

Struggling with IMPATIENCE!!!

There is Questioner inside the article and if most of your answers are "NO" than my dear friend you too, are struggling with IMPATIENCE.

To learn how to get rid of it...Read it.



Hello every one...

All those who have learnt the life so far and still are learning must have realized as well as wished if they had some more patience in them, let the thought of realization be about a situation or a person or a relation or an opportunity.

We generally skip to understand the way our behavior has been trained, and the way out is within the same. It is in changing and training the way we behave.

For example,

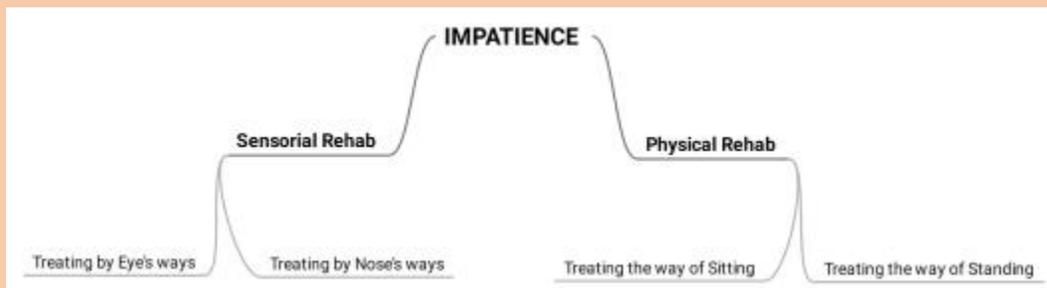
Ask bellowed listed questions to yourself and you can rate yourself for being impatient.

1. Could you stand at one place for 3 minutes without moving and keeping your eyes closed, peacefully?
2. Could you hear someone's (that someone should be your own beloved) story full heartedly when you are not in comfort of yourself?
3. Could you go for a walk (without any aim) for no reason?
4. Could you hold on your breath and dint react when you were angry?
5. Could you close your eyes and listen to the song of your choice when you are in front of the screen playing the same?
6. Could you just leave your ethics, rights n wrongs aside and listen to your elders without uttering a word especially when they are ethically wrong in your belief?
7. Could you avoid the usually annoying sound and still can be undistracted?
8. Could you stay calm and collected when nothing is going your way?
9. Could you just be yourself when the other tries to make an evil out of you?
10. Could you usually do a very fine work which is having no challenge in it yet should be performed repeatedly?

Well if most of your answers are "NO" than my dear friend you too, are struggling with IMPATIENCE.

Let's find out how easily we can train our self to have more PATIENCE in our Nature.

Let us discuss some of simple yet holistic ways to improve the quality, **PATIENCE**.



A few simple task a day and you will see great change in you, *you will much more be with Patience.*

Lets start,

Sensorial Rehab:

Treting by EYE'S way:

Do Trataka Kriya: (can you do that stare!) Most of us have noticed that noticing something always needs great notice which is also noticed by others notably.. 😊 Just kiddingly made it critical to understand...:)



Making it simple, we know how difficult it is to fix our gaze of sight at a particular subject or object. We know that we love moving (in true meaning, getting in to various exciting things without continuing one enough for adequate purpose). We are very easy to get in to something else just because we are bored too soon of doing or being in one thing.

Well your eyes reflects your mind, isn't it. Movement of your eyes are directly affected by your need of views and reviews hence making it rapid at movement even when you sleep and you are having no apparent vision to have! Also vise-versa when you stare at a point for long time you can eventually think or program your thoughts better! (that does happen to us right?)

Therefore, stabilizing them will stabilize your mind by adding patience in you.

How to do? : its very simple yet definitely needs great PATIENCE, *first* make a small circular spot of any color of your choice on a blank preferably evenly white wall or a large piece of cardboard. *Second* sit about 3 feet distance by making level of your center of the eyebrow to the spot on the wall. *Third* keep staring it without a wink till your eyes starts getting watery. *Fourth* splash your eyes with water and again go for second round of stare until your eyes water again.

