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EBOOK FOR SPIRITUAL EMERGENCY



"When there is an emergency, it is time to emerge"

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Where to Start

Before you opened this eBook, your soul messaged you:
"Something has to change!"

It is important to know, you are not alone. Every human being goes through crisis to evolve and to transform unresolved issues.

Sometimes we go through this process multiple times.

Putting this into a planetary perspective, our whole human race is in the middle of a deep crisis. We need to re-think our ways of reflecting about life and learn how to discover this inner part of ourselves, the part that knows the way. To be able to see this path in the dark we need to point light there to see where it is safe to go. It means that we have to change: not ourselves, but our habits, our beliefs, the way we think the world works.

No one should tell you how to change; you will have to discover it by yourself. You need to learn to trust your own ability to find the way and I can assure you, you are completely capable to do so. No one will save you; no one will come and rescue you; you are asked to save and rescue yourself because this is the only way you can contribute to this new humanity. Trust that you will find assistance and guidance along the way, that you will never be alone. Once you decide to take the journey, beautiful beings will come your way and help you.

For now, just open yourself to this possibility. You don't need to make a big change at this moment, just open up a tiny bit to the ocean of different choices you could make. This crisis can be the push you needed to grow. And growing often hurts, it takes us out of the cozy place, it challenges us, it makes us uncomfortable and even angry at ourselves or towards other people or the world. Maybe you feel that right now.

Before we go into the spiritual aspect of your evolution you need to stabilize the earthly aspects in your life. In the following chapters I will explain what I mean by that.

I believe you know all this, but I am here to remind you. I am here because I want you to come out of the crisis and I am here to tell you that you are not alone. You will have to do the work. You will find what you need; techniques that help you and you will have to practice.

To calm your nervous system is the first and most important task. Some of the following suggestions will seem irrelevant, and even not big enough, but believe me, it is important that you start from the base.

IF YOU DON'T HAVE TIME TO READ AND JUST WOULD LIKE SOME 5 INSTRUCTIONS TO FOLLOW HERE THEY ARE:

- Put one Hand on your heart, close your eyes, and feel the pulse of your heart for 5 minutes.
- Stand barefoot on the earth for 5 minutes or put your feet in cold water for 5 minutes.
- Sleep as much as you can. Take some days off if possible.
- Listen to music that uplifts you. Don't listen to the news, or radio, and switch your social media off.
- Move your body. Go for long walks, go for a swim or take a yoga class every day.

FREQUENCY

Do this **every day for 7 days** and see if something, even a tiny bit, has changed. Even if only a little bit has changed, keep going. Keep what helps and integrate one new suggestion each week. Re-asses your progress after 7 weeks.



If you are ready and would like to continue with the reading, congratulations!

In the next section, you will find details of different aspects you want to focus on if you are ready to **begin the journey to find your center**.

It might not be necessary to cover all aspects, but I encourage you to acknowledge them and be **open to experimenting** with all of them. Step by step, we will go deeper into the process of stabilization and expansion.

I arranged the topics in a specific order of priority.

As I said earlier, **first you need to feel safe and build roots, be grounded in your life and being**. When you feel stable enough you start to explore other techniques that help you reach your potentials.

You might keep only one aspect or technique; it can be enough for you.

Be patient and keep in mind that this process is individual. You are in charge and you are the one who does the work. The inner work of finding out what supports and stabilizes you.

I wish you a good start. Be patient, you are at the onset of your journey. Trust in your abilities and resilience to do the work. I wish you softness and openness to notice how beautiful you are.

GROUND YOURSELF



The earth is our planet and we all are welcome here. In fact, we are here for specific reasons. This means the Earth, as a living system, tries to support us at all times. Her gravity pulls us toward her and offers us safety and grounding. When you are grounded you feel safe, you feel stable and you feel strong.

