

GURU GUIDE

with
Vidusha and Anton

in conversation with
Dr. Miuru Jayaweera

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**HAVING MORE ENERGY
TO OPTIMIZE YOUR DAY**

A QUICK INTRODUCTION TO THE GURU GUIDE

The 'guru guide' is an attempt to cull out decades of hard-earned expertise to be distilled into succinct, simple and practical advice.

It is NOT meant to be an exhaustive exploration of a topic: rather, pointed areas of focus which can only be discerned by a practitioner. It is not meant to be a generic set of advice: it is advice from battle-hardened professionals who have had a lifetime of experience and proven track records.

The Guru Guide has a pre determined format:

- ✓ It aims to understand a topic/ area of focus
- ✓ It aims to give tools to help you navigate the area
- ✓ It also gives contexts and examples: so that you can customize it to suit YOU

Exploratory, intimate and insightful, the Guru Guide aims to bring to you a wealth of expertise which can only be possible through veterans whose varied and in-depth experiences offer unparalleled insights.

The brevity and simplicity is by choice, and design. Focused on Executives and Managers who want to get quick tips and techniques, who are eager to improve their craft

and trade : the Guru Guide aims to offer 'little nuggets' of advice and importantly, simple tools, which will enable practitioners to up their game and benefit from expertise which may be hard to find in a hurry.

INTRODUCING



**VIDUSHA
NATHAVITHARANA**

Vidusha is currently the Destiny Architect at High5 Consultancy and Luminary Learning and the organization's founder. His areas of expertise are with strategy facilitation, HR strategy development and Leadership Training. He has conducted assignments in 15 countries regionally and consulted for the World Bank, the UN as well as some of the top corporates in Sri Lanka and the Region. He is also a member of the board of directors for Chrysalis, a social enterprise working to empower women and youth by fostering inclusive growth in Sri Lanka and elsewhere.



**ANTON
THAYALAN**

Anton is a multi-faceted professional who has had over two decades of hands-on experience in process improvement, change management and strategic management, and currently works as the Chief Evangelist of Luminary Learning and the Transformation Therapist of High5 Consultancy. As the former AVP at HSBC DPL Anton won accolades for his superlative work there: and won the prestigious HSBC Group Service – Global Talent Management Member two years in a row. Anton currently works as a consultant focusing on efficiency and productivity improvement and process optimization for local and regional clients.



INTRODUCING DR. MIURU JAYAWEERA

Dr. Miuru Jayaweera (Phd) is an Internationally Certified & (Experienced) Registered Yoga Instructor E-RYT (YTT 500 + 20) from International Yoga Alliance USA, with a Certified 45 hrs from Knoff Yoga School Australia.

She has over 50 hrs of Medical Yoga Teacher Training Certifications from Gnosis Medical Yoga Centre & Yoga Teach Institute Pune India, and is also a IAPCCT (International Association of Professional Coaches, Counselors & Therapists) Meditation Practitioner.

She has a Certification from the American Safety & Health Institute for Basic First Aid, CPR and AED for adults, children & infants.

Miuru is authorised and experienced to teach Hatha Yoga, Vinyasa Yoga, Yin Yoga, Ashtanga Yoga - Primary Series, Antenatal (Pregnancy) Yoga, Chair Yoga (for Seniors), Yoga for Corporates, Yoga for Athletes, Kids Yoga & Medical Yoga Therapy.

She has clocked in more than 1500 hours of Yoga teaching and continues her Advanced Yoga education from the International Yoga Alliance.

She is the Founder of Myrus Yoga & Fitness.

The foundation of Myrus Yoga practice combines the physical with the inner emotional and spiritual journey supported by a combination of Iyengar and Krishnamacharya Schools or systems of Yoga.

By integrating body, breath, movement, and meditative awareness, Myrus Yoga is able to promote awareness of the interdependency of all these aspects in personal health and wellbeing. Dr Jayaweera uses her understanding and education of the human anatomy, physiology and psyche to teach and cultivate an awareness of one's own practice and life process.

