

# The Quality Of Your Life Is Determined By The Quality Of Your Mind

## Cultivating A Happy Positive Performance Mind In The Modern World

### Vedic Meditation Corporate Program Support Document

*“Meditation more than anything in my life was the biggest ingredient of whatever success I’ve had.”* **Ray Dalio, Bridge Wealth Hedge Fund Owner and Billionaire**



Modern life is intense on the nervous system.

It has been indicated that we consume the equivalent information in a single day that our ancestors just 250 years ago did in a whole year. Think about that and the impact of your brain having to process it all without you being consciously aware of what is playing out.

## Session 1: Meditation and the impacts of stress on the nervous system

Stress is the epidemic of the 21st Century, it makes us sick physically and mentally and has a massive impact on our ability to deal optimally in the work place (as the brain loses access to the pre-frontal cortex - our CEO - and we act out of the primal emotional part of the brain).

To help us deal with stress meditation has been scientifically shown to reduce the activeness of the amygdala (trigger for stress response) so we have greater capacity to choose to:

**RESPOND RATHER THAN REACT**

Myth: Stress isn't that bad for us.  
Reality: Stress is the biggest killer on the planet and it makes us sick and less intelligent!

# WHAT STRESS DOES TO THE BODY

## SHORT TERM

FEELING WORRIED, NERVOUS OR UNABLE TO SWITCH OFF.

HEART BEATS HARDER AND FASTER TO PUMP MORE BLOOD TO THE MAJOR MUSCLES.

BREATHING QUICKENS TO SEND MORE OXYGEN AROUND THE BODY.

TUMMY ISSUES DUE TO THE RUSH OF STRESS HORMONES.

SKIN BECOMES MORE SENSITIVE AND OILY.

PROBLEMS BETWEEN THE SHEETS.

MUSCLES TENSE UP AS IF THEY'RE PREPARING TO MAKE A RUN FOR IT.

## LONG TERM

TENSION HEADACHES AND MIGRAINES.

MENTAL HEALTH PROBLEMS.

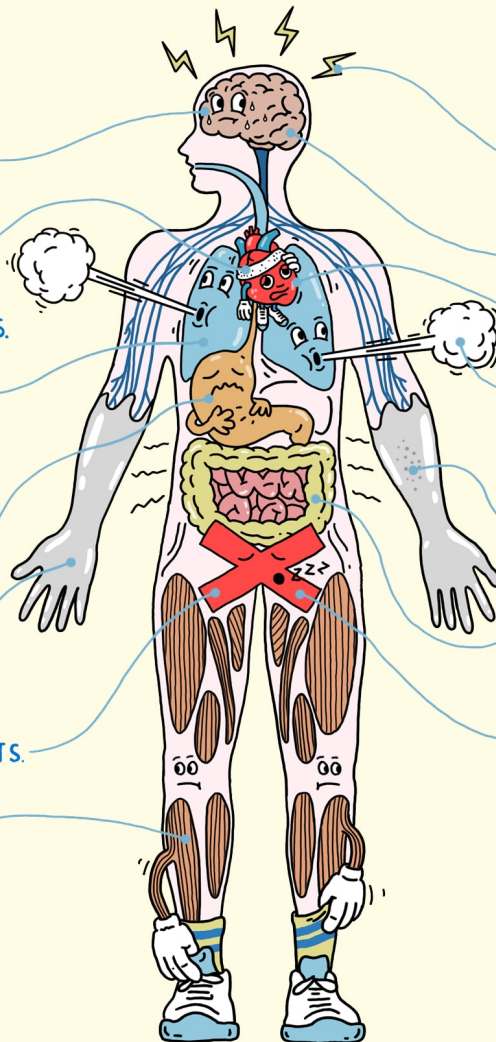
SERIOUS HEART PROBLEMS.

TROUBLE BREATHING, HYPERVENTILATION AND PANIC ATTACKS.

SKIN AND HAIR CONDITIONS EG ACNE, HAIR LOSS.

INCREASED RISK OF TYPE 2 DIABETES.

FERTILITY PROBLEMS (FOR MEN AND WOMEN).



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## Meditation Methods

There are many styles of meditation; however, they all fall into three primary forms of meditation, and they all work differently on the nervous system. It is like a gym if you want cardio fitness; you are not going to focus on lifting heavy weights.

The three forms:

**Concentration** - Concentrating upon your breath, a candle, or a mantra. Activates the left hemisphere of the brain (the side for rational thinking and logic). Good for developing concentration and focus.

**Contemplation** - Bringing our awareness to the present moment without any judgement, allowing things to come and go and bring our awareness back to an anchor, i.e. the breath. Mindfulness practices and guided meditation fall into this category. Activates the right hemisphere of the brain (the side of present moment awareness and big picture thinking). NOTE, this is the technique that was taught to you. Good for reducing the stress response.

**Self-Transcending** - The easiest form of meditation (I have peer reviewed science journals to support this). The technique uses a phonetic mantra (means nothing) and an effortless technique without concentration. Activates both hemispheres of the brain. Transcendental & Vedic meditation use this technique. Good for stress response and increasing brain coherence, giving us greater intelligence in stressful situations.

