be calm and courageous,  
and achieve your intentions.**



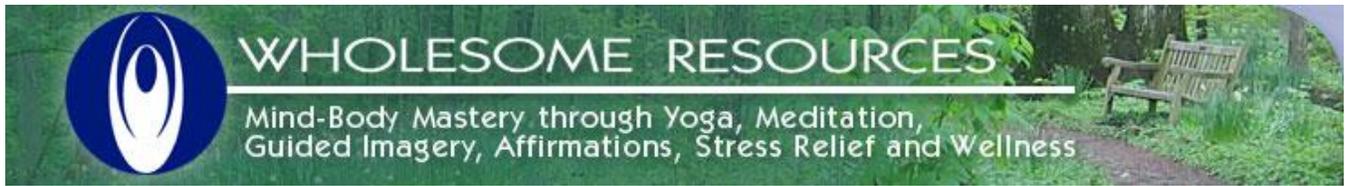
**Presented by:**

**Julie Lusk, M.Ed., RYT-E500**  
<http://WholesomeResources.com>

Here are three proven yoga techniques to help with setting a worthwhile intention that will help you overcome frustrations, anxiety and fatigue.

1. We'll learn a yoga meditation technique from the Yoga Sutras called Pratipaksha Bhavana. It teaches us to exchange negative thoughts and feelings for positive ones. This nurtures our capacity to react constructively and mindfully in a levelheaded and calm manner to people and situations, and less likely to react automatically and negatively. It helps us develop qualities like courage, kindness, patience and health improvement. Doing so enables us to enjoy better relationships, benefit from clear thinking, and have the ability to make positive behavior changes. You will need a place to sit meditatively for Pratipaksha Bhavana
2. We'll practice the Kubera Mudra to bring your intention to life.
3. We'll use a powerful relaxation technique known as Yoga Nidra. Not only is it deeply restorative, it will seal your intention in so it will take root and bloom. You will need a yoga mat. You may also want to have a blanket to cover up with as well as a thin cushion to support your head and an eye pillow.





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## Cultivate the Positive Meditation: Pratipaksha Bhavana

Pratipaksha Bhavana is a meditation practice based on a teaching from the Yoga Sutras of Patanjali that says, “When disturbed by negative thoughts and feelings, cultivate the positive.” (Yoga Sutras 2.33)

Although it’s important to get to know all the emotions, even those that seem unpleasant or negative, it’s quite important to nourish, water and feed what we want to grow. This meditation teaches us to exchange negative thoughts and feelings for positive ones. We do this by breathing in and out the positive to counteract the negative. This emphasizes helpful qualities, enabling them to take root quickly and efficiently. This nurtures our capacity to react constructively and mindfully in a levelheaded and calm manner to people and situations, and less likely to react automatically or negatively.

### Worksheet:

1. What is a negative thought or feeling that you would like to transform into something positive? For instance, you may want to exchange confusion with clarity; or anxiety with calmness; or negativity with acceptance, or fear with courage.

Negative thought or feeling: \_\_\_\_\_

Positive thought or feeling: \_\_\_\_\_

Breathing in, mentally say "I am"

Breathing out, mentally say the positive trait or quality with sincerity

Repeat this breathing method for several minutes.

2. What symbol represents the positive thought or feeling you are cultivating. This could be a person, place, an object, or image.

Imagine the representative person, place, object or image by visualizing or sensing it with your mind's eye.

Notes: Pratipaksha Bhavana is pronounced Prah-tee-pak-shah Bhah-van-ah

*Cultivate the Positive: Pratipaksha Bhavana* is available in written form in [Yoga Meditations: Timeless Mind-Body Practices](#) by Julie Lusk published by Whole Person Associates, Duluth, MN. It is also available as a recorded guided meditation on the [Power of Presence CD](#) by Julie Lusk. Both are available at [Wholesome Resources](#).





# WHOLESOME RESOURCES

Mind-Body Mastery through Yoga, Meditation,  
Guided Imagery, Affirmations, Stress Relief and Wellness



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## Kubera Mudra

*Kubera Mudra* is a yoga posture done with the hands.

### Benefits of Kubera Mudra:

- Focuses and concentrates energy for something strongly desired.
- Puts powerful strength behind future plans (goals and what you want fulfilled)
- Confidence, calmness and peacefulness
- It can also be used to find something (lost object, parking spot, etc.)
- Physically, it opens and decongests the frontal sinuses



### How to do Kubera Mudra:

Touch the tip of your thumb, index finger and middle finger together. Bend the other two fingers in toward the middle of your hand. Do this with both hands. Hold for several minutes and repeat 2-3 times throughout the day.





