

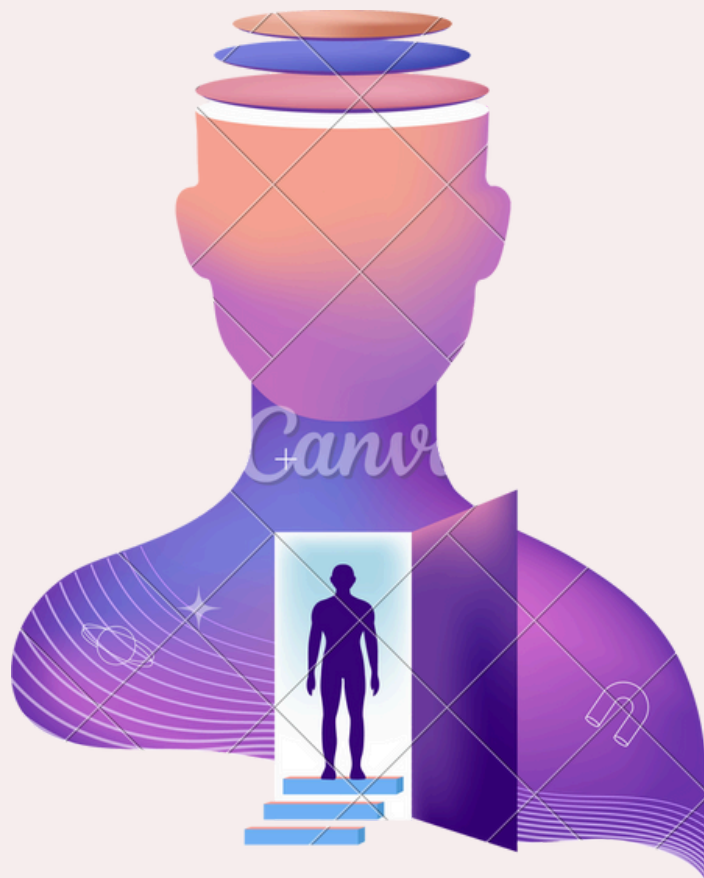


# GITA

# WELLNESS

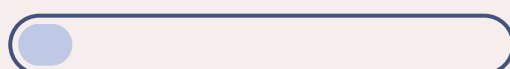
*Bhagavad Gita meets modern wellness.*





# Krishna as Your Inner Coach

*Dialogues to Have With Yourself When You Feel Lost*







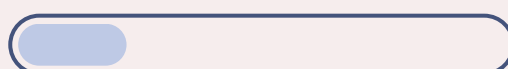
## *Why This Matters*

Feeling lost isn't weakness — **it's a call for inner alignment.**

In the Gita, Arjuna was overwhelmed — just like many of us today.

Instead of quick fixes, Krishna offered deep inner coaching.

✨ Let's bring that coaching into modern life.





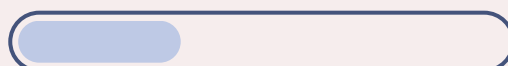
## *Meet Your Inner Coach – Krishna*

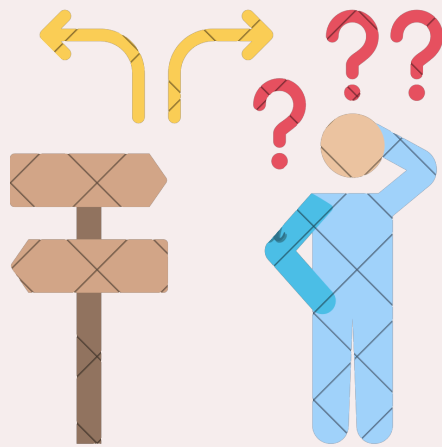
🧠 Archetype: The Discerning Mentor

🎯 Style: Reflective, Wise, Direct

🌸 Teaches: Detachment, Duty, Self-Realization

🧘 Use his voice to restructure your inner dialogue.





## ***Dialogue 1- “I Don’t Know What to Do”***

**You (Arjuna):** I feel directionless. Everything feels heavy.

**Inner Krishna:** When you can’t see the whole path, take the next right step.

- ◆ Action dissolves doubt.
- ◆ Duty clears confusion.

**Self-talk tip:** "I choose clarity over comfort. I act without attachment to outcomes."





## ***Dialogue 2-“I’m Not Good Enough”***

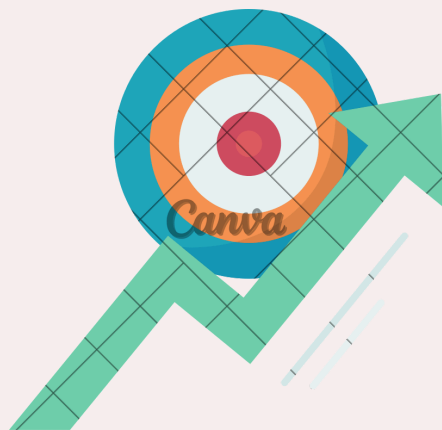
**You:** I’m not capable. I’ll fail.

**Inner Krishna:** That’s the ego speaking in fear.  
You’re more than your labels.

- ◆ You are **Atman** — not just roles and titles.
- ◆ Worth is not earned — it’s remembered.

**Self-talk tip:** “I am enough. I am on the path. I will rise again.”





### ***Dialogue 3- “What’s the Point?”***

**You:** Why try when everything ends?

**Inner Krishna:** You are not the doer. Life moves through you.

- ◆ Detach from results.
- ◆ Anchor in the process.

**Self-talk tip:** “My role is to participate fully — not to control outcomes.”





## *Dialogue 4- “I’m Afraid of Judgment”*

**You:** What will others say?

**Inner Krishna:** Opinions are waves. Stay rooted like the ocean.

◆ **Align with inner dharma, not social drama.**

**Self-talk tip:** “I choose truth over popularity.  
Silence over noise.”





## *Dialogue 5- “I’ve Made Too Many Mistakes”*

**You:** I’ve messed up.

**Inner Krishna:** Every fall teaches surrender. Let guilt become growth.

- ◆ Karma isn’t punishment — it’s feedback.
- ◆ Start again. Always.

**Self-talk tip:** “I own my journey. I walk forward wiser.”



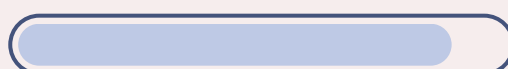


## *How to Practice These Dialogues*

*Use this method when overwhelmed:*

- ◆ *Pause*
- ◆ *Ask: “What would Krishna say now?”*
- ◆ *Reframe your self-talk*
- ◆ *Breathe. Act mindfully.*

🧘 *Practice during journaling, meditation, or tough decisions.*



*Krishna's coaching is inside you.*



*When the mind is lost, the soul remembers.*

*Let your inner Krishna guide with:*

💡 *Clarity*

💪 *Courage*

🧭 *Dharma*

*You already have the answers. Just listen deeper.*



# THE GITA'S 4 PATHS TO INNER PEACE: A PERSONALITY-BASED APPROACH TO HEALING



## 1. KARMA YOGA – The Path of Purposeful Action

- **Personality Type:** The Doer, The Activist
- **Color:** Fiery Red or Orange (symbolizing energy & service)
- **Symbol:** Hand in motion or a wheel
- **Healing Power:** Purpose dissolves anxiety
- **Modern Equivalent:** Behavioral Activation, Coaching
- **Affirmation:** "I act without attachment. My work is my worship."

## 2. JNANA YOGA – The Path of Inner Wisdom

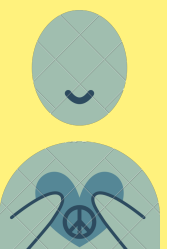
- **Personality Type:** The Thinker, The Analyst
- **Color:** Indigo or Deep Blue (clarity, insight)
- **Symbol:** Open book or eye
- **Healing Power:** Clarity dissolves confusion
- **Modern Equivalent:** Cognitive Therapy, Insight work
- **Affirmation:** "I am not this body or mind. I am the timeless self."

## 3. BHAKTI YOGA – The Path of Love & Devotion

- **Personality Type:** The Empath, The Lover
- **Color:** Rose Pink or Violet (heart-centered)
- **Symbol:** Heart with a flame
- **Healing Power:** Love transforms grief
- **Modern Equivalent:** Attachment Healing, Relational Therapy
- **Affirmation:** "In surrender, I find strength. In love, I find my Self."

