

The spiritual and emotional 'Art of Living'

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"The art of living is very simple, it is just a little skill - the ability to free your mind of the past, free your mind from the fears of the future, and to play with every situation in front of you"

Sri Ravi Shankar

Founder of the Art of Living Foundation.

Quality and success in life are determined by the state of our mind. Under stress and pressure, the mind often vacillates between regretting the past and worrying about the future. This constant vacillation results in lower performance, lack of concentration, decreased efficiency, and increases interpersonal conflicts.

There are seven layers to our being: the body, the breath, the mind, the intellect, the memory, the ego and the self. In a

Have you noticed that if you are angry, you breathe in a certain way? And if you are relaxed, for e.g. enjoying a beautiful sunset with your loved ones then your breath becomes soft and smooth that you will hardly notice it.

Over 80% of the physical and emotional toxins in our body are eliminated through breathing, yet most people use only 35% of their lung capacity. Skilled use of the breath can effortlessly transform one's mental and emotional state and can significantly improve the overall quality of life.

The Art of Living workshop offers specific breathing practices and techniques that infuse the body with energy and harmonize the natural rhythms of the body, mind, and emotions. The Healing Breath technique or Sudarshan Kriva, which is taught

future article, we will explain each of these levels, but for now, let's just concentrate on the body, which is the grossest layer of our being and the self, the subtlest. Some people call this self, the spirit or the soul. We store stress at all layers of our being and this throws that layer out of balance. For e.g. we all have an ego. The ego has a purpose and utility, but when it is out of balance due to stress, it can come in the way of us experiencing our true self. Breath is the link between your body and your spirit and your mind. Breath is always in the present moment. Whenever you feel that you are stressed or off balance, just focus on your breath, it will bring you to the present moment.

The breath has proven to be a powerful tool in effectively regulating the mind and can be equally effective in eliminating stress and toxins from our system. It plays an essential role in how we feel emotionally, physically; and it alters the state of our mind. Every emotional and mental state has a corresponding breathing rhythm.

of breathing rhythm, which is taught during the workshop, uses specific rhythms of breath to re-establish balance in life as it simultaneously floods every cell of the body with oxygen and energy. Course participants report that with regular practice (15-20 minutes a day) there is a vast improvement in physical and mental energy, as well as greater harmony with others.

About the writer:



Naeem is inspired by the vision of creating a more enlightened society. He volunteers his time as a teacher for the Art of Living Foundation (www.artofliving.org)

Naeem is also the Vice President of Mobilink and Head of the Broadband Business Unit. He was previously a successful venture capitalist in the Silicon Valley and has a passion for building high growth companies.