



NOVEMBER 2013 NEWSLETTER WITH SUMMARY OF ALL TOOLS

Home » News » NOVEMBER 2013 NEWSLETTER WITH SUMMARY OF ALL TOOLS

January 17, 2014 ashok

Dear Retrainer,

Hope you are well. Please do print off the first section 1. Also please remember that we do suggest that if you are having any issues with putting the programme into practise, that you work with one of our coaches to make the programme more personalised and powerful for you. You can find a list of coaches here: <http://www.guaptprogramme.com/coaches/>

- ***1. WHICH TOOLS TO USE WHEN? PLEASE PRINT THIS OFF***
- ***2. LINK TO WEBINAR WITH UPDATED 7-STEP PROCESS***
- ***3. UPDATED LIST OF RECOVERY STORIES***
- ***4. NEW 3 MONTH WEBINAR SERIES WITH ASHOK STARTS TUES 28TH JAN 2014***
- ***5. WHAT DOES THE 6 MONTH TARGET MEAN?***
- ***6. REGISTRATION FOR MEMBERS AREA & FORUM***
- ***7. DEALING WITH WINTER INFECTIONS***
- ***8. FREE DVDS OF THE FIRST 3 SESSIONS***

1. WHICH TOOLS TO USE WHEN? PLEASE PRINT THIS OFF

We have had a few retrainers contact us in the last few months who wanted more clarity on which tools to use in which circumstances, so we thought we would create a handy guide for you below. There are core tools which you should do every day, and then optional tools that you can use as and when required. Please print this off so that you have a ready reference to remind yourself:

1. MORNING HOUR OF POWER

On waking in the morning, please drink a glass of water. Then after having a shower, do what you can manage from the following:

– 5-7 Mins of Alternate Nostril Breathing – 20 Mins Meditation from one of the CDs (unless you have any large increases in anxiety) – 2 Mins writing down the main negative patterns you think you have had in the last 24 hours (to boost your awareness), and challenge those thoughts or beliefs by writing down a substitute affirmation, or a substitute belief – 5 Rounds of the full 7-Step Amygdala Retraining Process, out loud. Use the slightly modified set of techniques sent out in the recent Webinar update (which is also below). Spend a couple of minutes at Step 3, really speaking to the anxious parts of yourself, soothing and calming down any anxiety using self-love. And focusing on the belief you will get better. Also spend some time at Step 6, really connecting to past memories of health, and bringing those feelings into the visualisation of activities that you will do today. If you cannot manage 5 rounds, just do what you can. – Breakfast (if you feel hungry before starting your Hour of Power, then have some fruit beforehand)

2. DURING THE DAY

MAIN AMYGDALA RETRAINING: Whenever you get any thought patterns about symptoms or the condition, use the full 7-Step process, or the shorter versions, depending on what you can manage. Repeat them many times a day immediately as soon as the thoughts or feelings arise. You can also

Recent Newsletters

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SUMMARY OF GUPTA PROGRAMME UPDATES AND TOOLS

homepage1

Home

Search...



Archive

October 2015

September 2015

December 2014

August 2012

change the wording to suit what works for you. Remember to smile throughout it, and finish it with a good imagination of health. Here are some examples of those thought patterns to interrupt:

– Worrying or attention on symptoms – Scanning your body constantly to see how you feel – Worrying about tasks or events – Feeling overwhelmed – Worries about never getting better – Analysing why you feel worse, or trying to figure out how to get well – Thinking that there is something else that is causing your symptoms (e.g. virus, permanent damage, etc) – Thinking that other people can retrain but you can't – Any thought patterns you have that a healthy person would not have

DISTRACTION Please make sure you have engaging enjoyable distractions that you can put your mind into at Step 7 and throughout the day, to stop your mind going back to worrying about your body. For example, reading, e-books, audio books, a hobby, creative writing, yoga, singing etc. Get out of the house as much as you can manage and be in daylight/nature as much as possible. Find your joy! – allow yourself to have fun and laugh.

PACING Although you are breaking negative attention on the body, at the same time, maintain a gentle awareness of whether you are pushing yourself beyond your limits. Recognise those subtle messages the mind gives that you need to pull back or rest now, and then act on those subtle messages e.g. meditate, become mindful, etc. If instead you are the type of person who holds yourself back from activity, gently increase the amount of activity you do over the space of a week, pulling back if you find you over-stretch yourself. You can increase activities to the point at which you get a slight increase in fatigue, and then stop. Pacing yourself back to full health is an art rather than a science! So it is ok to have little ups and downs as you gradually train the body back to full health.

SOFTEN AND FLOW (Optional) If you have pent up emotions such as anxiety, or a constant stream of worries, or tension in the body, then experiment with using the Soften and Flow exercise, or another relaxation exercise.

AMYGDALA RETRAINING ACCELERATOR (Optional) If you have a particularly stubborn thought or fear pattern that will not go away, then use the Accelerator on these patterns. Use this in whatever way works best for you. For some retrainers, it is the Accelerator which has become their main tool to break patterns, and they break the main patterns in the morning using it. For others they prefer just using the main Amygdala Retraining Technique. You experiment to see what works best for you. The Accelerator is not a substitute for the the main technique, it is a supplement and is very powerful at shifting those old stubborn worries! You can find out more in Sessions 6A and 6B

MINDFULNESS (Optional) Become aware of when you have got lost in worries or over-thinking. Then close your eyes, take a slow deep breath in, feel the presence of your body, and for 30 seconds just breathe slowly and deeply and enjoy the peace and calm. To help remind yourself, I would recommend setting an hourly chime. I do this during the day and it works really well to remind myself to stay mindful whilst running a busy clinic! You can find free hourly chime apps for Apple or Android phones and tablets.

