



Stress Management

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Yoga Chitta Vritti Nirodha

-Presented by CA Rishika Shah

Acknowledgement:

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OVERVIEW OF THE SESSION

- | | |
|-----------|-----------------|
| Section 1 | You vs World |
| Section 2 | What is Stress |
| Section 3 | Balancing 'You' |
| Section 4 | Implementation |

PLEASE KEEP A PAPER & A PEN HANDY





Section 1

Understanding the Cause of Conflict

What leads to stress?

THE BIG BANG THEORY- START OF IMBALANCE



YOU- PURUSHA

Pure consciousness materializes as Chetan. This Purusha is very different from our understanding of Human Beings.

WORLD - PRAKRATI

Purusha Being the Principle of Matter as Jad, is made up of the 3 Gunas, namely Satva, Rajas and Tamas. They were all in perfect balance until Purusha came in contact with Prakrati. Pradhana or Avyakt Prakrati was the world in perfect balance- now disbalanced.

ISHWARA

Purusha Vishesh- a special purusha is coined as Ishwara in Yoga. Please do not confuse this Ishwara with manifest forms such as Rama, Krishna, Etc.

WORLD CHECK

The Out-worldly Investigations and Laws of Science

When Purusha realised that he was different from the world outside, he started investigating into the laws of Nature, leading to development in science and technology. But this also meant that there was increased conflict and a constant urge to find balance between this world and one's own self.



SELF CHECK

Moving the investigation inward.

When Human Beings realised that out-worldly study (The Observed) was further distancing them with the world, they turned their investigation towards themselves (The observer) which lead to development of Psychology. This gave rise to the realisation that one needs to be in a state of balance with one's own self first.



CA'S BALANCE SHEET

Work You think this is world	Life You think this is "You"
<ul style="list-style-type: none">• Deadlines• Promotions• Targets• Colleagues• Bosses• Clients• Self Expectation• Work Travel	<ul style="list-style-type: none">• Family• Friends• Personal Hobbies• Self Care• Diet• Cultural Interests• Beliefs• Personal Travel

The Perfectly Stressed Balanced Sheet



Section 2

What is

Stress?

Should Stress be Managed or eliminated?



What is Stress?

- The great Patanjali, beautifully explained Stress to us as :
Modifications in the Borrowed Consciousness (Chitta Vrittis)
- Bhagwan Krishna Defined stress as an outcome of Attachment .
- WHO defines stress as “ a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. ”

Yog

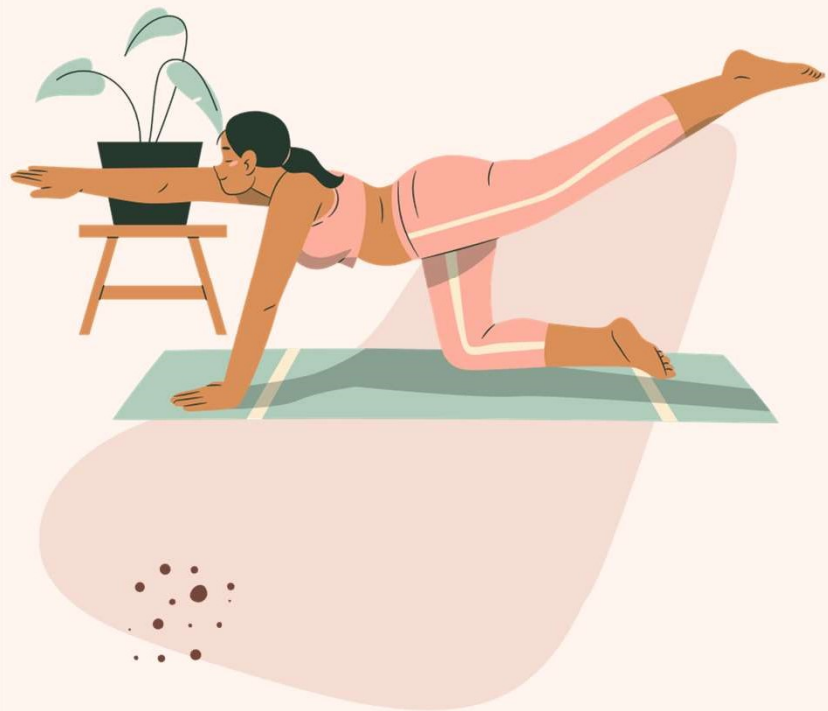


Yoga can simply be understood as Union. Union of different dimensions of one's life and eventually connecting with your own self is Yoga. We are all natural Yogis so why is it truly that difficult to practice Yoga? To understand this we must know what takes us away from "ourselves" first.

When we start identifying ourselves with the Chitta Vrittis - You stop identifying yourself as the Purusha. Vrittis are the 5 Modifications of Mind namely:

- Pramana - Right Knowledge
- Viparyaya - False/ wrong Knowledge
- Vikalpa - Imagination
- Nidra - Sleep
- Smriti - Memory

Obstacles in Yoga



Vrittis can be

- Klishta (painful)
- Aklishta (Non- Painful)

So Long as Vrittis are present, there can be no real happiness in life. It is either sorrow or lack thereof. As Buddha rightly said, worldly pleasure is a temporary relief between two miserable conditions.

