

Regeneration of the self, mind, body and spirit

PsychoVeda is the integration of the contemporary art of Psychotherapy with the ancient science of Ayurveda. This powerful combination provides us with a way to turn back time and regenerate the body mind and system.

Linda's commitment to self-improvement, to real life-changing activity has led her to fulfill her own true potential. Working with self awareness and searching for answers for 20 years. 10 years ago, she uncovered her own pattern of denial based on a personal life changing discovery initially with disbelief and shock she 'remembered' that she had given birth to a son 30 years previous and had completely 'blanked' it from her mind. During therapy she uncovered things about herself that she had buried deep in her consciousness and forgotten: Coming from a dysfunctional family with an alcoholic and violent father as a child she had simply 'closed down and, as a seventeen year old, she had given birth to a baby boy, which was taken from her for adoption. She had no memory of the adoption but later contacted agencies who found her sons birth certificate. She has never been able to locate him

This remembered memory lead her to giving up her successful business and 'letting go' of limiting relationships to take an inner journey based on truth, honesty and openness. She says' There is something profound in discovering a mothers denial – and I realised that denial is probably the most significantly damaging activity that we all do on a day to day basis'

At 49 years old and looking and feeling tired and aged I realised that over 50 % of my life had been half lived and I needed to turn back time so I went on a personal quest to regenerate my self. She decided to go to USA and over 2 years she trained with the best-selling author Debbie Ford, at the Debbie Ford Institute for Integrative Training, in San Diego, California. At the time Linda was one of only two people in the UK to offer support, guidance and coaching in this field of personal development

She then travelled to be involved with the work of Neale Donald Walsh, best-selling author of the "Conversation with God" series of books and lead one of the steering groups' Conversation with God Foundation's Educational Leaders Association'

Encouraged by a string of serendipitous events that began at Deepak Chopra's San Diego Ayurvedic Centre; Linda was 'given' the gift of healing during a remarkable encounter with a Polynesian healer. She travelled the world looking for 'gurus' to help her to understand this gift and it was during this time that Linda became fascinated with Ayurveda and began her own self study program. And later Linda studied with a Vedic Monk in a monastery to learn more about the secrets and science of Ayurveda.

Linda began incorporating Ayurvedic knowledge alongside her own spiritual courses and taught in UK and USA. The work was powerful and highly effective but Linda wanted to create a concept that would be effective against scrutiny, many people are skeptical towards spiritual or new age teachings, so she decided to do an Masters Degree in Psychotherapy and Healing Practice where she studied Jungian Psychotherapy and wrote her thesis on Psychotherapy and Ayurveda. After years of putting her training into self practice, Linda created the concept of PsychoVeda as a combined process to regenerate the self.

Her mission is to provide people with the knowledge and guidance with which to examine themselves and the pains and rigors of their lives, to develop clarity with regard to their daily patterns of beauty, nutrition and complimentary activities and from there to develop an in-depth understanding of health, happiness and wellbeing, and genuinely reverse the signs of ageing.

Linda says you are never too old or too young to begin the journey of discovery. Linda has developed inner wisdom and the knowledge with which to guide others who wish to move from an existence rooted in damaging past patterns and behaviors into one of choice, of joy and real happiness. She shows how you can come to an understanding of the benefits and wisdom of even our darkest experiences. Examining her past Linda sees the gifts that the years of searching and striving, driven by dark times of self doubt, depression and self sabotaging behavior have given her. She now knows first hand of the many layers of denial and how we deceive ourselves, how this behavior stops us from fulfilling our potential. And how all of this affects the way we look, our physical body and how we feel about who we are.

Understanding the concept of regeneration in the body and mind starts with realizing that we are aging physically and emotionally because of the concept of ama (toxins) any form of regeneration in Ayurveda relies on freeing the body and restoring and regenerating new cellular structure. Understanding the self includes understanding ones Ayurvedic body constitution. According to Ayurveda nutrition and lifestyle help us to achieve good health and physical wellness. But what happens when we don't believe we are worthy of good health, and don't follow guidelines of nutrition and self care because we believe limiting behaviors about what we should and should not look and be like. Ayurveda tells us that all aspects of the mind, body and emotions are interconnected and considers regeneration as a clear and natural state of the human potential. We just don't believe it. The ways of regeneration through Ayurveda are from carrying out the different practices of Ayurveda, which include simple daily practices related to cleansing and clearing to more profound practices of Panchakarma which are purification and rejuvenation processes.

