



### **The transformation of posture**

Your posture reflects who you are and this is how you look. If you stand in front of a mirror, take a moment to get an impression of your image. Ask yourself “what do I see” and “how do others see me”? You may start to judge yourself critically and think you don’t like what you see. This is a natural thought pattern and it’s not something to become anxious about. A good starting point in changing how you feel about yourself is to imagine how you would like other people to see you. Once you have the mental image of your transformed self you can start the process of transformation.

To transform yourself it is possible to use a postural approach to transformation. We instinctively know what attractive, strong and confident posture looks like and it is evident in people such as professional athletes, dancers and physical instructors for example. But you don’t have to become one of those professionals to transform your posture. However, there is a process you must undertake over long time frames.

Essentially this process needs to address the underlying conditions that determine how you look: your mind, mood and vitality. If we start to address each of these aspects of self and do things to improve them, it will be reflected in your posture. Here, we break down these three aspects of self.

#### **Mind**

The mind is central to life and survival. Without a functioning mind, existence in the world is impossible without life support. Central to personal transformation is learning about what the mind is, realization that we are more than our thoughts, how to control and use the mind for transformation. This is sometimes referred to as self-realization. Fortunately, there are very well developed and proven methods for self-realization that have been in existence for thousands of years and are more relevant than ever in the modern world. One important method is called meditation which is central to traditions such as Buddhism and yoga. Meditation is taught by self-realized people who can impart this practical knowledge in a variety of ways. Also, a very helpful skill called mindfulness that has origins in Zen Buddhism is worth adopting.

#### **Mood**

Mood is about how you feel. As well as thoughts, our experience is also coloured by our emotions which can be uplifting or depressing or anywhere in between. Our posture reflects how we feel and our thinking has a direct influence. Therefore, developing good mood is important by addressing negative thoughts and cultivating positive associations. Being in the company of people with the right behaviour and thinking is helpful.

## **Vitality**

Vitality is healthy energy. To transform anything, energy is essential. For example, to make steel from iron ore requires a huge amount of heat (energy). Similarly, to transform yourself requires high levels of personal energy. For this you need to be healthy so you have the energy necessary to make the transformations you desire. It makes sense to become healthy. How you do this depends on where you start from regarding your current state. Everyone is different and for some it might mean that all those years of exercise and quality sleep and nutrition means your energy is in abundance. For some, it might mean addressing the consequences of an unhealthy lifestyle, aging and diseases. It may be necessary to recruit the expertise of healthcare professionals.