When to do? : do it on daily bases for about 5 mins minimum and maximum up to 15 mins.

How many times? : repeat each watery round for about 3 to 4 times in a sitting of practice.

How long to do? : well, thats up to you...as there are multiple other benefits too.. 😊

What other benefits? : It does not only stabilizes your mind and brings quality of patience but also it brings lot of confidence and adds in the power of your eyes to create impact on the other person when

you look in to their eyes and having your conversations.(yeh you can call it a hypnotic effect, who doesn't want it right! 😊)

I would highly recommend this practice to the people who all are Orators, Interviewers, Boss, Leaders and in such kind of professions where the control of eye can aid the excellence.

Treting by NOSE'S way: No...I am not gonna ask you to become a sniffer ;)...

Do Kumbhaka Pranayama: (can you hold that breath!) Most of us have noticed that our breath varies as per our mood, and if you have not yet noticed please dont live like an idiot.. 😊 . We have seen our self missing a few breath followed by a loooooong breath of sadness. We have also seen our breath goes high in extremes of emotions like an anger or cry. We have been observing our self that we stop breathing in surprising situations calling it BREATH TAKING. Thats enough of the preface to introduce the relation of the **rhythm** of our breath with our emotions, isn't it?



Therefore, Training to hold the breath is may be A very handy tool to take control over such situations which makes the breath flow out of the rhythm and making us impatient.

Types of Kumbhaka Pranayama: there are two kinds of Kumbhaka Pranayama, 1. *Antara Kumbhaka*(inhold of the inhaled breath) ; 2. *Bahya kumbhaka*. (Outhold of the exhaled breath)

1. Antara Kumbhaka

How to do? : Its very unique and needs a lot of Self Control, *first* sit in a open and well ventilated place. *Second* do try for some well rhythmic breath cycles with good and smooth inhalation and exhalation ratio. *Third* now Inhale the breath and do not leave it for a while, try holding it within instead. *Forth* do reach a level of suffocation safely before exhaling the air out and stay in a state of suffocation for tolerable time. *Fifth* now gradually and with GREAT PATIENCE leave the breath out slowly (this step is most imp of all to learn patience) *Sixth* repeat the cycle.

When to do? : do it early in the morning with empty stomach preferably followed by Tratak Kriya.

How many times? : Practice holds of the breath for minimum of 20 cycles of breath.

What kinda people may need it? : All of those over excited people who can't keep a single *secret* to themselves may need it. All those unfortunate people who are not safe to *react* in a moment of time before a particular person or situation may need it. All those who all are in to profession which required

lot of secrecy in practice may need it, i.e. CA/CS, Intelligence Department People, Doctors, National Security Guards, and never the less... *the wives and the husbands* 😊 .

How long to do? : well as long as you are free for the betterment of your own health 😊 as even this has its own other benefits too besides of bringing patience in you.

What are other benefits? Not only improving your patience, it also increases the ability of body to hold the breath, hence making the lung absorb more amount of oxygen than usual and also aids in the exercise regime of your aerobic activities. It also helps your vascular system to learn pressure control which will be very useful to survive when you are in awkward emotional situation or natural calamities. So thats absolutely up to you how long you wanna practice it...

I personally would prefer to practice it for whole of my lifetime for sure...:)

2. Bahya Kumbhaka

How to do? : How to do? : Its very unique and needs a lot of Self Control, *first* sit in a open and well ventilated place. *Second* do try for some well rhythmic breath cycles with good and smooth inhalation and exhalation ratio. *Third* now exhale the breath and do not inhale for a while, try not to breathe again instead. *Forth* do reach a level of suffocation safely before inhaling the air in and stay in a state of suffocation for tolerable time. *Fifth* now gradually and with GREAT PATIENCE inhale the next breath in slowly (this step is most imp of all to learn patience) *Sixth* repeat the cycle.

When to do? : do it early in the morning with empty stomach preferably followed by 1. Tratak Kriya n 2. Antar Kumbhak.

How many times? : practice no breath state for minimum of 20 cycles of breath.