Rejuvenation treatments show us the natural ways to feel beautiful and worthy in ways which are not limited to our physical body but integrated in

all that we are and according to Ayurveda there are the subtle qualities and inner vitality that can be found in each individual. This energy that helps us to create regeneration in ourselves is according to Ayurveda called ojas, not dissimilar to chi in Chinese traditions but different in that it also affects our skin and how we look which is important in regeneration practices. Ojas translated means 'that which invigorates' and it is the life force that flows through all living things and provides us with the best regenerating system within our bodies. It is the ojas that gives our skin a wonderful glow, our eyes the sparkle, our nails and hair shining, the plump leaves in an Aloe plant are filled with ojas. This elixir is in every living thing and it all the elements in the universe. Ojas creates a sense of radiance around us and helps us to feel bliss, there is no sadness, depression, drying lacking of energy when we are filled with ojas.

We need to understand the fundamentals of this life generating force and encourage it to be present with us in our lives to enable regeneration to kick in.

All this is fine and dandy but what if you cant be bothered and looking for someone else to help you to regenerate and feel new, younger and healthier, what stops us from doing this.

Psychotherapy in particular Jungian philosophy is the flip side of PsychoVeda; Ayurveda gives us the treatments and some techniques but does not deal with the habits of behavior.

Regeneration is also to be found in the place of self awareness. This is the place that enables us to keep practicing and creating the things that we want. Self awareness and self realization is another key to regenerating the self, body and mind. Understanding what we believe about ourselves and why, is a powerful way to shed limiting beliefs about whether it is possible to regenerate or that we deserve to.

Contrary to a popular saying we are not just what we eat, we are also what we think and do. Just as importantly, we have a distinct individual body type that governs our physical and emotional health and outlook and the way we respond to things around us. This body type never changes; it helps to underpin our identity and affect our behavior throughout our lives. We can recognise this fact, work with it to feel and look good or we can ignore our true nature, fight it and be continually stressed and unhappy. How do we make the best of this natural gift of a body type? Food is often considered to be one of the most important factors but, this is not the case according to Ayurveda even the most nutritious foods can be transformed into poison by a dark and depressed mind. Exercise and activity is another factor, our home and working environment and the way we use our mind and senses are all key factors that influence our quality of life for good or bad. Dramatic changes to our outlook, health and energy happen through what we put into our hearts, minds and bodies and this is what we need to consider when we are looking to regenerate ourselves.

We are told that our bodies rebuild themselves many times throughout our lifetime, with cells from every organ renewed from the food that we eat. Every breath we take and every mouthful that we swallow contributes to this building process. Every taste, every sight and smell, in fact every sensory experience connected with food rebuilds our cells and imprints itself into our emotions and the sensory experience of being alive. From these basic building blocks we create ourselves on an hourly and daily basis. Then we use our thinking mind and we continue the process of creation or destruction, becoming affected by our upbringing and our relationships. The good and the bad, the healthy and the unhealthy aspects of our lives all come from the processes that go on inside us and from the way we co-operate with our bodies or try to fight them into submission.

Body types or Doshas

People come in so many shapes and sizes, colours and weight it seems obvious that we shouldn't all eat the same things and do the same things to make us healthy and happy. We are all individuals with different tastes and experiences and there are more variations in people-types than there are Atkins Diets and GI diets and all the other fashions and fads. We see the more extreme visible signs every day when we go to work or go to the shops. We see thinness and fatness and some in-between and we see redheads and darker swarthier types and short and tall people and all the sizes in between, but they only reveal half the picture. The physical differences can be important clues but they don't tell us about emotional characteristics, or about behavior, or about why some people never gain weight and others can never shake it off and why some are constant worriers and others struggle to rouse themselves into action. Nevertheless despite what at first might seem to be a random collection of individuals there are common elements and these can be grouped by body type.

Body type, attitude and behavior are all linked. We think, look and act in repeating patterns throughout our lives and this behavior is always linked to something fundamental within our personality and within our cells at the deepest level. In Ayurveda our body type or dosha provides the key to understanding what we are, allowing us to examine and fine-tune our diets and lifestyles to create health, strength and energy for life. We each have a unique collection of experiences and memories that have helped to make us what we are – or at least what we think we are, but underlying these experiences our physical body type is distinct and unchanging. We may gain or lose weight, change jobs, clothes, hair style and colour, but underneath these superficial differences our body type and its inherent traits were fixed before we were born and it doesn't change.

