



Zeeba Khan: Ayurveda, Surrender and Spiritual Healing



Zeeba is an internationally experienced Ayurvedic clinician, meditation teacher, energy healer and motivational speaker who uses holistic treatment to restore her patients' mental, physical, emotional, and spiritual health and to prevent disease and disorders. Learn more about Zeeba at www.zeebahealing.com

TOP EMBODIMENT TIP: The breathe. It is the breath as we are taught in Yoga and in Ayurveda that carries our life force energy. The moment we stop breathing, our physical body ceases to exist.

Strength, Growth and Ayurveda:

- Real strength comes from growth. **We can choose to resist and fight or we can choose to surrender to the knowing that the universe is on our side and shatter perceived obstacles and limiting beliefs.**
- Ayurveda means "the science of life:" and teaches us that through teaching us through studying different mind and body types, we can procure a road map to health. And that there is a holistic approach to health on 5 different levels. A connection something greater than oneself will allow us to deal with any kind of crises with the wisdom of eternity
- **Religion:** institutionalized set of beliefs and practices in the service and worship of God
- **Spirituality:** the way we experience our connectedness to a higher power

The Value of Surrendering to a Higher Power:

- "Surrender" in a spiritual sense means to **let go and to stop struggling against what is**
 - **We surrender our ego to our Self**
 - **"Die before you die:"** means to die to your ego before you really die so you may live fully in the here & now
- When we don't surrender, we tend to fall into this downward spiral of regrets, anxiety, depression etc.
- **We cannot control the circumstances we face, the only control we have is how we respond**
 - Meeting obstacles is inevitable in this life
- **Surrendering is not a sense of helplessness and abandoning our hopes and dreams. It's knowing and having deep faith and trust that the universe is also seeking for you what you are seeking** and it is on the verge of delivering that to you.
- We need to practice non-attachment; we cannot control the outcomes of what we want
- **2 components of surrender:** trust and acceptance

Spiritual Healing:

- Zeeba guided us through a guided meditation
- **Mantra:** This too shall pass

Resources

- ❖ **Website:** www.zeebahealing.com



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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