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THE TEN SECRETS TO MAINTAINING YOUR OWN WELLNESS
(MOST DOCTORS WILL NEVER TELL YOU)

A Sunita Passi publication





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Optimum wellness, both inner and outer, is a goal more of us seek as we cope with the stresses of modern life. My specialism, as an Ayurveda health coach, is to provide healing and health solutions rooted in ancient wisdom that are relevant to our busy lives today. My expertise has formed Tri-Dosha, my award-winning wellness brand, and the UK's leading Ayurvedic massage training academy.

The granddaughter of an Ayurvedic doctor, I was born in London and grew up in Nottingham, qualifying with a master's degree in investigative journalism. I enjoyed a successful business journalistic career, working in Europe, Asia and the Americas. It was while based in India in 2002 – the ninth country I had called home over a four-year period – that I first experienced the healing powers of Ayurveda, with a chance massage changing the course of my work and my life.

A meditation devotee, I also co-founded the Nottingham-based meditation project Unplugged Space – www.unpluggedspace.org– which delivers mass meditation events to cultivate more love, joy and peace within our communities.

Having learnt techniques to bring more balance and harmony to my life, I now support my clients in their wellness goals and resolutions in any way I can.



By Sunita Passi, Ayurveda health coach



THE TEN SECRETS TO MAINTAINING YOUR OWN WELLNESS (MOST DOCTORS WILL NEVER TELL YOU)

INTRODUCTION

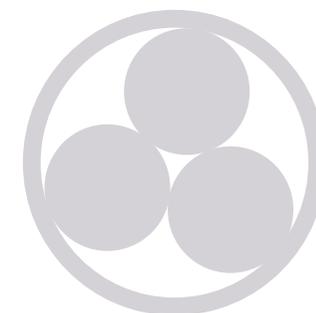
When it comes to maintaining your own health and wellness and finding balance, the fact is things don't really change as quickly as many may suggest.

Maintaining wellness is basically about understanding your body, what causes may affect your health and getting to grips with your day-to-day surroundings. Sometimes we can fall into destructive states of being and consequently require support, assistance and nurture so that they don't re-occur.

Going back to basics, Ayurveda's classic definition of good health was first published around 5000 years ago and still holds true today: "A healthy person is one who is established, content and balanced in the Self."

(Sushruta Samhita, 15.38)

So, what does this mean in the real world? Well this e-book is going to help de-mystify some of the common myths around maintaining your own wellness and let you into some secrets most doctors simply won't tell you. So here goes.





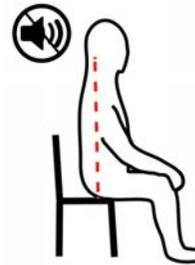
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INNER PRACTICES

Secret #01 (and it really isn't rocket science, honest!)

Learn the Beauty of Basic Breathing

If life becomes stressful, sit quietly, without distraction and practise simple breathing. Observe your breath as you breathe slowly in and out.



1) Sit in a comfortable position, optimally on a chair with a straight back as this provides perfect balance of focus and relaxation, but if you find yourself in discomfort, then it is okay to lie flat on the floor as an alternative with a thin pillow under your head and bending your knees to 90° so that your feet are flat on the floor.



2) Place your hands on your chest and gently take long, slow breaths, feeling the movement against your hands.



3) As you settle into your body, move your hands over your diaphragm just below the breastbone. Breathe in slowly through your nose, and try to breathe out so that your hands remain relatively still. Observe your breath. Release as much air as possible. Repeat for a few minutes until you feel calm.



4) Start to become aware of the present moment as you finish. When you are ready, slowly open your eyes.





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INNER PRACTICES

Secret #02

Discover your Dosha

This is the cornerstone of Ayurvedic philosophy; that everyone is different and there is no 'one size fits all' prescription. One man's poison may be another man's elixir and herein lies the realisation that every one of us has a unique constitution that must be kept in balance for Mind-Body health.

On the Tri-Dosha website (www.tri-dosha.co.uk) you can download a consultation form which will help identify your basic Mind-Body type, or dosha as we say in Ayurveda, which literally means energy, and develop a regimen tailored to your specific needs.

Just to note, there are three types of dosha: vata (what moves), pitta (what cooks) and kapha (what sticks). The doshas are based on the natural elements: ether (space), air fire, water, earth.

Having a regimen tailored to your specific needs can be a transformational experience, but do bear in mind, the wider you cast your net, the more fish you will get, so I would still encourage you to try a variety of practices and get a feel of the different types of self-care tools that are out there.

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INNER PRACTICES

Secret #03

Embrace Meditation

Understanding meditation is actually a mental and physical process we use to separate ourselves from our thoughts and feelings to become fully aware. The practice helps us see the patterns of the mind more clearly and teaches us to stay in the present moment, not looking to the past or future. Meditation seeks to open what is closed in us, balance what is reactive and explore what is hidden. Often, our senses and bodies are closed. Time lost in thought, judgment, fantasy and daydreams means we do not pay careful attention to the direct experience of sight, sound, smell, taste and other sensations in the body. When our attention is scattered, our perception becomes clouded. As meditation strengthens awareness and concentration, we spend less time lost in thought and gain greater sensitivity and refinement in our sense impressions. As we go deeper into ourselves through meditation, our body begins to open up and energy flow improves. By directing our awareness inward, we experience clearly and intimately any accumulated emotional tension, knots and holdings.

