



# Best of Me –Part 3

---

Meditation- 2016  
The Mind/Body Connection



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Your Presenter – Lynne Marshall



Our goal for this evening:  
Encourage awareness, comfort and ability to  
begin or expand your meditation habits.

“Meditation is the secret of all growth in spiritual life and knowledge”  
-James Allen.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# What is Meditation?

- Meditation is a technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

## What is Meditation Cont'd.

- Meditation is a way of training your mind and bringing more mindfulness into your day. Meditation has been used for centuries as a way to transform the mind, and helps to develop concentration, clarity, and emotional positivity.
- There are many different meditation methods: Mindfulness Meditation, Zen Meditation, Transcendental Meditation, Vipassana Meditation, Mantra Meditation just to name a few. Today we are going to be focusing on the most basic and easy to learn which is Mindfulness Meditation.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

## The History Of Meditation

In the Indus Valley, archaeologists discovered evidence of meditation in wall art dating from approximately 5,000 to 3,500 BCE. The images depict people sitting in what many of us would recognize as meditation postures. In other words, the figures sat on the ground with crossed legs, hands resting on their knees, and their eyes slightly narrowed but not completely closed. There are also descriptions of meditation techniques found in Indian scriptures dating back around 3,000 years ago.



Referenced from our Best Of Me Workshop 2014 Part 2-

## 3 Levels of consciousness-

- Conscious Mind – any time you feel worry, fear, anxiety

(found in Neocortex; Cognitive, deductive, learning, memory, focus, attention, logic and reasoning)

- Sub-Conscious Mind - how we react to things based on past

(found in Amygdala, Hypothalamus, Hippocampus, & Thalamus; manages flight/fight, feelings, emotions, associations, classifications of perceptions, deductive reasoning only)

- Super Conscious Mind – intuition, insight, & divine inspiration

(uncertain of physical location- rather a whole greater than the parts; pure intelligence, wisdom and enlightenment. Operates by knowing verses thinking or feeling. Our source of intuition. Capable of discerning difference between the conditioned you vs real you, conscious vs subconscious minds. Aware of your full potential.

The true “Director of your Life” movie –

Book “Proof of Heaven” – Eben Alexander MD (Neurosurgeon)



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# The Mind/Body Connection

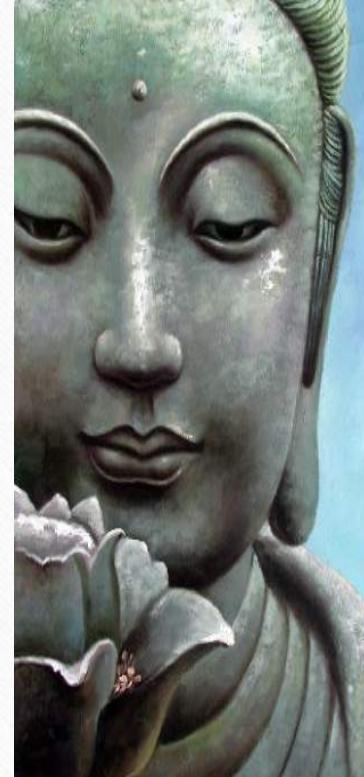
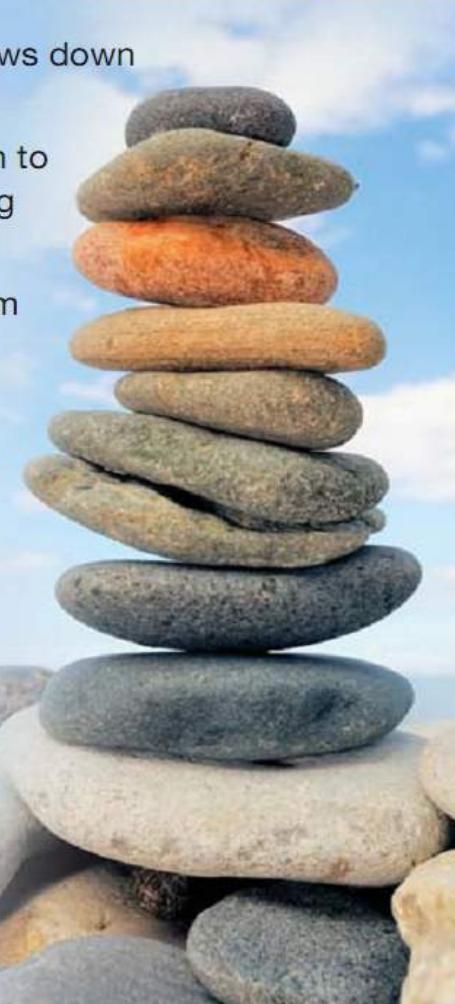
**One of the guiding principles of mind-body medicine is the interconnection of all things, including the mind, the body, and the environment in which we live.** Each of us is an inseparable part of an infinite field of intelligence, and in this very moment, with every breath, we are exchanging millions of atoms with the universe.