If you don't feel it you can experiment with the following:

Feel the Earth

- Take off your shoes as often as you can and stand barefoot on the ground.
- Just feel the heaviness of your body on the earth. Close your eyes and bring the full attention to your feet. Practice this for 5 minutes.
- Walk barefoot feeling the earth beneath you. Walk slowly and consciously; pay attention to the transfer of weight from one foot to the other.
- Lie down on the earth. If you have the possibility to do it outside, please do so. Otherwise lie down on the floor. Feel the floor as the earth and feel the back of your body touch the earth. Become aware of the weight of your body at the connecting points of your body with the ground.
- Sit with both feet touching the ground and feel with your feet, bring the attention to your feet. Wiggle the toes and feel your feet. Become aware of your feet.

"In every walk with nature one receives far more than he seeks." –John Muir

EAT TO GROUND YOURSELF



It might sound irrelevant, but it is important since we react on a chemical level in our bodies, which affects our nervous system.

Eating Connected

- Make yourself **a schedule to eat**. We are individuals and need different foods and times. But a schedule will help you **to feel contained and safe**.
- Eat **freshly cooked meals**. Start slowly. Prepare a meal for yourself once or twice a week. Shop for the food at a local store. It too can ground you.
- Choose **potatoes, sweet potatoes, beets, carrots, parsnips** if you want to ground yourself even more.
- **Eat slowly** and **concentrate on the food**. If possible, invite someone you like to share the food. In the beginning you might prefer to eat by yourself. **Do not force yourself**. Allow yourself to have this experience.

"All things must come from its roots, from where it is planted." –Teresa of Avila

REST ENOUGH



When your nervous system is at un-ease it realizes an imbalance between the two systems we have at our disposition: the sympathetic nervous system and the parasympathetic nervous system. You need both to feel comfortable. The sympathetic nervous system allows you to concentrate. It helps to focus on rapid tasks and moves us. Originally, you needed this to move away from danger. You saw a tiger – you run away.

In our world we over-stimulate this reaction by being in an almost constant state of alertness. If we keep our sympathetic nervous system on we constantly function with increased heart rate, dilatation of pupils, dilatation of airways, the liver releases glucose into the blood stream to provide energy, digestive process is temporarily halted, muscles are tense because they are prepared for action, and we also release stress hormones as adrenaline.

You fulfill task after task, respond with great efficiency, fast, as if the tiger could get you at any moment. You don't realize that you are in this mode, since it is your permanent state. It is important for your body to rest and feel and just because you are able to skip sleep and manage your activities doesn't mean your nervous system is in balance. Your body will compensate and support you as much as possible, but if you keep the pressure high, finally the body looks for balance and responds in the form of dis-ease.

Your body imbalances in order to balance the systems out, and one of the easiest ways to restore it is to rest enough. The parasympathetic nervous system is in charge to rest and recover.

- Look for moments of rest during the day. You don't have to sleep if you can't, but sit down, close your eyes, and breathe slowly for 5 or 10 minutes.
- Take a 5-minute break after tasks longer than 45 minutes.
- If you sit, [stand up, walk or stretch](#) your arms up.
- Find healthy, [regular sleeping habits](#). This is extremely boring for some people but is extremely beneficial for your nervous system.
- Start 1 hour before you go to bed with [a calm down routine](#). This could include to prepare a relaxing herbal tea or listening to calming music (you can find calming relaxing playlists on my Spotify).
- A [Yin Yoga sequence or a meditation](#) might also help you to create a healthy before- going-to-bed routine. [Open the window](#) in your bedroom; fresh air is beneficial for a good night sleep.
- [Choose your last thought consciously](#) before falling asleep. Sometimes it helps to say to yourself: "My body will fully re-energize itself during this night sleep and I will wake up rested and refreshed."
- If worrying thoughts cross your mind, observe them for a short moment and tell yourself you will address them. Then [use the power of your attention](#) to focus on a beautiful place in your mind, remember a beautiful moment in your life. Go there with your imagination.
- Wake up [without alarm clock](#).

"Sleep is the single most effective thing we can do to reset our brain and body health each day" - Dr Matthew Walker

So much happens while we sleep. Besides regulating and balancing the nervous system your organs regenerate and use this time to heal.

Since your body saves the energy you'd need to be awake, your body relocates this energy where it is most needed.