## 4. RAJA YOGA – The Path of Meditation & Mastery

- **Personality Type:** The Meditator, The Mystic
- **Color:** Forest Green or Deep Teal (growth, harmony)
- **Symbol:** Lotus or breath symbol
- **Healing Power:** Stillness regulates the nervous system
- **Modern Equivalent:** Mindfulness, Somatic Therapy
- **Affirmation:** "Through silence and breath, I master my mind."



Every path leads inward. Choose one that aligns—or walk them all in balance.

# HOW TO BE IN THE WORLD BUT NOT OF IT MENTAL BOUNDARIES FROM THE GITA

*Practical psychology meets timeless wisdom.*



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**"Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure." – BG 2.47**

*Action + Detachment = Inner Stability*

## Core wisdom from Gita

- *"Yogasthaḥ kuru karmāṇi"* (Act with balance)
- Be active, but don't lose your center.

## Sankhya Philosophy

- Understand the duality of the Self (**Purusha**) and the world (**Prakriti**)
- Observe, don't absorb.

## Modern Triggers

- Social media overload
- Work-life spillover
- Emotional dependency

## Emotional Boundary Tools

🧘 **Pratyahara**: Withdraw attention

✍️ **Journaling**: Become the witness

🔄 **Daily ritual**: Cut energy cords after work





# Healthy Detachment ≠ Disconnection

- Detachment empowers love without clinging.
- Boundaries protect your energy, not your ego.

- Act with clarity
- Love with freedom
- Live with awareness



**Mental boundaries are not walls—they're sacred spaces.  
Rooted in self-awareness. Aligned with purpose. Guided by wisdom.**

*"Live in the world, but do not let the world live in you."*



# Self-Doubt to Self-Trust

## Therapy Tools from the Bhagavad Gita

Therapy Tool	Gita Verse / Concept	Application in Therapy
<b>Affirmation Practice</b>	<i>“Karmanyē vadhikaraste, ma phaleshu kadachana...”</i> (2.47)	Reframes performance anxiety – “Do your duty, release the result.”
<b>Cognitive Reframe Tool</b>	<i>“Uddhared atmanatmanam...”</i> (6.5)	Works in CBT to challenge negative self-talk and self-blame.
<b>Self-Reflection Journaling</b>	Sankhya Yoga (Atma ≠ Mind/Body)	Promotes identity detachment: “I am not my thoughts or failures.”
<b>Chair Role-Play Exercise</b>	Krishna-Arjuna inner dialogue model	Helps externalize doubt and build an internal Wise Coach (Krishna).
<b>Breath + Mantra Grounding</b>	<i>“Sthitaprajna sthito dhīḥ”</i> (Ch. 2)	Calms the nervous system, builds emotional regulation during distress.

“Krishna wasn’t just a charioteer—he was a therapist of the soul.”

Let’s help young minds discover their inner Arjuna—and meet their inner Krishna.

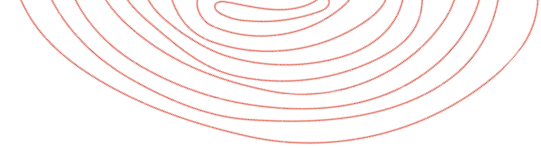


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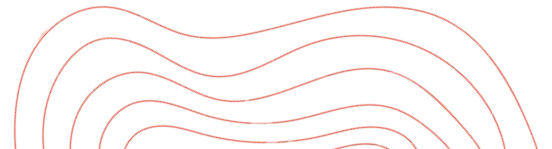
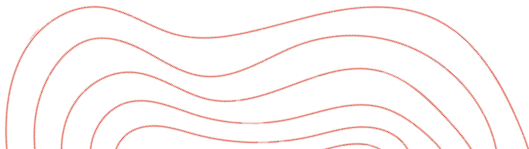
# 7- Day GITA

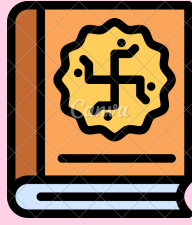
*lifestyle reset*





Day	Gita Focus	Daily Practice	Food Discipline	Mental Reframe	Journal Prompt
1	Clarity	Detach from outcomes	Sattvic breakfast	Effort > Outcome	What results bind me?
2	Energy	Take action	No leftovers	Movement is medicine	What energizes me?
3	Detachment	Observe mind	No sugar/caffeine	Don't judge, witness	Where am I reacting?
4	Intuition	Meditate silently	Khichdi dinner	Listen within	What intuition do I silence?
5	Purpose	Focus on svadharma	Eat for purpose	Be imperfect, be real	What's my deeper "why"?
6	Devotion	Offer actions	Eat mindfully	Sacred in ordinary	What can I offer with love?
7	Peace	Embrace stillness	Fennel tea detox	Surrender = strength	What must I accept today?





# ***Krishna's Coaching Model:*** What Modern Therapists Can Learn from His Dialogue with Arjuna

*Exploring the Bhagavad Gita's  
dialogic wisdom through the  
lens of modern counseling*

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# *1. Safe Holding Space*

*Emotional validation without judgment*

Krishna listens deeply, offering a non-judgmental space for Arjuna's vulnerability.

**Modern parallel:** Unconditional Positive Regard (Carl Rogers)



## *2. Reflective Dialogue*

*Open-ended, non-directive yet guided questioning*

Krishna uses reflective inquiry rather than giving orders, drawing insight from Arjuna himself.

**Modern parallel: Socratic dialogue, client-centered therapy**



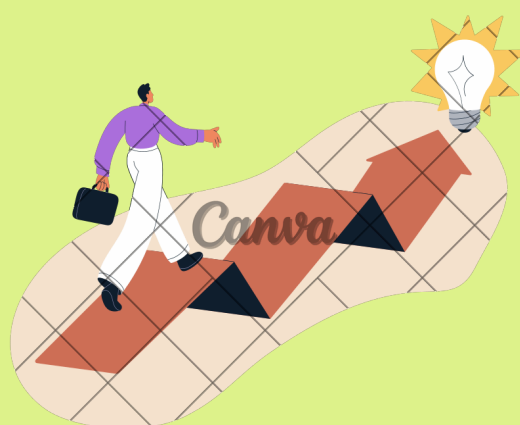
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### ***3. Dharma Anchoring***

*Aligning with Purpose over Pathology*

Rather than diagnosing a problem, Krishna redirects Arjuna to his life's role and duty (Svadharma).

**Modern parallel:** Purpose-oriented therapy, existential psychology



# ***4. Identity Deconstruction***

*Shifting from Ego to Essence*

Krishna redefines Arjuna's identity beyond fear, grief, and attachment.  
*"You are not the body or the mind."*

**Modern parallel:** Transpersonal psychology, identity work



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## ***5. Empowered Choice***

*Offering paths, not prescriptions*

Krishna presents the paths of Bhakti, Jnana, and Karma yoga—allowing agency and self-direction.

**Modern parallel:** Motivational Interviewing, empowerment-based coaching



# *6. Action Integration*

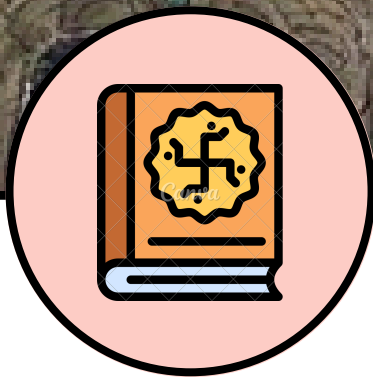
*Clarity → Commitment → Skillful Action*

Krishna emphasizes "Yoga is skill in action" (Karma Yoga). Insight without action is incomplete.

**Modern parallel:** Cognitive-behavioral and solution-focused approaches



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Krishna doesn't give answers—he helps Arjuna find his own truth and transform it into wise action.

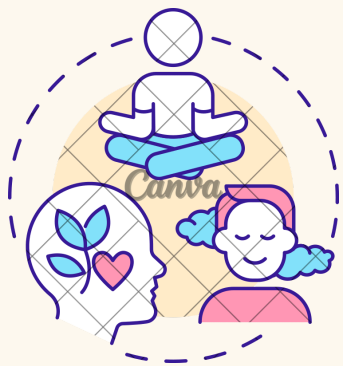
The Gita is more than a scripture.  
It's a timeless coaching manual  
for the soul.

