



What is Burn-Out?

A 1 or 3 day burn-out treatment – helps with extremely stressful situations, bodily symptoms of stress, ears ringing, dizziness, tinnitus, high blood pressure.

Burn-out is an overdose in the soul. A too much of nothing. Or a too much of it. Another business meeting on top or three screaming kids. What else you put on top until you break down? Just before that happens your body says: “Nope, I can’t take it any more. Get out of the way – I want you to give me back my space!”

Are you simply exhausted or do you feel already pain? Pains that are pressuring you out of your aura, emotions and too much input without discharge.

If you can take it – you can do it all. You can drudge until you drop. You hear that whistle in the ears cause you don’t want to hear your soul and your own voice. You get dizzy. Your heart closes even more. Heart attack alert.

And now comes my recipe:

1 day of intensively being with yourself, beginning with breakfast until dinner. (followed by possible 2 following days, more in the next blog)

1st Day:

Now very quickly:

You take off the whole day. Leave everything exactly where it is.

What you need is: 1 candle, 1 teaspoon of salt (recommended is salt from Himayala, crumbs or little pieces), 17 fl oz (0,5 liter) fresh water, some plain sheets of paper and crayons. Food and beverages for one day, eventually 3 days.

Tell your family you don’t speak for one day. Lay a notice in front of your door. Shut down your mobile, your radio, your tv, your computer.

A private day for yourself is urgently needed.

Sit down and light a candle. Sit cross-legged or upright, both feet on the ground. Lay both hands at the back of your head. Stay upright.

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by JyotiMa Flak**

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Part 1:
[www.jyotimaflak.com/
What-is-Burn-Out_Part1.pdf](http://www.jyotimaflak.com/What-is-Burn-Out_Part1.pdf)

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This is an exercise to empty yourself, stay in this position for 8 to 15 minutes. If your arms ache, take a short break, then start again. Feel how the old is flying out of your system layer by layer. Do this until you feel you have much more space in your belly and pelvis. It's like you create a new room in your pelvis. Keep on letting it flow. Discharge.

Now imagine earth is opening up beneath you right where you are. At your root you build a channel that is welcoming the energy of the earth right where you sit. Breathe. Let earth help you carrying your burdens. Pray. Speak with her.

Then drink something. Remain silent. Do you already feel a bit better? Sit relaxed. Please don't fall asleep.

Now you can outline **what it would be like to be happy**. What it would take. Where would you like to be? Hanging around in a hammock, with your family. Lying in the sun?

Prepare **10 little crumbs of salt** that you'll need next. Write on a little piece of paper : **"Feeling my heart"**. Next is, you lay the paper on the windowsill in light, bright sunlight. Spread the crumbs of salt on it. Leave them for 15 minutes on the paper in the light, soaking up the sun and light.

Now you draw or write on another piece of paper what is important for you regarding that topic. Or write down the names of the people in your life that come to your mind spontaneously.

Imagine **your personal picture of joy and of love**. See it and be aware: All this is good for you.

You can frame it later on, if you want to.

Next you take one crumb of salt and let it melt beneath your tongue. Separate another one or two crumbs of salt and put the remaining ones into a bottle with fresh 17fl oz water. Shake it deliberately.

Drink it sip by sip during the whole day.

Go for a walk in the countryside. In silence. No errands, no visit in a cafe. Slowly and attentively.

Feel every step you take. Feel your pelvis while you walk. Feel every single muscles how it tenses and relaxes. Imagine an invisible string is pulling you upwards. Another pull into Earth is emptying your feet every single step you take, everything that was full before becomes more and more fluent.

Take another sip of the water. Hug yourself. Say thank you to yourself.

Thank yourself and say it aloud into your chest (the heart chakra).

Now go home. Do you wanna sleep? Take a nap. Sweet dreams.

Then it continues much more relaxed. In the afternoon, take a look at your picture or outline which you have drawn. Glue the last remaining two grains of salt firmly on it. Now let all the love you have flow into that picture. You empower everything that brings you joy with this. Stick the picture to the wall where you can easily see it. Above your bed. Above your desk.

That's it.

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Reward yourself with a special dinner, your favorite tea or a glass of wine. Best you stay with yourself. You can talk again, but keep yourself directed inward until the next morning.