It is also important to observe your own sleeping patterns. You might need to be in bed before 10 pm to get the best sleep. Or you need to be able to sleep longer. There is a wide range and you will find out when and how you sleep best. Use a sleeping diary if you like and write down at what time you go to bed, when you fell asleep and how you rested. Of course there are other factors. The idea is that you get to know yourself better and find a sleep rhythm that suits you.



I would like to mention another important factor about the necessity of sleep. As “Energy Beings” (the part of us that is eternal) we do not need sleep. It is only the physical body, which needs to reset and regenerate during the process of sleep.

We, as energy beings, go out for adventures, get time out of being in the body, solve problems or gather resources while the body sleeps.

There are multiple aspects about ourselves that we are just starting to understand. If this information is new for you and you find it difficult to believe or understand, just ignore it, your healing process does not depend on it.

CONNECT WITH YOUR BODY



Your body knows what it needs. It is an intelligent, interconnected system. All parts relate to each other. You are beautiful and perfect. Your body is your living temple and you need to take care of it. The more aware and connected you are with your body the better you will understand what it needs.

Does your body need rest? Does your body need food? Does your body need a hug? Does your body need sunlight? Does your body need a shower? Does your body need to move?

One is often so disconnected from its body that **most of the time you don't know if your body needs something**. Your mind is in control and your body tries to adapt to these commands.

I will give you an example: you need to learn for a test or you have to finish something urgent for work. You are under pressure; you won't allow your body to stop you. You will argue now; overrule your body's needs. Your body will function, suppress the need to move, the need to sleep, the need to eat, the need to feel. It becomes problematic when you do it constantly, **when you over-use your will, when your mind suppresses your body's needs**. Over time you will feel the strain.

On the long run one needs to **listen to its body to stay healthy and energized**. If you feel disconnected from your body you can bond again.

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

— Eleanor Brownn

Techniques to connect with your Body

- **Move your body consciously.** You can do what you like, but you need to concentrate on it; dance to a choreography; try a new sport, which needs focus.
- You should not move automatically, **don't allow your mind to wander.** You need to **stay present** during the activity, direct your movements.
- **Align your body movement with your breathing.** This connection helps body and mind; it is one of the great benefits of Hatha yoga practice.
- **Somatic meditation** helps you to feel all parts of your body and creates awareness. There are some YouTube links with guided somatic meditations on my webpage. Or you can use the ones I personally provide on my webpage.
- Sometimes **a massage helps to connect with your body** and it is a wonderful form to take care of your body. Look for a massage therapist you feel at ease with.

Emergency break



When you notice that your mind races and you feel overwhelmed – connect with your body: as an emergency break, **put your feet in cold water for 5 minutes and feel the cold on your feet.**

DETOX FROM MENTAL WASTE



Because of an imbalance in your life you reached this point of crisis, yet you do not realize what this out-of-balance actually is. The only way to find out is to focus on your daily life habits and learn to adjust the way you feel, think and act.

This crisis stopped you in your tracks and suddenly **you need to give up whatever you did before**. Interestingly enough, often we act based on what we think of the world and its priorities. In many circumstances, these are contradictory to our wellbeing. In other words, you brought yourself to this point. To find your true you and what you need to do in the world, this is your life's work now.

You might find excuses not to go on this quest, but life will always bring you back to this point if you continue to listen to the toxic narrative you tell yourself. Perhaps this part takes the longest time and you might choose to wait and use other suggestions first. This is fine and equally good.

**"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor." – Thich Nhat Hanh**

When you feel more stable you can start integrating more of the following suggestions.