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# Swadharma & Self-Healing: The Science of Purpose

## 1 What is Swadharma?

- Unique alignment of your nature + work + values
- Mention from Gita 18.45
- Not career-bound—it's lifestyle-aligned



## 4 Symptoms of Dharma Disconnect

- Emotional exhaustion
- Low immunity
- Anxiety
- Procrastination



## 2 Gita Insight (18.45)

*"By performing the duty one is meant for, a person attains perfection."*

- **Swadharma** = Authentic living
- **Paradharma** = Imitation = inner conflict = stress

## 5 How to Realign

- Daily journaling
- Value-based goal setting
- Practice silence (viveka)
- Cut off energy-draining tasks

## 3 Scientific Evidence

- Purpose lowers IL-6 & CRP
- Boosts dopamine-serotonin
- Activates prefrontal cortex (decision, awareness)
- Supports immune + endocrine balance



## 6 Healing Benefits

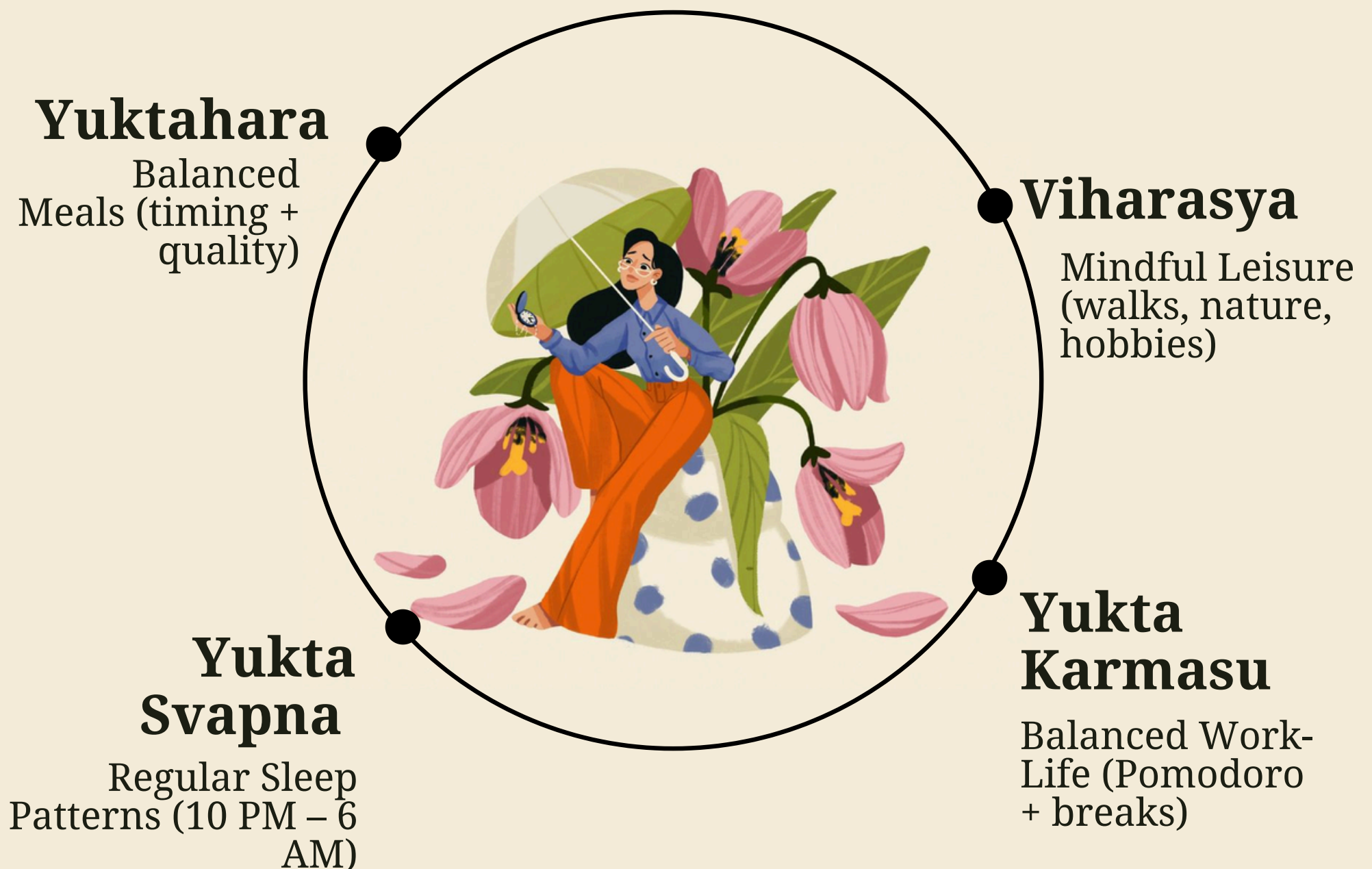
- Balanced mood
- Strengthened immunity
- Emotional fluidity
- Regained vitality

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# Lifestyle Rhythms for Resilience

*Based on Gita 6.17 – “Yuktahara Viharasya”*



*“Resilience is not about enduring chaos—it’s about creating rhythm.” Build your day the Gita way—start small, stay consistent.*

# *From Attachment to Awareness:*

## **A Gita & Neuroscience Path to Better Sleep**

### **GITA'S VAIRAGYA**

- Letting go of control
- Awareness over obsession
- Freedom from emotional loops

### **THE PROBLEM**

- Anxiety » racing mind » poor sleep
- Digital stimulation » chronic cortisol » sleep fragmentation

### **COMBINED EFFECT ON SLEEP**

- Better sleep latency
- Deeper sleep cycles
- Reduced mental chatter at night

### **NEUROPLASTICITY**

- Rewiring response to triggers
- Building calm as a habit
- Detachment as a neural skill

### **PRACTICES**

- ✎ Let-go journaling
- 💨 Deep breathing
- 🌀 Gita-based reflection
- 🚫 Digital detox at night



Integration = Harmony  
*Let's Rewire Consciously*

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# “Samatvam Yoga Uchyate”

The Science of Equanimity for Hormonal Health

## Ancient Wisdom

Bhagavad Gita 2.48  
“Samatvam Yoga Uchyate”  
→ Yoga is equanimity.

### What is Samatvam?

*A calm, balanced mind amidst chaos.*

*Detachment without indifference.*

*Steadiness in joy or sorrow, success or failure.*

### Spiritual Interpretation:

- *Cultivating non-reactivity*
- *Witnessing emotions without being overwhelmed*
- *Centering the self through awareness*

## Modern Science

### Hormonal Imbalance & Stress

- Chronic stress → High cortisol
- Disrupts: thyroid, insulin, estrogen, progesterone
- Leads to fatigue, PMS, PCOS, mood swings, weight gain

### Equanimity = Parasympathetic Activation

- *Regulates the HPA axis*
- *Lowers cortisol levels*
- *Restores hormonal rhythm*

### Science-Backed Benefits of Yoga/Mindfulness

- ↓ Cortisol
- ↑ DHEA (anti-aging hormone)
- Better insulin sensitivity
- Balanced reproductive hormones
- Improved sleep & mood

### DAILY EQUANIMITY PRACTICES

- 4-7-8 Breathing
- Gentle Yoga or Yin Yoga
- Nature Contact
- Spiritual Reflection
- Mindful Eating
- Evening Wind-Down Ritual



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# Mindful Relationships through “*Ātma Bhava*”

Gita-inspired Path to Deeper Human Connections  
Empathy | Boundaries | Intimacy | Oneness



# What is *“Atma Bhava”*?

“He who sees the Self in all beings and all beings in the Self—he sees truly.” – Bhagavad Gita 6.29

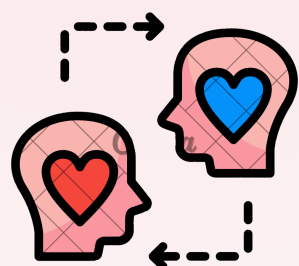
- “Atma Bhava” = Awareness of the Self in All
- Root of empathy, compassion, and non-harming
- Foundation of spiritual intimacy



# The Crisis in Modern Relationships

- Superficial intimacy, emotional burnout
- Empathy overload or emotional numbing
- Boundary confusion: "How do I love without losing myself?"

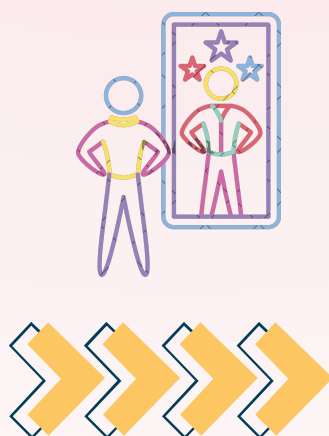
🌱 Gita offers a model that is grounded, inward, and spiritually nourishing.



# Gita's View of Interbeing

- You are not just your body or your role
- Others are not just their behaviors
- The Self (Atman) is universal and indivisible

Seeing others as Self leads to true compassion—not pity, not control.