It has clearly defined characteristics and specific nutritional, emotional and spiritual needs. Our preferences for food, colour, tastes, textures, sounds and activities are governed by this cellular make-up. When we put the wrong kinds of food into our body, when we labour away with thoughts and activities in environments that don't suit us, we may as well be taking poison

– on a daily basis. When we are ignorant of these characteristics and of our genetic make-up, we are ignorant of our whole foundation, of what we really are.

Certain kinds of foods are more useful than others; we are also better suited to certain sounds, textures, colours, smells, oils and environments. We react physically and emotionally to the changing seasons. How we think and respond to these elements of our daily lives, how we function and behave, and how our emotions fluctuate are all affected by this metabolic template within us. When we live, eat and do things that go against the best interest of our body type we are actively damaging everything that we are!

So what is a body type? What is it that actually makes a body type?

Ayurveda defines three main body types or Doshas created by the energy forces of **earth, water, fire, air and space** within us. These Doshas are known by the Sanskrit names of **Vata, Pitta and Kapha** and have physical and emotional characteristics that determine what is good for us and what harms us. The Vata, Pitta and Kapha forces have particular work to do in our bodies and we need them all to function together, in balance.

Vata is concerned with air and space and works with the nervous system to control all body movement including nutrients and waste. In the mind Vata is concerned with memory and comparison of information. Air is the prana, the breath, the life force which stimulates movement. Space is the vibration of all vital systems together, within which stillness and all creative activity occur.

Pitta is concerned with fire and water and governs the body's balance of chemical and transforming energies, including the digestion of both food and thought. In the mind Pitta processes new data and draws conclusions. Fire is the acids and enzymes of the body and the sun's rays that directly affect all life forms and the environment.

Kapha is concerned with earth and water and governs structure, bodily stability and lubrication and cell structure. In the mind Kapha provides stability and the ability to grasp single thoughts. The earth is our physical body and is solid and grounding. Water is its fluid and it can be calm or turbulent.

These Doshas form the foundation for all humans and are mirrored in the seasons and cycles of nature. Since the Doshas are created by the balance of natural elements in our cells they never change. Imbalances occur because of our events in our lives and the environments we inhabit so that our inherent characteristics may become exaggerated or extreme but that essential dosha never changes. Once we have grown from the single cell that we started from in our mother's womb, our cells multiply rapidly and these characteristics are established. They are our default pattern. As we mature we learn things, we are affected by life around us and we may gain or lose

weight, hair and common sense or become sick but our essential nature runs through this cellular structure. The secret then is to know this essential being and to keep it in balance. This requires attention and daily maintenance and all the right building blocks.

In PsychoVeda we look at what lies at our deepest level and how we can help ourselves to regenerate

We are all one, interconnected at the deepest level. What we do to ourselves we do to all other life forms and to our planet. Our thoughts and intentions have massive potential energy and the capacity to create physical outcomes that affect our age, health and all aspects of our lives. We know people who "carry the weight of the world on their shoulders" and others who "bounce for joy", and we can all see the socio-economic consequences of low expectation and low self esteem in communities and large chunks of our society. A buoyant outlook and sense of optimism helps to create the circumstances that lead to happiness and satisfaction with life and conversely, negative expectations too often become a self-fulfilling recipe for depression and unhappiness. We are what we think. We affect everything around us through our thoughts and attitudes. How can this happen?

It is obvious that we share our world with other species and life forms but how are we connected? **Quantum mechanics** has emerged as a conceptual framework for understanding the microscopic properties of the universe. It is a "mathematically coherent theory that yields predictions that have been verified to outstanding accuracy" (Elegant Universe) demonstrating the uncomfortable fact that that "the universe is a teeming, chaotic, frenzied arena on the microscopic scale..." (Elegant Universe). Most disconcerting is the discovery that the divisions between energy and matter hardly exist. In fact energy can become matter and vice versa. Physicists have learned that nothing is what it seems and that at the deepest microscopic level all existence, all life forms are in a fundamental state of flux. Discoveries and theoretical models since proven under experimental conditions have completely changed the notion of permanence and solidity in the physical world. The world was not what it seemed. The apparent stability of the classical physicist's view of the world could never be the same again. All that was thought to be objectively real was in a state of continual change at the most microscopic level. Things were held together not by absolute construction in space and time, but by a continual frenetic dance of particles and waves. "Modern physics tells us that the world of common sense reveals only a special, limited portion of a much larger and stranger fabric of reality" (Institute of Noetic Sciences). This means that we can change anything about us that we choose to change if we believe and decide to do it. This is the foundation of PsychoVeda regeneration.

