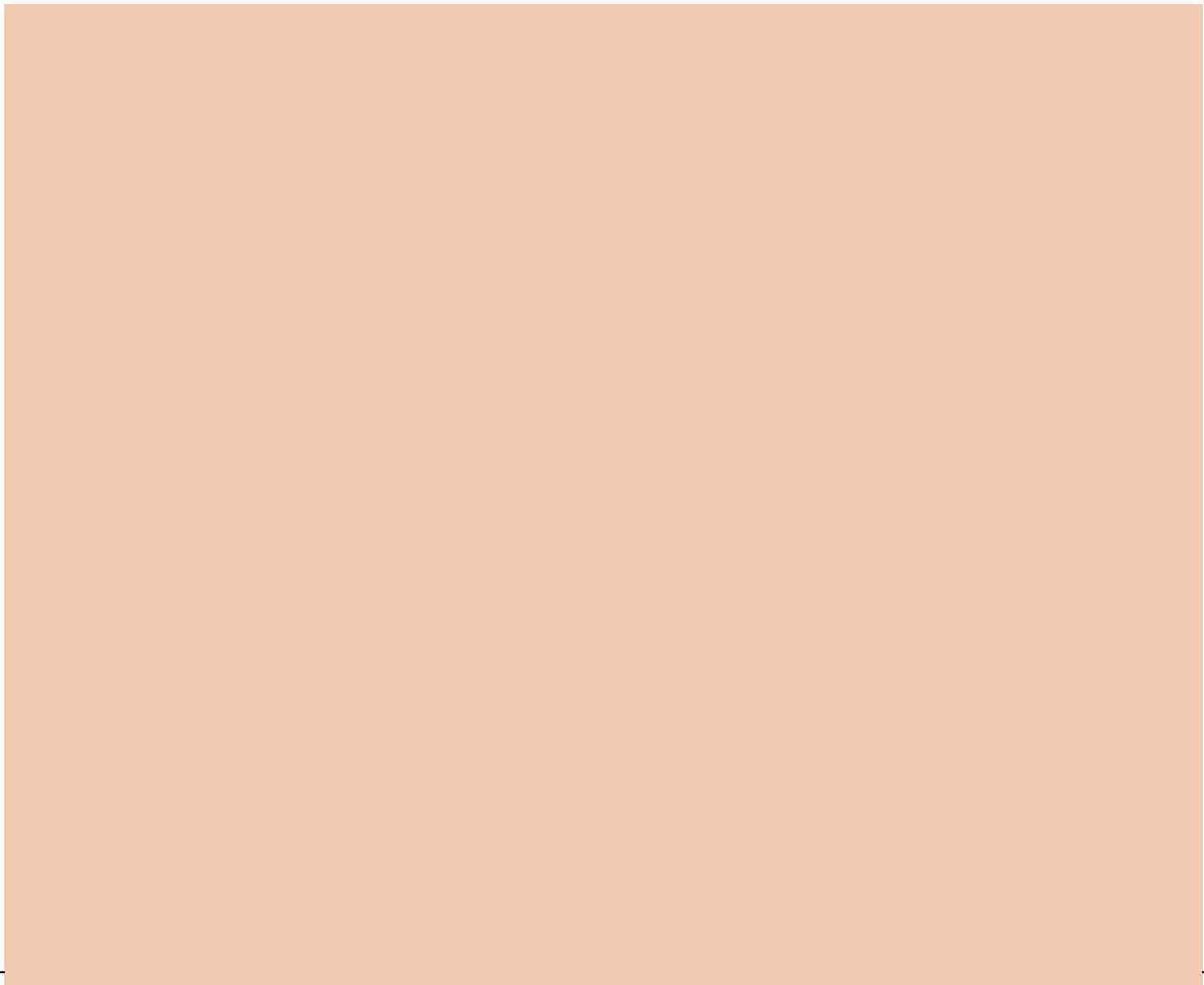


SEPTEMBER 2020

TAPAS

SELF-DISCIPLINE



02

MONTHLY INSPIRATION

This Month //

Self-Discipline (Tapas)
Making lifestyle changes

SELF-DISCIPLINE

Tapas literally means 'heat'. It can also be translated as self-discipline, spiritual commitment, change, tolerance and transformation. It is anything that urges you to change.