A SMALL ARTICLE THAT INSPIRED THIS BOOK



When we were asked to do a programme on 'Managing Time' for one of our clients over a decade ago, we came across an article on the Harvard Business Review titled 'Manage your Energy, Not your Time'. We realised that 24 hours in a day was not the issue, but not being able to last at least 12 -18 hours with clarity and focus was...since we just didn't have the energy to last that long!

We subsequently ensured this concept is discussed in every single one of our Leadership Programmes, having understood the importance of possessing the energy to be at our optimum performance throughout the day in order to ensure productivity.

Over the years, we have tried our best to incorporate most of these basic principles into our work. We spoke to Dr Miuru Jayaweera about this because much of the work she does is not merely Yoga from a solely spiritual perspective. Having being in corporate environments herself, she helps many working professionals better manage their energy and optimise their day in more effective manner.

Manage Your Energy, Not Your Time

The science of stamina has advanced to the point where individuals, teams, and whole organizations can, with some straightforward interventions, significantly increase their capacity to get things done by
Tony Schwartz and Catherine McCarthy

From the Magazine, October 2003



[CLICK HERE TO READ THE ARTICLE ON THE HARVARD BUSINESS REVIEW](#)

THE 4 DIMENSIONS OF PERSONAL ENERGY



The foundation of all other dimensions of energy, physical energy is comprised of sleep, fitness, nutrition, and intermittent daytime rest and renewal.



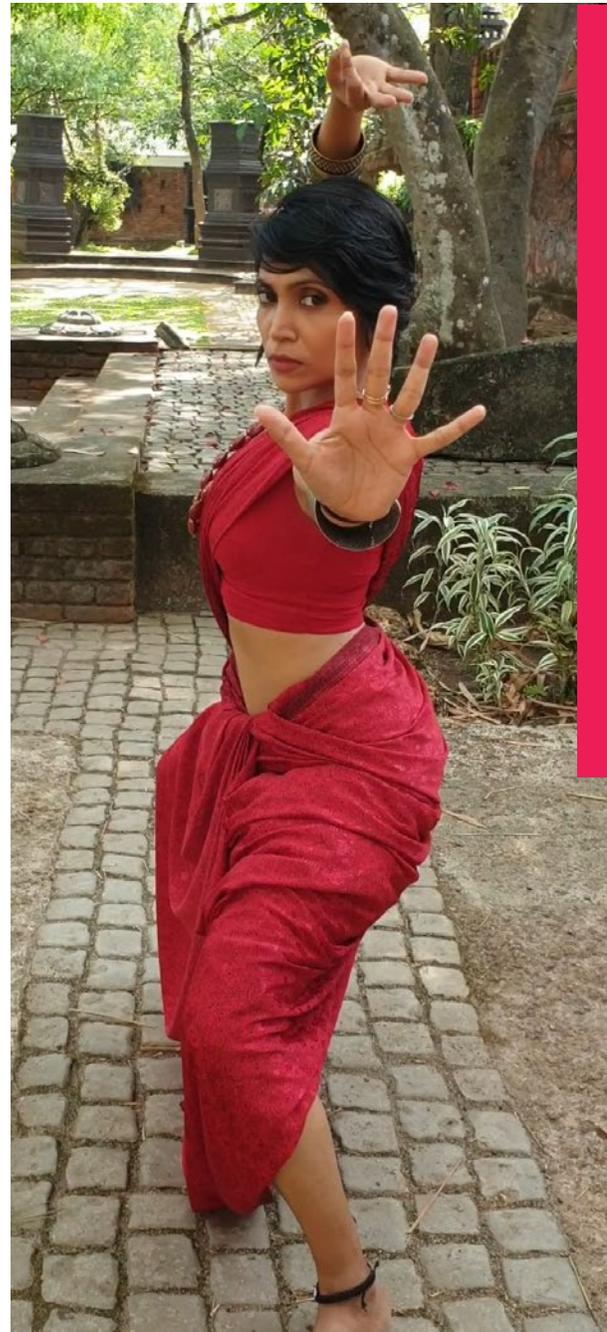
Emotional energy is about learning to cultivate the specific emotions associated with high performance, because how people feel profoundly influences how they perform.



