



Week 22

Overview of Lecture

SICKNESS

NOSE, EARS & EYES

Sickness

In people that are ill, especially those that have been sick for a long time, the natural healing functions and normal breathing, a healthy posture, the ability to eliminate waste and the intuitive connection to their needs are dulled.

Yoga and the therapeutic aspects of yoga, including the conditions, environmental and internal aspects, addresses the bad habits and psychological tendencies that hinder the natural tendency towards balance that is in nature.

Yoga seeks not too just to correct a symptom but to reunite us with the natural, innate healing tendency inherent in all of us.

Adjusting ones' lifestyle including exercise, dietary regulation and breathing regulation plus regaining the mental and physical connection are the main tools of yoga.

The causes of illness:

- Abnormal posture and movement
- Abnormal and insufficient nourishment
- Emotional imbalance
- Confusion and attachment
- Strain at work or at home

A healthy posture and breath regulation that leads to the natural mental tension and relaxation cycle are taken for granted.

Unequal stimulation in lifestyle leads to mental imbalance. The body then needs to expend excessive energy to remain balanced.

Fatigue is the result because the body lacks the natural ability to stop the negative behaviour due to unnatural stimulation.

Illness develops unless something changes through a conscious effort.

A conscious effort to redress the normal balance where it is required is the key to stability and normalisation.

This then becomes an unconscious behaviour.

A deepening ability to relax and increased energy is the result.

Ears, Nose & Eyes

EARS

It is common for people with hearing problems to have difficulties in their kidneys or intestines.

Poor posture and drugs can be the cause of the problem in younger people.

Nervous system fatigue and or organ stiffness can be the cause in older people.

Correcting the placement of the pubic bone and relieving neck distortion/twists is the goal in curing hearing problems.

NOSE

Problems with the nose can be cured through dealing with overeating and treating the bronchials.

EYES

Eye problems need to be addressed as neck tension leading to pressure on the optic nerve and liver disorders that can be the source of psychosomatic causes.

Overeating and poor elimination or inappropriate diet can also lead to eye problems. Gut bacteria can cause toxicity.