How can you use your self-discipline in order to change what needs (wants) to be changed?

03

MAKING LIFESTYLE CHANGES

How to work with the monthly themes?

Get a notebook, dedicate it to answering the questions I will ask you each month regarding the monthly theme and see where that will lead you. Simply allow yourself to explore the topics ♥

Body | Mind | Spirit

Look at the theme from the following levels:

- Body (physical body)
- Mind (feelings & thoughts)
- Spirit (mood, attitude and character)

Regarding the areas in your life, you can think about how you treat your psychical body and whether you allow yourself to notice the sensations in your body (emotions). Think about the thoughts and feelings (= labelled and judged emotions) that keep you busy (at night) and think about your overall mood, attitude and character (spirit) towards life.

Yourself | Others | The World

Also, interesting to keep in mind is what would you wish for:

- Yourself
- The people around you (the people you know)
- The world (people you don't know yet)

04

MAKING LIFESTYLE CHANGES

Making lifestyle changes

The third Niyama is called 'Tapas' and it literally means 'heat'. It can also be translated as self-discipline, spiritual commitment, change, tolerance and transformation. It is anything that urges you to change.

'Tapas' changes you. It takes you for example from anger and frustration to inspiration. It's about creating a strong character, being able to say 'NO' and it's about changing unhealthy habits and behaviour into more healthy and nourishing ones. How? By learning how to deal with the heat of the process of change. In therapy it is also called: 'sitting in the fire'. It supports you in making the necessary lifestyle changes.

Making the right kind of lifestyle changes comes with knowing what's your responsibility and what's not. All too often we're busy trying to manage other people's lives as well. Like Byron Katie phrases so beautifully in her method 'The Work': "*Whose life is it?*". Great, thus mind your own business!

Look at your life right now.

- What's keeping you busy?
- Who's life is it that you're trying to fix?
- Is it yours or someone else's?
- Whose responsibility is it?

Your life = Your responsibility.

Other people's life = Their responsibility.

Some things simply aren't your responsibility.

05

MAKING LIFESTYLE CHANGES

Process of change

Also, 'tapas' is about your process of change and you can do it at your own pace. Even when you take baby-steps, you will be moving forward.

Making a decision, keeping to that decision and putting in the effort to reach it is a great example of 'tapas': self-discipline.

Self-discipline can have a positive impact on your self-esteem and self-trust, and it gives you the reassurance that with enough discipline, you will be able to work towards your goals and reach them.

Do keep in mind that you mind your own business.
Put your energy where it belongs.

Changing what wants to and needs to be changed will take self-discipline.
So, use your energy well.

- Can you feel what wants to change or needs to be changed?
- If so, what's your instinct telling you?
- What step can you take today to initiate this change?

It's all a matter of self-discipline and choice!

06

MAKING LIFESTYLE CHANGES

Choice

I am not saying change is easy. Even though we can make it easier, I know all too well it does come with a whole lot of resistance too. Only, we need to move through it, to be able to get out at the better end. It's a matter of self-discipline and of choice.

"Can we grow our ability to stay in the fire and let ourselves be burned until we are blessed by the very thing that is causing us the pain and suffering?"

_ Deborah Adele

Like they say in therapy too: *"You have to sit in the fire (feel all your emotions) in order to change them!"*.

- What fire are you currently experiencing?
- What situation, sensation, feeling or thought is challenging you?
- How are you dealing with it?
- Is there another way to deal with it?
- What are your options?
- What choices do you have?
- Which one will you choose?
- What steps can you take to follow through on this decision?

It's smart to create a list of tips on how to help yourself move through the resistance that comes with change!

07

MAKING LIFESTYLE CHANGES

Resistance

Are you familiar with the feeling of resistance when you're changing the way you do things? Let's have a look!