Mental energy is about learning to focus in an absorbed way and switching intentionally between tactical and big-picture thinking.



Spiritual energy is the energy derived from serving something larger than oneself.



HOW DID YOU GET INTO YOGA ?

My Yoga journey began quite by accident. Sometimes unexpected incidents occur, but they lead us to make a tremendous positive impact, and you could say that was what happened here. As yogis and Buddhists we believe in reincarnation, so I believe that I've been a yogi in my past lifetime and my destiny guided me to my calling.

My friend Yasara was pestering me to accompany her to a yoga class by Sensei Nanda Siriwardena, one of the veterans in Sri Lanka when it comes to Iyengar and Medical Yoga. I didn't even know what Yoga was back then; I had just finished work, so I had to buy something to change into and then waltzed into the class!

The first pose I did was the Mountain Pose and that was the first time I felt there was something so powerful within myself and I realised that we can actually manoeuvre our own energy within our bodies. I didn't know anything about energy, or if this was even possible! It was this one beautiful, very easy standing posture that made me understand this and I felt so powerful and so refreshed. This is what hooked me on to Yoga and I have never looked back since.



BUT IS YOGA ALL THAT IT SAYS IT IS?

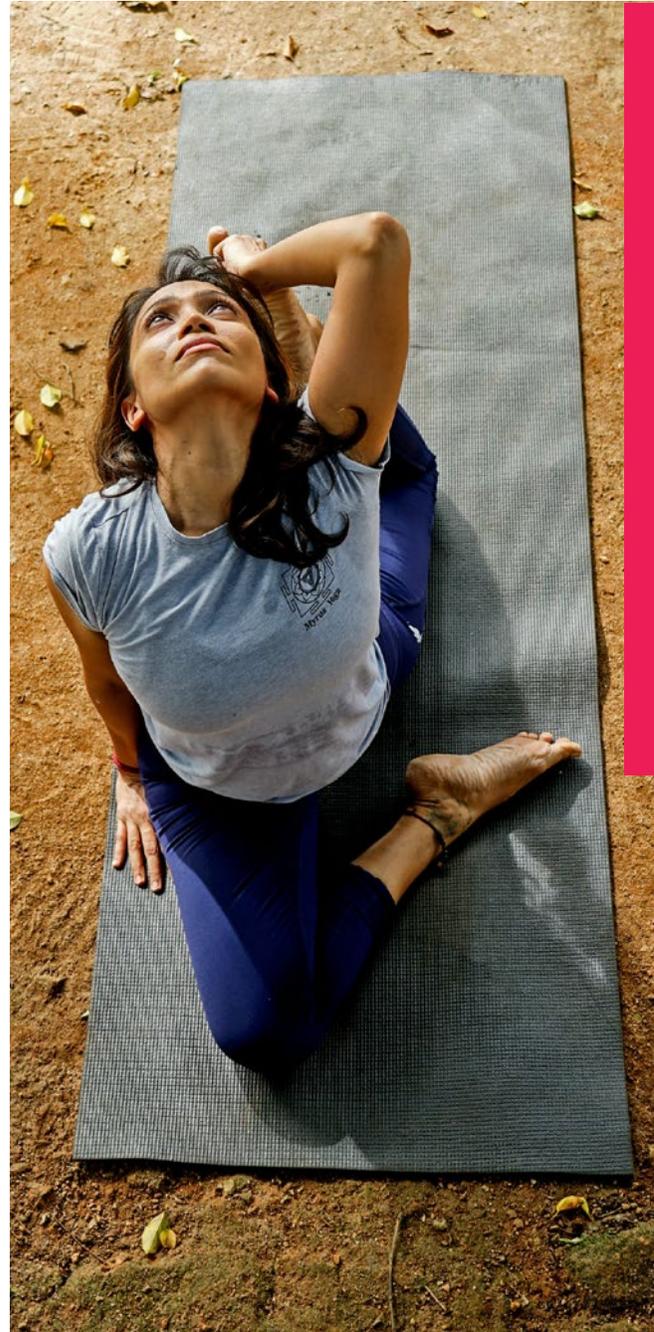
Yoga is an ancient science which has been Westernised and in many ways, diluted from its true essence of practice in many places, including Sri Lanka.

