PODCAST WORKSHEET

INITIATION

THANK YOU FOR JOINING US!

We're thrilled to have you as part of our community and excited to support you on your journey of transformation. This worksheet is designed to complement the theme of **INITIATION** from our podcast.

Each worksheet is crafted to help you take a sacred pause and reflect, replenish, and recharge. By engaging with these exercises, you'll be able to integrate the wisdom from our podcast into your daily life, creating simple, sustainable, seasonal habits that enhance your health, vitality, and overall wellbeing.

How to Use This Worksheet:

Listen: If you haven't already, start by listening to the corresponding podcast episodes.
Reflect: Use the prompts and exercises to reflect on the episode's theme.
Practice: Implement the practical tools and techniques shared in the podcast.
Connect: Share your experiences and insights with our community on Instagram.

Thank you for being part of the Overhaulin' You journey. We're here to guide you every step of the way as you create space for meaningful self-care and align with nature's rhythms.

Warm regards,
Jill & Susannah

A MOMENT FOR REFLECTION

Here is a reminder of the questions we invited you to reflect on at the end of part 1:

What threshold or initiation are you currently facing?

What habit or change are you feeling called to initiate?

How do you truly feel about this initiation? Nervous, excited, overwhelmed, determined?

Reflect on a past initiation. What did you learn from that experience?

What inner wisdom can you tap into to guide you through this initiation?

WHAT I NEED RIGHT NOW IS.....

Circle the first 3 words you find in the wordsearch and reflect on what they might be telling you about what you need right now.

A	P	S	E	L	F	C	A	R	E	O	N	W	M
I	O	U	E	A	O	E	V	S	L	H	N	E	A
P	J	P	S	O	L	I	T	U	D	E	A	T	C
I	O	P	K	L	R	G	V	X	L	Q	T	E	T
A	Y	O	E	N	Q	U	I	E	T	E	R	B	I
I	O	R	K	T	Y	D	J	S	J	A	Y	O	O
P	W	T	S	D	W	M	Z	I	C	R	E	S	N
I	D	X	K	L	B	G	L	O	V	E	U	A	I
A	P	S	T	I	L	L	N	E	S	S	F	O	E
G	R	O	U	N	D	I	N	G	N	S	H	S	I
S	O	F	T	N	E	S	S	I	O	N	A	G	T
I	F	A	K	B	A	I	V	X	L	V	A	V	Y
W	D	X	C	O	N	F	I	D	E	N	C	E	K
D	I	S	C	I	P	L	I	N	E	Q	A	M	C

FROM ANCIENT WISDOM...

These are the techniques we shared that can help us to navigate initiations with grace and alignment. these practices are deeply rooted in yogic philosophy and Ayurvedic principles., emphasising the importance of syncing with nature and the season to find balance and clarity.

The Wisdom	In Practice
NATURE REFLECTS OUR INNER LANDSCAPE. According to yogic philosophy, the macrocosm (the universe) and the microcosm (the individual) are deeply interconnected - What is within is without, without is within etc. By observing and aligning with the rhythms of nature, we can harmonise our inner world with the outer world.	Find a favourite tree or natural spot. Get quiet, observe, and meditate. This practice, known as Prakriti Sadhana in Ayurveda, allows us to ground ourselves and draw wisdom from the natural world. For instance, as the seasons change, observe the qualities in nature and reflect on how they manifest within you. This connection can ground and guide you, offering insights and stability.
CREATING CEREMONY IS A POWERFUL WAY TO HONOUR INITIATIONS AND TRANSITIONS. Ceremonies can help us mark significant moments, offering a sense of structure and sacredness.	Light a candle, gather favourite flowers, or place an image of a deity. Creating a sacred space helps us honour our heart path and set intentions. In yogic tradition, rituals such as lighting a lamp (Diya) or offering flowers (Pushpanjali) can invoke divine presence and protection. These small acts can transform a mundane moment into a profound experience, reinforcing our commitment to the path we are initiating.
BREATH AWARENESS, OR PRANAYAMA, IS FUNDAMENTAL IN BOTH YOGA AND AYURVEDA. The breath is a bridge between the body and the mind, influencing our emotional and mental states.	Practice longer exhales to calm your nervous system, inducing steadiness, calm, clarity, and focus. Techniques like Nadi Shodhana (Alternate Nostril Breathing) and Sama Vritti (Equal Breathing) can help balance the mind and body, promoting inner peace. Regular practice of Pranayama enhances our ability to remain centred, especially during times of change.
BODY AWARENESS IS CENTRAL TO YOGA. The body holds our experiences, emotions, and wisdom. By tuning into our body, we can understand our true state and needs.	Notice areas of tightness, tenderness, or softness. A 'full body yes' feels expansive and spacious, while a 'full body no' feels tense and restricted. This practice, known as Svadhyaya (self-study), helps us attune to our inner signals and make decisions that are aligned with our true self. For example, in a yoga pose, notice where you feel ease and where you feel resistance, using these insights to guide your practice and life choices.