### Technique reminder:

- Sit comfortably back supported, close your eyes
- Bring your awareness to the sounds, physical sensations and smells
- Observe if there is any tension in the forehead, the jawline or shoulders and soften it. Imagine your body in a deep state of relaxation
- Bring your awareness to the breath. The air moving in and out of your nostrils.
- Do not force concentration
- Allow your mind to move and think
- When you remember you are meditating, bring your awareness back to the breath
- Do not judge the experience as good or bad
- Just allow all things to come and go without judgement

**Myth 1: My Mind is Too Busy To Meditate**  
Science shows we have between 60-80,000 thoughts a day.

A lot of people think their mind is too busy, but we all have loads of thoughts.

We can meditate even with a busy mind.

We learn not to judge meditation based on how busy or quiet our mind is.

Your mind will think like your heart will beat!

### Timing the session

I use an app called Alarm clock. The clock is my boss! You can use a normal watch and just peek or if you wish to use an alarm, look up apps like insight timer, they have nice gong sounds. You don't want a harsh alarm sound going off, it can be quite jarring.

### Tips:

Be effortless

Allow all emotions to come and go

YOU ARE NOT MEDITATING TO BE A GOOD MEDITATOR, so do not judge the experience. Science shows us that regardless of a busy mind, your body is getting a great benefit.

Questions:

If you have any questions or challenges regarding your meditation practice, send an email to [rich@themeditationspot.com.au](mailto:rich@themeditationspot.com.au) I am happy to help answer any questions you may have.

## Session 2: Bring mindfulness into your day

How do we make sure we do not allow stress to creep into our working day?  
Mindfulness

During the day, we are exposed too many situations that can trigger a stress response. Where we feel the heart rate increase and the emotions elevate. We can start to use these sensations as a method to understand our body is communicating with us to inform us that it is going into a stress response.

When we can identify this, we can immediately use the following techniques to bring ourselves back into the present moment and alleviate the sensations of stress. Which in turn, enables us to keep the intelligent part of the brain functioning so we can solve problems with equanimity and creativity.

Myth: I cannot stress and control anxiety.  
Reality, we can reduce the impact of stress and anxiety with simple breath and mindfulness practices.

### The 4,7, 8 Breath

- 1: Exhale via your mouth completely (if no one around you can make a sound emphasis on the exhale)
- 2: Inhale through your nose slowly for the count of 4
- 3: Hold the breath for the count of 7
- 4: Slowly exhale via your mouth for the count of 8 (if no one around you can make a sound emphasis on the exhale)

Repeat this four times or up to 2 minutes

### The physiological sigh:

Take two short inhales (like hyperventilating) followed by a deep sigh. Has been shown to be incredibly powerful to reduce anxiety and tension.

### The 5,4,3,2,1 Grounding technique to help with Anxiety

The 54321 grounding technique is simple yet powerful. We use the five senses to come back into the body, into the moment and give the mind an anchor out of the anxiety state.

First, take a moment to become mindful of your breath. Just a few deep breaths invite your body back into the moment, slowing everything down. Then, become aware of your environment.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take your time and engage with your awareness on each of the senses. Repeat the process and be observant of what you are feeling.



### Session 3: Visual Rehearsal

Visual rehearsal is a powerful way to create lasting change and move towards what you want to achieve. A great practice to do post-meditation.

Except from Neuroscientist Dr. Amy Palmer.

*“Did you know that mentally rehearsing and imagining movements shares the same brain mechanism as actually doing these same movements? **Simply put, the brain has the same activity when it visualizes doing an action as it does when it is physically performing the action.** We see elite athletes use visualization all the time. In fact, many Olympic athletes work with sport psychologists and use visualization as part of their strategy. If visualization is part of a winning strategy for Olympic athletes, there’s no reason why it can’t be a part of your winning strategy as well!”*

It is now a well-known fact that we stimulate the same brain regions when we visualize an action and when we actually perform that same action.

#### Technique

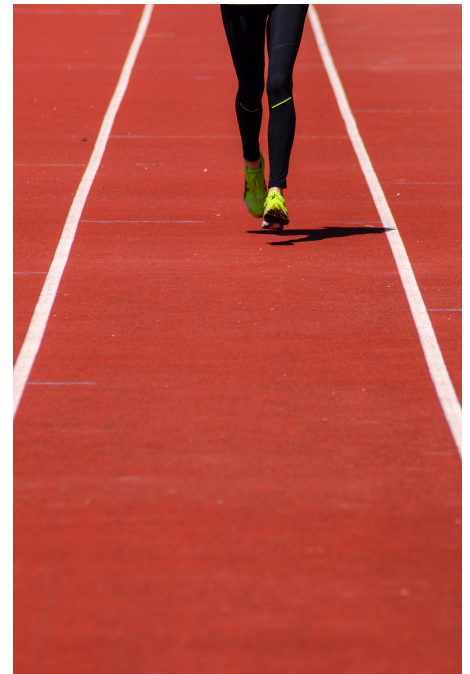
This technique is derived from Dr Joe Dispenza’s book “How to Break the Habit of Being Yourself.”

