

Plastic Patanjali: Change Your Mind, Change Your Life

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The practice of recognizing thoughts that cause suffering and feelings of alienation and replacing them with thoughts or attitudes that engender feelings of harmony and connectedness is what Patanjali calls *pratipaksha bhavana* – the process of using discriminative awareness to restore balance and reduce suffering.

Were Patanjali alive today, he would be culling from neuroscience to elucidate his teachings on psychology and the nature of the mind. Thanks to science, we know that our thoughts affect not just our feelings, but our general health and wellbeing.

We will draw from science and Patanjali to deepen our understanding of how cultivating positive thoughts can increase flourishing, and how the brain's inherent plasticity actually facilitates such reorganization.

*Discussion, light asana and iRest/Yoga Nidra meditation.