



MindScape *Where Mind Meets Matter*

Sense and Sensibilities

News Letter - October to December 2023

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The five senses are the ministers of the soul !
Leonardo Da Vinci

News and Views

INTERNATIONAL

- In a study by University of Essex it was reported that people who prioritised achievement over enjoyment almost all the time score less on the overall happiness indicators.
- University of Cambridge reported that a healthy lifestyle that involves a healthy diet, regular physical activity, healthy sleep and frequent social connection, while avoiding smoking and too much sedentary behaviour, can be proved preventive in risk of developing depression.
- In a recent study by American Chemical Society it was found that prolonged sleep loss and disturbed sleeping patterns can increase the risk of developing Alzheimer's in later life.

NATIONAL

- In order to deal with mounting numbers of suicide cases , Kota decides to hold psychological tests to understand the mental health of students.
- Indian Institute of Information & Technology – Allahabad is all set to introduce psychology and law as two subjects along with technical subjects.
- NIMHANS & UNDP develops first of its kind training module to focus on the challenges faced by the people of LGBTQIA+ community throughout their life stages.

Local @MANASTHALI

- Manasthali follows up on its promise to celebrate Manotsava second edition with the theme "Senses and Sensibilities " bringing together experts in fields of using sensory perceptions therapeutically as in aroma therapy, sound and music therapy, EFT and more.
- Manasthali celebrated World Mental health day with the theme "Mental Health is a Universal Human Right " partnering with medical specialists from different specialities to encourage inter speciality dialogue on integrating mind body science for health and wellness.
- Manasthali collaborates with internationally renowned Sound healer Mr Sanj Hall for enhancing recovery from psychological issues.





Editor's desk



SENSES & SENSIBILITIES

As I am deliberating over introducing the concept of Manotsava's underlying philosophy of integration, it is sounding more surreal, almost metaphysical than mental.

The mind is in every cell, and every cell has the intelligence beyond our imagination!

And while we think of it as a characteristic of the living entity alone, we can now see the very same functions of intelligent life in what we call non-living Universe and Metaverse.

The division between living and non-living has thus been evolving and the dream can be as much a reality, as reality can be the dream from which some can develop the capability to wake up.

(I am reminded of Morpheus offering the blue and red pill to Neo.)

As the civilization advances to incorporate artificial intelligence to existing paradigms of mental capabilities, there is both excitement and fear. Are we going to become slaves to a more sentient technology that can think for itself, or be masters of a resourceful entity beyond our own capacity?

Where is all this leading us to, we see more stress, more suffering, more illnesses and more suicides!

As we strive to find balance while running at lightening pace, catching the right direction looks like a very difficult task.

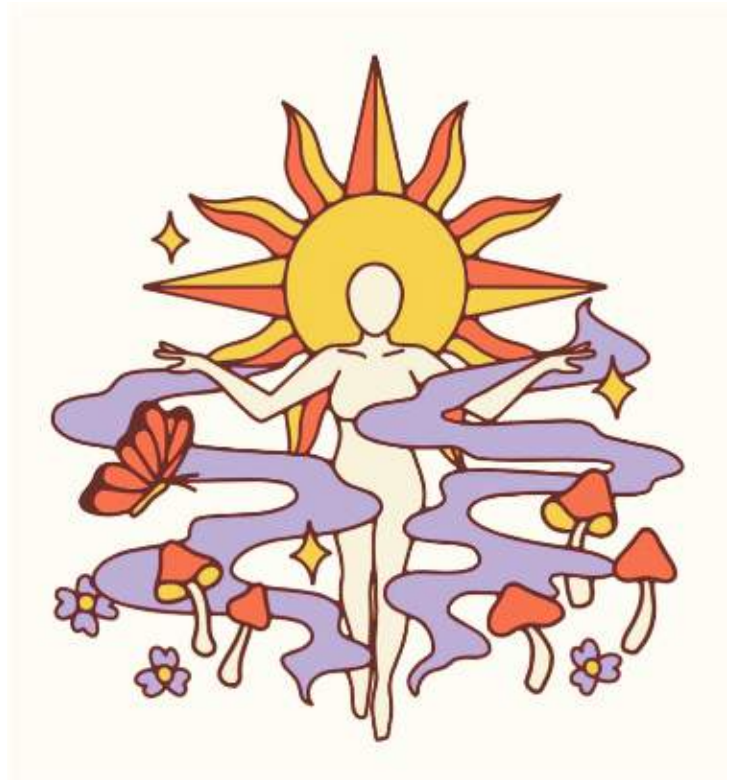
But most of us know that the path will always be a middle path, a path of integration of the new, yet unexplored potential of our imagination and of the ancient wisdom that has stood the test of time since eternity.

