



Rituals for Attuning to Your Nervous System During a Global Pandemic

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We are a living system.

We have a myriad of systems within our body.

All interdependent.

We are still learning about the subtle systems and how they work, the information they hold, and how we manage them through our lifestyle habits.

The nervous system manages all of them and gives instructions to the other systems. In short, it takes information externally and internally and makes changes in response to the cues.

Always....striving towards **Homeostasis**



What are you striving towards?

Make a list of the 5 things you are striving towards in your life.

- _____
- _____
- _____
- _____
- _____

What hijacks you in pursuit of what you are striving towards?

○ _____

○ _____

○ _____

○ _____

How is this global pandemic hijacking you?

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Rituals for Attuning to Your Nervous System

Your nervous system picks up the majority of cues from your breath, senses, environment and your body's hormonal landscape.

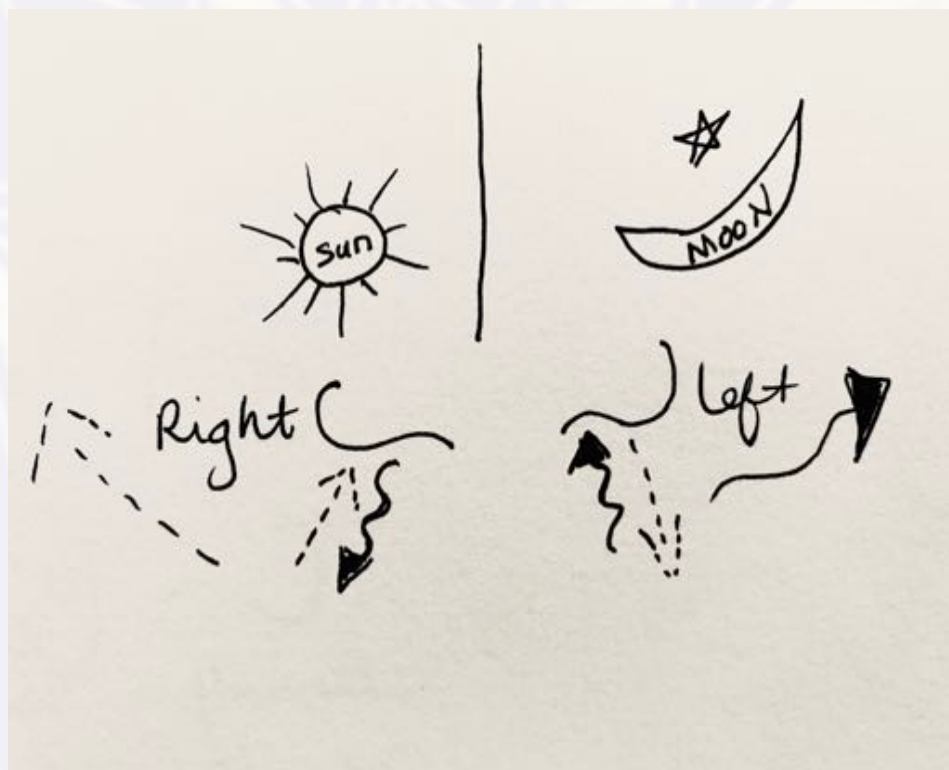
Ritual One: Nostril Valving

Right Nostril Breathing (Surya Bhedana) &
Left Nostril Breathing (Chandra Bhedana)

Ritual Two: Gratitude-Infused Self-Massage

Ritual Three: Lingering

Ritual One: Nostril Valving



Surya Bhedana

Used to energize/ if feeling lethargic/depressed
Close left nostril, inhale through partially open right
Close right nostril, exhale through partially open left
(repeat for 1- 3 minutes)

Chandra Bhedana

Used to calm/ if feeling nervous/anxious
Close right nostril, inhale through partially open left
Close left nostril, exhale through partially open right
(repeat for 1- 3 minutes)

Ritual Two : Gratitude-Infused Self-Massage

Hands/Arms Massage

“Thank You”

Feet Massage

“Thank You”

Face Massage

“Thank You”



Ritual Three : Linger



Dwell in the Moment

When is the last time you set aside time to linger?

To not do a single thing?

To not “try” to relax?

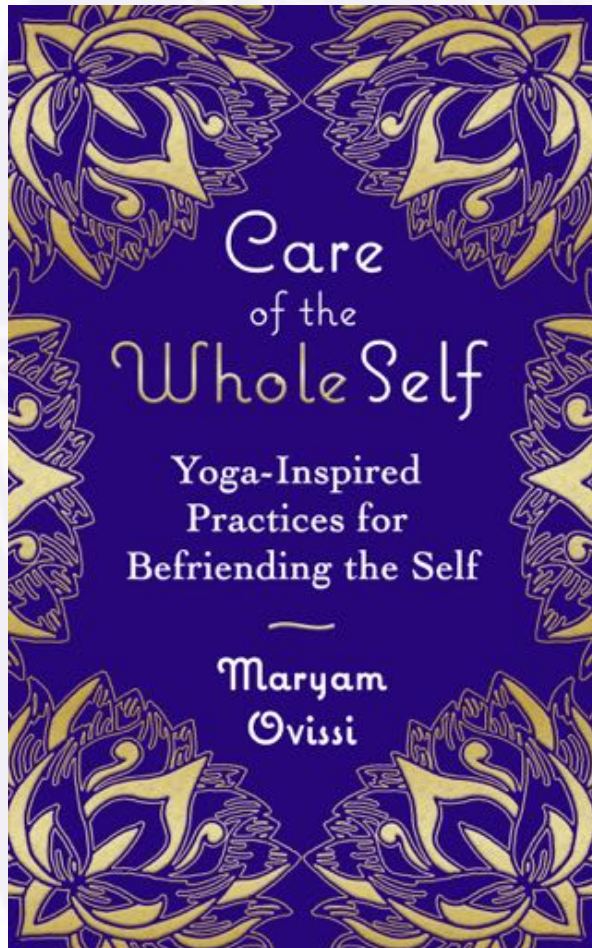
Instead, I offer you an invitation

To dwell in the moment,

Let yourself be fully and completely present,

with no agenda and no judgement.

Restful Wakefulness ~ Default Mode Network (DMN)



Great Keeper, you have been entrusted with something precious...YOU!

Thank you for inviting me to support you in caring for your whole self!

Visit my website www.maryamovissi.com to find out more and preorder my new book. Check out my free resources and sign up for my "Befriending the Self" newsletter.