Did you like it? Did you feel well? Did you feel a difference? Repeat that day occasionally – especially if you realize, you are not feeling good anymore. Decide if you also want to join the next two days and if you take them off. All in all it is an exercise for 3 days.

I'll write about the next two days in my next blog. You then can treat yourself 3 days in a row – 1 day off from work plus the weekend.

It takes only this to come back to yourself and to live yourself and your own life. To find a new power that lasts.

I wish you all the best for this. Take care of yourself. You are incredibly precious.

Wishing you much inner strength and health for your journey,

JyotiMa

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Burn-Out Treatment

Advanced course, 2nd and 3rd day, see last blog

2nd Day:

you need: a candle, many pieces of paper and a crayon, oil of rose (eg JyotiMa's oil of rose ,The Love of Jesus').

First day was your arrival, you emptied yourself, you devoted yourself, you reflected on yourself. You remained silent and took time for yourself. You created your own image of your love.

What do you want to do? You want to keep on going like that?
What is it that heckles you in a way that is too much for you?
Or doesn't make it any fun what you are doing?

We change that now.

Lay down, light a candle. On your back, **stretch all four**, put your feet up. Imagine you are lying in a net of ropes, similar to the ones on a playground, a net that is holding you and that moves when you move. It becomes more on a roll when you begin to bounce. It's a net that is communicating, a net that is connected with much more than you can imagine. You will never fall through. It carries you safely. You can climb, you can bounce. You can play. Let your heart wander, where do you want to climb to, imagine it in your life. Where would be the ladder that leads to where you wanna go, in which corner of your life, what do you work, where to travel, what hobby will you have? What is it that you always wanted to do, that you never dared or only have dreamed of that you might make it. Let your fantasy indulge. Let your heart experience it. Climb into new heights, into new ideas.

When you explored three to four of such corners, return to your center. Breath smoothly and deep. Stay in the moment. Don't think of tomorrow.

Gently tap your heart 4 times with your right hand. Breath deeply.

Your heart begins to produce ripples initiated by your taps, they go as wide as the net. Now again: gently tap four times with your smooth right hand. Carefully. Imagine how the points in the net that you imagined as your goals connect with you, they come closer. Only caused by your heartbeat. Caused by the vibration you have send forth. Other areas of your life, eg your work and what heckles you are sieved, things that make you tired are falling through. What stays is thinned and gains essence.

Re-do the exercise twice in full awareness, strengthen the connections to the the things that are fun and let be sieved what is old and tired. Until

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there is a good mix of things.

You are now lying on white gentle sand, made out of things that are fun to you and things you have been until now. They combine now and become a white soft cloud. Let everything become smooth and soft like it is in heaven. Absorb everything that it can give you. Let it carry you. Lay down on it like those lovely naked angels. Shine and let it shine inside yourself. Write down everything afterwards. What was new, what made fun, what happened with your work, your family, what stayed with you, what are you living for? What turns you on? Write down everything in doodle. Without order. Relax, stay calm, keep on lying a bit, this has been a big movement inside.

Drink something and take a break for one hour, you can also talk now if you are living with others in the same flat. Don't speak about what have been right now. Let it rest.

Now sort your doodles. What's up with work- what happened there? Don't you want certain things anymore? Do you want to work less? Do you want completely different ways? What is with your private life, your hobbies etc? Sort every theme on one piece of paper. Work on it. You can also stand with your feet on certain pieces of paper. Does it feel good while standing on it? Is there then even more changing inside you? Where does it lead to? If you need help on that, mail me. I can create a vision for your next steps.

Then take a bath and **put three drops of oil of rose** into it. If you only have a shower, take one and rub it on the still wet skin.

Roses carry the energy of love. It will brighten your mood and kiss your soul. Let all old things go with this bath, strip yourself to the buff, let go everything that hurts you.

I think now you could begin to re-arrange your home, put on new clean linen, throw away things and to clean up. Open up a window. Put one drop of rose oil in the middle of the room or mix two drops in a vaporizer and spray some into the air.

This will put new energy into our home. If you have headaches or tinnitus, rub some of the oil on your temples or behind the ear.