What kinda people may need it? : All of those easily reacting people who are provokable with no much of effort. All of those who have to bare the bossism and all nonsense throughout the time, as they will not be affected by any of such provocation and will ve able to keep their MUUUM with great *Patience*. A few professionals may think of putting this practice in to their routine, i.e. Clift climbers, runners, people in to extremes of vigorous sports training. And of course those *WIFES WHO GOES BREATHLESS ON THEIR HUSBUNDS ;)* with no offence *hahaha*.

How long to do? : well as long as you are free for the betterment of your own health ;) as even this has its own other benefits too, besides of bringing patience in you.

What are other benefits? Not only improving your patience, it also increases the ability of body to remain without breath, hence making the respiratory system efficient to survive in minimal oxygen, hence improving your high altitude resistance. It also helps your vascular system to learn pressure control which will be very useful to survive when you are in awkward emotional situation or natural calamities. So thats absolutely up to you how long you wanna practice it...

I personally would prefer to practice it for whole of my lifetime for sure...:)

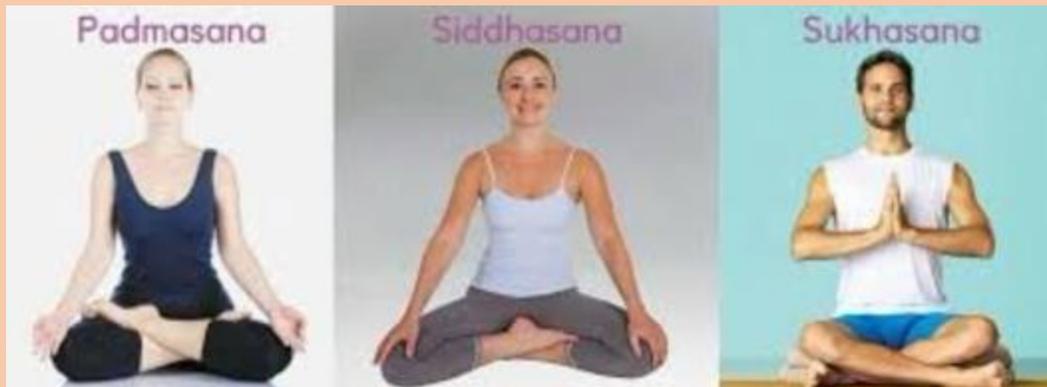
Physical Rehab:

Your postures are the great way others reads you through.

Yes, you look patience with the way you sit and walk, dont you agree!!!

Let me be more precise... have you ever observed yourself walking here and there in your room when you are worried and upset!!! Same way haven't you seen yourself not being able to sit at on place when you need to be awaiting for something when the thing is not really in your hands!!! If yes... than my dear friend you must now be agreed that it really affects your ability of keeping patience on. Hence there are a very simple way of treating and educating patience to yourself by training it with various positional skills through postures.

Treating by way of sitting:



Do sit in [Padmasana](#) or [Sidhhasana](#): these postures are performed with no intention of any physical benefit but the only thing here is important in them that they help us stabilising our mind by making us more stable and grounded physically, providing us great opportunity to learn patience.

How to do them: To learn the poses, refer to the links by clicking on [Padmasana](#) and [Sidhhasana](#).

When to do? : You can do it following your regime of eye kriya and Nose kriyas infact you may do your kriyas of eyes and nose being in this postures consistently throughout.

How long to do? As i mentioned above you may do it throughout and beyond the practice of your eyes and nose kriyas. You may learn it for longer periods as much as and our or you may also make it a habit to sit in these postures whenever and where ever needed to sit at. (thats the best way they will help you improving your *patience*).

They also have other benefits at physical level which you may really consider if you are not yet aged enough.