- **Disconnect from people who deplete you.** They might mean well, but they zap your energy. Maybe you are not aware of this but **other people instantly uplift, calm and inspire you.** After seeing them you feel happy and refreshed. These are the ones you need now more than ever in your life. Concentrate on them, even if it means you only meet one person. **Be aware,** it does not mean other people are bad; it just means they are not suitable for you right now.
- **Turn off the radio.** News, TV, social media's focus on problems and the chatter distract you from your healing. This can be challenging and it is not forever but **it will allow you to detox your mind extremely fast.** Some people prefer to do this gradually, one device after another, other do this in one step. You are in charge and you decide. It is a little bit like detoxing from addictions. Maybe you decide to give yourself some days of the week off, maybe you start with one day without news, social media, tv, radio, etc. Try and observe yourself. Play with it.
- Start with **simple, short meditations.** There are many wonderful techniques. You can find free meditations on my website if you like to try these. Regular meditation practice benefits you greatly. A teacher once told me **it is like cleaning the kitchen after cooking.** I always loved that metaphor. Who would like to eat from the used plate of yesterday's meal? Truthfully it is similar on your mind level. You carry ideas, thoughts, worries and fears from years; imagine the ballast. You definitely need to clean house at some point.
- **Choose wisely what you read.** Not all reading is helpful to detox your mind. Be mindful, reading can be another form of distraction. You hear of the importance and educational benefit to read. I understand why and I agree to a certain extent but not every book is good for you. **If you feel relaxed and uplifted afterwards keep reading.**

TRAIN YOUR FOCUS



A simple law of the universe teaches us, **“Where you put your attention to, the energy flows into.”** In other words, the more you focus on something, the more important it becomes. If you focus in fear about problems in your life, you might attract more of it. If you are aware of the blessings you can count in your life, these blessings will amplify and expand.

Decide where you want to put your attention/energy? On what do you want to focus? It is ok for you not to know. Here is the place to find out. Most of the time you are kind of unaware how you think and most of your thinking happens subconsciously. But how do you become conscious of your thinking patterns, of the pathways of your thought process?

One way is to stop, to slow down, and to begin to listen to yourself. A very courageous thing to do! Your mind often runs in a spiral of anxiousness, desperation, overwhelm, or perhaps depression. In fact, you have subconscious programs running in your mind and these programs were probably installed before the age of seven and still decide how you see and react in life. You can start to find out what programs still run in your mind.

“We hardly ever realize that we can cut anything out of our lives, anytime, in the blink of an eye.” — Carlos Castaneda, Journey to Ixtlan

How to Train Your Focus?

- Catch your thoughts and redirect the attention. When you notice that you think without being present, **do something different**, sing for example, and **trick your mind**.
- Do squads, **go from mind to body focus**. Pick something that takes you out of the toxic mind spiral.
- **Decide what you think next**. If you find you think these “heavy” or “toxic” thoughts exchange them with a conscious thought, one you create. For example, you think “I will be too late to... and have to do things fast”, you can change to “I will always arrive or finish my task at the right time, I do things at my own pace.”
- **Rewire your mind**. Create new pathways of thinking. Your mind is a beautiful tool if you take some time to **choose which program you want to run**. Which would be the thoughts you would like to think? What kind of mind habit do you want to keep and which one would you like to get rid of? **You can train this. It is important to notice how and what you think as soon as you focus on it.**
- Observe your mind. **You ARE NOT your mind**. The mind is a tool you need to get to know. A muscle you can train.

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.” – Buddha

Zoom-out Technique: The bird's eye perspective is a fantastic and simple tool. There are different ways to use this.

- If you are more visual, envision the problem you are dealing with and start to observe it from a certain distance. Keep seeing the problem but you notice the surroundings, keep moving away, and watch it shrink. You just observe and keep moving away until you just see it like a point. Now you observe the whole picture. What do you see?
- If you are more of a mental type, you use the same approach asking questions about the importance of this problem, putting it into context. Example: You ask "I don't know if I should go out with that person" and you cannot make up your mind. You start by asking yourself if the time you are investing in this though is related to the risk of "wasting" time, going out with that person. You ask yourself if this is a "big" or "small" decision. You put this decision into the context of your day, your week, this month, this year, your life.

There might be problems that are large and the zooming out method might not apply, but it will help you to create priorities in your mind and make space for the really important issues.

- Look consciously for the beautiful in your life. Concentrate and focus on the positive and life-affirming aspects in your life. The practice of gratitude is very helpful to master this. You can start by daily writing three things down you are grateful for.
- Feel this gratitude. Smile at the thought of them. As you concentrate on these feelings, after a week you will notice big changes.