Step 1: Identify what you no longer wish to experience (or the thing that is standing in your way from achieving what you want) and allow yourself to let this state go

Step 2: See yourself in those situations where you used to experience those issues

Step 3: Say change when you would typically encounter those states

Step 4: see yourself as the person you would like to be or what it is that you would wish to manifest attain



An example shared on the course; The angry manager.

I shared the story of the lady at one of my courses approach me at lunch and ask for a word. She informed me that she gets furious and knows it was holding her back from her next promotions as she would just snap at those under her management, and occasionally explosively.

So in this situation, she would identify anger as the thing preventing her from moving forward and allowing herself to let this go, as it no longer serves her.

Step 2: She would see herself in a situation where a fellow worker would push her to the point of losing her temper

Step 3: She would feel the trigger within her body and say with conviction the word “Change” and repeat this process in different situations

Step 4: See the above situation but her handling it with calmness, power and conviction without anger. And then even getting her next promotion. Allowing herself to see, feel, hear all the senses of that positive experience she wants.

## Additional concept: Express Gratitude

Our emotional reactions to life are key drivers for our actions, which dictate our outcomes. What drives emotions? Thoughts. Our emotions and feelings are chemical reactions to the thoughts we have. So thoughts and our feelings are so important when it comes to moving towards experiencing a happy and positive life.

This is not just a “new age” idea. It is simple science. What’s one of the most powerful emotional states? Gratitude.

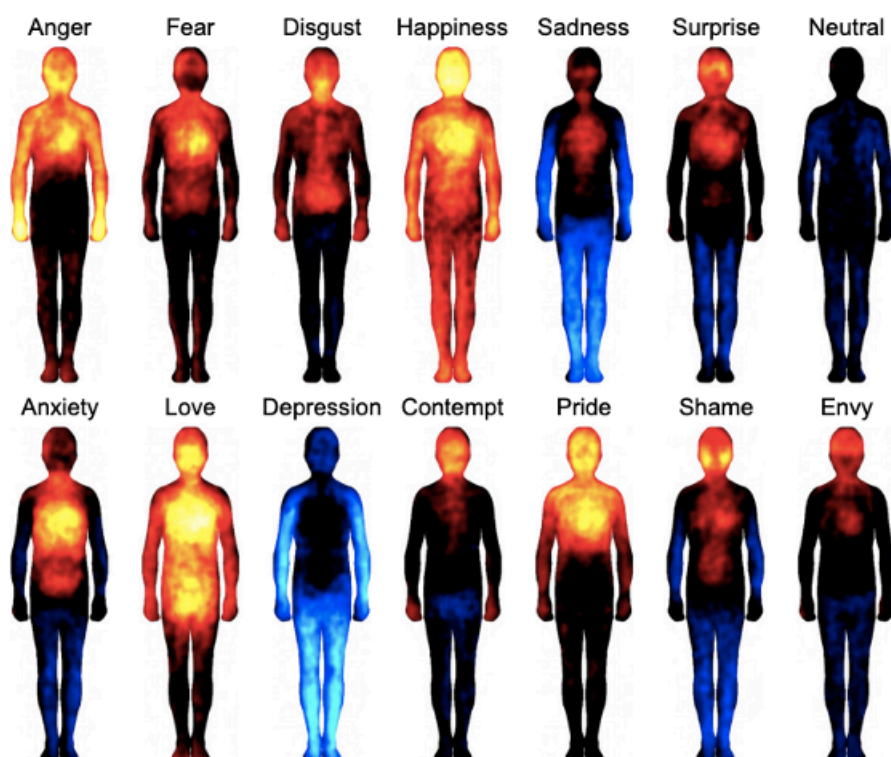
*A number of studies have shown that higher levels of trait gratitude are associated with increased life satisfaction, vitality, happiness, optimism, hope, and positive affect, as well as empathy and fewer symptoms of anxiety and depression.*

### A method to cultivate more positive states of mind

A great way to set the standard for your day is to introduce a gratitude practice into it. The practise of gratitude can be as simple as spending a few moments after your meditation practice, contemplating 1-3 things that you are grateful for. This can be as simple as being thankful for family, sunshine or food etc.

As you are winding up your meditation, let go of everything and bring your awareness to your body. Then take a few moments breathing and bring to your mind's eye, something you are grateful. Allow yourself to imagine all the sensations you would naturally feel in a moment of gratitude. Blow that feeling up as much as possible and feel it spreading through your body as you complete your meditation aim to carry this feeling through the day.

Now, this may seem a little left field. But this is the same as the concept of visualisation. Your body does not know the difference between real or imagined. It will react the same way, either way, so thinking highly charged positive emotions, your body will release all the positive chemicals such as dopamine and serotonin. So allow your mind to play full out!



This image is from a study of 700 individuals from different countries, exploring where emotions are experienced throughout the body.

Emotions carry physiological energy that impacts the way we interact with life, the way we act and in turn, the results we experience.

Example: Walk into a room with someone irate, how does that feel versus someone calm and happy.

In business, what gets the best outcome?

## References

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