3. IN THE EVENING

MEDITATION (Optional) It is highly recommended that you do another meditation in the evening before dinner. Whatever happens during your meditation, just accept that it is doing something good for you (unless it stimulates a lot of anxiety, in which case come back to it periodically). Even if you go to sleep, or feel drowsy, I believe it is providing deep rest for the mind and body.

SOFTEN AND FLOW (Optional) Many retrainers find that doing a soften and flow before they go to sleep, really helps them get to sleep and have deeper sleep. Try to also do relaxing activities in the evening, that are also uplifting and give you joy.

*****SUPPLEMENTAL INFORMATION***** – In the programme and especially the webinars, there are other tools and techniques introduced to support retraining. Don't feel like you have to do everything, just do what seems to work for you. We have lots of tools so they can benefit as many people as possible! – "Do your best, leave the rest!" Stop any worries about whether you are doing the programme correctly, just do what you can manage. Any worries about your application of the programme is counter-productive so focus on doing a few things well. – Each person is different. If you experience any negative effects from any of the tools, then let them go and come back to them later, as each person benefits from each tool in a different way. Change and adapt the tools to what works for you. – If you have any difficulties applying the programme or are not getting the recovery you expected, it is highly recommended that you attend a face to face workshop, or contact one of our experienced coaches for one-to-one sessions here:

<http://www.guptaprogramme.com/coaches/> – The main pattern we see is that a retrainer sees some improvement, becomes complacent, has a dip, and then becomes a bit disillusioned and becomes half-hearted with the retraining. But dips are part of the recovery process, and are nothing to worry about. "If you have done it once, you can do it again!" All the retraining you have done has not gone to waste just because you have a dip. The "safety neurones" you have created from your

conscious mind to the amygdala are still there and have been reinforced! Instead make sure that you continue with all the tools until you make a full recovery, with trust and commitment, and continue with the tools even after recovery for a period of time. Daily breathing and meditation is something we recommend doing for the rest of your life to keep the nervous system in balance – If you cannot manage the hour of power in the morning, split it up and do what you can manage

***2. LINK TO WEBINAR WITH
UPDATED 7-STEP PROCESS***

<https://guptaprogramme.webex.com/guptaprogramme/lsr.php?AT=pb&SP=EC&riD=4856402&rKey=5F6669229C21D317> password is retrain

If you have any technical difficulties on PLAYBACK of this link, then please contact WebEx here:
<https://support.webex.com/MyAccountWeb/needsupport.do?userType=ht>

***3. UPDATED LIST OF RECOVERY
STORIES*** We have recently included a few more recovery stories on our website. We have hundreds of recovery stories that we have been sent, and we have included a small sample. It is useful to read through these to provide more encouragement and belief in your recovery:
<http://www.guptaprogramme.com/success-stories/>

4. NEW 3 MONTH WEBINAR SERIES WITH ASHOK STARTS TUES 28TH JAN 2014 We are starting a new series of 3 month online coaching webinars with Ashok on Tuesday 28th Jan 2014. If you have attended a previous webinar series, you can join this next one at half price, please email us if that is the case. The cost of the 12 week course is £119, which works out at only £10 per 75 minute session. (Approximately \$200 or \$16 per 75 minute session).

To book onto the programme, please click this link below (or cut and paste it into your browser).
<https://www.e-junkie.com/ecom/gb.php?i=923194&c=single&cl=94906>

The Webinars will be held every Tuesday evening for 12 weeks at 7pm UK time, and you can join wherever you live in the world.

***5. WHAT DOES THE 6 MONTH
TARGET MEAN?***

A few retrainers get stuck on what 6 months means. 6 months is the minimum amount of time I would like you to commit to the programme no matter what, in order to get improvements or recovery. I don't say you will definitely fully recover in 6 months (although many retrainers do), it is about your commitment. After all, for some retrainers the recovery comes once they have calmed the nervous system for some time, allowing the natural detoxification and parasympathetic systems of the body to re-engage and heal the body.

So if you have not made a full recovery within 6 months, that is ok, you are not doing anything wrong. Just be proud of the improvements you have made within 6 months, and commit to keep going with the techniques until you make a recovery.

6. REGISTRATION FOR MEMBERS AREA & FORUM

If you still have not registered for the member's area and forum, please click here:
<http://www.guptaprogramme.com/registration>

7. DEALING WITH WINTER INFECTIONS

Many Clinicians are embracing the power of natural remedies such as ginger in dealing with persistent infections. If you find that you get a lot of infections, or it takes a long time for a cold or flu to go away, then try this well-known remedy that I find really works for people. You can try this 2-3 times a day (please check with your doctor first):

– Take a piece of FRESH ginger and cut off the skin. Then slice 5-7 thin pieces of ginger into a cup. – Squeeze the juice of half a FRESH lemon into the cup – Add half to one teaspoon of honey – Add some black pepper (according to your taste) – Add boiling water into the cup, stir and enjoy!

There is also evidence that high dose Vitamin C and Zinc can help with Winter Infections. Finally we would recommend reducing "White foods" such as white pasta, white bread, dairy, and introducing more whole grain foods such as brown rice and oats. Please check with your doctor before making any changes.

*****8. FREE DVDS OF THE FIRST 3 SESSIONS*****

As you know, we rely on word of mouth for more people to hear about our programme. So if you know other people or support groups who you think could benefit from the programme, then please email them this link: <http://www.guptaprogramme.com/course> where they can sign up for the free videos. Alternatively if they do not have access to a computer, then we can send them a free DVD in the post, just send us their address. Alternatively we can send you DVDs in the post to distribute to others.

I wish you all the luck in your retraining, and remember, onwards and upwards brave warrior, you can do it, I believe in you!

Keep warm! Lots of love Ashok

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