It is accepted that there are **four fundamental forces** at work. They are: gravitational force, electromagnetic force and the prosaically named weak force and strong force. In various ways these forces keep the particles together. Gravity is a familiar force that keeps our feet on the ground and our planet in orbit. Gravity also allows us to measure mass, as a result of

how much gravitational force an object can exert and receive. The electromagnetic force drives our world; light, machinery, telephones – everything that we live and work with. At one end of the scale it creates thunder and lightning and at the other permeates to the sub-atomic level and creates the microscopic surges of electricity that allow us to feel touch and sense our world. We can work intimately with these forces to change our lives and turn back time to regenerate ourselves.

Life is now recognised, at the quantum level, to consist of pulses of energy that differ in frequency between life forms, “non-living” matter and between different levels of awareness. At the sub-atomic level we have the same ingredients, as a flower, or a bird, a rock or a drop of rain. We have the elements of earth, water, fire, air and space within our bodies in the form of acids, enzymes, fluids, tissues, and the movement and function of muscles and organs. These elements and our pulse of life are sustained by nutrition in the very broadest sense and we get that from food, from our breathing and from the attention we give to ourselves. We flourish when given the right kind of attention and wither when given the wrong kind. When we understand that we consist of these elements we can work with them daily to set regeneration in motion within our bodies

Pulsating energies create existence and create the conditions we experience as we pass through each phase of our consciousness. We are manifestations of a greater power than we understand and have so much more potential than we realize. We are the sum of all experiences and senses, and not the captives of a limited world view or set of external circumstances. Our potential is limitless: We are created to be whole and healthy and have the gift of emotional intelligence, intellect and a sense of enquiry to help us feel the full range of human experience and to move our lives forward. Lofty sentiments, but this is why we are here. Misery, depression and joyless existence are poor options when the alternatives are so much better and within reach.

A good start is to accept that we are not our minds. We are not simply the sum of all our past experiences, or our jobs or our family backgrounds. They have influenced the way we see ourselves and the things around us but the past only influences us because we allow it to do so. We are all alive now, in this moment, and our power lies in the choices we make now. Choice is a powerful tool but only when linked to knowledge and self-awareness and this begins with knowing your body and what you believe about it first. All the mental gymnastics in the world, all the intellectual achievement and financial rewards are useless if we don't know who we are and what we need at the most fundamental physical, spiritual and emotional levels. We each have a body and a physical existence.

We are custodians of a temporary assembly of molecules that form organisms of incredible complexity with the potential to blow the world to pieces or to live in harmony. We might not directly change the world, but we

can change ourselves and that will generate incremental change to all around us. Or we can do nothing.

Beginning to understand and Working with our dosha is the most grass-roots, practical activity we can do. It is as fundamental as learning to speak. Knowing that we consist of all the same ingredients as all life around us and that we simply have a unique blend of those ingredients is a liberating thought. The real mystery of life and of existence remains: the source of that energy that vibrates the strands of the universe is unknown by scientists and is known as God to most religions. What we do know is that our building blocks are the five elements of nature, known in Ayurveda as ether / space, air, fire, water and earth. They are in every cell of each of us and the proportion of one to another creates the Doshas

Each of the 5 elements has qualities that are necessary for life. These qualities are complimentary and work together to sustain the vibrations within our molecular structure.

Ether / Space

This element is the primordial birth place of all creation and in Ayurvedic terms our source of connection to the cosmos. All vibrations occur within ether / space, the vehicle which links every particle of existence, forming our reality and our experience of life. All forces exist in space, the gravitational force, electromagnetic force, the weak force and the strong force, and it allows all possibilities to exist at the most microscopic levels.

At the macroscopic level it is in space that we experience daily life, space occurs around objects and in nature. We say that we "need space" to think and to feel un-pressured and this sense of space affects us more immediately than the other elements. We interact with space as a concept and as a reality. When it is removed from us, when we are confined, we suffer. We need space in our minds to understand things. We see and feel the emptiness of space. It provides the place for air movement to occur and without space we would not hear sounds since sound waves travel through space. Every space within our bodies allows movement of air and fluids, the input of essential elements and the output of sounds, expired gases and waste materials. Space is linked directly to the element of air.