The new age scientists and medical specialists are concurring with the philosophies of ancient cultures who used available resources i.e. their organs of perception to explore and find solutions to physical

and psychological stress and dysfunction. The methodology involved observation and deeper awareness of inner and surrounding environment and deciphering patterns going wrong and causing maladies. The same keen observation led them to finding of essence of herbs and plants, minerals and crystals from earth, physical movement and modulations of human body through asana and pranayama, energy channels defined as chakras, nadis and energy meridians so that most native cultures developed their own healing practices. The underlying unity of these systems lies in the tradition of using our own mind to treat our body and vice versa by focusing awareness to self. Today we are rediscovering their wisdom of Ayurveda, Yoga, Mantra, Chinese traditional practices of yin yang, native American and Aborigines rituals through scientific inquiry and bringing them to mainstream medicine in the form of sound and music therapy, chiropractic approaches, acupressure, dance movement therapies, yogic lifestyle measures, nutritional and dietary principals of Ayurveda etc.

Dr Jyoti Kapoor

Sr. Consultant Psychiatrist and Psychotherapist



WORKING WITH WHAT YOU HAVE (ALWAYS) : FOCUSING ON THE SENSE TO GET THROUGH AN EMOTIONAL CRISIS

Every person goes through times when everything seems to fall apart. It may be a major life event or a seemingly small thing that pushes us over the edge, but it can feel as though the rug has been pulled from under our feet and we are struggling to regain our balance. Going through a crisis is never easy and it is all the more difficult in a situation when there is no quick resolution in sight. It can also be especially challenging for someone who frequently struggles with difficult emotions, has tried different solutions in the past, and feels as though nothing works.

At times we may wish that we never experienced emotional distress. However, since emotional distress is an inevitable part of life, eliminating it entirely would not be realistic. Our emotions teach us something about ourselves and the situation; for example, when we feel overwhelmed, it suggests to us that we need to take a step back and take care of ourselves before moving on. In any case, such emotions force us to pay attention to them and try to resolve whatever is causing us to feel this way.

In some situations we have little or no control over what is happening, or cannot resolve the difficulty right away. During those times we may experience especially painful emotions, which could motivate us to do things that can lead to additional problems, such as getting into a bad argument with a loved one, hurting ourselves physically, or using illicit substances in order to numb emotional pain. In this kind of a case scenario, all we really need is a way of getting through that situation without making it even worse.

DBT (Dialectical Behaviour Therapy), which was developed specifically for individuals who have difficulty regulating their emotions, can help precisely with that type of situations. It includes a set of skills, called 'crisis survival skills', which teach you how to get through emotional crises. In order to be able to get through a challenging situation without worsening it, these skills

teach you ways of tolerating strong negative emotions until their intensity decreases. While this will not resolve the problem, at the very least you will have prevented unnecessary complications and additional problems on top of the existing one.

One such crisis survival skill is called Self-Soothing and it involves grounding yourself by focusing on the five senses. In order to use this technique, you will need to engage in comforting tasks that involve each one of the senses. Here are some examples:

At a time when you are not in distress, try to identify items for each of the five senses that usually give you a sense of comfort and joy. Have this list handy to be able to easily find and use it in a difficult situation. You will likely find that some items work better than others and may need to edit and expand your list over time.

Engage your sense of touch

This is perhaps the easiest sense to engage and can quickly bring you back into your body. Try stamping your feet on the ground or picking something up and focusing on how it feels in your hand.

Having a grounding object can be helpful here. For example, if you keep an object like the texture of a raisin/flower a pretty button you can reach for it whenever you feel anxious. Run your fingers over it and notice every ridges and crevices. Other ways include : taking a bubble bath, petting a cat, dog or another pet, or holding a fuzzy blanket or a toy.

Engage your sense of smell

Scent can have a powerful effect on the body, as well as helping you be more present, a relaxing oil like lavender, ylang-ylang or rose can help you mentally and physically relax. Using your favourite body lotion, smelling lavender, or burning a scented candle or incense can instantly induce a sense of calmness. If you're at home, try burning essential oils or using an oil diffuser. If you're out

and about, keep an aromatherapy rollerball with you and rub some oil onto your wrists and temples when you feel anxious.