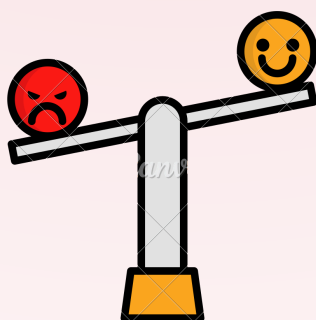
# Empathy vs. Emotional Enmeshment

## Empathy (Atma Bhava)

- Sees shared divinity
- Compassion with clarity
- Supports, not saves

## Enmeshment (Egoic Bond)

- Projects own wounds
- Compassion with chaos
- Merges, not empowers



# Setting Emotional Boundaries Mindfully

“Perform your duty without attachment.” –  
Gita 2.47

- Loving someone  $\neq$  absorbing their suffering
- Boundaries = honoring their journey & your peace
- Atma Bhava honors both separation & oneness



# Practices for Spiritual Intimacy

- Daily Self-Reflection (Swadhyaya)
- Nonviolent Communication (Ahimsa-Vak)
- Holding Sacred Space (Presence without fixing)
- Silent Witnessing (Sakshi Bhava)
- Shared meditative rituals



# Benefits of Atma Bhava in *Relationships*

- 🌿 Fewer reactive conflicts
- 🌿 More genuine emotional connection
- 🌿 Freedom from codependency
- 🌿 Space for individual growth
- 🌿 Shared spiritual evolution





# Real-Life Integration

- Conflict with partner? **Pause**: Can I see their pain without losing mine?
- Feeling drained? **Ask**: Am I pouring from guilt or grounded love?
- Struggling to forgive? **Reflect**: What part of me is still seeking to punish?



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Mindful relationships aren't built by changing others, but by seeing the Self within them.

*Let "Atma Bhava" be your lens.*

Comment below: Which of these practices will you try in your relationships?



# Arjuna's Anxiety Attack

A CASE STUDY ON SPIRITUAL TRAUMA & EXISTENTIAL PANIC

**KURUKSHETRA  
WASN'T JUST A  
WAR OF ARROWS—  
IT WAS A WAR  
WITHIN.**



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# The Breakdown Begins

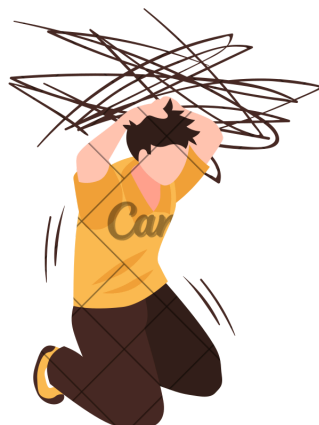
- Arjuna trembles, drops his bow, and declares:

*"I will not fight."*

- **Symptoms:**
  - Physical shaking
  - Confusion
  - Heartache
  - Exhaustion

## **Diagnosis:**

Existential panic + moral dissonance.



---

# The Root: Existential Conflict

- Fighting family = identity collapse
- *Duty (Dharma) vs Emotion*
- He's not afraid to die—he's afraid of becoming someone he doesn't recognize.

This is *spiritual trauma*—when values, purpose, and role collide.



---

# Mirror to Modern Minds

Today's equivalents:

- Burnout in service-oriented roles
- Guilt from choosing self over society
- Anxiety from too many truths clashing

We're all Arjuna at some point—  
*overwhelmed by meaning fatigue.*



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# Stage 1: Emotional Overload

- Over-identification with outcomes
- Attachment to people + roles
- Grief masked as indecision

*"I don't know what's right anymore."*





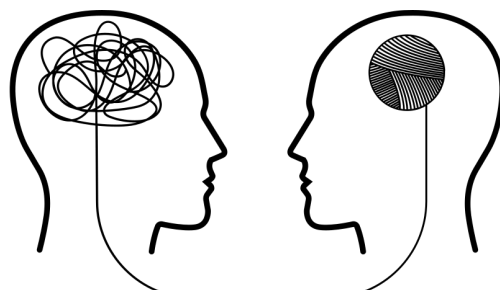
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# Stage 2: The Turning Point

Enter **Krishna**—not as god, but as:

- Therapist
- Coach
- Inner wisdom

*He doesn't give answers—he reframes questions.*



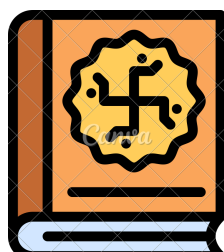
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# Healing Through Gita Psychology

Krishna's 3-step approach:

- **Grounding** – Breathe, detach, observe
- **Cognitive reframing** – Identity  $\neq$  role
- **Purpose realignment** – Act without fixation on results



---

# Spiritual Neuroscience of Detachment (Vairagya)

- Reduces emotional reactivity
- Enhances decision-making
- Builds long-term resilience
- Creates space between stimulus & response

*Detachment is not denial—it's clarity.*

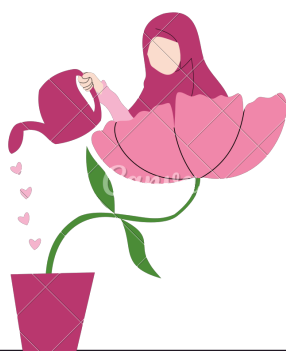


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# The Healing Outcome

- Arjuna rises—not to destroy, but to do his dharma with wisdom
- He regains strength through **insight, not escape**

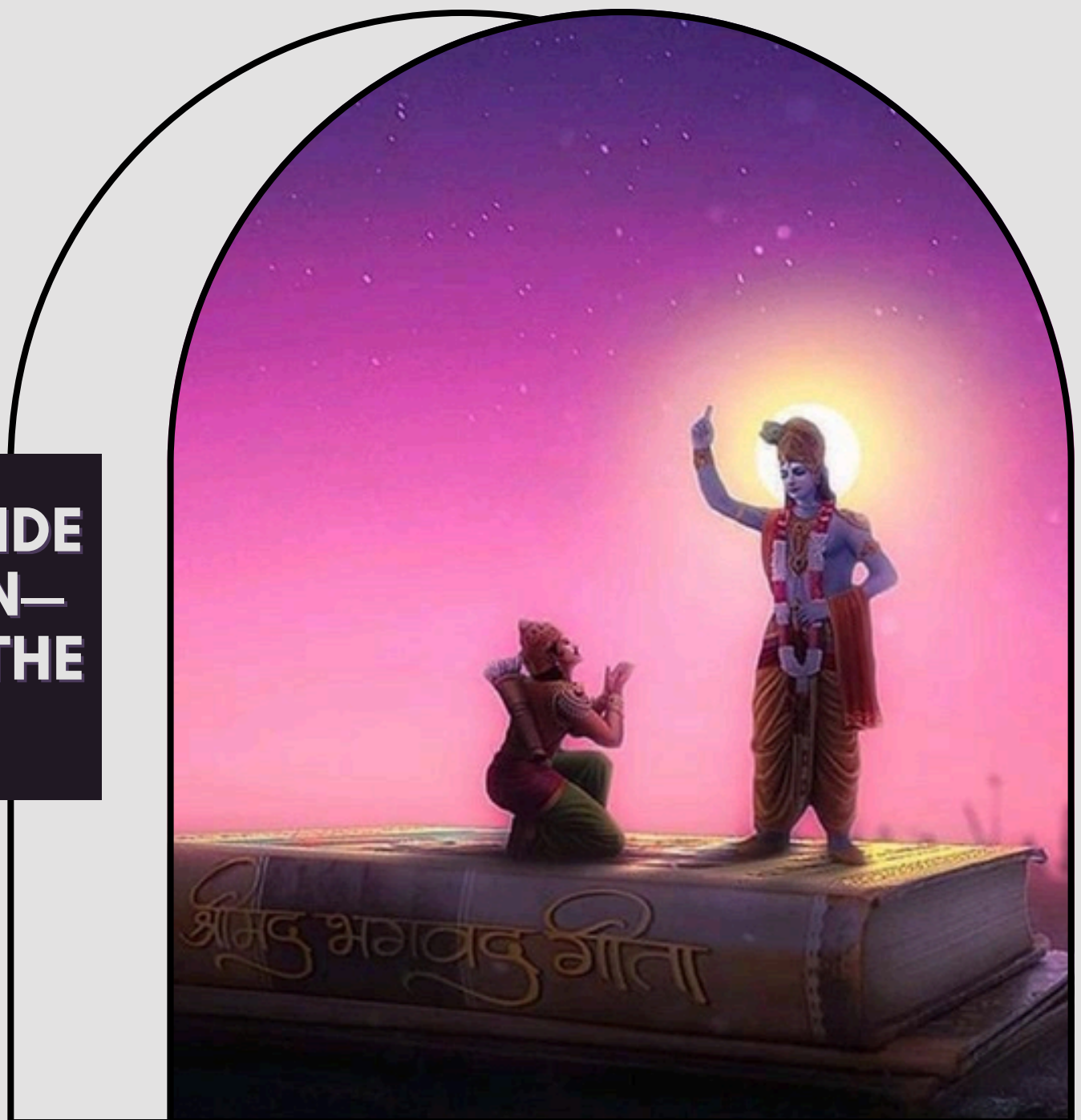
*He doesn't numb the pain—he transforms it.*



# Why It Matters Today

- GITA ISN'T MYTHOLOGY—IT'S MENTAL HEALTH LITERATURE.
- IN EVERY ANXIOUS MIND LIES AN ARJUNA.
- IN EVERY STILL VOICE LIES A KRISHNA.