The Wisdom

YOGA IS A PROFOUND PRACTICE OF INNER LISTENING.

Each pose, or asana, offers a dialogue with our inner world, helping us connect with our true needs and desires.

AYURVEDA, THE SISTER SCIENCE OF YOGA, OFFERS PRACTICAL GUIDELINES FOR CREATING STEADINESS AND BALANCE IN OUR LIVES.

It emphasises aligning with our natural constitution (Prakriti) and the cycles of nature.
If you are new to Ayurveda, click here to discover more and take our quiz.

In Practice

Use yoga to connect deeply with yourself. Approach each asana with curiosity and openness, listening to what your body and mind reveal. Practices like Yin Yoga or Restorative Yoga can be especially powerful for deep listening, as they encourage stillness and introspection. By regularly engaging in yoga, we cultivate a deeper understanding of ourselves and our path.

Follow a Daily Routine (Dinacharya): Establishing a consistent daily routine creates stability and predictability. Begin with simple practices like waking up and going to bed at the same times each day, incorporating self-care rituals such as tongue scraping, oil pulling, and meditation.

Eat Nourishing Foods that align with the season: According to Ayurveda, the foods we eat directly affect our body and mind. Eating warm, grounding foods, especially during transitions, can balance our energy and support our digestive fire (Agni). Incorporate seasonal vegetables, whole grains, and warming spices like ginger and turmeric into your diet.

Practice Abhyanga (Self-Massage): Abhyanga is a daily self-massage with warm oil. It grounds and calms the body and mind, nourishes the skin, and promotes circulation. Choose an oil that suits your dosha (constitution), such as sesame oil for Vata, coconut oil for Pitta, or sunflower oil for Kapha. These are our recommended suppliers for essential oils:
oshadhi.co.uk
starchild.co.uk

By integrating these ancient wisdom techniques into your daily life, you can navigate initiations and transitions with greater ease and alignment. Embracing the wisdom of yoga and Ayurveda allows us to honour our natural rhythms and connect deeply with our inner and outer worlds.

...TO MODERN SCIENCE

Neuroscience has taught us that the human brain really doesn't like change and our past experiences will have a major influence on how we perceive current changes. In fact, research studies show that we are more comfortable with certainty about a negative outcome than we are with uncertainty. This means we can get stuck when it comes to initiating new habits. Here are our two top tips to help cross the threshold and take positive action.

REFLECT ON PAST ACHIEVEMENTS WHEN YOU HAVE SUCCESSFULLY STARTED SOMETHING NEW AND ACHIEVED POSITIVE RESULTS.

Having a growth mindset and believing in your ability makes a significant difference to our ability to take on new tasks, to learn and to deal with challenges and setbacks.

SET YOURSELF SHORT –TERM GOALS THAT ARE EASY TO ACHIEVE.

Achieving a goal is rewarding to the brain and sets you up for the next task. This is why we love focusing on process goals or habits, the little steps you need to take each day, week or month to move you on your path. It is so much more rewarding for the brain than focusing on an outcome at some distant point in time.

FOR A NEW BEGINNING

by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening,
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure,
Hold nothing back, learn to find ease in risk,
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.

THANK YOU FOR JOINING US & MAKING TIME TO REFLECT, REPLENISH & RECHARGE.

If you've enjoyed having us guide and would like to spend time with us in person, we invite you to check out our next retreat at overhaulin.co.uk/retreat-yourself/

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Overhaulin.co.uk