

Mind & Senses Fasting/Cleanse

Cleansing or fasting of the mind and the senses is a very simple yet effective form to unclog and organize the mind and ease the senses.

The idea is not to cleanse once in a while when we feel it is needed; the idea is to include practices in your daily life that allows your mind and senses to be clean, balanced and sync. Of course, this becomes a challenge in the world we live in today so the ideal balance is to have those daily practices and on top of that, and every now and then, take a full time off to dedicate it to the process of mind, body and senses cleanse.

There are many techniques and practices that will get the job done but they might not have the same effect or efficacy in every individual, which is why two things are important: to get to know yourself beyond the likes and dislikes, and through that process, to have guidance. Different cultures call it differently, from gurus to coaches to mentors. It is important to have someone helping us stay on track, focus and real.

I will share with you some techniques that are used to detox the mind and the senses. I will also share a generic schedule of what a day could look like for both an intensive and a mild daily routine to keep mind and senses clean.

You must keep in mind that everyone is at a different learning level and your own experiences and life will affect the effects of the practices as well as the commitment you have towards them.

Medical Disclaimer

The techniques in this document are not intended to replace or substitute medical advice, the instructions and information shared here should be used in conjunction with your physician.

Intense Mind/Senses Cleanse/Fasting

For most people to succeed in this type of cleanse, it is required to seek assistance, meaning, and go to a dedicated place where the cleanse will be possible. Examples are: retreat centers, ashrams, monasteries, or anything similar.

For a few people, little to no assistance is required. For those few, it is recommended to find a quiet place, for example, a cabin out in the wilderness without T.V, radio, internet or electronic devices, books, magazines, or anything to read and spend plenty of time outdoors. While indoors, one can practice contemplation, introspection and meditation (if one is trained on the practice of meditation), asanas or mindful physical exercise, as well as sense withdrawal practices like body



scan type of exercises, yoga nidra, breathing exercises among others. Remember, you must have proper training to attempt such ways of mind/sense cleanse. Also practice doing nothing!

It is easy to think one is ready and prepared to do it alone, but it is better to put our ego aside and accept the assistance of a trained individual if necessary

For those seeking the right place to perform a mind/sense cleanse, pick a place not because they are offering you sense stimulating activities or things, like delicious food or trips in fancy rooms. Instead, look for simple places that don't have wifi or T.V in the rooms, a place that has activities that encourage solitude and introspection, like asana, pranayama and meditation, that encourage the practice of silence and fasting of mind and senses.

Silent meditation retreats are ideal, but you must keep in mind that if you have never done it before and are not use to introspective practices, it is best to start with mild and short versions, like 3 day silence retreat.

Home Practices

It is important that whatever practice you choose, it is realistic and it can adapt to your current life routine and commitments.

Instead of looking for quantity, look for quality. It is not about spending one hour meditating, but getting the most out of it. In 10 minutes, if done right, you can get the same benefits of one hour. In the same way, it is true that attempting to include 15 different practices in your daily routine, but doing them poorly, will not be more effective than attempting one practice, but becoming a master of it. So be optimistic but also be realistic. It is more beneficial to be the master of one art than the beginner of 1000 arts

Some recommended daily practices are:

- Mindful physical exercise (asana)
- Mindful breath (pranayama)
- Mindful rest (yoga nidra)
- Practice gratitude, appreciation and thankfulness
- Practice doing nothing
- Organize your environment
- Body scanning
- Senses detached engagement
- Random acts of kindness
- Remind yourself you are not your thoughts



Generic Example of a mMind/Senses Cleanse Day

- Wake up and practice G/T/A. Take a moment to acknowledge the good and the bad, and recognize that all what you have and don't have in life helps you grow.
- Do your A/P/M practice.
- Practice visualization, build your day or specific activities before they happen.
- Organize your surroundings.
- At least 5 times a day, stop to breathe, in and out, at least 15 times, slowly and steadily, filling up the lungs to about 70%. That's about 55% more air than you normally take a normal inhale.
- At least once a day, perform a random act of kindness.
- Mindful rest, nidra, or body scan of any type.
- Sense detached engagement: connect with your 5 main senses in a conscious way.
- Before bed practice, G/T/A again, do a review of your day and observe your actions and thoughts, and see what you could do different or better.

Note:

G/T/A stands for Gratitude, Thankfulness and Appreciation

A/P/M stands for Asana, Pranayama and Meditation

Extra notes:

Remember to keep a simple, realistic, and optimistic approach. Don't try to pile up all the practices in one day. You can choose a few and focus on those until you master them and then move on to the next one, or you can create a schedule where every other day, you switch practices, so you get to practice them a few times a week.

Give yourself sufficient time to understand and master each practice. In some cases, months or years is required to master a skill, so take your time and use the P.P.P rule of Practice/Patience/Persistence.

At the end of the day, it doesn't matter how many courses you have taken or degrees and titles you hold. All we want is to be content, to be happy, to experience inner peace. And there is no university degree or online course that will give you that. Those can be helpful tools that allow us to move in the right direction, but without a systematic approach to life that includes Practice, patience and persistence we will not get too far.



I will end this by sharing some of Swami Sivananda's thoughts:

Chalk out a program of life. Draw your spiritual routine. Stick to it systematically and regularly. Apply yourself diligently. Waste not even a single precious minute. Life is short. Time is fleeting. That tomorrow will never come. Now or never. Stand up with firm resolve; I will become a Yogi in this very birth, this very moment. Do rigid, constant Yoga Sadhana or Abhyasa. If you are really very sincere in your practice, and if your mind is filled with Vairagya or dispassion and keen longing for Liberation, you will reach the goal of perfection within six years. There is no doubt about this.

—Swami Sivananda

Sure Ways for Success in Life and God-Realization

