

The psychological aspect of taking the job and the mind body connection

Why someone decided to take the job in the first place and what that signifies in terms of their relationship with their body

There are two paths ahead. One path connects us more and more to our own Source as we begin to inhabit our multi-dimensional selves. The other path disconnects us from our own Source & plugs us into another source via the job. This second path involves a turning away from our own guidance. Some people may not be able to hear their inner voice, others may choose to ignore it.

Alignment with purpose is the true source of our wellbeing. Tuning into our bodies (embodiment) is the way that we can be guided to make good decisions. We can also use this faculty to make decisions affecting our health eg whether we need a particular supplement or would benefit from a detox.

The power of the immune system is immense. Because we live in a dysfunctional society, often under chronic stress and in degrees of disconnection from what our bodies are telling us we need, *we think illness is normal.*

Auto-immune conditions are a form of disconnection from self, as the body literally attacks *itself*. The cause is both physical (build up of toxins) and psychological (disconnection from Self) Gabor Mate has written a great book about this called "When the body says No"

So if we want to become more embodied, what can we do?

Disconnection from the body happens as a result of trauma, whether that is personal trauma, inherited (ancestral) trauma or the chronic micro-traumas that are involved in modern life. Beginning to notice what is not working for us can be the start of an enriching journey and we can be supported to become more embodied with the help of self-care practices & therapies/bodywork.

Detoxing: an Ayurvedic perspective

Ayurveda is an example of terrain theory; with the focus on digestion as the root of good health. Good digestion creates an environment in which pathogens cannot flourish. Detoxing can help to remove toxins from the body, **including heavy metals**. A word of caution: remedies which are aimed specifically at removing parasites are very strong and can deplete the body. They are not suitable for everyone and should not be taken unless parasites are definitely present. When in doubt consult a Practitioner for individual guidance.

Ayurvedic remedies can help with specific effects of the jobs, such as muscle weakness/tremors & other neurological conditions, problems with circulation and clotting, palpitations and immune support. By supporting good digestion, Ayurvedic remedies increase our resilience, energy levels and wellbeing.

Ayurvedic Mung Soup

Gentle detoxing with a mono-fast of mung soup is suitable for most people.

You can either make a mung soup with vegetables included or separately steam fresh vegetables.

Use whole green mung to make this detox soup. Pre-soaking is essential (4 hours minimum or overnight).

1 cup mung beans

ghee

6 curry leaves

2 tsp cumin seeds

1 pinch asafoetida

2 cloves garlic

1 tsp coriander powder

½ tsp turmeric powder

1 inch grated ginger

Salt and pepper to taste



Put the drained beans in a saucepan with plenty of water. Bring to the boil and cook on a low flame until tender.

In a separate pan warm the ghee and fry the first group of spices for 2 mins. Then add the garlic and powdered spices and cook for 2 mins more. Add the ginger and vegetables such as courgette, fennel, carrot, leek or green leafy veg such as spinach/kale/pak choi etc (no nightshades)

When the vegetables are tender, stir in the cooked mung beans and season to taste. You can garnish with chopped coriander or other fresh herbs.



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