



## Healing your Trauma through Yoga

Hi, listeners and welcome back to the 'Victim2Victor' podcast. My name is Anu and I am your host. And in today's podcast, I will be discussing the numerous and amazing benefits of you and how you can help me to heal from life's trauma and depression.

I gained my yoga teacher qualification to learn more about their various postures which are also caught a soreness and how they benefit the mind the body and the soul. Gaining this qualification meant that I could practice yoga and teach those around me the true benefits that this fantastic healing practice can have on all of us.

Did you know statistics reveal that people around the world are practicing you get an ever increasing numbers. This is due to evidence showing that yoga therapy is one of the most effective complimentary treatments for different diseases and common elements including anxiety, heart disease, hypertension, diabetes, and arthritis. Mainstream medical practices as well as corporate organizations are also embracing yoga therapies.

Research has proven yoga's efficacy in aging recovery, particularly from stress related conditions and improving overall health and vitality. Statistics show that 60 to 80% of complaints from patients have been caused by stress. And Yoga is effective in managing and preventing stress induced illnesses. So practicing yoga brings on a substantial benefit to your physical health. It can transform your body into a body that is stronger, leaner, and able to withstand illnesses and diseases you got also transforms your mind. Think of you get as an exercise routine for your mind.

When you exercise and cultivate your mind you improve your physical health and mental strength and you add years onto your life. Yoga is also a workout for our inner self condition your inner being like your muscles to develop and to grow stronger mentally. Yoga clears your mind from distracting issues and it creates space to help new thoughts, ideas and goals to develop and to grow. You can restores balance and self-worth.

You are empowered and you can discover yourself on a more intimate and soulful level. You can identify who you are and it becomes easier for you to focus and be more creative. It can lead you down a path to new ideas purposes and solutions to your problems.

So let's go into more about yoga and meditation. So there is a trauma therapist called Bessel van der kolk who has researched yoga and his studies have shown a significant decrease in trauma symptoms

with consistent yoga practice. Within a debate going on to determine if you are truly helps trauma victims, but the results which are showing are promising in conjunction with view your meditation is a fantastic bio hack you can do it anywhere at any time. And it does work for building healthier brain and becoming more aware of your emotions.

Regularly meditating relieves chronic stress and boosts alpha brainwaves. Meditation also increases emotional regulation, emotional intelligence and self-awareness, as well as creativity which are all the things that trauma can decrease. As you increase emotional self-awareness through meditation, it will become easier for you to uncover negative brain loops caused by the trauma to see them for what they are and to rewire your responses. Forgiveness is a quickest way to let go of painful experiences and to boost alpha waves permanently. Facing trauma feeling the pain finding forgiveness and letting the trauma go with the guidance of a qualified therapist rewires your brain. With neuro feedback, you can teach your mind to release trauma and to become stronger.

Now let's look at yoga and healing from trauma. So I just like to point out that Yoga is not the first line treatment for trauma and it does not heal traumatic memories by memory reconsolidation or any other techniques that help provide trauma healing. Still, yoga does help in reducing and managing the symptoms. Trauma affects the brains of people who have experienced it and prevent your body from obtaining clear information from your mind. It has been shown that dis-regulated body experiences hinder a person's ability to regulate their emotional or physical responses to the world. Trauma survivors experience hyper arousal, avoidance and re-experiencing symptoms or flashbacks and intrusive thoughts.

Yoga has had a profound effect during my healing and it's made me feel more present and grounded. I'm more aware of what is going on around me when my mind draws me back to relive in my traumas from the past. It helps to bring me back to the present is it has this beautiful magic of connecting the body to the mind. Yoga is taking away distress and has shown me more to life than my trauma. Flashbacks to previous traumatic events can be triggered by anything that remotely resemble the trauma. Television programs, people arguing on the street or pushing and shoving each other out can all be triggers.

Reliving painful events is a common symptom of PTSD or chronic anxiety disorder, which develops after being involved in a traumatic event. To traumatic events include physical or sexual abuse, war, natural disaster, or even car accidents. Existing treatments like therapy and drugs only go so far, yoga can complement any ongoing medical and mental procedures. And it's an excellent way of easing the mind with flashlights or feelings of past abuse creep up. In a study published in the annals of the New York Academy of Sciences, a PTSD expert discovered that a group of patients who took part in hatha yoga classes showed improvements in their recovery symptoms from PTSD.

The frequency of intrusive thoughts depression, and stress was eased at this group of patients work through yoga poses which are also assigned as Yoga is a safe and gentle way of becoming acquainted with your body. So you notice how things function inside your own body. Relaxation and breathing techniques help a PTSD patients to calm themselves when they sense a flashback or a panic attack. Yoga emphasizes self-acceptance that is important for the victim of sexual assault. So Bessel van der

kolk again, who I mentioned previously, is a Professor of Psychiatry at the Boston University School of Medicine and director of the trauma center.

He has studied trauma since the 1970s and he is a pioneer in the field of treating and describing trauma. Vander kolk, discover their therapists who treated psychological trauma needed to work with the body as well as the mind. The Hatha Yoga became Vander kolk Yoga of choice and he quickly became convinced that Hatha Yoga could help his patients. The US military has investigated us therapeutic potential. In a preliminary study at Walter Reed Army Medical Center in Washington, many active duty soldiers who had PTSD were feeling less depressed after 12 weeks of in yoga, nidra or yogic sleep.

The relaxation techniques, which they learned helped them to feel more comfortable with situations which seemed out of control. As a result, the soldiers felt more in control over their lives. And an interesting fact about yoga for PTSD or trauma healing is that some trauma survivors found yoga threatening first proved to be more than many traumatized women could handle. You need to work at discovering your body and learning to be at one with your body. When you engage in yoga practice.

