

ADDICTION



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

Yogic Science for Addictive Behavior



Mukta Khalsa



- PhD doctor
- Super Health director
- Important author
- 30 years working in addiction

“Drugs are a drag.”



“An addiction is really anything that you cannot stop on command. It is an addiction. And that could either be to an external substance--drugs, alcohol, cigarettes--or it could be to a behavior.”



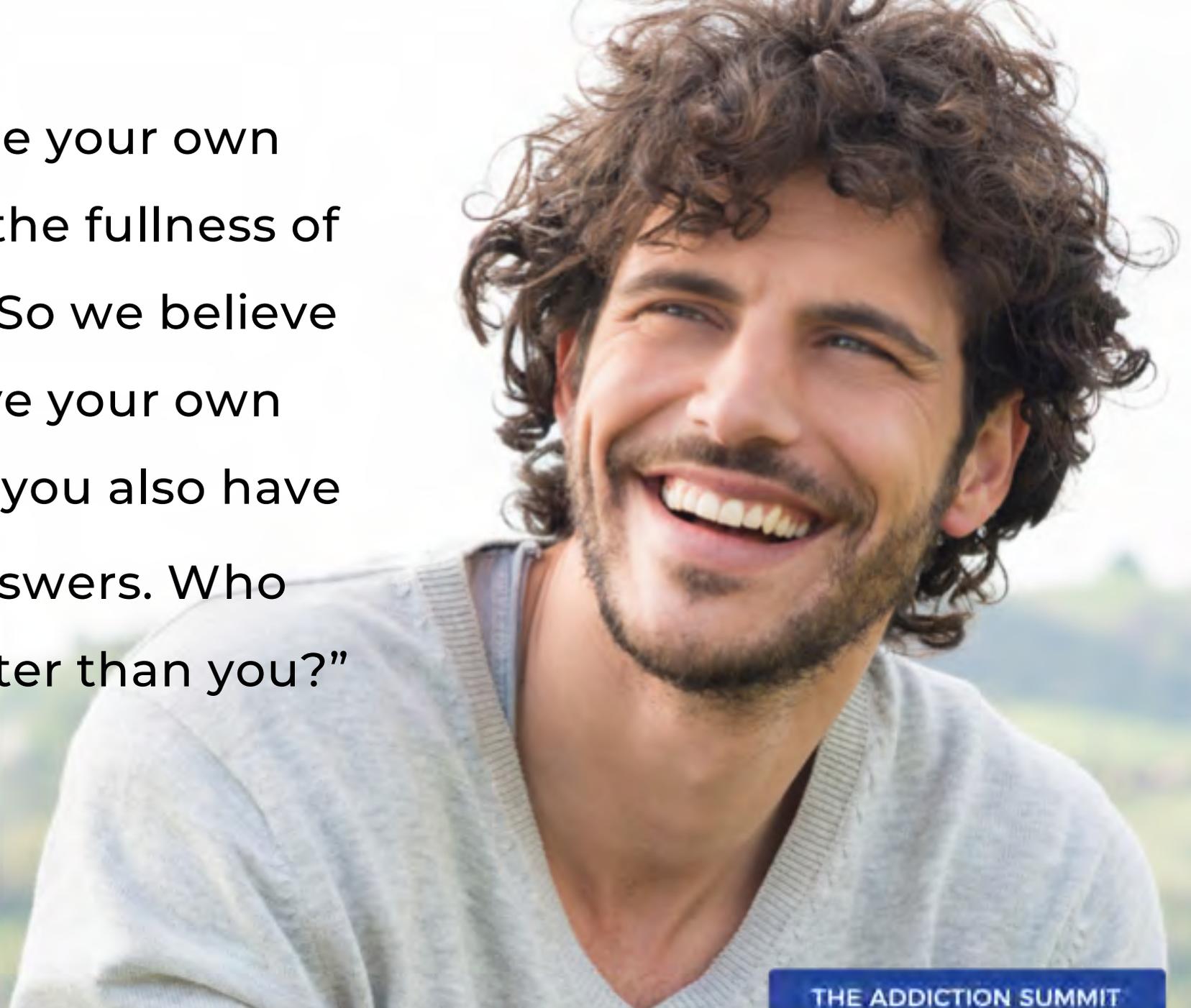
“Kundalini yoga, it works with the energy within our body. Each one of us has energy. It is what we do with energy that either gets us into trouble or elevates us. It is what we do with it.”



“Do something to actually recalibrate the programming of our brain, that computer chip. It’s set in a particular behavior, a particular mindset, particular attitude. It’s like a default. It always goes there as a default. But what the practice of, let's say, a particular meditation will do is it has the ability to recalibrate that, to repattern that into a new set of thinking, of acting, of behaving. That is the thing that gives it so much hope.”