When you have trained your Focus...

CLEAN THE HOUSE



My Toltec teacher always talks about the act of “cleaning the house”. Don’t you love the moment when you clean your house, apartment, or room and you look at it and you feel just lighter? Something like this happens when you start to clean your internal house. When you start to slow down and realize what you are thinking about yourself, the world, others, your job, your partner or your parents.

There are simple methods to **start this internal cleaning** and the first task is to notice when you think negative thoughts of self-subversive nature and **re-direct such thoughts**. For example, if you find you think about a past situation, which caused you anger or pain, begin with an acknowledgment and create an inner dialog. Congratulate yourself about finding that destructive thought. (Now you can put your feet in cold water and focus on the sensation you have on your feet)

Meditation will clean your house. Start with short units and look for a meditation you like. There are so many but stick to one method for some time before you decide if it is the right one for you. If you have a problem sitting still, start lying down or doing walking meditations. On my web page you will find some audios with some short and longer meditations.

BALANCE IS KEY



It sounds so obvious and yet we still constantly forget to balance out. We forget because we have been trained to use and rely on the rational, thinking mind only. The mind is a beautiful and useful instrument and it has great value for us.

As a society we have put much emphasis in training the rational mind, because we thought the other part, the right side of our brain was not so useful, or not so reliable. In fact, we need both sides to make the right choices for us. The right side gives us the rest, the sensory information, the gut feeling, the heart compass.

We all know the moment when the rational mind takes over, repeating certain thoughts and going ballistic, trying to find a solution, an explanation, a way out. Our mind spins, creating anxiousness and fear. In this state we send warning signals to our nervous system and the body starts to react with restlessness, faster breathing, digestive problems, headaches and other unwelcome symptoms. In this state we block our capacity to just feel what to do next.

I am convinced that a lot of our illnesses have the root on our over-active thinking mind.

So, what can we do to balance this tendency out?

Simply, use or practice more of the other part of our brain. This way we learn to use both sides and to connect them to make better choices

How we can use this right side of our brain?

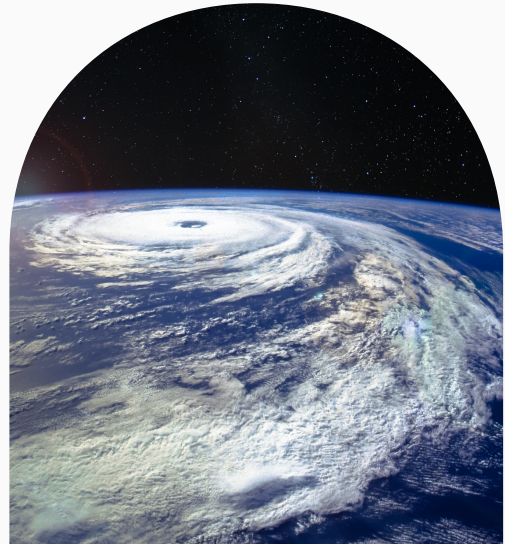
- **Slow down.** Most of the time you are internally running without even noticing it. How can you slow down?
- **Feel.** Learn to notice what you feel. Feel hunger, anger, disappointment, joy, love, compassion or sorrow. Whatever it is, conflicting or otherwise. That brings you to the right side of your brain. **Give your feelings some room.** Name them, notice them arising and ebbing. **Feelings are there to be felt,** to notice something, to give us information about ourselves. Even the simple fact of feeling tired is something we often avoid to notice. Unaware feelings tend to let us react in certain ways. **Notice if you are reacting because of a feeling you have.** And next time do not react, just observe and 'sit' with that feeling. Just be and feel, even if it is uncomfortable.
- **Make space for perception.** We all have the ability to perceive the world on many levels, not just from the inner eye's perspective, but with all your senses. You do this all the time, but we are not aware of it. The task is to become aware of our perception.
- **Open yourself to doing nothing.** Allow yourself to do nothing "useful" for a few days. Do only what you feel like doing and see what happens.
- **Start something creative, new.** Try singing, grinding, drawing, crafting, creative writing, crocheting, knitting, sewing, etc. Do this activity with no thought of achievement.