Yoga isn't just about various poses; the asanas, as they are known, that you watch practitioners perform have a deeper meaning behind them.

In this book, we will look at how Yoga will help you have more energy to get through your day calmly and mindfully.

There is a lot of material freely available on Yoga, and there are also many Yoga teachers who will do a perfectly decent job in teaching you the basics.

Yes, Yoga is all that it says it is and more. Even practicing the absolute basics will give you many advantages and an observable difference in your energy. If you can devote forty minutes or so every day and stick to it, then within 20-30 days you really will know the difference and I won't need to do any convincing!





WHAT IF I DON'T HAVE TIME FOR ALL THIS ?

Let's do the math...

Generally, one is on optimum energy and performs at their best until lunch time. Then it tends to go downhill after that...

What if spending just 30-40 minutes every morning for 5 days of the week helps you to be fully charged till 8 at night? Just small adjustments made to your current habits that alter your lifestyle on the whole.

True, doing a little yoga asana practice or small exercises will take some time, but look at it as an investment, not a consumption of time. It's like wanting to be rich, but not wanting to save money first, which is like putting the cart before the horse right. This is the same. There was a wonderful poster that stuck in our mind, so let that inspire you too. Carve out some time for yourself to be better on the whole.



ENERGY DIMENSION #1: PHYSICAL



Possibly the dimension that becomes a foundation for everything else from an extremely practical perspective. Ensuring that you're physically in peak performance is vital if you want to be able to last a day without feeling exhausted.

Managing physical energy and having a six pack are totally different things, but looking good, being fit and healthy is the bonus here and since we are focusing on the latter, let's do that. Don't worry about those chiselled abs...they'll come with time and consistency!

4 SIMPLE THINGS TO DO TO INCREASE PHYSICAL ENERGY



EXERCISE AT LEAST 30-40 MINUTES A DAY. IT CAN BE A BRISK WALK, A JOG, A SWIM, A GYM ROUTINE OR YOGA. IT DOESN'T REALLY MATTER. WHAT MATTERS IS THAT YOU EXERCISE - DAILY. IT IS RECOMMENDED THAT YOU BEGIN YOUR DAY WITH EXERCISE, AS THIS HELPS INCREASE YOUR METABOLISM AT THE START OF THE DAY ITSELF



DRINK A FULL GLASS OF WATER AS SOON AS YOU WAKE UP. THEN, MAKE SURE YOU GULP DOWN A GLASS OF WATER EVERY HALF HOUR OR SO. HAVE A FULL BOTTLE WITH YOU AT ALL TIMES. SURE, YOU MAY HAVE TO GO TO THE LOO A LITTLE MORE FREQUENTLY, BUT BEING HYDRATED REALLY HELPS TO KEEP ENERGY LEVELS HIGH.



EAT RIGHT. DON'T HAVE MASSIVE MEALS AT ANY POINT. HAVE 5 SMALL MEALS A DAY - PLEASE NOTE SMALL MEANS THE SIZE OF YOUR FIST! TRY NOT TO EAT AFTER 6.00PM. IT WILL BE TOUGH, SO GRADUALLY DECREASE YOUR FOOD INTAKE WEEKLY UNTIL YOU ARE COMFORTABLE. EAT A BALANCED DIET AND KEEP AWAY FROM INTOXICATIONS OF ANY KIND.