Close the day with a walk, best in a forrest. Let old things fly away with every single step. Imagine sand is running out of every fiber of your being. Let it flow, let it go. Walk with every step more into the light. Mark for the end of the walk a person that is completely happy/ YOU, has energy, is self-confident, knows where to go, knows where limits are, knows what the goal is. Mark it with light, with energy. With every step of your walk you walk closer to that goal now. You will realize the difference when you arrive.

Do whatever you want in the evening. Rejoice in a small group or only by yourself. Do nothing that is stressful.

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3rd Day:

You need: Oil of rose, 1 stone, tea, cake, cookies, champagne

Sit in front of the candle. Put all the pieces of paper from yesterday and the first day in front of you. Sit cross-legged or sit straight on a chair both feet on the floor.

Do the exercise of the 1st day to empty yourself. Long and vast. Feel your roots, feel the space in your pelvis, feel the earth and your feet. Let itself expand. Create inside your body a room: in your feet, your pelvis, your belly, your heart, your throat, inside your head. Let vastness enter you. Now imagine a fire burning inside your heart. It's the Olympic torch that always burns and always steady. Let it burn. Let yourself burn in all areas of your aura, all your body, all of your head.

Then let the fire wander to your pieces of paper, wrap them with the fire of your love. Open your eyes while doing so, let the fire flow. Can you see the fire wandering to your writings? What starts to glow? What hits your eye? What makes you feel pain or what builds up pressure what you have written? Let your fire burn continuously. Burn yourself free of your restrictions, your rooms that were build by your former convictions. Burn yourself brightly. Without effort. Let restrictions and borders go.

Make some tea. The fire continues to burn meanwhile. Maybe you were feeling the heat. You still need the tea. It nourishes your soul and takes away your fear. Make a break of 20 minutes.

Then you take a **stone**, a pebble, around 2 inches big, a natural stone. Lay it into your left hand and make a fist. Lay all power into it. Lay your love and power into it, as your assertiveness. Let energy flow out of your body into the stone. Make it your "**power buddy**". He will help you on the next steps.

Put the stone to your papers, rewind all you have written or paint a new picture. Paint a new picture while you burn brightly and have a new buddy. If you may fall into old energy patterns, take the stone to your heart, let him give you proximity and power, then keep on sorting out your papers or your new picture. The old picture is not bad, it is "the picture of your love", but you can draw a new one, a "**picture of freedom**" with your future and a new soaked-up awareness.

Make a new picture with new ideas for your day-to-day life, your job, family, friends, acquaintances, leisure time or hobbies, life, future. Take headwords to all of these areas of your life or make some new ones that come to your mind.

Then go have a walk with the stone in your pocket. Focus on every moment. Thank your old footstep while walking, thank all old thoughts, every old part of your being while walking. Let your love flow into your past, into your old paths. Let love flow to your soul and contact her. See if it's possible to talk to your inner child. Give it comfort and love. Hold the stone in your pocket and let the power of it flow to your inner child to calm and comfort it.

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Now expand your love to your own moment while walking. Where are you right now in your life? Is this a turning point or only a stop to regain your power. How much ,new' do you need right now? Let love flow on every fiber of your being in this moment, help yourself to walk or to pause for a moment.

Then catch a glimpse of the future. Stay. Feel the earth beneath you, hold on to your buddy. Be ready to let joy and new consciousness enter your life. Be ready for a life that is ruled by you. You decide your daily routine, your rhythms, the speed of your life. You decide with whom you want to share your energy with and what helps you.

Return home and **celebrate** your new chapter with cake and champagne if you like it. Before sleep you put again a drop of oil of rose on your temples, the heart and the middle of the forehead.

Next morning you can tell your family or partner what you would like to change. You ask for a talk with you boss, invite him for a coffee. Become friends. Tell him what you think and from me.

Then you can write me an email or you can make a comment about your experience. If you are able to live a more satisfied life, you can send me via paypal a donation. To write this treatment has cost me a day of writing. It's a gift to your soul.

OK and now take care of yourself. I need help for many of my projects and you can help many others by telling them your experience with this. Write me, let us work together in a network and let's be happy.

Lots of love, JyotiMa

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