To these women, it was easier just to take a painkiller or an antidepressant pill to ease the symptoms. In one yoga class, a woman who was participating found that the happy baby pose was just too emotional. In happy baby pose. You lie on your back you bend your knees with your lower legs perpendicular to the floor and you hold your feet and another participant who suffered from sexual abuse in early childhood disliked the happy baby pose. She found that this pose was a baby waiting to be heard. Yoga masters taught the pose with an emphasis on comfort if the pose and the name made patients uncomfortable. They were encouraged to work through their feelings. Those who stuck with the pose made extraordinary changes. And those who could not tolerate the happy baby pose weren't encouraged to try other gentle and comforting poses like the child's pose. One city after weeks of trying now relax this calmly into the happy baby pose.

She seems that yoga effect has been exciting. It has taught her that she can overcome former and pain. And after more than 20 years of therapy, she could function without self-destructive behaviors, and yoga just gave her a peace of mind. Bessel van der kolk illustrates the yoga model designed for survivors of complex into predation or trauma. His model shows increased activity in the interoceptive region of your brain resulting in decreased PDA PTSD symptoms. The model gives participants knowledge and feeling in their bodies when they extend their muscles in yoga practices. This flexing and stretching of muscles rebuild or rewire interoceptive regions of the brain. This research developed trauma sensitive yoga.

Trauma sensitive Yoga is very gentle and is designed to build up the parasympathetic nervous system and encourages rest and digest instead of the fight or flight. For my healing using yoga helps you to be a more powerful person. Some yoga poses to try for healing traumatic experiences include Child's Pose, extended puppy pose, downward facing dog, Chair Pose, warrior to Eagle pose and constructive rest. As you work through yoga poses you steadily become empowered to discover yourself, you can focus on and become creative. Stress works itself out of your body. Because stress as we know is a silent killer. And Yoga is actually an ultimate stress reduce. So when you breathe in deeply you focus

on your poses. You will reduce anxiety and you will enter a relaxed state your nervous system is calm, and the fight or flight responses are dismissed.

Kundalini Yoga is another form of yoga that has helped me to heal now more which had left me so intrigued that I decided to study it further. To understand the history of Kundalini and why it is such a powerful ancient practice. Kundalini focuses on intense awareness and transformation is stimulates powerful energy in your body, and it can renovate your life. Experience yoga, instructors appreciate all kinds of yoga including hatha, Ashtanga, Bikram Yang, yoga, nidra, and yoga. But when super magical positive impacts are required to shatter fear and your limiting beliefs think Kundalini Yoga is one of their most popular choices.

Kundalini Yoga has several benefits. Some I will now talk about. Open opens up your energy field. So by using sound mantra, energy healing exercises and meditational practices Kundalini Yoga releases anxiety and trauma attached to the energetic body which surrounds the physical body. It is the field commonly named as an aura that holds wounds. When those wounds are cured. Radiance is emanated. The radiance is the magnetic frequency related to attractiveness, love and light. Despite achieving a lot of superficial success in life, most people tend to be surrounded by emptiness.

Kundalini Yoga helps you to believe that living a joyful life is not a luxury but your birthright. By listening to the whispers of your heart you will find yourself synchronize with the magnetic force of the universe which is love. And by doing so your life will be filled with gratitude. So another benefit of Kundalini Yoga is the fact that you gain self-confidence. Kundalini Yoga helps you to counter your self-imposed limiting beliefs. It enables you to recognize that you are worthy.

By practicing Kundalini Yoga, many, many of life's complications seem less overwhelming. So the self-confidence which you gain from Kundalini Yoga rises from deep within me It comes from the feeling of connection to a reservoir of energy, love and light. Another benefit of Kundalini Yoga is that it calms our minds. It works by suppressing noise Negative thoughts like fear, insecurities, which holds us back, hiding the thoughts of our heart and soul gains a chance to flourish. So it isn't our mind but our spirit which shows us the right pathway to our true potential.

If we're surrounded by worrying negative thoughts, emanating from our mind, the voice of the heart gets drowned. When our heart is in harmony with our soul's mission, everything flows freely. It opens new doors of intuition sensitivity, then we can get rid of the pain associated with our past and shatter the fears of the future and start to live in the present moment. The sacred mantras and breath work, that it's integral to the Kundalini Yoga puts a brake on the racing thoughts, and so calms the mind. So another benefit is with Kundalini Yoga is that it helps us to connect with our higher self helps us to connect with the universe. So by working our body, mind and our soul, we feel connected to higher spiritual truths, which reminds us to trust our potential.

This sense of connection keeps us energized, and gives us strength and confidence. We started to accept the realities of life and become a more passionate and loving person. Another benefit is that it gives us strength and resilience. So if we do not have enough energy, we feel weak in body and spirit. Our true power comes from my core inner self rather than our muscles, which is what we are

made to believe. So practicing Kundalini Yoga regularly assists us in growing a significant portion core of the prana or life force, which is a source of love from inside. By gaining the life force would gain the ability to cope with the challenges of life effectively. Exercises like ego Eradicator help to free the flow of energy through our body of our mind. I would highly recommend that you seek guidance from a qualified Kundalini yoga instructor to assist you with your practice, as this is such an excellent practice for trauma sufferers.

So by working through and getting rid of the inner energy obstruction, a corresponding release in our life force and spirit also ensues. By healing our wounds our heart vibrating in the frequency of love, we attract more love. This is the law of Kundalini Yoga science. And while this episode comes to an end, do you may want to check out my book of victim to Victor, now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging path. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