GO TO SLEEP AT THE SAME TIME EVERY DAY AND WAKE UP AT THE SAME TIME EVERY DAY, EVEN WEEKENDS. HAVING A FULL QUOTA OF SLEEP IS IMPORTANT AND OVER SLEEPING ON WEEKENDS NEVER COMPENSATES. TRY AND GET TO BED BY 10 PM AND WAKE UP AT 5 AM. YOUR BODY WILL ADJUST TO THIS AFTER A WHILE. THIS HELPS YOUR REJUVENATION DAILY!

ENERGY DIMENSION #2: EMOTIONAL



Have you ever noticed that when you are happy, enthusiastic or really excited, you tend to have more energy than when you are in a bad mood, angry or upset?

Your moods have a direct impact on your energy levels, which is not surprising because your emotions and your body are actually interconnected. There is enough research to prove that the likelihood of you being unhealthy and sick is much higher if you are emotionally unbalanced as opposed to when you are positive and happy.

Our bodies are hard-wired to react to stress in ways meant to protect us against threats from predators and other aggressors, most of which are rare today, but that doesn't mean that life is free of stress. In the workplace, we face a tremendous amount of stress regarding job security, family problems, etc. Our bodies don't get a chance to work off the adrenalin rush, which results in it accumulating in the body. This is the ultimate cause of anxiety, depression, insomnia, panic attacks and many other disorders which in the long term lead to lifestyle diseases such as diabetes, cholesterol, high blood pressure, asthma, coronary artery disease, gastritis, etc.

In turn, this affects our psychological well-being if our physical bodies are not functioning properly. It is also safe to say that anybody will have added stress when they develop these illnesses and have to take palliative measures to manage them.

The good news is that through Yogic practice, we can reduce our stress levels and bring in DOSE, which is Dopamine, Oxytocin, Serotonin and Endorphins, the 'happy' hormones that reset the endocrine system in the body.

Furthermore, these practices also ensure that you are mindful enough to understand your moods and keep your emotions in check. Let's be real: none of us are in a place where we are happy all the time, but we can develop the skill of being conscious and able to have a handle on our emotions, which enables us to be in control of them instead of the other way around!

1 SIMPLE TOOL TO REMAIN POSITIVE FROM THE STOICS



Amor Fati is a phrase that the stoics practice daily... Stoicism is a philosophy that the Roman Marcus Aurelius came up with which became a cornerstone of Western philosophy and inspired a great wave of philosophic thought that looked within for answers.

Whenever you are faced with a circumstance that you see as negative, tell yourself that 'this is the best thing that happened to me', see how you can learn from it, and choose your response accordingly.

Sure, it is going to look absurd to say 'this is the best thing that happened to me' after breaking your leg or losing someone you loved dearly, but understand the principle: we are not in control of the circumstance, but we are in control of our response. If our response is merely a reaction, we are not choosing our responses to life's situations, and if that's the case, are we not slaves of our circumstance?

So, try practicing this and see how your moods will change dramatically.

Amor Fati: stop, rationalize and choose your response to everything that happens to you!



**CLICK HERE TO WATCH A
QUICK VIDEO ON
3 STOIC PRINCIPLES**

ENERGY DIMENSION #3: FOCUS ENERGY



Often, we find it hard to concentrate, our mind seems to constantly wander and we are easily distracted. We often start far too many things at the same time and tend to leave them unfinished at the end of the each day, resulting in becoming overwhelmed with more work the next day.

Being able to focus and indulge in deep work is critical if you want to ensure optimum productivity. Staying focused is a matter of practice and as with most skills, once you get into the groove, you actually tend to get better at it.

The benefits of meditation are extensive and backed by science. The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem and lower levels of stress and anxiety. There are different types of meditation and they all offer a similar set of proven benefits for mental and physical health.

Mindfulness meditation helps you focus on the present, which can improve your concentration on other tasks in daily life. According to research, brain scans show an increase in gray matter in the parts of the brain responsible for learning, memory, and emotional regulation.