The different types of meditation techniques include: repetition of a meaningful word or phrase (known as a mantra); mindful awareness of the present moment; following or counting your breath; paying attention to the flow of sensations in your body; cultivation of loving kindness; visualisations.

Develop a practice!

But note, no one can guarantee you immediate calm or peace!

Nonetheless, many people who have practised meditation for at least 30 consecutive days say that it has had a positive influence on their mental health. And, those that have had a committed practice for more than five years say they feel: a freeing of negative emotions; increased awareness; more brain energy; tingling sensation caused by increased energy flow; peace and contentment and an awakening of joy. This all greatly contributes to a development of their natural capacity for wellbeing and happiness.

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INNER PRACTICES

Secret #04

You Still Need Physical Activity

There are numerous ways to incorporate aerobic exercise into your life, but as Ayurveda is more a way of life rather than short-term therapeutic intervention, I'd encourage you to look try a class of Yoga, Qi Gong or Tai Chi. Like anything in life, to reap the rewards you need to practise regularly and with that you can expect a release of chemicals that enhance positive mental states and wellbeing. People generally feel brighter and full of vitality over a sustained amount of time.

Basically, this type of exercise goes deeper and gets right into your energy centres and is undoubtedly the best way to achieve long-term positive results.

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INNER PRACTICES

Secret #05

Tweak Your Diet According To Your Dosha

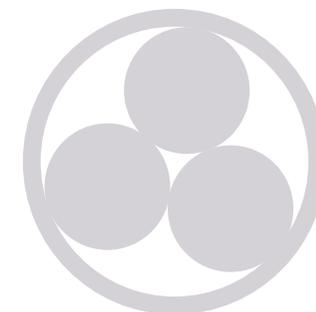
I'll always remember the first time my father gave my sister and I soaked and blanched almonds as a snack and talked to us about 'nourishing' foods. My grandfather was an Ayurvedic doctor and regularly treated his patients' ailments with Ayurvedic nutrition and herbs. He introduced the idea of nutrition into our family and believed that teaching us how to use and prescribe food specifically for regulation or to support a health regimen was just as important as teaching us to read and write.

The idea that diet and health are closely related is one the people of India have long appreciated. India's ancients also understood the complex needs of the human body and that nothing is right for everyone, while everything is right for someone. This makes perfect sense when you consider that every person is biochemically unique, with different levels of hormones, enzymes and neurotransmitters. We all react to the world and our circumstances in different ways. When we consider this in relation to food it stands to reason that one 'diet' or nutritional programme may not necessarily be best for everyone.

This doesn't mean the chef in the family has to make a different meal for each person, but each dish can be balanced with certain herbs, spices and seasoning specific to each constitution.

But remember you have to measure the results, tweak your meal plans and measure the results again. You want to maintain good health and prevent disease and the best return on your efforts is to test different food groups for suitability.

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OUTER PRACTICES

A holistic approach to our outer wellbeing also leads to inner peace and harmony

Secret #06

Use Your Senses Wisely

By living simply and consuming less we can still make our lives satisfying and culturally-rich. In fact, research has shown that accumulating objects is not the road to happiness!

In today's consumer-driven society, this can be a challenge. Just think of internet shopping and how socially wired we are to keep spending. While the idea of simple living is appealing to many, others dismiss it as "doing without" or "having less." To me, the key question is, less of what?

My interpretation is simple: think of this as a tune-up of priorities, habits, skills and values. Commit to a lifestyle that consumes fewer resources and you will be all the happier for it.

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OUTER PRACTICES

Secret #07

Understand That Kindness Grows

Acts of kindness serve as a positive outlet, whether we are the giver, the recipient or even the observer! Focus your compassion towards people around you, especially those who are in need, and it will naturally strengthen your inner spirit.

Kindness has a way of spreading; it inspires gratitude, happiness, and serves us as individuals but also as a society as a whole.

There are opportunities every day to practise kindness – and its power cannot be underestimated to your wellness and of those around you.

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OUTER PRACTICES

Secret #08

Being Sensual With Your Self

Don't equate sensuality with sexuality. Being sensual in your everyday life and taking the time to enjoy the world around you can really enhance your sense of wellbeing. I'm going to give four practices here as it is too difficult for me to pick just one out:

Take pleasure in your own body. This just means that. If you want to be a sensual person, you have to be comfortable in your own skin first and foremost. If you're not happy with who you are or how you look, then it'll be much more difficult to let go and enjoy the world around you, whether you're kissing your partner or sunbathing on the beach. Work on building your confidence and self-esteem, and soon, you'll see that you'll be getting more pleasure and joy out of the ordinary things in life.