**THE WAR OUTSIDE  
STARTS WITHIN—  
AND SO DOES THE  
HEALING.**



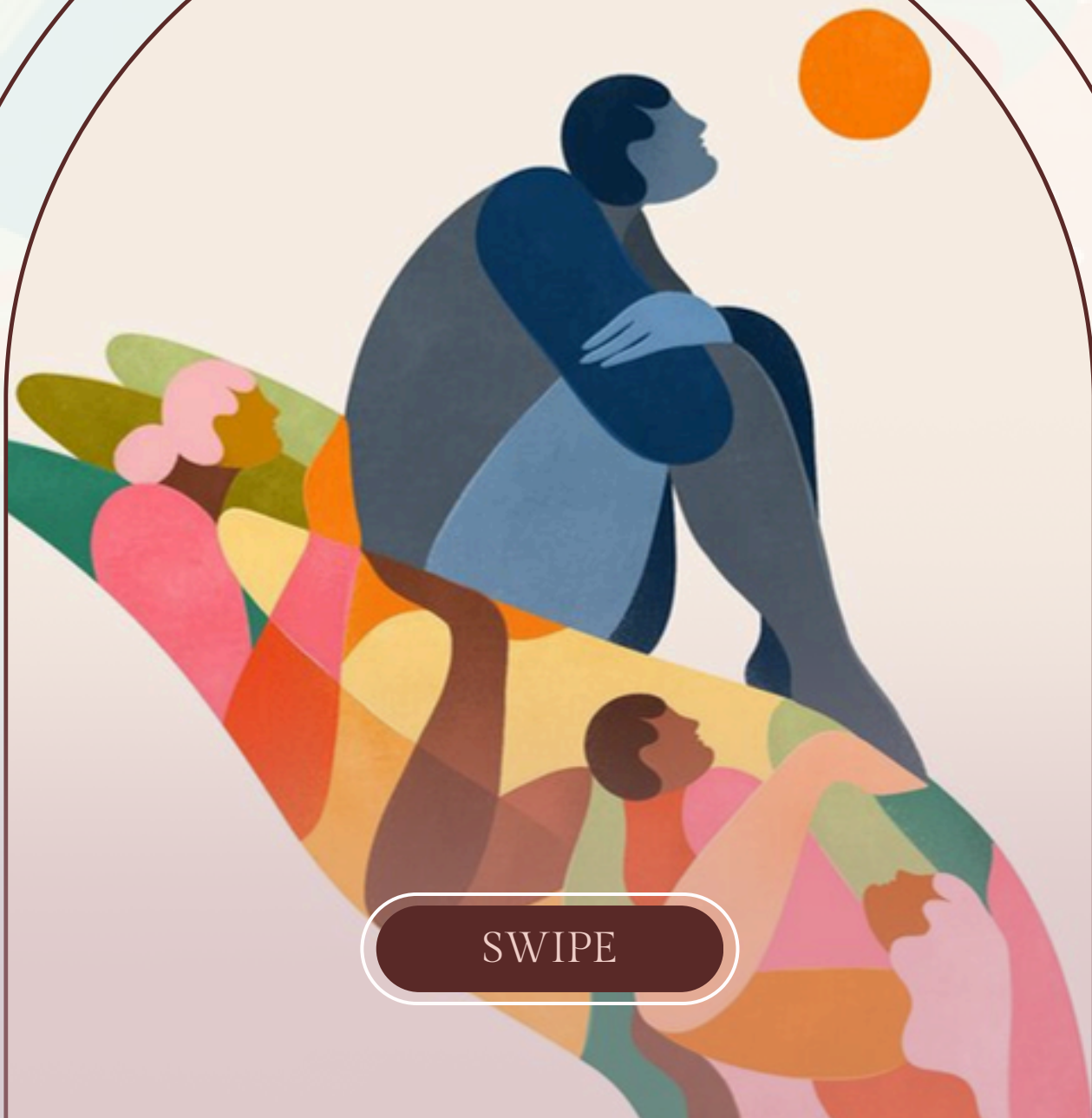
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# Emotional Detox the Gita Way

A NEUROSCIENCE + SPIRITUAL GUIDE TO REGULATING GRIEF,  
ANGER & FEAR

WITH VERSE-BY-VERSE INSIGHTS FROM THE BHAGAVAD GITA



SWIPE



# The Emotional Landscape of the Gita

- **Arjuna's breakdown** = symbolic of human emotional collapse
- **Emotions addressed:** grief, fear, anger, confusion, detachment
- Gita as a psycho-emotional intervention manual

📖 *“My limbs give way, my mouth is dry, my body trembles...” (BG 1.28)*





# Grief – Understanding Emotional Overwhelm

Verse: BG 2.11

*"You grieve for what is not worthy of grief..."*

🧠 **Insight:** Loss activates the limbic brain. Gita asks us to zoom out from the ego-identity and see impermanence.

💡 **Integrative Insight:** Mindful grief practices + nutritional support (like omega-3s for brain resilience) aid emotional regulation.



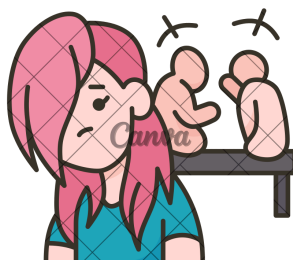
# Detachment (Vairagya) – Not Suppression, but Clarity

Verse: BG 2.47

*"You have the right to work, but not to the fruits..."*

🧠 **Key Insight:** Attachment to outcomes fuels anxiety. Emotional detox begins by shifting from control to presence.

💡 **Neuroscience:** Dopamine-driven anxiety reduces when we focus on process over reward.



# Anger – Recognizing & Releasing Emotional Fire

Verse: BG 2.63

*"From anger comes delusion; from delusion, loss of memory..."*

🧠 **Key Insight:** Anger clouds decision-making and clarity. Gita encourages pausing, breathing, and non-reactivity.

💡 **Practice:** Breathwork + serotonin-boosting foods (like bananas, seeds) help regulate mood swings.



# Fear – Facing Uncertainty with Inner Anchors

Verse: BG 4.10

*"Free from attachment, fear and anger, absorbed  
in Me..."*

🧘♀️ **Gita Model:** Build trust in higher order,  
surrender the need for full control.

🧠 **Brain Insight:** Chronic fear shrinks the  
hippocampus; surrender enhances neuroplasticity  
and emotional regulation.



# Emotional Equanimity – The Sattvic State

Verse: BG 14.24-25

*"He who is alike in honor and dishonor...  
detached, content with anything..."*

🌿 **Tip:** Cultivate a “sattvic” mind through food, environment, and routine to enhance mental clarity and emotional resilience.

🥗 **Foods:** Fresh fruits, ghee, herbs like tulsi and ashwagandha.



# Daily Practice for Emotional Detox (The Gita Protocol)

- ✓ 5-min *Mindful* Gita Reading
- ✓ 3 *Deep Breaths* before reacting
- ✓ Eat a *Sattvic* meal
- ✓ End the day with *Svadhyaya* (self-study)
- ✓ Sleep on *Shraddha* (faith, not fear)



# Bridging Ancient Wisdom + Modern Mind

🌀 **Gita** = CBT + Mindfulness + Polyvagal Theory

📌 **Gita's wisdom** trains the nervous system to shift from survival (fight-flight) → regulation (rest-repair)

🧘♂️ **Emotional detox** = nervous system hygiene + mental clarity





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# *Let Go, But Anchor Within*

”BECOME STEADY IN YOGA, O ARJUNA.” (BG 2.48)

EMOTIONS ARE NOT ENEMIES. GITA TEACHES US TO  
FEEL WITHOUT BEING CONSUMED.  
LETTING GO IS STRENGTH, NOT WEAKNESS.



