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Women & Young Members Excellence Committee

Organises

यशस्विनी - An IDOL- Live Webinar



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Nurturing Our Inner Sanctuary: A Journey to Holistic Well-being

Welcome to a conversation about the cornerstone of our existence: our health. Today, we embark on a journey inward, exploring the depths of mental and emotional well-being, and how cultivating a harmonious inner life empowers us to thrive in every aspect.

Let's start with a quick exmaple!

Beyond the Physical: Redefining Health

1

Physical Health

The state of our body, often the most visible aspect of health, but just one piece of the puzzle.

2

Mental Health

Our cognitive and emotional well-being; how we think, feel, and process the world around us.

3

Emotional Health

The ability to understand, manage, and express our emotions effectively and constructively.

4

Social Health

The quality of our relationships and our ability to connect and interact with others.

True health is a symphony of these interconnected dimensions. Neglecting one impacts the harmony of the whole. Mental health, in particular, underpins our capacity for joy, resilience, and meaningful engagement with life.

The Power of Self-Connection

To cultivate robust mental health, we must first learn to connect with ourselves. This involves mindful introspection and understanding the profound impact of our thoughts.

- Engage in regular meditation practices.
- Consciously address your strengths and weaknesses.
- Cultivate present moment awareness.



Your thoughts are powerful architects of your reality. They command your brain, shaping who you become. By being mindful of them, you steer your inner world.

Know Thyself: The Foundation of Mental Well-being

"Knowing yourself is the beginning of all wisdom." - Aristotle

How well do you truly know yourself? Taking responsibility for your mental health begins with deep self-awareness. It's crucial to understand your own mind, your thought patterns, and the triggers that influence your emotional state.

- Understand your reactions versus thoughtful responses.
- Upgrade your energy levels by understanding your internal rhythms.
- Embrace continuous personal growth.

Just as technology evolves from a basic Nokia to a sophisticated iPhone, so too can we upgrade our internal operating system through self-knowledge.

Your Body: An Intelligent Ally

Once you understand yourself, you begin to grasp why you often react impulsively rather than responding thoughtfully. This journey of self-discovery also reveals the incredible intelligence of your own body.

- Clarity of thought often accompanies a lighter, more energetic physical body.
- Your body possesses an innate potential and consciousness, knowing how to process and heal.
- It works for you endlessly, tirelessly supporting your existence.



Recognising your body's intrinsic wisdom fosters a profound sense of gratitude. For instance, traditional wisdom suggests that anger can be stored in the liver, and grief in the lungs. Unaddressed, these emotional burdens can lead to prolonged physical ailments and organ deterioration.

A Moment of Gratitude for Our Bodies

Let us take a moment to express profound gratitude for the incredible vessel that is our body. Please join me in this brief reflection:

"Dear Body,

Thank you for your strength, your resilience, and your unwavering support.

Thank you for breathing, for circulating, for healing.

Thank you for allowing me to experience life, to feel, to move, to be.

I honour you, I cherish you, and I promise to listen to you and care for you, always."

(Pause for collective reflection)

Your Mind, A Sacred Space

We often seek solace in sacred spaces like temples, yet our own minds can become temples too, if we choose to fill them with positive thoughts and vibrations.

- ◆ Negative thoughts can create heavy, undesirable energy within us.
- ◆ Cultivate your inner space to radiate powerful, healing energy.
- ◆ Your energy directly impacts your thoughts, influencing your well-being.



By understanding and transforming your inner landscape, you become a powerful healer for yourself. This self-mastery is key to optimal mental health.

Pranic Healing: Harmonising Energy for Mental Well-being



What is Pranic Healing?

An ancient science and art of healing that utilises "prana" or life force energy to heal the body. It works on the principle that the body is capable of self-repair and has a natural ability to heal itself.



Connection to Mental Health

By cleansing and energising the aura and chakras, Pranic Healing helps remove negative thought forms and emotional blockages, promoting emotional stability and mental clarity. It can be used to alleviate stress, anxiety, and other mental health challenges.



Achieving Inner Balance

This practice fosters a state of inner peace and balance, supporting the mind's ability to cope with daily pressures and fostering a more positive outlook on life.

Pranic Healing offers a complementary path to enhance mental well-being by addressing the energetic roots of emotional and psychological imbalances.

Practical Steps for Self-Care and Mental Resilience



Connect with Yourself

Engage in meditation, journaling, and mindful reflection to understand your inner world.



Practice Gratitude

Integrate gratitude prayers and appreciation for your body and life into your daily routine.



Positive Self-Talk

Pamper yourself with affirming internal dialogues, fostering a nurturing self-relationship.



Live Mindfully

Focus on the present moment, giving 100% to each of your roles (e.g., parent, colleague, friend) to live without regret.



Compete Only with Yourself

Focus on personal growth rather than comparison with others, simplifying your life to enhance mental well-being.

Cultivating these habits simplifies life and fosters robust mental health.



Thank You

Thank you for joining this journey into the depths of mental well-being.
May you continue to nurture your inner sanctuary, embracing self-awareness, compassion, and gratitude every step of the way.

For further resources on mental health and well-being, please reach out.