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## Yoga Nidra: Real Relaxation

**What Is Yoga Nidra?** Yoga Nidra is a powerful technique that yoga sages have been using for thousands of years. Yoga Nidra means “yogic sleep.” Yoga Nidra refers to a state of consciousness and not to a particular technique. It’s a state of conscious deep sleep that goes far beyond deep relaxation to a place of intrinsic peace and quiet. It’s a glorious place where awareness remains yet the thinking mind withdraws. What’s experienced is awareness without words, thoughts, images, feelings and other sensations. It’s where our innate wisdom, intelligence and intuition naturally reside. It feels fantastic!

### What are the benefits of Yoga Nidra?

With regular practice, your health will undoubtedly improve. Scientific studies have shown that real relaxation and yoga nidra helps with a variety of physical and mental problems. It can boost your immune system, lower blood pressure, and decrease pain. Though it’s not a substitute for sleeping, one hour of yoga nidra equals about 4 hours of typical sleep because the brain wave state we’re in is extremely restful and relaxing. You’ll enjoy living with a clear head. Eventually, mood swings and emotional upsets won’t bother you. Your creativity and intuition will flourish in a positive and productive way. Plus, your energy increases.

### Is Yoga Nidra different from hypnosis?

Yes. In hypnosis, we’re in a brain wave state that is not as deep as in yoga nidra. With hypnosis, someone else makes suggestions to us in this altered state. In Yoga Nidra, positive suggestions originate and come from within ourselves for lasting and constructive change. This is called setting a resolve, or sankalpa.

### How is Yoga Nidra Done?

The purpose of yoga nidra is to completely relax physically, energetically, mentally, and emotionally. Doing so is deeply soothing and it naturally awakens innate wisdom and intuition. During the yoga nidra process, you’ll be invited to get comfortable lying down on a yoga mat or something similar. Specialized relaxation exercises, breathing techniques, meditation, and guided imagery are utilized to for becoming extremely relaxed and to replenish energy. Yoga nidra effectively handles everyday tension and is capable of healing deep-seated stress. It is much more than a quick fix.

### How does Yoga Nidra help me make positive changes? What is a resolve, also called a sankalpa?

The brain wave state we’re in during Yoga Nidra is fertile ground. We’re both very relaxed and very receptive. Setting a resolve during this time makes it completely possible to clear out useless habits and bring about positive and permanent changes in your personality and life. So, choose a worthwhile virtue that has meaning and significance for you as your resolve. Kindness, patience, and love are good examples. The sankalpa (resolve) is affirmed briefly, sincerely, and in the present tense at the beginning and end of yoga nidra. Use the same one until it becomes a living reality.

**How often should I do Yoga Nidra?** Regular practice (daily to several times a week) is strongly recommended, especially if you want to reap the benefits.

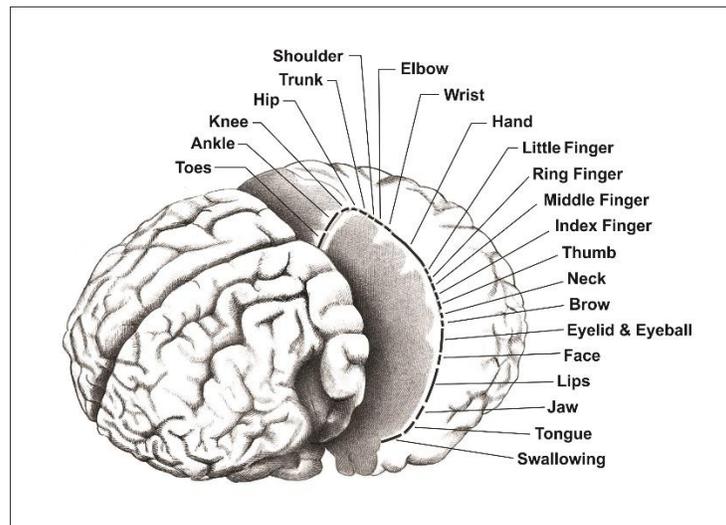
**Note:** Refer to *Yoga Nidra for Complete Relaxation and Stress Relief* by Julie Lusk (NHP 2015) for a clear and complete information on yoga nidra. It’s available at the [WholesomeResources.com](http://WholesomeResources.com) store.

