

# elevate calm

## What is Ahimsa and How to Practice It?

### Worksheet

#### Etheric body

1. What are some of your lifestyle choices that are violence towards your Physical / Etheric body? (ex. shallow breathing, smoking, eating unhealthy food, bad posture)
  - a. Choose one negative lifestyle pattern you have adopted and would like to change right away.
  - b. Journal about it: What pleasure does it bring you? What has been stopping you so far from making a change? What small steps could you take towards improvement even if you don't fully let go of this pattern?
  - c. Commit to taking one of these small steps for the next 30 days. Set a way to track your daily progress to keep yourself motivated and accountable.
2. Do you catch yourself being violent to your body on the mat? Are you giving in to your ego in certain asanas? (ex. pushing yourself too far beyond the point of comfort, not listening to your body when it needs a rest)

#### Emotional body

1. Is there a negative emotion from your past you are holding on to for a while now? (ex. fear, anger, jealousy)
  - a. Why do you think you have not been able to let go of it until now?
  - b. What could you do to free yourself from it?
2. How do you usually deal with negative emotions? Do you let them go or suppress them for long until you blow up?
3. Think of a difficult situation you had in the past. (ex. financial difficulty, break-up, losing a loved one)
  - a. What kind of emotions did it trigger in you?
  - b. Looking back at it now, could you have managed your emotions better?
  - c. What can you do to respond better to similar situations in the future?
4. Think of an everyday situation that always annoys you. (ex. traffic jams, waiting in line)
  - a. What makes you get heated over something so mundane?
  - b. Commit to becoming aware next time you're in this situation and not reacting emotionally.
5. Is there something in your life that's causing you chronic stress? (ex. job, any type of abuse, disease)

#### Mental body

1. What are some negative beliefs about yourself that you have built over time? (ex. I am not smart enough to succeed, I am not beautiful, I cannot do X)
2. Do you think you spend a healthy amount of time on social media? What kind of activities and content do you engage with on social media?

#### Astral body

1. How strongly do you feel your intuition?
2. Think of a situation when you listened to your intuition? What happened?