Engage your sense of sight

To help you feel 'back in the room' take a look around you and try to pick out five things you can see. Notice the colour, the way it moves (or doesn't move) and any distinguishing features. Focusing on a calming sight for a few minutes can be helpful too, you might want to try watching a video of waves crashing on a beach or simply go outside and notice the clouds in the sky. Focusing on something pleasing to the eye, such as the nature, flowers, or a painting you like also helps.

Engage your sense of hearing

Just like our sense of smell, what we hear can impact our physical state. Try to tune into what sounds you find relaxing such as listening to music you enjoy, sound of the rain, or a voice of someone you care about. Some people enjoy ASMR videos (these include sounds that for some people result in a pleasant 'tingle' sensation) while others like sound baths (where gongs and crystal bowls are used to immerse you in sound). Keep a playlist of relaxing sounds handy so you can put your headphones on and centre yourself whenever you need to.

Engage your sense of taste

Our sense of taste can often get left out, but it's another

easy (and often delicious) way to feel more present. We recommend drinking herbal tea such as chamomile, which will both engage your taste buds and help to encourage you to relax. Take this a step further by turning the tea making and drinking ritual into a mindfulness practice in itself. Other ways can be such as eating some chocolate or fruit, while savouring it.

By
Aishwarya Raj
(Clinical Psychologist)

Self Help Tip -Getting in touch with the 5 senses can be grounding and bring us back to the here and now. To follow this practice, I invite you to pause for a moment. Can you notice....

What you see around you? What colors, textures, or images catch your eye?

What can you smell? Is there a specific aroma or can you feel your breathe flowing in and out of your nose?

What can you taste? Do you taste leftover food or drink? How does your mouth feel?

What can you touch? What is your body making contact with? What temperature do you feel in your space?

What can you hear? What noises are present in your room and beyond?



Insights from the Vedic Lore

'6'

Reining the Horses (Sensible use of Sense Organs)

आत्मानं रथितं विद्धि शरीरं रथमेव तु ।
 बुद्धिं तु सारथिं विद्धि मनः प्रग्रहमेव च ॥३॥
 ātmānam rathitam viddhi śarīram ratham eva tu |
 buddhiṃ tu sārathiṃ viddhi manaḥ
 pragrahameva ca ॥3॥

इन्द्रियाणि हयानाहुर्विषयां स्तेषु गोचरान् ।
 आत्मेन्द्रियमनोयुक्तं भोक्तेत्याहुर्मनीषिणः ॥४॥
 indriyāṇi hayānāhurviṣayāṃ steṣu gocharān

KathaUpanishad

Upanishads expound the Vedic philosophies through easily understood metaphors. Here, while exploring the relationship of body and soul, Yama explains to Nachiketa, the interaction of the consciousness with the environment through the sense organs.

The body is the chariot with the sense organs as the horses which are attached to the chariot, the reins of these sense horses is the mind held in the hands of the intellect which gives the chariot the direction so that the rider can reach the desired destination.

Rider or atman can't reach its destination unless the horses are given proper direction by the intellect which needs to keep the reins properly balanced.

Some talk about denying the senses, that's not the message here. It's the sense organs which make it possible for us to experience the world, to rejoice in the beauty and aromas of the material plane that serves the teaching ground for our evolution.

The current lifestyle which is all too focused on sense pleasures and immediate gratification is not allowing us to appreciate experiences that have the potential to find that balance that can enhance our well-being. The very faculties of hearing, seeing, tasting, touching and smelling which are the source of intense gratification and are leading to imbalances and illness can also be utilized for a more sustainable state of health if disciplined and sensibly harnessed.

यस्त्वविज्ञानवान्भवत्ययुक्तेन मनसा सदा ।
 तस्येन्द्रियाण्यवश्यानि दुष्टाश्वा इव सारथेः ॥५॥



yastvavijñānavānbhavatyayuktena manasā sadā |
 tasyendriyāṇyavaśyāni duṣṭāśvā iva sāratheḥ || 5 ||

“ But of him who is not possessed of discrimination, and whose mind is always uncontrolled, the senses are not controllable as vicious horses of a driver.” (Katha Upanishad)

Our ancient wisdom guides us to reign the horses of sense organs to lead us on the path of spiritual evolution. Even for those not interested in spiritual aspects, the discipline of sense organs can result in higher state of physical and mental wellness. Mindful eating helps us to experience the taste of food and relish it. Paying attention to a beautiful flowers has the potentials to elevate our state of happiness. Aromas lift our spirits. Touch stimulates release of oxytocin, improving our social wellbeing. A thing of beauty is joy forever, and a joyful experience can be visualised and experienced mentally and physically.