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# How to Handle Failure Like a Warrior: The Gita's Timeless Guide to Resilience

*Emotional failure management rooted in detachment, self-worth, and purpose-driven action.*



# The Problem of Modern Failure

- Rejected. Unrecognized. Lost.
- Many of us measure worth by outcomes –grades, likes, promotions.
- But the Gita teaches: You are not your results.

→ *Your identity isn't defined by failure.*



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# Gita's Warrior Wisdom (Chapter 2.47)

*“You have the right to perform your duty,  
but not to the fruits of action.”*

🔍 This verse flips success-failure binary.

💡 True power lies in showing up, not  
controlling outcomes.

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# Psychological Insight

## Detachment ≠ Indifference

In modern psychology, detachment is linked to emotional regulation and resilience.

***Gita's Vairagya = acting without egoic clinging.***

This protects your mental health when things go wrong.



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# What Happens When We Attach Ego to Outcomes

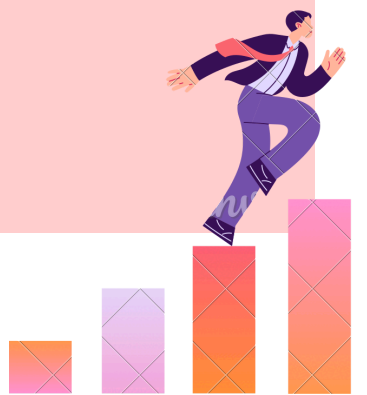
*Ego says: "If I fail, I'm worthless."*

This triggers shame, self-criticism, anxiety.

- **Gita suggests:**

- ✓ Let go of fruit
- ✓ Anchor in Dharma (your duty)
- ✓ Redefine success as ***alignment, not applause***

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# Embracing Failure as Feedback (Not Identity)

🔄 Failure = Information, not Definition

📖 Arjuna feared defeat—but Krishna reframed it:

***“Fight because it is your path, not for reward.”***

🌱 Shift your story: Failure is a step, not a stop.

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# Self-Worth Beyond Success

**Self-worth ≠ Achievement**

It's rooted in:

- ✓ Effort
- ✓ Intention
- ✓ Dharma-aligned action

*Krishna's advice? Do your best and  
surrender the rest.*

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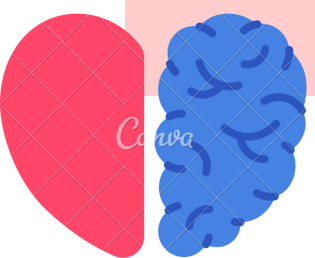
# Neuroscience + Gita

- **Dopamine** spikes from success are short-lived.
- Sustainable joy comes from **intrinsic purpose**.

## **Gita rewires motivation:**

- → *From "What will I get?"*
- → *To "What's the right thing to do?"*

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# Warrior Resilience Framework

Handle Failure Like a Gita Warrior:

1. Detach from outcome (Vairagya)
2. Act with clarity (Buddhi Yoga)
3. Anchor in purpose, not praise
4. Reflect, realign, reattempt

***This builds unshakable mental immunity***

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# ***Let go of the fruit, hold onto your truth.***

 *Save this as your inner guidepost.*

 *How do you handle failure? Share below.*





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# Digital Detox

## The Gita Way



Reducing Distraction by Cultivating Inner  
Anchors



# Why Digital Detox?

- *96% of users check* their phone within 1 hour of waking up
- *Dopamine* spikes from social media = short-term pleasure, long-term fatigue
- *Overstimulation* → Anxiety, brain fog, attention fragmentation



# Gita's Message on Inner Anchoring

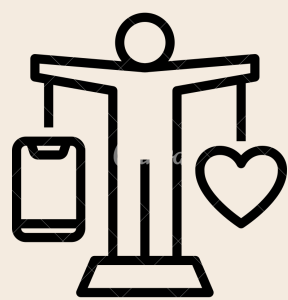
- *“When the mind, restrained from wandering, rests in the Self alone...”  
(Gita 6.20)*
- Anchoring attention inward is the antidote to sensory overload
- Gita promotes *equanimity, inner stability, and self-mastery*





# Guna Dynamics & Digital Overload

Guna	State	Digital Parallel
Tamas	Lethargy	Doomscrolling, binge-watching
Rajas	Hyperactivity	Overchecking notifications, multitasking
Sattva	Clarity	Focused use, mindful tech breaks



# The Dopamine Trap

- Every ping = a dopamine hit
- Constant novelty reduces *baseline dopamine sensitivity*
- Gita warns: “Pleasures born of contact...are the wombs of pain.” (Gita 5.22)



# Gita x Neuroscience Alignment

- **Meditation** (*Dhyana Yoga*) boosts prefrontal control
- **Reduced reactivity** = reduced digital impulsivity
- Activates parasympathetic system (*calm, balance*)



# Practices for Inner Anchoring

- ✓ 10-min silence before screen time
- ✓ 1-day screen-free *Ekadashi Digital Fast*
- ✓ Morning journaling instead of checking phone
- ✓ Mindful breath before replying to messages



# Rewiring the Mind – A New Default

- Replace React Mode with Reflect Mode
- Anchor to purpose, not pings
- *“Let your mind be still like a lamp in a windless place.” (Gita 6.19)*



# Mood Food Add-On


- Support *dopamine reset with Sattvic foods:*

🌿 Fresh fruits, soaked nuts, warm herbal teas

✗ Reduce caffeine, ultra-processed snacks

- **Food = chemistry of thought**





**DIGITAL DETOX IS NOT  
DISCONNECTION, IT'S  
RECONNECTION TO SELF.**

**SAVE THIS AS YOUR NEXT WEEKEND  
PLAN**

**COMMENT: WHAT'S YOUR GO-TO  
DETOX HABIT?**

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# From Rajasic to Sattvic Emotions

**A Mood Upgrade Plan Based on Gita's Gunas + Mood-Food Psychology**

🌿 Ancient Wisdom | 🧠 Modern Neuroscience | 🍴 Nutritional Psychology



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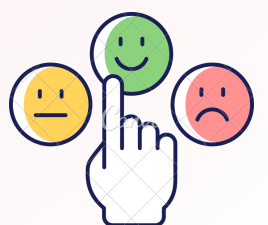
# Meet the Three Gunas

*Triguna = 3 Qualities Governing Mind + Mood*

Guna	Meaning	Mental State
Tamas	Inertia, Darkness	Laziness, Confusion, Depression
Rajas	Activity, Passion	Anxiety, Craving, Anger
Sattva	Harmony, Clarity	Calmness, Joy, Balance

*Your dominant guna shapes your daily emotional landscape.*

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# Mood-Food Map

*What You Eat = How You Feel*

Food Type	Dominant Guna	Mood Impact
Fried, Packaged, Stale	Tamas	Brain fog, heaviness
Spicy, Caffeinated, Deep-fried	Rajas	Agitation, hyperactivity
Fresh, Seasonal, Plant-based	Sattva	Calm focus, inner peace

*Food isn't just fuel. It's emotional programming.*

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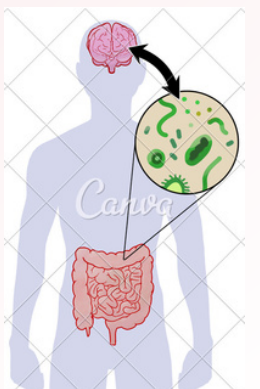
# Gut-Brain-Guna Axis

*Science Meets Scripture*

- **95% of serotonin** = produced in the gut
- **Tamasic/Rajasic food** = gut dysbiosis → mood disorders
- **Sattvic diet** = supports vagal tone + mental clarity

*Heal your gut, shift your guna.*

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# Rajasic Triggers

*Rajas Feels Energetic but Ends in Burnout*

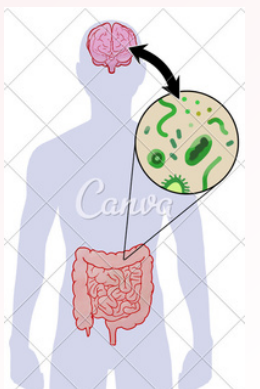
## ▶ Triggers:

- *Multitasking mania*
- *Scrolling addiction*
- *High caffeine/sugar intake*
- *Competitive stress*