"The intuitive mind is a sacred gift and the rational mind a loyal servant, but our present society honors the servant and completely forgets the gift." – A. Einstein

FINAL THOUGHTS

Allow yourself to be in the center of chaos...

Have you seen the image of a hurricane? In the center of it is a space, like the hole in a doughnut. In this place in the middle, nothing moves, it is completely still. While at the surroundings there is movement, turmoil, or intense activity. Where would you place yourself? In the center, where it is calm and peaceful or where it is turbulent and swirling? There is no right or wrong. But you have to decide.



My husband loves the fast-moving area and gets energized and excited with the swirl. I prefer the peace of the area in the center where I can observe with calmness and ease. And maybe there is a time for both and the idea is to figure out how to move from one place to the other. Like jumping into the fast movement and play there for a while and rest in the middle when you need it.

But there is another aspect of this concept. The hurricane will keep moving and it will not stop for you. You are the one who must learn how to move to the quiet center. Maybe you waited for something around you to stop, so you have a moment to rest, the chance to breath and recollect your strength to keep going. I waited too, but the carrousel never stops. Things will keep moving, the dishes will pile up, the fridge will get empty, the house will accumulate dust and the clothes get dirty over and over.

This will not stop because you need time to adjust. Instead you need to place yourself at that center, where it's calm if you don't want to feel overwhelmed. It might sound like a contradiction. How is moving yourself more and more towards the middle of life make the carrousel go easier, slower? The centrifugal force is strongest away from the center and, if you know where you need to be it will be a revelation.

Within you lie all the answers, believe it or not. You are an extraordinary being, you navigate through this life crisis to emerge with new potentials and strength. No matter how bad the outer world looks, it will change. But it will depend on you how.

Now you have some options. Tools. Maybe you felt attracted to specific ones, you might start there. If you still don't know where to start follow the steps above, the first suggestions and try it for a week every day. Then add the next one. Of course you can skip the ones you feel make less sense for you. Just keep going and observe what happens.

There is never the perfect moment to do something extraordinary or start something you want to. Do not wait for it. This is something you learn backwards. I learned it when I got pregnant with my son. I knew I would love to be a mother, but never expected to be pregnant at the moment it happened. I will never know if another time would have been better. But I know, I wouldn't change or miss this great gift of the universe. In my heart, I knew it was the perfect moment. Often we want to control life, but we have to learn to trust life. If there is something you would like to do in your life, don't wait. Just start and see where it leads you, life will teach you.

I firmly believe that if you found this book, it was the perfect time for you to start exploring. Step by step these techniques will help you find your way into the center. You will experience more moments of calm and you will be more at ease. Notice these moments, you are connecting to your soul.

As I mentioned at the beginning, please pick one or two of the suggestions you'd like to start with. Write them down and start doing them for forty days. Be consistent. This will help you to anchor and establish a deeper relationship with yourself. Count the days, make yourself a calendar and if you miss one day add it at the end. Don't worry if you get distracted; just start again.

If you feel you are not able to start on your own, look for someone who could do these exercises/suggested routines with you. Start with small changes, they can make a huge difference, especially if the driving force comes from you.

If you would like to continue the journey of self-discovery and truth as well as explore even more deeply this and other techniques you can participate in my online course 'The Seven Doors', which I offer individually or in group settings. Maybe you would like to start meditating? Look to practice regularly and keep balancing out, imagine it as a wonderful game.

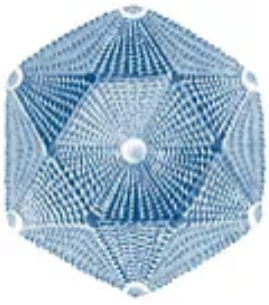
I wish you success, with all my heart.

Remember, the powers of each human being balanced in the center makes the entire world a better place.

Namaste.

Bettina





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"When there is an emergency, it is time to emerge"