## The Map of Consciousness used during Yoga Nidra

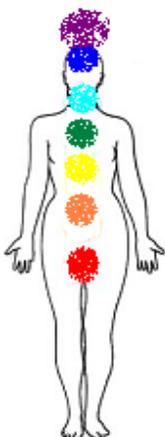
One technique that is used to achieve the state of conscious awareness known as yoga nidra, is to mentally scan the body using a specific order and duration based on the sensory-motor cortex, also called the homunculus. It is recommended to follow the same sequence to help bring about the movement of prana (life force) and create a healthy flow of energy.

If you look closely at the diagram of the sensory-motor cortex below, you will notice that more area in this part of the brain is devoted to certain places than to others. For instance, compare the relatively large amount of area dedicated to the hands and fingers with the small amount dedicated to the hips. This is why more time is intentionally spent scanning the areas of the body with more of the brain dedicated to it during the practice.

**Sensory-motor cortex** © as shown in *Yoga Nidra for Complete Relaxation and Stress Relief* by Julie Lusk (used with permission).



The diagram below shows the subtle energy centers, called chakras, that are also mentally scanned. Chakras are associated with physical, psychological, emotional and spiritual health, and more.



- Crown Chakra Wisdom. Spirituality.
- Third Eye Chakra Intuition. Insight.
- Throat Self expression. Communication
- Heart Compassion. Love. Kindness.
- Solar Plexus Self esteem. Confidence
- Sacral Sensuality, intimacy, creativity.
- Root Safety. To have, be.



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Julie Lusk, M.Ed., RYT E500, is president of Wholesome Resources. She focuses on opening, balancing and strengthening the body/mind/spirit connection through yoga, meditation, therapeutic relaxation and guided imagery. Julie is published internationally and the author of "Yoga Meditations," "Desktop Yoga®," two volumes of "30 Scripts for Relaxation, Imagery and Inner Healing," and the Mind-Body eBook Collection. Her CDs include "Real Relaxation: Yoga Nidra," "Wholesome Energizers," "Power of Presence" and many others. Julie Lusk's relaxation, imagery and affirmation CDs are being used on an ongoing basis at Good Samaritan Hospital, American Heart Association, Hospice of Cincinnati, St. Elizabeth's Medical Center, American and Jamaican Cancer Societies, VA Tech and other organizations nationwide.

Julie teaches regularly in Cincinnati. Additional programs are often scheduled at Kripalu in MA, Sivananda Ashram in the Bahamas and Integral Yoga/ Satchidananda Ashram - Yogaville, VA, Discovery Yoga in FL, and others.

Professionally, Julie has served as Regional Director of the Mercy Holistic Health and Wellness Center (Cincinnati, OH), Assistant Dean of Students of Roanoke College (Salem, VA) and Director of Health Management at Lewis-Gale Clinic (Salem, VA) Julie's volunteer efforts in community wellness and health promotion earned recognition from the US Surgeon General and the Governor of Virginia.

She has appeared as a guest on numerous radio and television shows for CBS, ABC, FOX, ESPN and NBC affiliates, as well as South China Morning Post and Hong Kong Metro News Radio. Yoga Journal, New Woman Magazine, Cincinnati Enquirer, Business Courier, Vegetarian Times, Body& Soul Journal for Holistic Living, Cincinnati Woman, IDEA Today, Roanoker, Wellness Management, among other publications, have featured Julie's work in articles.

Julie Lusk is available as a speaker, trainer and mentor. Her website and blog are found at <http://WholesomeResources.com>

**Resource Materials:** Products can be found online at <http://wholesomeresources.com/shop/>

- Yoga Nidra for Complete Relaxation and Stress Relief (NHP 2015)
- Yoga Meditations: Timeless Mind-Body Practices (book and CD set)
- 30 Scripts for Relaxation, Imagery and Inner Healing - Volumes 1 & 2
- Complete Chakra Chart (full color laminated chart 8 1/2 x 14")

**CDs include:**

- Real Relaxation: Yoga Nidra
- Yoga Nidra for Unshakable Peace and Joy
- Yoga Nidra for High-Level Living
- Yoga Nidra for Balance and Strength
- Sa Ta Na Ma Meditation
- Wholesome Energizers
- Power of Presence
- Wholesome Relaxation
- And 6 others