In addition, meditation encourages one to slow down, allows for deeper self-reflection, and can help a person discover positive attributes about themselves. Meditation can bring down the frequency of the brain waves which help to calm the mind, resulting in the systems of the body 'resetting' themselves.

Furthermore, meditation also helps to lower the levels of cortisol - the stress hormone that we all love to hate - which helps a person feel more relaxed.

2 TOOLS TO INCREASE FOCUS



MEDITATION

MEDITATION IS OFTEN SEEN AS A SPIRITUAL TOOL AND IT IS, BUT MEDITATION SIMPLY MEANS FOCUSING ON SOMETHING FOR A PERIOD OF TIME, AND SHUTTING DOWN THE CHATTER IN YOUR OWN MIND.

TRY AND PRACTICE ANY FORM OF MEDITATION YOU PREFER, BASED ON YOUR OWN RELIGIOUS OR RELATED BELIEFS.

ANY FORM OF MEDITATION DONE A MERE 10 MINUTES OR SO EVERY DAY WILL ACTUALLY HELP YOU IMMENSELY IN BEING ABLE TO CONTROL YOUR OWN MIND, WHICH WILL HELP YOU IMMENSELY IN YOUR DAILY CHORES.



ULTRADIAN SPRINTS

THE 'MANAGE YOUR ENERGY' ARTICLE TALKS ABOUT 'ULTRADIAN SPRINTS', WHICH IS ESSENTIALLY JUST ONE TASK BEING FOCUSED ON WITHOUT ANY DISTRACTIONS FOR A SHORT PERIOD OF TIME, GENERALLY 45 MINUTES OR SO. IMAGINE DOING YOUR EMAILS: THEN KEEP YOUR PHONE ON SILENT AND CLOSE ALL OTHER PROGRAMS ON YOUR PC AND JUST HACK AT YOUR MAILS UNTIL ALL MAILS ARE SORTED OR UNTIL YOUR 45 MINUTES IS UP. THIS ABILITY TO FOCUS ON ONE THING AT A TIME WILL ENSURE YOU FINISH OFF MORE TASKS THAN SWITCHING BETWEEN TASKS WHICH THE ARTICLE SAYS LOSES AS MUCH AS 25% OF YOUR TIME (YOU TAKE 25% MORE TIME TO COMPLETE A TASK IF YOU SWITCH TO ANOTHER TASK AND SWITCH BACK TO THE INITIAL ONE!)

ENERGY DIMENSION #4 : SPIRITUAL



Spirituality needs to be understood in a broader sense and not really as being religious per se.

We look at spirituality from the perspective of energy in actually believing in doing something bigger than yourself.

The moment you are doing something from the perspective of a purely selfish pursuit as opposed to pursuing it for altruistic reasons, the levels of energy are quite different. It has been researched plenty times to prove that those who work for more unselfish pursuits seem to have a lot more drive and energy and this energy lasts much much longer than purely selfish pursuits.

3 FINAL TIPS TO OPTIMISE YOUR ENERGY



Start a regular meditation practice -
Meditation is all about being in control of your thoughts. 'Swadhyaya' is a yogic term for the study of self and applying it to your life, which allows a better understanding of yourself and enables you to respond more positively to a stressful situation. This form of reflection helps you analyze your thought processes and become present in yourself to detect changes in moods.

Take deep belly breaths - this helps to reduce your stress levels beyond belief. Once you reach office and come to your seat, inflate your belly inhaling the air through the nose. Then deflate your belly and push that exhale out through the nose. Do this 10 times, very slowly and it will reset your hormone levels, kicking in with the normal regular activity of your brain and your endocrine system, which in turn will reduce your stress.

Have a practice that is consistent - 21 days makes a habit, so keep going with your fitness, meditation or basically any habit. Practice it with patience and consistency and watch yourself become not just a yogi, but a successful and productive person!

TALK TO MIURU...



myrusyoga



myrusyoga



MyrusYogaFitness



Our conversation
with Dr. Miuru



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