

SOPHROLOGY EXPLORES THE ENDOCRINE SYSTEM

Ishana Maharaj

Learning about the **HUMAN BODY** is one of the most fascinating experiences. In Sophrology, you learn more about your body by experiencing the phenomenal techniques mentally, physically and spiritually.

This holistic journey of Sophrology enables you to experience this sophisticated and beautiful machine, called the BODY. Although it operates as a single entity, you become more aware that it is made up of several systems that work interdependently. Each system is associated with a specific function that is normally essential for the well-being of an individual. Should one system fail, the consequences can extend to others, and may greatly reduce the ability of the body to function normally. Integrated working of the body systems ensures survival. Reading, learning and hearing about this is totally different to experiencing, "feeling" and acknowledging it.

In sophrology we learn that one of the strongest links to affect our health and well-being is formed with our endocrine system, which is part of the body's main control mechanism. We rarely think about the endocrine system, however it influences almost every cellular function in our body. It plays a role in regulating mood, growth and development, tissue function, metabolism, as well as sexual function and reproductive processes.



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The endocrine system consists of many glands that regulate and produce hormones that are released directly into the bloodstream. Hormones are chemical messengers created by the body to transfer information from one set of cells to another, to regulate the functions of different parts of the body. By adjusting the hormone levels the endocrine system works to maintain the body in a state of optimum health.

During sophrology the body is separated into **six systems**. A body scan is first done, whereby you become aware of each gland in each system of the body. You then release the stress and tensions from each system of the body, thereafter breathing in energy into every system. These 3 key techniques enable one to focus, relax, harmonise and send warmth to all the glands of the body. Gentle exercises, visualisations and additional techniques are then done per system.

IMPORTANCE OF THE ENDOCRINE SYSTEM

Some major functions of each gland in each system are:

1ST SYSTEM – 3 GLANDS OF THE BRAIN

The **hypothalamus** and **pituitary** gland act as a unit, regulating the activity of all the other glands in the body. The pituitary gland is known as the “master gland” of the endocrine system. The **pineal** gland secretes melatonin which helps to regulate your sleep patterns

2ND SYSTEM – 2 GLANDS

The **thyroid** helps regulate metabolism, body weight, energy consumption and heart rhythm. The **parathyroid** glands regulate the amount of calcium in the blood. They act on the bones to release calcium, on the intestine to absorb calcium; and on the kidneys to decrease excretion of calcium

3RD SYSTEM – 1 GLAND

The **thymus** gland plays an important role in the functioning of the immune system, regulating inflammation, fever, blood pressure and uterine contractions during labour

4TH SYSTEM – 2 GLANDS

The **adrenal** gland regulates the response to stress. The **pancreas** helps regulate the blood sugar levels in the body.

5TH SYSTEM – 1 GLAND

The **ovarian glands** produce estrogen and progesterone which influences a woman’s reproductive health.

SOPHROLOGY IS A STEP BY STEP APPROACH TO HELP/SUPPORT THE ENDOCRINE SYSTEM:

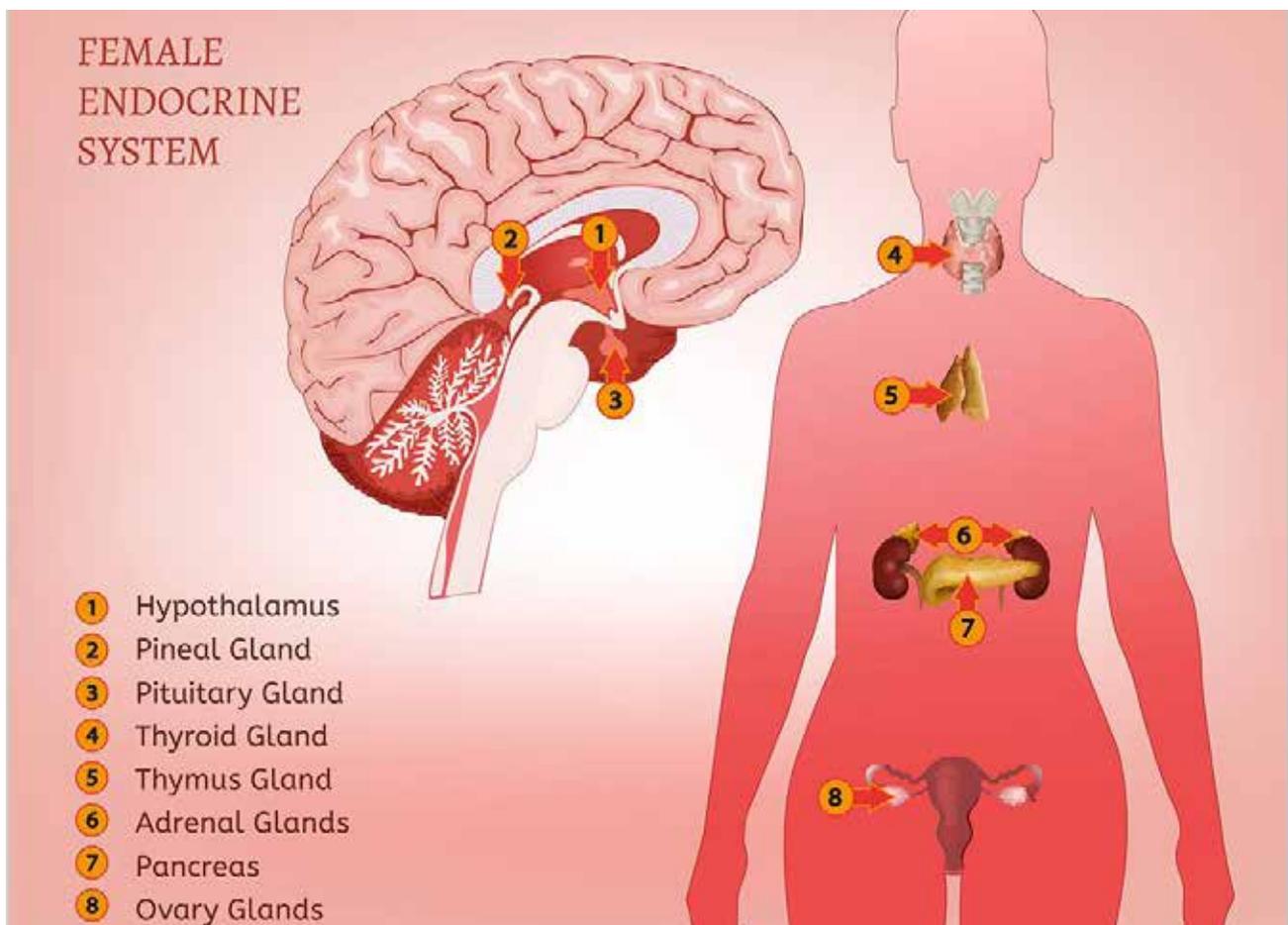
MANAGE & COPE WITH STRESS

One cannot totally eliminate stress. We constantly face challenges in our lives and as a result stress will always be around, ready and waiting to consume us. Constant stress overworks the adrenal glands, which eventually become toxic to the body after some time. This eventually disrupts the entire endocrine system.

SOPHROLOGY HELPS TO RELEASE THE STRESS, TENSION & ANXIETY FROM THE BODY. IT PROVIDES COPING MECHANISMS TO CONTROL AND MANAGE THE STRESS WE ARE FACED WITH.

QUALITY SLEEP

Working the whole day and trying to cope with our hectic lifestyles leaves us totally exhausted. Due to mental and physical stress, some of us do not sleep well.



SOPHROLOGY ENABLES YOU TO HAVE A QUALITY SLEEP. IT IS NOT ABOUT HOW MANY HOURS OF SLEEP YOU HAVE, BUT RATHER THE QUALITY OF YOUR SLEEP THAT IS IMPORTANT. IT ENABLES THE BODY TO REGENERATE AND BOOSTS YOUR ENERGY LEVELS SO THAT YOU ARE ALERT, PRODUCTIVE AND EFFICIENT.

EXERCISE & BE ACTIVE

The challenge that many people have is that they cannot make time to exercise or it is too much of an effort. When the body is overwhelmed with toxins, parts of the body will become so dysfunctional that simply functioning produces more toxins than the body can properly release.