“That’s where your own answers lie in the fullness of your own self. So we believe that you have your own questions and you also have your own answers. Who knows you better than you?”





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“We’re all operating and trying to function at such an accelerated fast pace, unlike anything that we have ever seen on this planet before. And that taxes the nervous system.”



Starting Your Day

- Warm water
- ½ lemon or lime
- Alkaline the system
- Irrigation & detox
- Stretching



Managing Your Morning

- Warm water with lemon
- Stretching
- Deep breathing
- Elevate your awareness



“Spiritual is simply the spirit, the vivaciousness, the connection between you and the One who has created you, your source of life. Can you not spare 5 minutes, 10 minutes every day, just to connect and reconnect to the One who gives this breath of life very faithfully, very dedicatedly?”



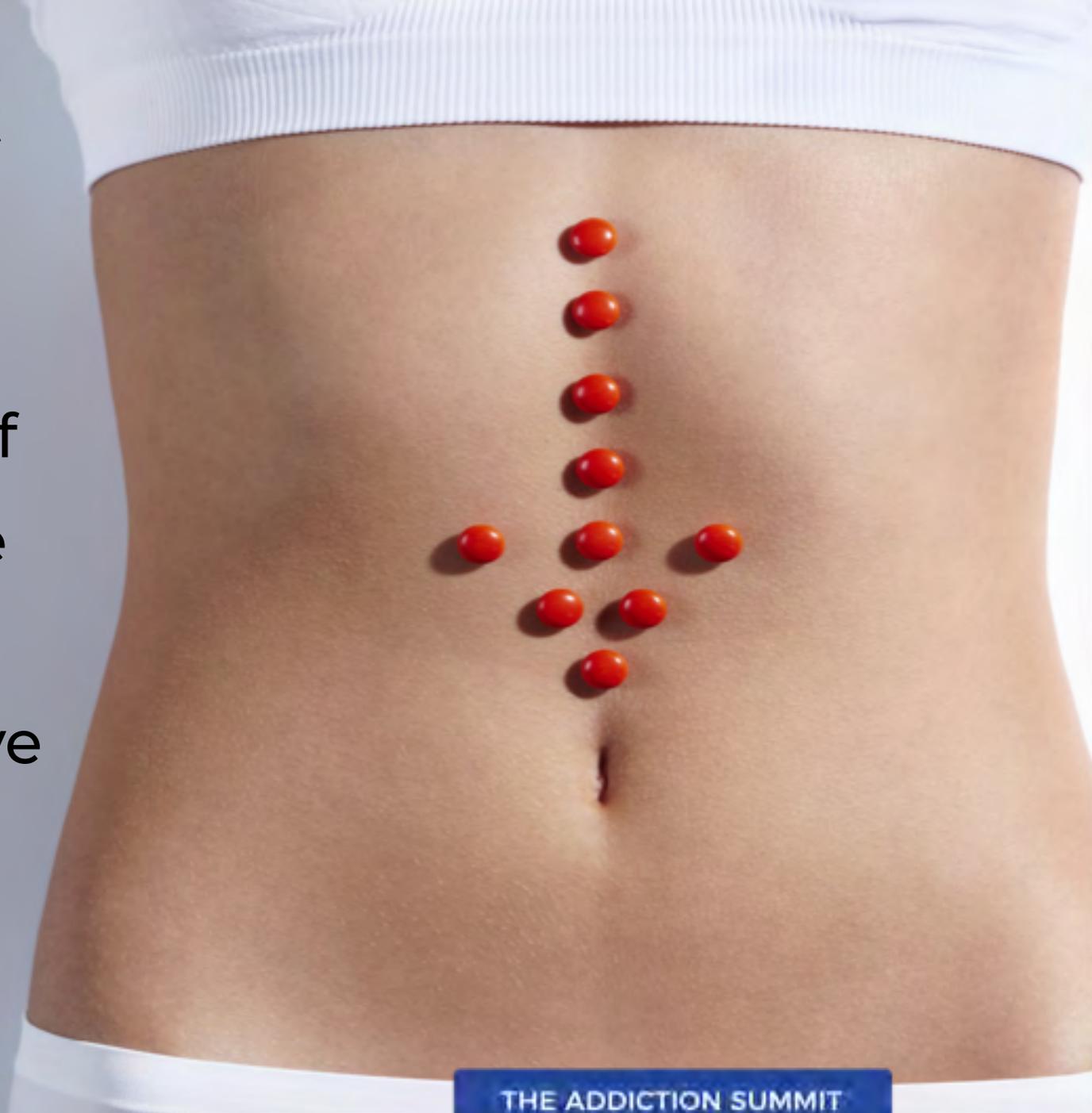
“People are extremely sensitive. They are very sensitive souls. They just sometimes feel so overwhelmed. They don't know what to do about it.”



