



Abstinence & Moderation

Finding balance

Taught by Andy B Allen

Abstinence refers to the complete avoidance or cessation of a particular behaviour or substance. Abstinence is often recommended for individuals who struggle with addiction or dependence, as complete avoidance can help prevent relapse and promote long-term recovery.

Moderation refers to consuming something in reasonable or appropriate amounts, without overindulging. Moderation is often recommended for individuals who do not struggle with addiction or dependence, as it can help promote a balanced and healthy lifestyle.

Moderation is also often emphasized in spiritual and religious traditions, as a way to cultivate balance and harmony in one's life. Moderation in many spiritual traditions is seen as one of the key principles of living in accordance with the natural order of the universe. Moderation in all aspects of life, including behaviour, speech, and thought it is often seen as the "Middle way"

Abstinence and moderation are seen as a way to cultivate self-discipline, self-awareness, and spiritual growth. It is not about denying oneself pleasure or avoiding enjoyment, but rather about practicing mindfulness and moderation in all areas of life.

It is not just about avoiding excess, but also about practicing mindfulness, awareness, and self-control in all areas of life.

Many traditions believe that human beings are part of a larger cosmic order and that we should strive to live in harmony with nature. This means avoiding excess and indulgence, and practicing moderation in all things.

Resilience in the face of adversity: It is believed that by practicing abstinence and self-control, individuals could develop inner resilience and strength that would help them cope with difficult situations. By learning to control their desires and impulses, individuals could cultivate a sense of inner calm and equanimity, even in the face of hardship

Keys to Succeed

- Set clear goals
- Identify triggers
- Create a plan
- Pay attention to your thoughts, feelings and sensations
- Join a support group or surround yourself by people that has already made it
- Acknowledge your successes



Tools That Could Help

- Observation
- Reflection & Introspection
- Self awareness
- Yamas & Niyamas
- Asana & Pranayama
- Mindfulness



The commitment to this and other practices will lead you to cultivate inner peace and inner wisdom and that will organically lead you to a self-regulated life that will promote self-moderation and self-control.

Balanced Breath

5-5 breath

The balanced breath is found across various schools of Hinduism, as well as in other traditions around the world. Modern science has also studied it, although perhaps not enough, but there have been enough studies to recognize its benefits.



The basic idea is to reduce the number of breaths we take per minute to about 5.5 or 6, inhaling for 5 seconds and exhaling for 5 seconds until one minute has passed. The technique is generally safe and does not have any warnings or restrictions, but as with any practice, it's important not to overdo it and to use moderation. Initially, 3 to 5 minutes of practice is sufficient. As you feel more comfortable, you can increase the duration and frequency of your sessions. Sessions can be divided into 4 to 5 sessions of 5 minutes each per day or 3 sessions of 10 minutes per day.

Benefits of Slowing Down Your Breath

- Improves lung function
- Improves cardiovascular health
- Improves oxygen saturation
- Improves sleep quality
- Reduces stress and anxiety
- Increases energy and vitality
- Helps to gain control prana
- Helps to gain control over mind and senses
- Deeper sense of inner peace and connection



Extra Guidelines

- Practice on an empty stomach
- Can be done sitting, standing or walking
- More effective if combined with another mindful practice (but not required)
- It is useful to use a timer (at least at first)
- It can be combined with other yogic breaths like Alternated nostril breathing



Practice

Include the 5-5 breath into your daily routine, whether you include it into another practice or do it as a stand along practice is up to you and your personal needs.

