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Yoga for

Chronic FATIGUE Syndrome



Chronic fatigue syndrome (CFS) is a condition with a broad span of symptoms affecting more and more people with the increase of stress in daily life. It is an auto-immune disease, whereby the body's normal processes alter, causing dysfunction which manifests as fatigue unrelated to physical exertion. Often cases follow a build up of stress over many months although some appear to occur quite suddenly. When I was 20 I contracted Guillain-Barré Syndrome, which is very similar to CFS and ME (another name or possible strain of CFS). In my case, as is very common with CFS and other auto-immune diseases, the cause was the traumatic loss of my father. Exactly six months later the imbalance that had affected my immune system triggered a flu like virus. This developed into paralysis. With CFS, instead of paralysis, there is muscle pain and general fatigue throughout, the two most common symptoms. Others include joint pain, terrible headaches, eye problems, coughing, palpitations,

respiratory difficulties, allergies, irritable bowel, poor digestion, insomnia and clouded thinking. In severe cases one may be housebound and possibly bed and wheelchair bound too. It is no surprise that anxiety, depression and mood swings may also develop as a result of this dramatic shift in lifestyle.

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symptoms of CFS. This means that without knowledge or guidance of the remedial possibilities available, this may lead to depression, the use of more allopathic medicines with perhaps only partial improvement. There are a few different forms of medical treatment available and certain drugs like antidepressants and hormone supplements may be prescribed to help. As we know these are not always helpful and have side effects.

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How can Yoga help?

We are electromagnetic beings. This means that the body has two major systems, one being electric, which affects the functioning of the heart and the other magnetic, the field or aura which encapsulates the body and enlivens it from the cosmos macro and microcosmically. Magnets attract or repel, they are bipolar and self regulating. Through the air we breathe, we draw in the macrocosmic energy of our surroundings, increasing or depleting our 'cell'. Where there is positive resonance or alignment to the natural order of life, health pervades. When there is misalignment, sickness occurs. Air waves transmit energy constantly and we select and receive variable frequencies from the bio-net into our own channel. As spirit gives life to nature, awareness of this truth enables our spirit body to nourish the physical one. This unification of spirit with flesh is yoga. When this reciprocating link has been established, all others surfing the net are able to access the individual and vice versa. It becomes clearer that we are all One. The disaster in Japan recently makes it clear that anything can happen anywhere and we are all being affected. The process of yoga is to dissolve the blocks in the subconscious being, prior to them causing earth shattering waves so shocking as to devastate the individual or collective psyche in to trauma. In order to do this we acknowledge the unconscious mind, or shadow

– that part of us that seems to prevent us from wellbeing and behaves like a child lacking love. In admitting we carry darkness, are stressed, not happy and cannot cope etc., the shadow which is a storehouse of all things past or future-feared, is bathed in a shower of light and released as pure empty energy with limitless potential.

Yoga brings someone with CFS into the present moment, life's centre and thus its control room. When one practices correctly, there is little or no leakage. Thus losses to the world of appearances and standards are replaced with tuning back into our own. We commence with the heart, mind and breath, observing the breath, feelings and arising thoughts. When we are in the moment energy grounds through our body and opens us up to more. There is no doing, perspective is merely shifted. The tap opens and we live in this flow. As we remember how to relax, we learn to let go and trust.

Through deep awareness experienced with internal practice, we see that we are not the body, or sickness, yet dwell in them both. This awareness births new found confidence and joy which uproots the causes of stress and the pathways that led us there. All thoughts and feelings affect our self-aware magnetic field. When we nourish one part of our magnetic being, we support them all. If we disown any element we neglect it all. The aura or energy field is an atmospheric definition of each individual. We seek to transform the redundant, by using the heart's desire and the mind's ability to focus this intent. Our magnetic field follows the laws of nature, our conscience. If we fail to hear the inner voice, we disturb the balance of this field and its play.

Some Practices

Yoga Nidra or yogic sleep provides deep relaxation of the body, mind and senses. Sleep, energy and healing potential all increase as awareness grows. Lie down and relax for a few minutes. Lengthen the breath out and relax your whole body, as you breathe in. Relax your belly, heart and head. Feel your body weight and give it to the earth. Become one with her and allow her healing energy to flow into you.

Seated Meditation with spontaneous mudras (gestures). Sit and extend your arms ahead of you like you are holding a book, elbows slightly bent. Hold this position for a few minutes, breathing in to your belly. Rest if you need and allow any movement to occur. Allow yourself to hold and pat, tap, squeeze, rub, massage, shake or sway the body if you feel the current taking you this way. This enables the conscious and unconscious to fuse, stimulating and activating the subtle systems which in time, self adjust the internal chi flow. If you discover painful trigger points or feelings slow down, regulate your breathing and offer care and time, rather than evasion. When you finish cover your navel with both hands and observe breath in to your belly.