

## **My Story - Website**

I encounter stress daily in my professional life as a doctor and my personal life. My “To Do” list is endless and dealing with everything on it can sometimes be draining. The impact of a constant heavy workload eventually started wearing me out and ‘stressing’ my physical, mental and emotional states of health.

I realized that it’s impossible, in this day and age, to shirk off responsibilities – but it is possible to increase energy levels so I could deal with them better. People often don’t realize this but our breath is our most important source of energy and learning to work with it using simple techniques allows for more oxygen – and hence more energy to be delivered to our bodies. I understood this simple, yet powerful principle early on in my career and found it allowed me to deal effectively with the pressures of daily living and maintain my peace of mind in stressful or challenging situations.

I did the Art of Living Course in 2001 during which I learned The Sudarshan Kriya. This helped clear my mind and bring a clarity and focus I had never experienced before. I had more energy, could take on more responsibilities and was able to manage my stresses better. The difference in me was so great, my Mom sent all my siblings to do the same course!

The course and the breathing exercises on it brought people from all walks of life together. It wasn’t linked to any traditional or religious belief. It was neutral, Powerful and effective. Regular practice of The Sudarshan Kriya brought a remarkable shift to my whole system. I was happier, able to do more, I enjoyed my responsibilities rather than being burdened by them and I learned how to master my emotions, not fall victim to them. Techniques like these have been used for centuries and I learned that integrating them into my daily life could help me manage stress better and prevent a worsening of symptoms.

For this reason, I volunteered with The Art of Living Foundation and The International Association for Human Values to do their teachers training programme so I could teach the same technique to others.

After years of teaching in other areas (Africa, India, Palestine), I set up the Manage Your Mind Manage Your Life workshop in Rainham through a UK registered charity, The International Association for Human Values (IAHV).

Understanding the way our bodies work, managing our minds better and using our breath to balance our lives all play an integral role in dealing with stress and ultimately improving our physical, mental and emotional states of being. This brought an amazing shift to my whole life – and I hope it does to yours too.!