What are the other benefits?: Those who all are enough young and yet to face the old age degenerations of knee may consider doing this postures before they starts getting degeneration. The main way it benefits your knee is by opening knees inner side which is more prone to go for

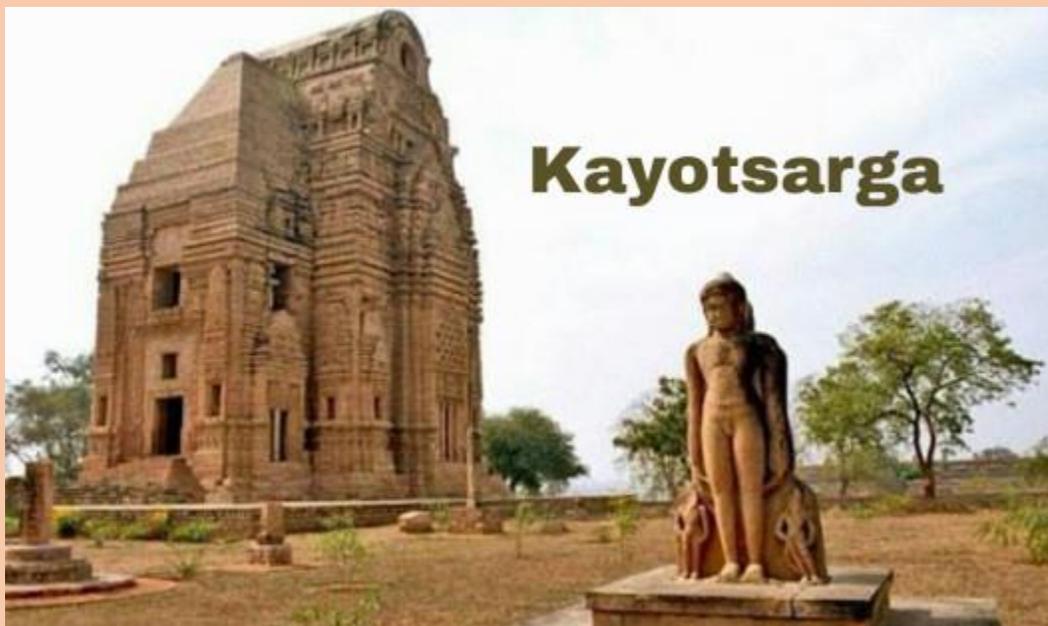
degenerative compression hence improving its circulations and pushes the degeneration away. Now you wanna do it on regular basis, right? 😊 . Good for you...

Treating by way of standing:

Do [Kayotsarga](#) Mudra and [Tadasana](#):



Though the look similar, here pay the attention.... *Kayotsarga* is any posture (for our purpose of improving *patience* we are selecting *standing kayotsarga*) look inward keeping your eyes closed and should be practiced with intension to develop stability of self without the use of senses and without maintaining observation of your bodily muscular tensions. Whereas *Tadasana* should be practiced to develop great sense of utilising your sensory feeds with eyes open and must be learnt to control the tone of front as well as back muscles of the body to bring them in to balance.



How to do? : To learn how to do the postures, click on [Kayotsarga](#) and [Tadasana](#).

When to do? : you may again do it following your other kriyas and sitting postures mentioned above in this article.

How long to do? : one can do each of the 2 for up to 10 to 15 mins minimum for better result and better learning experience. It has essential benefits at physical levels too...

What are the other benefits? : well *kayotsarga* is essential to lower your muscles extra tone, hence making your body less prone to spasms and also it enhances your circulation of blood in distal most capillaries of arteries by relieving the muscle pressure over the blood vessels. *Patients of* high blood pressure and low patience should perform this mandatory. On other hand *Tadasana* improves the counter balance of body muscles making them more aware of maintain counter tension in the muscles in order to provide better rhythmic movements. Also it helps improving physical balance of the individual making it very important procedure of posture to practice for *patients of* convulsive disorders (on early stages) and patients with highly reactive neuronal reflexes helping them by educating better regulations of their nerves via brain.

So folks, that's how you can really improve your patience by practicing this regime of Activities all together. Give it a Try and see...

Hope you have enjoyed the article and wish it can become useful to all of you Impatient People like me. ;)

Don't forget to put your comments bellow... your comments are ink of my pen.

Healthy Regards,

Dr.Sanghvi

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