## 🧯 Reset Tools:

- *Herbal teas (tulsi, chamomile)*
- *Breathing: 4-7-8 method*
- *10-min digital detox*

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# Tamasic Warning Signs

*Tamas = Emotional Shutdown*

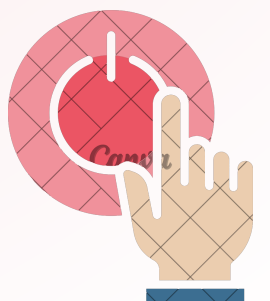
## Signs:

- *Fatigue after meals*
- *Procrastination, apathy*
- *Emotional eating at night*
- *Withdrawing from social circles*

*Reset with movement + light, fresh meals*



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# Sattvic Shift – Daily Practices

*How to Cultivate a Sattvic Mind*

## **Micro-Habits for Mood Elevation:**

- *Lemon water + sunlight (6–8 AM)*
- *Mindful eating: no screens, 80% full*
- *Reading 1 verse of the Gita + journaling*
- *Serving others without expectation*
- *Warm light + early sleep*

*Stillness is strength.*

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# Mood-Guna Journal

*Track Your Inner Climate*

Day	Dominant Guna	Mood Impact	Trigger	Reset Practice
Mon	Rajas	Restless	Inbox overload	Deep breathing + herbal tea
Tue	Sattva	Calm	Nature walk	Maintained with journaling
Wed	Tamas	Numb	Overslept	Walk + fresh smoothie


*Observe patterns → choose awareness over autopilot.*

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# Science of Gita for Emotional Regulation

 **Buddhi Yoga** = *Activating the Prefrontal Cortex*

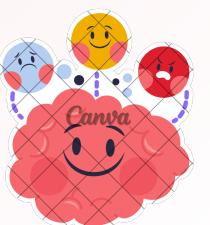
 **Sattvic foods** = *Boost dopamine sustainably*

 **Meditation** = *Reduces amygdala reactivity*

 **Japa, Gita reading** = *Neuroplastic emotional rewiring*

*Gita = Emotional neuroscience in poetic form*

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# Mood Reset Manifesto

*Upgrade Your State, Not Just Your Schedule*

- *Think with awareness*
- *Eat with intention*
- *Respond, don't react*

**Gita + Nutrition + Mindfulness = A Sattvic Life**

**Save this guide for emotional self-check-ins.**





# THE OBSERVER SELF



Self-Awareness Through Gita's  
Buddhi Yoga & Neuroscience

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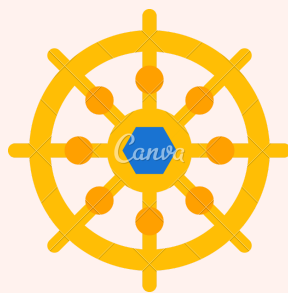
# Gita's Inner Hierarchy (Verse 3.42)

"Indriyani parany ahur, indriyebhyah param manah..."

Translation: ***Senses < Mind < Intellect < Self***

This hierarchy offers a roadmap to self-mastery:

- Senses (*Indriyas*)
- Mind (*Manas*)
- Intellect (*Buddhi*)
- True Self (*Atman*)





# Neuroscience Equivalent

Modern parallel to Gita's model:

- **Senses** = Sensory input pathways
- **Mind** = Limbic system (emotions, impulses)
- **Intellect** = Prefrontal cortex (decision-making)
- **Self/Observer** = Meta-awareness & Default Mode Network (DMN) regulation

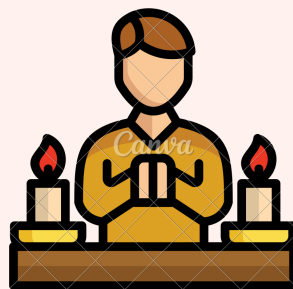


# Who is the Observer Self?

The Observer Self is:

- The non-reactive witness consciousness
- A mental space where you notice without judgment
- Present in both mindfulness and Gita's Buddhi Yoga

*Cultivated through **intellectual discernment and stillness.***



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# Buddhi Yoga Defined

***Buddhi Yoga = Yoga of Intellect***

Training the intellect to:

- Guide the mind
- Override emotional impulsivity
- Align actions with higher values

**Ties directly to executive function in neuroscience.**



# Stress and the Hijacked Mind

🔥 *When senses dominate → Mind becomes reactive*

💥 *Amygdala hijack = impulsive, emotionally driven behavior*

🧘♂️ *Buddhi Yoga trains the PFC to intervene → pause → respond with awareness.*



# Mindfulness + Buddhi = Regulation

🧘♂️ **Gita:** *Observe, don't identify with thoughts*

🧠 **Mindfulness:** *"You are not your thoughts"*

✅ **Both teach:**

- Detachment from reactivity
- Grounded decision-making
- Improved emotional regulation



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# How to Cultivate Buddhi Yoga Today

**5 practices** to awaken your Observer Self:

- Daily meditation (5–10 mins)
- Journaling thoughts vs. facts
- Breath awareness to pause
- Choosing response over reaction
- Introspective study (Swadhyaya)



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# Benefits of Activating Buddhi Yoga

🧠 *Reduced stress and anxiety*

⚖️ *Balanced emotions*

🎯 *Clarity in decision-making*

🧘♀️ *Inner peace and detachment*

🌸 *Alignment with Dharma (purposeful living)*



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“Let the intellect be your  
charioteer” – Bhagavad Gita



Start noticing your thoughts without  
becoming them.  
Save & share this if you're building your  
inner mastery muscle.

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*Do your duty, but do not concern yourself with the results.” – Bhagavad Gita, 2.47*

# **Karma Yoga as a Mental Health Practice: Finding Joy Without Attachment to Outcomes**

*Can this ancient wisdom help us overcome performance anxiety, burnout & toxic productivity?*

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# Why This Matters Today

- High-achievers & caregivers face *burnout from outcome-obsession*
- Mental fatigue often stems from *chronic performance pressure*
- Enter Karma Yoga — *a 5000-year-old antidote to modern stress*



# What Is Karma Yoga?

- **Karma Yoga = The Yoga of Action**

*“Set thy heart upon thy work, but never on its reward.” – Gita 2.47*

*A mindset of non-attachment to results while taking intentional, mindful action*



# Reframing Mental Health with Karma Yoga

- **Performance anxiety** → *Shifting focus from validation to process*
- **Burnout** → *Letting go of over-identification with outcomes*
- **Perfectionism** → *Replacing control with trust in action*





# Scientific Parallel — CBT Lens

Cognitive Behavioral Therapy (CBT) aligns with Karma Yoga:

- **Cognitive reframing** = *Detaching from irrational beliefs about success*
- **Behavioral activation** = *Engaging in values-based actions*
- **Acceptance** = *Allowing uncertainty & impermanence*



# Neuroscience of Non-Attachment

Research shows that detached focus:

- Enhances *dopamine regulation*
- Reduces *amygdala overactivation*
- Supports *prefrontal cortex resilience*

*Translation: Peace, clarity, and sustained productivity.*



# Karma Yoga vs Toxic Hustle Culture

Karma Yoga	Hustle Culture
Process-oriented	Result-obsessed
Inner joy	External validation
Purpose-driven	Productivity-driven
Balanced pace	Burnout cycle



# Integrative Protocol for Practicing Karma Yoga

- **Morning grounding:** Set intention without expectation
- **Midday breathwork:** Detach from work stress
- **Evening journal prompt:** *“What did I give fully today?”*
- **Weekly mantra:** *“I act, not for applause, but for alignment.”*



# Real-Life Applications

🎓 Students: *Study for mastery, not just marks*

👤💊 Professionals: *Serve, without self-worth tied to promotions*

🧘 Therapists/Healers: *Heal without ego attachment to results*

👨🍳 Creators: *Create for joy, not just metric*





***Karma Yoga isn't renouncing success—it's  
renouncing suffering.***

***When we let go of results, we unlock **mental  
resilience, flow, and inner joy.*****



***Save this if you're a high-performer seeking  
peace***



***How do you practice action without  
attachment?***

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# BHAGAVAD GITA MEETS COGNITIVE BEHAVIORAL THERAPY



## *As the Mind, So the Man*

REWIRING NEGATIVE THOUGHT PATTERNS THROUGH  
KRISHNA'S LENS OF SELF-MASTERY

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# The Mind is Everything

ॐ **Gita 6.5:** “Let a man lift himself by his own self alone... for the self alone is the friend of the self.”

🔄 In CBT: Thoughts influence emotions → emotions influence behaviors → behaviors reinforce beliefs.