“Our patterning of the brain begins to change. We have more of a hope that people believe in us. They are not judging us. They are accepting us for who we are. And that gives people so much hope that it is okay. It is all okay and we all have the opportunity and the right to be happy.”



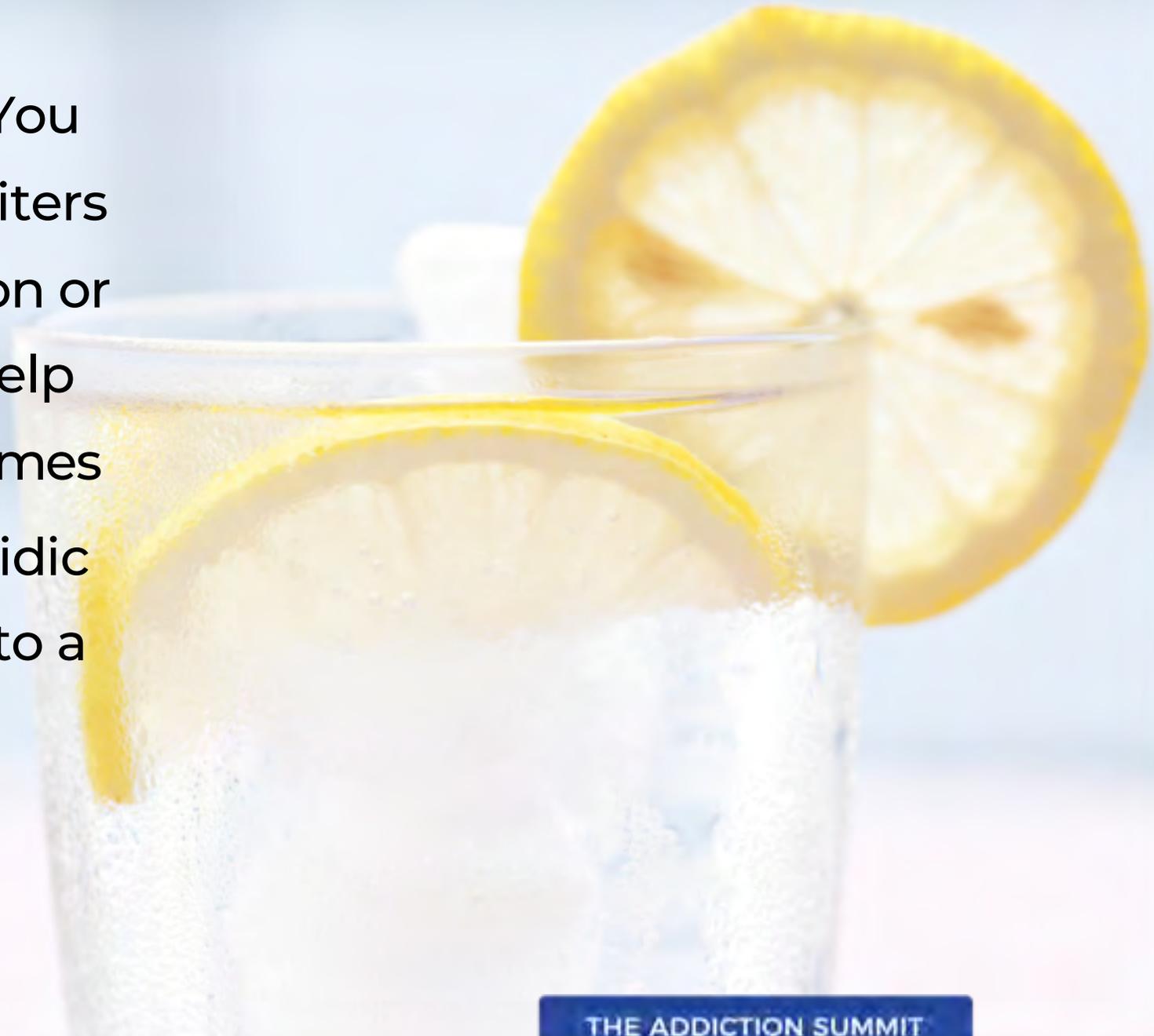
“That energy gets stuck at the naval point. The naval point is very important, because it is the location of the umbilical cord. It is the center of your being. Seventy-two thousand nerve endings are centered at the naval point.”



“As you’re pushing it away, mentally push away anything that is feeding that anxiousness, that panic, that picture, that problem, whatever it is mentally. So it is not only physically, mentally push it away. Push it away. In 3 minutes your cheeks should get red. It will feel completely different.”