To Connect to yourself you must get rid of the Chitta Vrittis.

Exercise: Lets Identify whatever we're going through and Classify it under the 5 modifications. Now see if its Klishta or Aklishta

Root cause of Vrittis



Bhagwan Shri Krishna explained Avidya to be the cause of all misery in The Bhagwad Gita. To be eligible to gain the right knowledge, we must first become established in our practice of Karma Yoga

Most of us here are practitioners of Karma but what we are missing is the Yoga.

- Nishkaam Karma = Duty without any expectation
- Sakaam Karma = Duty with expectation

Exercise: Let us once again draw a balance sheet of all the tasks that we undertake during the day and put the Nishkaam on the asset side and Sakaam on the liabilities side.

Stress

There can be no balance as long as stress exists. (Its like suspense account)

Stress is like an over leveraged balance sheet and managing it is the CA equivalent to passing entries.

Stress cannot be eliminated so long as the 3 gunas exist. You need to work on your response to it.



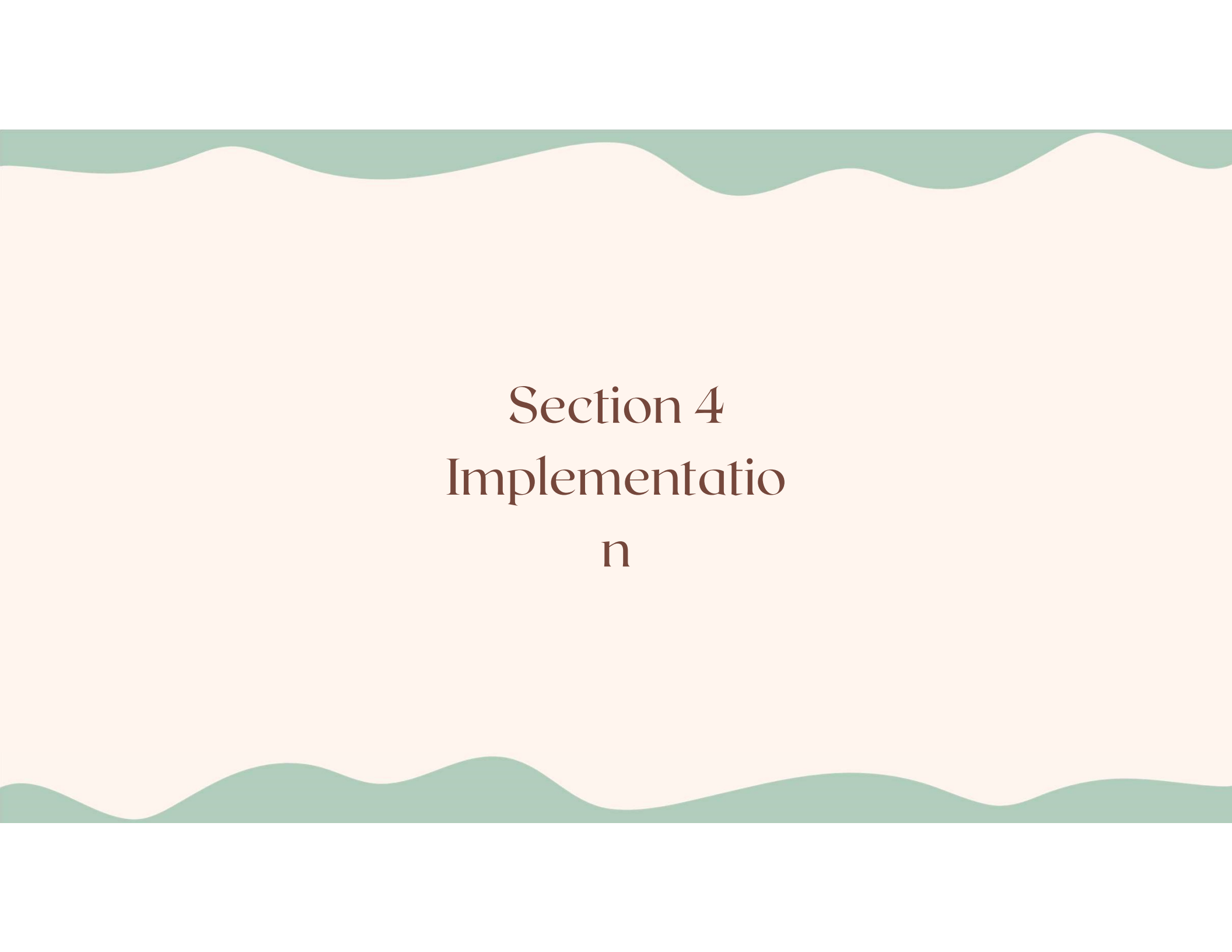


Section 3
Balancing
'You'

Balance through Yoga



- Abhyas Vairagya- Samatvam Yog Uchyate
- Chitta Prasadam
- Kriya Yoga
- Aahar, Vihaar, Achaar, Vichaar
- Neti Neti- State of Nothingness
- Yama Niyama



Section 4
Implementatio
n



- Contemplation / Meditation
- Yad Bhavam Tad Bhavati
- Thought- Feeling- Attitude

Yoga is when there is harmony between the external world and the internal world.



Hari Om Tat
Sat