- When in the past did you feel ungrounded, unsettled or anxious for example?
- What did you do?
- Did it work? What was it that worked or didn't work?
- What could you also have done?
- If you feel these sensations again, what are you planning on doing?
- How can you allow yourself to take these steps?

And what do you do when 'sitting in the fire' seems too overwhelming and you've got the impression that you have NOT got enough self-discipline to see it through?

It can be that you have to face challenges that are so overwhelming that you simply have to wait with wanting to move forward. It could be that you need professional guidance from a therapist. Please do seek this support if you feel you need it.

I am a big fan of **Somatic Experiencing** to allow myself to experience that sensations come and go. Perhaps try it as well with a trained and experienced therapist near you. No need to do everything on your own.

08

MAKING LIFESTYLE CHANGES

Courage

I know from experience that sitting in the fire and letting the feelings move through me, is the only way out. If I do the opposite and decide to run, or perhaps fight it, it will not be solved. They say what needs to be seen, will keep on entering our life, until we sit down and deal with it. And yes, that does take courage.

How does this 'sitting in the fire' go? When something has just happened for example, this is what you can do. In short:

- Sit down.
- Feel the wave of sensations move through you.
- Don't judge the sensations (emotions).
- Watch the feelings and thoughts that arise. Just watch them.
- Keep on breathing and observing what is moving through you.
- Keep on tracking what's happening inside of you and keep on breathing.
- Observe how everything is constantly changing.
- Notice when things have calmed down and then bring your attention back into the room around you.

Let the sensations fade away by bringing attention to them, not by moving away from them. And you know what? *"The physiological lifespan of an emotion in the body and brain is 90 seconds. What keeps emotions lingering are the stories we tell ourselves about them, usually that the situation should be other than what it is, or that a person (or we) should have behaved differently."**

*Source <https://www.livingthemess.com/the-lifespan-of-an-emotion/>

09

MAKING LIFESTYLE CHANGES

Learn from 'mis-takes'

In order to be able to accomplish something in the future, it means you will have to deal with whatever is troubling you now. **Stop pushing it away, stop fighting it.** Become aware of what needs to be understood and deal with it in a conscious way. See all the challenges as a way to train yourself. Learn from 'mis-takes'. A mis-take is simply an attempt that didn't give the desired results. **So, try again.**

Sometimes we simply don't want to, but the road of repeated messages is far more painful. What do you know already? Also, what have you learned already? And what skills and talents do you hold? You have learned this by trial and error and that will continue to be so. That is how we learn.

Only by allowing ourselves to make mistakes, can we build character. We learn from our attempts that have gone 'wrong'. And during this restless period of change we can ask yourself:

*"What do I need today in order to
move forward on my path with trust in my heart?"*

This means we need to dare to be vulnerable and that we need to ask for support when we need it. Moreover, it is also about involving others by telling them what process we are in. Tell people about that fire that you feel burning inside. Choose the person you know will be able to hold the space for you and guide you during this process of change. And use this fire to transform yourself. **The Niyama 'Tapas' is really about inviting ourselves to apply self-discipline, choice and courage for the higher good of all.**

10

LOOKING BACK AT WHAT YOU WROTE DOWN,

WHAT'S MOST EVIDENT? ...

“

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like _Lao Tzu

”

11

LAST, BUT NOT LEAST ...

TAPAS | SELF-DISCIPLINE | MAKING LIFESTYLE CHANGES

Last, but not least, let's look at how Byron Katie explains it in her method 'The Work': *"Could the opposite of what I believe to be true, also be true?"*.

This question has helped me from time to time to take

a different look at the challenges I was facing. Believe me, we all get stuck in the fire of change an awful lot

of times and there is always a way out. It is as Deborah Adele states in her book: *"Will we trust the process or will we run and hide?"*.

+ I'm here for you.

If there's anything you wish to share with me, contact me.

With love and care,
Marianne de Kuyper

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P.S. Feel free to share this with others and please guide them back to the source: Superchangechampion.com ♥

*P.S. I will post additional + playful self-enquiry exercises in the the VIP Room from time to time. You get access to it when you're on my newsletter list. Go to Superchangechampion.com and check the footer for the link: **[Get 15 %]***