नृदेहमाद्यं सुलभं सुदुर्लभं
 प्लवं सुकल्पं गुरुकर्णधारम् ॥१७॥

The human body, which can award all benefit in life, is automatically obtained by the laws of nature, although it is a very rare achievement. This human body can be compared to a perfectly constructed boat having the spiritual master as the captain. (Bhagwad Geeta)

So let's take pride in caring for our body and mind and use the sense organs to guide us to our destination.

Dr Jyoti Kapoor

Sr. Consultant Psychiatrist and Psychotherapist

PRACTICING SENSORY MINDFULNESS : A JOURNEY FROM EXTERNAL TO THE INTERNAL

It is easy to lose touch with our bodies and the present moment in our fast-paced environment. Fortunately, sensory mindfulness is a simple technique to help us re-engage with who we are and the environment.

Living in the present and accepting your situation without passing judgement is mindfulness. Being a good observer is the key to putting regular mindfulness exercise into practise. Your interactions with the environment around you can be improved by using your five senses—sound, smell, sight, taste, and touch—to help you stay in the present. You can take your time and enjoy the present moment by paying attention to your five senses. It is the deliberate practise of giving our senses our complete attention. Scientific research has demonstrated that sensory mindfulness enhances our general wellbeing. In addition to lowering stress and anxiety, it also boosts mental clarity, a feeling of fulfilment in life, and contentment.

Being Mindful by Using Your Senses

The fundamental idea behind mindful sensory exercise is that by re-engaging with all of your senses, you may calm your racing thoughts and so find your centre. It is a brief, easy mindfulness exercise that slows down breathing, decreases pulse rate, and also gives your body an opportunity to unwind by assuring it that everything is fine. Anyone can find time for this personal practise because it doesn't take too long to finish.

You can practice sensory mindfulness by the following technique:

The five senses grounding technique is a mindfulness exercise that can make you more observant of your surroundings and present, as well as help you feel less stressed or anxious.

It entails paying attention to what your five senses—sight, sound, touch, smell, and taste—can discern at any particular time.

- Find a place that is calm and relaxing where you can sit, stand, or lie for a while.
- Take a few long, deep breaths, and concentrate on them.
- Give your sense of sight some thought. Observe five things in your immediate environment, paying close attention to colours, forms, and textures.
- Next, consider your sense of touch. Focus on the

warmth, texture, and weight of four objects you can touch.

- Next, pay attention to your hearing. Try to pinpoint the three sounds you can hear while listening, as well as their source and sonic characteristics.
- Then, list two items you can smell using your sense of smell. You might take a big breath or merely get a passing whiff of an aroma.
- Lastly, pay attention to your sense of taste. Take note of something you can taste, such as the aftertaste of your toothpaste or even your morning cup of coffee.

The use of grounding techniques has several advantages. Research has specifically shown that they support greater focus, emotional management, and stress alleviation.

It can be concluded that just focusing on your five senses can help you in your daily wellbeing rituals.

By
Mehak Thukral



Manotsava 2nd Edition- Curtain Raiser

Theme- Senses & Sensibilities

Sense Perception	Organ	Function & Role in Human Life	Therapeutic Techniques	Applications
Hearing	Ear	Interpreting environment (safety/comfort/growth) Appreciating sounds and music Language	Music Therapy Sound Healing Chanting	Deep Relaxation Tinnitus Auditory Hallucinations
Seeing	Eyes	Interpreting environment (safety/comfort/growth) Appreciating sights/beauty Aids Expression through personal expression and art Sign Language	Visual Art Therapy Expressive Art Therapy Colour Therapy Phototherapy	Psychological Issues & trauma Sleep Skin Conditions High Blood Pressure Cancer Research
Taste	Tongue & Nasopharynx	Interpreting environment (safety/comfort/growth) Appreciating and enjoying food Dietary choices & preferences	Ayurveda emphasises taste sensation in treatment modalities and herb formulations	Ongoing research in nutritional physiology and taste receptors/ Receptor programming for cravings and food addictions
Smell	Nose	Interpreting environment (safety/comfort/growth) Appreciating food/aromas of nature Dietary choices & preferences Social interactions, Choosing mates, Sexual & non sexual pleasure	Aromatherapy	Relaxation Mood Pain relief Craving management
Touch/ Pressure/ Temperature	Skin & Mucosa	Interpreting environment (safety/comfort/growth) Appreciating weather, terrain, textures, elements of nature Social Interaction, Bonding & preferences for relationships Physical sensations, sexual and non-sexual pleasure	Touch Therapy Massage Marma Therapy Accupressure EFT Heat/Infrared Therapy Yoga Postures Tai-Chi Dance Movement Therapy Chiropractic	Musculo-skeletal Problems Balance and Coordination Psychological Issues Pain