Air

Air moves: it has shifting qualities, like the wind, and it can be both strong and weak in its force and effect, from tornado strength to a gentle breeze. Air generates movement in the physical world, causing trees to sway and waves to form, sometimes to terrifying size. Air movement creates roughness and dryness; it shifts grains, particles and water, eroding surfaces. Air movements carry clouds, shift gasses, micro-organisms and germs. Air has the quality of lightness. Air is life: it is everywhere, in every space. It creates movement through the body and is connected to our sense

of touch and of kinetic energy. Air is linked to ether / space which provides the channels through which air moves.

Fire

Fire is central to our existence. It saturates our environment; it is in the earth and the sea and it is in our bodies. Sunlight gives life but in Ayurveda it can also deplete life. Sunlight dries the planet and it dries and enervates our bodies, but we need it to maintain health. S.A.D occurs when we don't have sufficient sunlight. Fire represents chemical transformation within our bodies. We speak of fiery energy and heated minds, alluding to the power of fire to create change. It is also connected with sight and the ability to penetrate.

Water

The element of water is central to our lives. We are composed of at least 60% water by weight, held in place by tissue and fibrous matter. Water sustains every cell in our bodies which have a self-regulating system for maintaining water levels. Water leaves our bodies through perspiration, urine, breath and in waste products, and thirst ensures we take more in to replenish our levels. We can live without food for a surprisingly long time, but without water we soon die.

Water moves, earth stills; without water there is no life as we know it. Like air, water connects every living thing on the planet; we are water. What we do to water we do to ourselves.

Earth

Without earth we would not live. Everything comes from the soil in the most profound way, because most of our food comes directly from it. We take food in, break it down and use the molecules to build and re-build what we are. We are created from the molecules that plants and animals have eaten that we then ingest into our own cells, since soil has formed over billions of years of plant and animal decomposition. It is a finite resource: the atmosphere enveloping our planet is a thin layer that sustains life; the soil that we live from is even thinner and as critical to life. Earth is our mother; it builds us and deserves reverence. Our physical world, the mountains and rocks, the plains and forests are formed from the earth. Our building resources come from the earth. It is the solid foundation for growth, the fertile that feeds life and absorbs death.

In our bodies the element of earth is linked to substance and the capacity for being well-founded. We describe well-grounded, reliable individuals as being the "salt of the earth" and they have a nurturing instinct that holds families and societies together. When mixed with water the earth element creates stable conditions, but in the wrong quantities it becomes heavy and slow. It helps our bodies hold onto things and is connected to the sense of smell.

We are also social animals and we need love.

On a day to day basis we meet our needs by interacting with the five elements and from the attention we give to ourselves and each other.

Aging skin is one of the challenges that we all face as we grow older, but we can help ourselves to regenerate and increase ojas in helping to keep the skin youthful for longer. 5 year ago after much of my learning, developing and practices I committed to regeneration for myself, rather than talk about it I decided to practice it and now at 60 years old this year 2010 I look 10 years younger some say 15 or 20 – without using any cosmetic surgery of any kind. Aging skin according to Ayurveda is due to an increase or aggravation of Vata. With many aging problems we can address them through Ayurveda practices but we must also address the way we believe that we are aging. A friend of mine who is the same age as me continually says about most things ' I am too old to wear, do or believe that' and she is aging fast.

Psychologically are thoughts will direct our bodies towards regeneration if we practice the concept of self belief in our ability to transform ourselves. What holds us back, the things we learnt at school, siblings or friends who said we were ugly, bad, not good enough there are hundreds of things that stop us from believing that we can be the best physically as well as emotionally.

I once had a chap come to see with who has some physical problems and when I asked him about wanting to regenerate and be well his immediate reaction was – more about what that would mean he would lose rather than what he might gain. He realised that he wanted to remain ill, as this gave him access to outside help and company from ladies who visited him as well as social services financial help. To regenerate you must tackle the limiting things that already stop you from being well right now.

There are many ways to practically help to bring ojas to the skin and help it to glow, but we must also have a glowing mind to keep it regenerating

I provide daily routine charts
Daily thought charts
Senses charts
Daily rejuvenation charts
Products
Recipes

The Creating Game book provides people with a journal to work through that they can complete in 12 weeks that provides them with 24 principles to help them start the regeneration process after sessions with Linda
Trying to regenerate is almost impossible to start alone – but once in motion you can follow through with regular updates from Linda

Charts and formulas are provided after you have had sessions with me – this stuff works after they have had some deep inner work to unlock where they are at the moment

You can visit my clinic and spice spa and learn the way of regeneration

We can do telephone sessions