



HOLISTIC HEALTH Series

Hello,

"Cast away your armour of ego and become your true self. Connect with unknown dimensions of your personality"

This statement sums up this issue's theme, *Pratyahara* - the practiced act of staying unaffected by sensory disturbances and being able to perceive the present moment in an objective manner.

Of course, it isn't easy. Here are a few suggestions on working towards that state of mind.

Warmly,
[The Editorial Team](#)



[Video Case Study](#)
Pratyahara



Swami Niranjanananda Saraswati explains - in his usual disarming style - the technique that leads one towards internalisation and inner purification. He relates the role of *Manas*, *Buddhi*, *Chitta* and *Ahankara* through an absorbing anecdote on the taming of wild horses. [More](#).



Holistic Health Series
[Pratyahara \(Sensory Introversion\)](#)

All kinds of mental distractions are connected with the intake of unwholesome stimuli. But, *how does one really avoid them?* One can, with *Pratyahara*.

Pratyahara is the opening up of the mind to the right food, right impressions and right associations. The withdrawal of awareness from negative impressions frees up the mind to move within, and thereby strengthens mental immunity. [More](#)

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