Listen to healing music. As the Greek philosopher Plato said: 'In the Golden Age, man was governed not by law but by music. When enough people realise the healing power and potential of music, and sing divine songs that resonate with their hearts – and by joining together with loving intention – singing sacred songs 24 hrs a day, 365 days year, we will be established at key points around the globe.' The power of music is a powerful tool for bringing harmony into our lives.

Hugs have healing power. Research shows that hugging is extremely effective at healing loneliness, depression, anxiety and stress. And a proper deep hug, where the hearts are pressing together, can benefit you in these ways:

The nurturing touch of a hug builds trust and a sense of safety. This helps with open and honest communication.

Hugs can instantly boost oxytocin levels, which heal feelings of loneliness, isolation, and anger.

Holding a hug for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

Make self-massage part of your daily routine. This is something we can all build into our daily lives, ideally with warm oil before showering in the morning. That's the Ayurvedic way!

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OUTER PRACTICES

Secret #09

Serve Something Bigger Than Yourself

This takes me back to my own voyage of navigating my career transition from corporate life to therapeutic practice. In some ways the move has been more demanding and less structured but on the other hand I am empowering my clients to create health and explore wellness in their lives and this gives me a great sense of satisfaction. I was recently interviewed by health and wellness journalist Kate O'Brien for Asia Spa, a luxury lifestyle and travel magazine dedicated to the pursuit of complete wellbeing, and I was asked to speak about my journey and awakening to love.

Here, I invite you to take a look at your own life and to see what you are passionate about. This is a great practice to strengthen your outer-inner alignment by stimulating a 'soul-to-soul' connection. It awakens you to the realisation that we are all in this together. We are global citizens and here to serve our communities which, in turn, helps improve overall wellness.

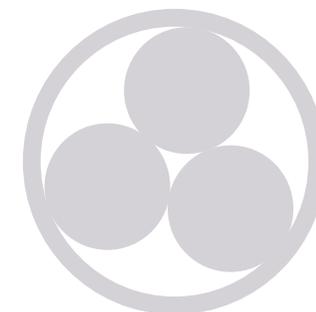
I ask you to ask yourself:

What difference am I making in the world right now?

How can I play a bigger role? In work? At home? In my community?

How does this help with your wellbeing? Research has proven that doing good does YOU good. It can reduce stress as well as improve mood, self-esteem and happiness.

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OUTER PRACTICES

Secret #10

Keep a Wellbeing Journal

You can see now, there are no quick fixes! You'll have to keep a diary and track the changes you are making. Self-awareness is key to your success. By tracking the changes in your lifestyle and diet and the impact this is having on your mental and physical wellbeing, you'll identify what is working and stay motivated.

Throughout the process, life may even feel a little heavy, and it is hard to find time for ourselves when there is so much else going on, but we all deserve a sense of wellbeing and keeping a journal will help you gain clarity, insight and strength.

To really move forward with your wellness goals, you need to know what activities are supporting you the most and even more importantly identify what activities you need to avoid.

Find out what is working and what isn't so that you can improve!

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CONCLUSION

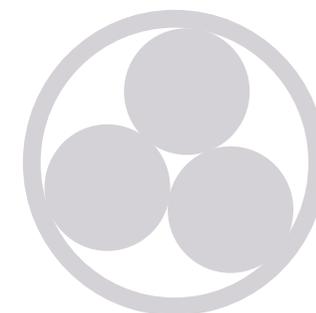
Experience A Modern Way of Wellness

Wellness is the realisation of our true potential to live a healthier, happier and a more successful existence. Often our inner life is neglected, in contrast to our outer life. In Ayurveda, the inner and the outer are as important as each other in building resilience that works in today's world.

If you think about it, day-to-day there are many negative influences impacting our state of being. Fear of political instability, and the advent of social media with selfies, Snapchat and Instagram stars making us obsessed with making life look perfect. This not only widens "cracks" between different communities, but produces anxiety that never seems to disperse.

For thousands of years, our ancestors have been immersed in holistic health, noting the rhythms of the seasons and practising different forms of breathing techniques which yield a multitude of health benefits. But today, as our lives get busier and busier, engaging in a meaningful relationship with our own mind and body, and training it to perform optimally gets harder and harder.

Though our forebears had the advantage of their lives being simpler and their connection to nature and the sacred far stronger, I do believe more and more of us are recognising that, as part of our wellbeing programme, we want a deeper experience that will help dis-connect and recharge our mind, in addition to our body.



HOW AYURVEDA CAN WORK FOR YOU

Are you...

- Dealing with emotional challenges?
- Feeling stressed?
- Feeling out of control?
- Looking for a way of freeing up your imagination and becoming more creative?

Here is how we can help...

- Treatments for the body
- Meditation
- Products for self care

And if you want to take things a step further, have you considered **our health consultations?**

Do you want to improve your health?

- Are you feeling stuck?
- Are you seeking a fresh perspective on your health?
- Would you like to cope better with stress and change?
- Are you experiencing hormonal imbalances, digestive complaints, skin conditions?

Then you have come to the right place.

Connect with us for regular wellness tips:



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