“Water is your best friend. You should be drinking about 2 liters at least a day. Adding a lemon or a lime to it is excellent to help alkaline the system. Many times the system becomes too acidic and disease gets attracted to a more acidic system.”

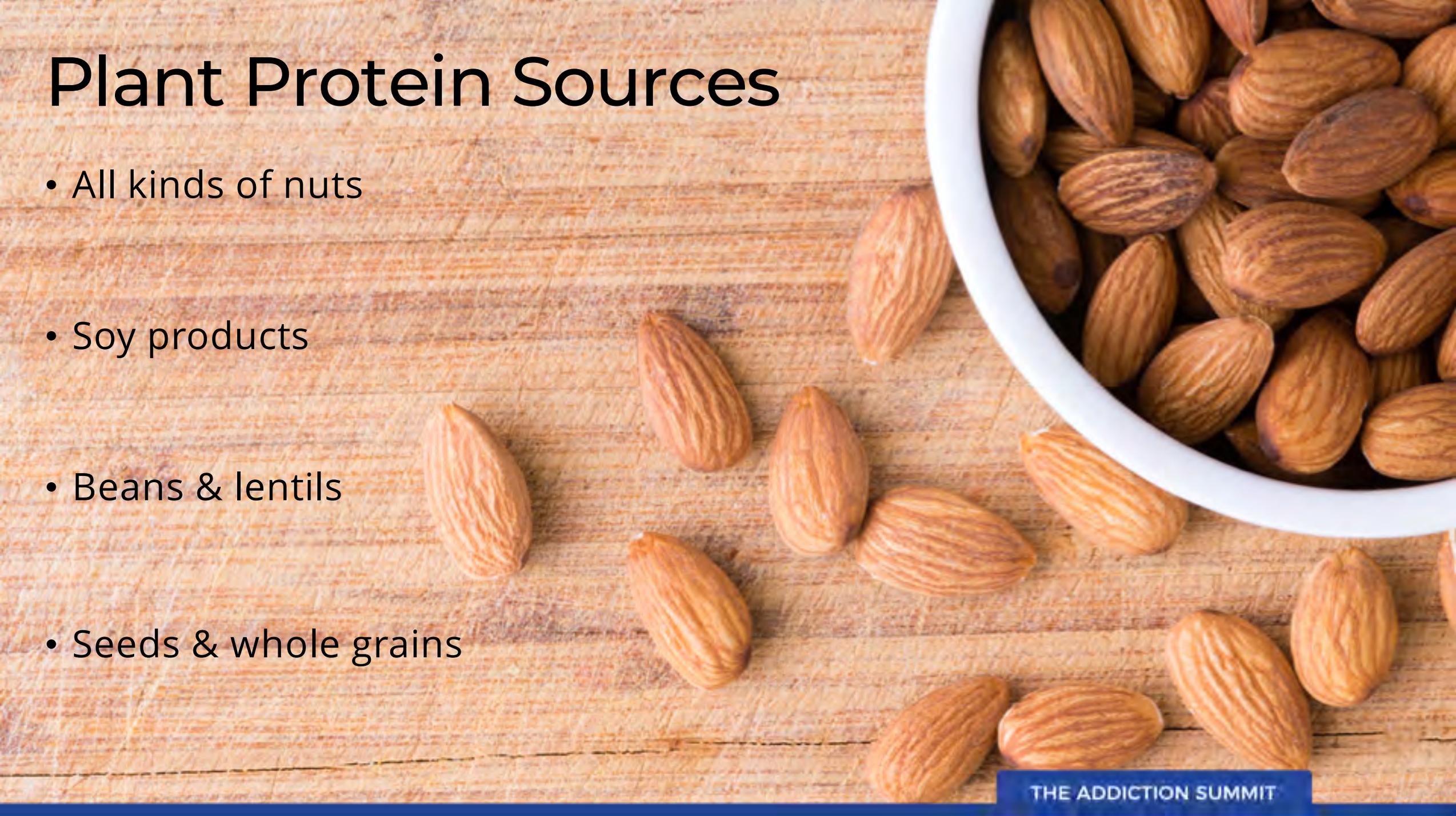


“Pay attention even to the labels of what you are purchasing. What is in it?

You want high fiber content, low carbohydrate, low sugar content. This is all really, really going to impact how you feel.”



Plant Protein Sources

The background of the slide is a wooden cutting board. In the upper right corner, there is a white ceramic bowl filled with almonds. Several almonds are also scattered across the wooden surface, some near the bowl and others further away.

- All kinds of nuts
- Soy products
- Beans & lentils
- Seeds & whole grains

“It’s a balance. I don't think it is the first thing that we do as soon as a person comes to our office with an ailment is write them a prescription and send them on their way. I think we could do more than that. I think we could do better.”



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