Program Schedule



6:00pm : Registration
6:30pm : Welcome Address
6:45pm : MANOTSAVA - Curtain Raiser Event
6:50pm: MANNSPANDAN
A sound healing session by eminent sound therapist, SANJ HALL

October 8th 2023 • PROGRAM • Time: 6 PM

7:20pm : Panel Discussion – Sensible Use Of Sense organs for health & Well-being
7:50pm : Vote of Thanks
8:00pm : Dinner



Glimses of Manotsava 2022



Our Event Partners



Our Wellness Partners



Guest Section



Unlocking Holistic Well-being: The Essence of Essential Oils

As we navigate the complexities of daily life, it is imperative to explore age-old remedies that offer not only physical healing but also mental and spiritual rejuvenation.

Essential oils, cherished gems extracted from nature's embrace, stand as potent allies in this journey towards holistic well-being.

Let's Understand What Essential Oils Are

Essential oils are nature's aromatic gifts, extracted from various parts of plants through methods such as steam distillation or cold pressing. These oils capture the very essence of plants – their fragrance, vitality, and therapeutic properties.

With a history that traverses civilizations, from India to China and ancient Egypt, essential oils have earned their place as revered healers, encapsulating the wisdom of ancient traditions.

The Wisdom of the Vedas and Puranas

Ancient Indian scriptures, the Vedas and Puranas, echo the importance of nature's bounty and its ability to nourish our physical, mental, and spiritual states.

One can find solace in the words of the Atharva Veda, which extols the healing properties of plants and their essence.

The Beneficial Essence

The therapeutic potential of essential oils extends far beyond their enchanting aromas. These concentrated elixirs possess a myriad of benefits that can positively impact the body, mind, and soul.

▮ **Physical Wellness:** Essential oils are renowned for their antimicrobial, anti-inflammatory, and analgesic properties. Oils like Lavender and Tea Tree have been celebrated for their ability to aid in wound healing, soothe skin irritations, and alleviate discomfort. The words of wisdom from the Ayurveda echo this sentiment, "When the five elements are in harmony, there will be no disease."

▮ **Emotional Balance:** The inhalation of oils like Bergamot or Ylang Ylang can evoke feelings of joy and relaxation, acting as natural stress relievers. As the Bhagavad Gita professes, "A person is said to

have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires and becomes absorbed in the Self alone." In this context, essential oils can serve as facilitators on the path to achieving a disciplined and harmonious mind.

▮ **Mental Clarity:** Oils such as Peppermint and Rosemary have been shown to improve focus, concentration, and memory. As the ancient teachings suggest, "The mind is restless and difficult to restrain, but it is subdued by practice." Incorporating essential oils into our routines can be viewed as a form of practice, assisting in taming the restless mind.

▮ **Spiritual Connection:** The influence of essential oils extends to the realm of spirituality, transcending the physical and mental planes. Just as incense has been used in sacred ceremonies for centuries, essential oils can also aid in creating a serene and uplifting environment. The Chandogya Upanishad echoes this sentiment, "Now the Atman (Self) is that which has been before, and that which will be hereafter. He who is in the present is the same Atman." In this eternal cycle of existence, essential oils can serve as conduits, connecting us to the present moment and fostering a profound sense of unity.

Concluding Thoughts

The world of essential oils is a treasure trove of well-being, housing remedies that resonate with the wisdom of the ages. As we journey towards health and wholeness, embracing the teachings of the Vedas and Puranas, we find that these aromatic elixirs hold the power to heal, nurture, and transform. Through their essence, we can unlock the gates to holistic wellness – a symphony of balance between the body, mind, and soul. So, let the fragrant whispers of essential oils guide us on this sacred path towards vibrant living.



Priyanka Sachdeva
Founder - CORE & PURE Essential Oils