THE SIMPLE, GENTLE AND HIGHLY EFFECTIVE EXERCISES HELP TO CALM THE HORMONES, BALANCE YOUR MOOD, AND ENABLES YOUR BRAIN TO FUNCTION MORE EFFICIENTLY WITH A CLEAR MIND. BY FOCUSING ON ALL THE GLANDS OF THE BODY, YOU SEND ENERGY TO THEM. THE GLANDS BECOME WARMER WITH EXTRA ENERGY, THE VIBRATORY LEVELS INCREASE THUS FACILITATING THE BODY'S OWN HEALING MECHANISMS. THE EFFECTIVE BREATHING TECHNIQUES ASSIST IN BLOOD CIRCULATION AND DETOXES THE BODY.

AWARENESS & APPRECIATION

We don't normally visualise every gland, organ or how the endocrine system works. It may sound strange and is something that we take for granted, just like everything else in the body.

DURING SOPHROLOGY, EXERCISES AND TECHNIQUES ENABLE YOU TO ISOLATE EACH GLAND OF THE BODY, GIVE IT ALL THE ATTENTION AND CONCENTRATE ON HOW IT FUNCTIONS IN YOUR BODY. IN THIS WAY YOU BECOME MORE AWARE OF THE IMPORTANCE OF THESE GLANDS AND LEARN TO NEVER TAKE THEM FOR GRANTED. YOU THEN START TO NURTURE, TREASURE, LOVE AND APPRECIATE THESE IMPORTANT PARTS OF THE BODY. GOOD

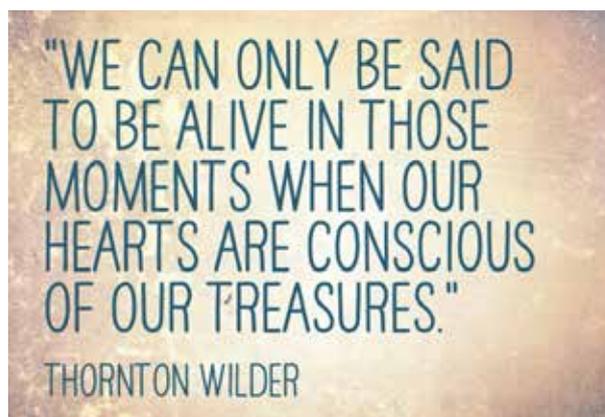
NUTRITION AND CARING FOR YOUR BODY IS WHAT YOU FOCUS ON.

BE PROACTIVE

Maintaining a healthy lifestyle can not only slow the effects of ageing but also protect against illness later in life. We as human beings have the power to prevent and manage major illnesses. Unfortunately, certain circumstances cause us to be ignorant of our health and wellbeing. Why wait for something drastic to happen? We need to be proactive with regards to our health, just like we manage other aspects of our lives such as work, family and our home. We tend to change our lifestyles temporarily and return to our previous habits. This is because there is no mindset change.

DURING THE SOPHROLOGY JOURNEY, A POSITIVE TRANSFORMATION OF THE MINDSET IS ACHIEVED. WHEN THIS HAPPENS, YOU THINK AND DO THINGS DIFFERENTLY BOTH FROM A HAPPY LIFESTYLE AND PERSONAL DEVELOPMENT PERSPECTIVE. THERE IS NO TURNING BACK TO THE BAD HABITS, INSTEAD YOU ARE ON YOUR WAY TO A SUSTAINABLE HAPPY LIFESTYLE.

When our hormones are not functioning efficiently, we cannot perform normally or at an optimal level. Hormones influence us so powerfully that a balanced endocrine system can be the difference between happiness and misery. When our hormones are not balanced, we cannot think efficiently. We make poor decisions. We lash out. We live in fear. We sleep too much or too little. Sophrology helps and supports the hormonal balance, which is critical for a healthy body and mind.



Ishana Maharaj: Sophrology Practitioner - Having worked in the corporate world for over 18 years, I resigned as a Project Manager to relocate to Switzerland with my family, for a few years. During my time in Geneva, I discovered Sophrology, and was fascinated by its history, and widespread adoption in Switzerland, France, Spain and the UK over the last 55 years. Having studied Sophrology at a leading institution in Geneva, Switzerland, I personally experienced the benefits of this journey. Returning to my home in South Africa as a Sophrology Practitioner, being a mum of 3 children (son-17 years & twin girls 10 years of age), I felt blessed with a "gift". A special gift to share with people of South Africa. My ultimate passion is to create an awareness, help, support, share my knowledge and experiences of this phenomenal wellness technique, with people. As the first Sophrologist in Johannesburg, my practice resides in Eagle Canyon Business Centre, Eagle Canyon Estate, Honeydew.

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