



Pain Blocking Yoga: Simple Yoga Steps to Strengthen Your Mind Physically (Block Out Pain) and Spiritually (Live a Lot Happier) (Paperback)

By Swati Misra

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Imagine a life in which you can strengthen your mind to such an extent that you could mentally switch off physical pain and also use the same skill to be a lot happier. The trick is to teach our mind a technique to handle sense signals it receives (e.g. taste) and then use the same technique to block out pain. The exact same technique can make the mind happier because it learns how to neutralize the negative psychological signals - just like the negative physical signals. When you do practice this technique, you develop a mental muscle. Use the muscle one way to remain at a happier level than you would otherwise be. Use it another way and you block out pain you may be feeling. It is recommended that people learn Pain-Blocking-Yoga before they encounter serious pain. It is a bit like insurance. Doing so also has the enormous advantage of teaching the mind a way to be happy despite the negative psychological signals it receives. People with chronic pain may find the yoga techniques here an attractive...



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