➡ Core insight: **Self-transformation starts from within.**



# Negative Thought Loops — Modern Definition

- Examples of unhelpful cognitive distortions:
  - “I’m not good enough” (labeling)
  - “Nothing ever goes right” (overgeneralization)
  - “If I fail, I’m worthless” (catastrophizing)
  - 🧠 These loops become our identity.

***Krishna: “One who has conquered the mind... remains steady in cold and heat, pleasure and pain.” (6.7)***




# The Mind as a Wild Horse

- **Gita 6.6:** *“For one who has conquered the mind, the mind is the best of friends; for one who has failed to do so, the mind will remain the greatest enemy.”*
- CBT equivalent: You can't eliminate thoughts, but you can **train your responses.**

***Key Skill: Mindfulness + Response Flexibility***



# Reframing – Krishna and Cognitive Reappraisal

 **CBT Technique:** Challenge irrational beliefs → Replace with rational ones.

**Gita Parallel:** “Steady in the Self, unattached to external results.” (6.8)

Reframing failure as learning aligns with detachment from outcome.



# Thought Record Example (CBT x Gita)

Trigger	Automatic Thought	Emotion	Alternative View (Gita-inspired)
Failed a task	"I'm a failure"	Shame	"This is an opportunity for detachment from ego"

*From reactive mind → reflective mind*





# Krishna's Formula for Mental Resilience

## Chapter 6 Blueprint:

- **Abhyasa (Practice)** – Regular self-observation
- **Vairagya (Detachment)** – Letting go of clinging thoughts
- **Equanimity** – Not driven by praise or blame
- **Self-Mastery** – Aligning with your inner witness



# Mindful Living, Gita-Style

## **Daily practices:**

- Morning grounding + self-check-in
- Journaling distorted thoughts + replacing with Gita-based affirmations
- Breath anchoring during emotional spirals
- Detachment from social validation (dopamine loops)



# Integration for Therapists & Coaches

## **Integrative Psych & Wellness Coaches:**

- ✓ Blend Gita wisdom with CBT for deep inner rewiring
- ✓ Teach emotional neutrality over emotional suppression
- ✓ Use sattvic metaphors to replace toxic inner dialogue



**MASTERING YOUR MIND IS THE FIRST STEP  
TO MASTERING YOUR LIFE**



**How are you using self-dialogue  
to shape your reality?**

**COMMENT YOUR GO-TO MENTAL REWIRING  
TECHNIQUE!**

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# GITA ON GUT HEALTH

Ayurveda ×  
Bhagavad Gita ×  
Modern Nutrition  
Psychology



*Why “Ahara” (Food) is Also an Act of Self-Discipline*

# AHARA IS MORE THAN NUTRITION

**GITA 6.17 – “HE WHO IS TEMPERATE IN EATING... CAN MITIGATE SORROW.”**

In Ayurveda, **Ahara (food)** is not just about nutrients—it’s prana (*life force*).

The Bhagavad Gita sees eating as **yajna (sacred offering)**—an act of self-regulation, not self-indulgence.

**“Yukta-āhāra-vihārasya”** — Right food and habits are central to balance (**Gita 6.17**).



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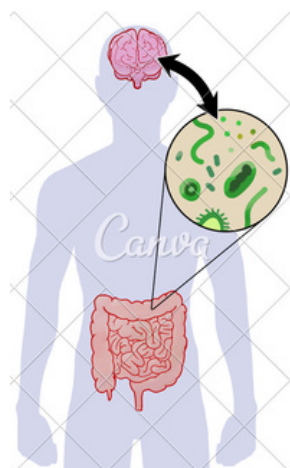


# GUT HEALTH = EMOTIONAL DIGESTION

Modern science shows your **gut has a brain**—the enteric nervous system.

It holds emotional memory, reacts to stress, and influences mood.

🌀 Anxiety, irritability, and even burnout often start in the **gut-mind axis**.



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# THE ROLE OF MINDFUL EATING

Gita teaches equanimity—**Samatvam Yoga Uchyate (2.48)**

Ayurveda emphasizes **eating in a sattvic (peaceful, aware) state.**

When we eat in **distraction or stress**, we block nutrient assimilation and invite digestive distress.



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# FOOD TYPES & GUNAS (QUALITIES)

According to **Gita 17.7-10**:

- **Sattvic Ahara:** Light, nourishing, fresh (fruits, whole grains) – fosters clarity.
- **Rajasic Ahara:** Spicy, overly stimulating – fuels restlessness.
- **Tamasic Ahara:** Stale, processed – dulls mind and weakens digestion.



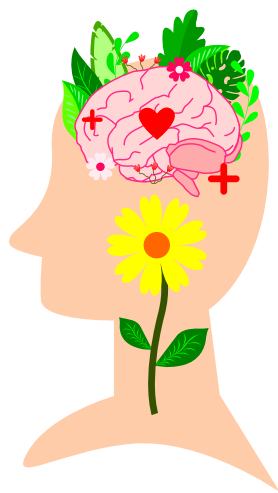
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# FOOD AS EMOTIONAL DISCIPLINE, NOT RESTRICTION

*GITA 3.34 – “DO NOT BE SWAYED BY LIKES AND  
DISLIKES.”*

Disciplining ahara is NOT suppression,  
it's **sovereignty**—a way to break  
emotional eating loops.

Choose sattvic over sugar-spiked for  
**mood and gut stability.**



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# DIGESTING EMOTIONS = DIGESTING FOOD

*Blocked feelings → bloated belly*

Ayurveda: **Weak Agni (digestive fire)** is caused by **emotional ama (toxins)**

Gut health improves when you process inner experiences—not just fiber.



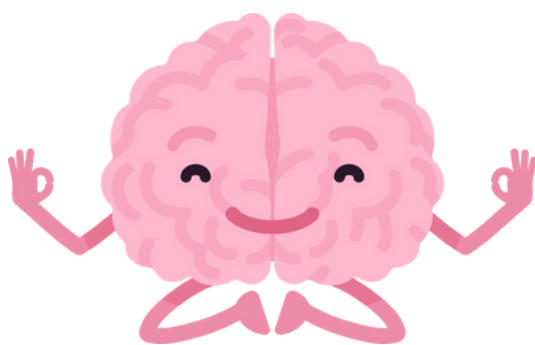
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# MODERN SCIENCE VALIDATES GITA'S WISDOM

Gut-brain axis → **serotonin, cortisol,  
vagus nerve**

Mindful eating triggers  
**parasympathetic activation → rest,  
digest, repair**

The Gita was right: regulated **ahara-  
vihara restores inner balance.**



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# INTEGRATION PRACTICE

## Rituals for Samatvam & Gut Health:

- Sit quietly before eating (1 min breathwork)
- Chew slowly, savor texture
- Reflect on food source → gratitude mindset
- No screen meals, avoid multitasking



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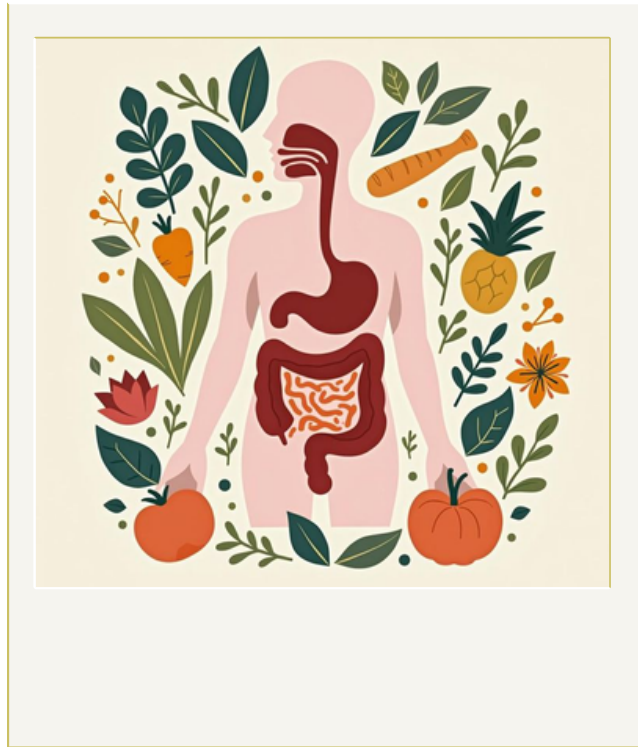
Food is not just fuel.

It is vibration.

It is self-respect.

It is inner alignment.

Let your plate reflect your prakriti  
(constitution) and your purpose.



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