Meditation is one of the most powerful tools for restoring balance to our mind and body. **In meditation, you experience a state of restful awareness in which your body is resting deeply while your mind is awake though quiet.**

In the silence of awareness, the mind lets go of old patterns of thinking and feeling and learns to heal itself. **Scientific research on meditation is accelerating with the growing awareness of meditation's numerous benefits, including a decrease in hypertension, heart disease, anxiety, depression, insomnia, and addictive behaviors.** A ground breaking study by Massachusetts General Hospital found that as little as eight weeks of meditation not only helped people feel calmer but also produced changes in various areas of the brain, including growth in the areas associated with memory, empathy, sense of self, and stress regulation.

## Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.



"WHEN A MAN KNOWS THE SOLITUDE OF SILENCE, AND FINDS THE JOY OF QUIETNESS, HE BECOMES FREE FROM FEAR AND FINDS THE JOY OF THE DHARMA."



BEACON HILL  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# The Mind/Body Connection

Establishing a healthy dialogue between our thoughts and our molecules helps us shift from imbalance to balance. And when we're in an optimal state of dynamic balance, we naturally tend to listen to our body with love and reverence and make choices that support balance, happiness, and wellbeing.

## 6 STEPS TO STRENGTHEN MIND-BODY CONNECTION

1. CLOSE YOUR EYES AND TAKE A DEEP BREATH
2. SCAN THE BODY
3. BE AWARE OF ANY SENSATIONS, PLEASANT OR UNPLEASANT
4. NOTICE WHERE THE SENSATIONS ARE COMING FROM
5. LET YOUR AWARENESS TRAVEL AROUND THE BODY
6. FOLLOW THESE SENSATIONS UNTIL THEY DISAPPEAR

## Types of Meditation

In order to be successful, meditation needs to be simple, comfortable, and have results that make you want to keep showing up every day. As far as the details go, whatever works for you is the right approach, and you have plenty of varieties to choose from. The key is making time every day to sit, breathe, and connect with the self.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~



# HOW TO MEDITATE

## 1 FIND A QUIET SPOT



Pick any place and time where you won't be disturbed for a few minutes.

## 4 FEEL THE BREATH GOING IN & OUT



## 7 AIM FOR 5 MINUTES

If that's too much, start with one minute.



A timer prevents the need to check a clock or watch.

## 2 SIT COMFORTABLY

Maintain straight, but relaxed back.



Relax shoulders, arms, legs.

Sit cross-legged on the floor if preferred.

## 3 FOCUS ON BREATH

by paying attention here

or here

or here

## 5 NOTICE THOUGHTS THAT ARISE

Is this worth doing? There's so many other things to do. Booooooriiing. I'm not doing this right, am I? What's for lunch?

It's natural for the mind to be full of thoughts. Do not fight them. Instead, observe them.

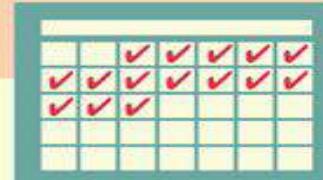
## 6 GENTLY RETURN TO THE BREATH

PASS

Calmly let the thoughts pass and come back to the present by focusing on the breath.

IN  
OUT

## 8 PRACTICE EVERYDAY



Be more concerned with making this a habit as opposed to the quality of the session.

## 9 MAKE PROGRESS PATIENTLY



Try longer sessions.

All there is to do is notice what you notice and relax in the present, unburdened by thoughts.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# HOW TO START MEDITATING

## BREATH

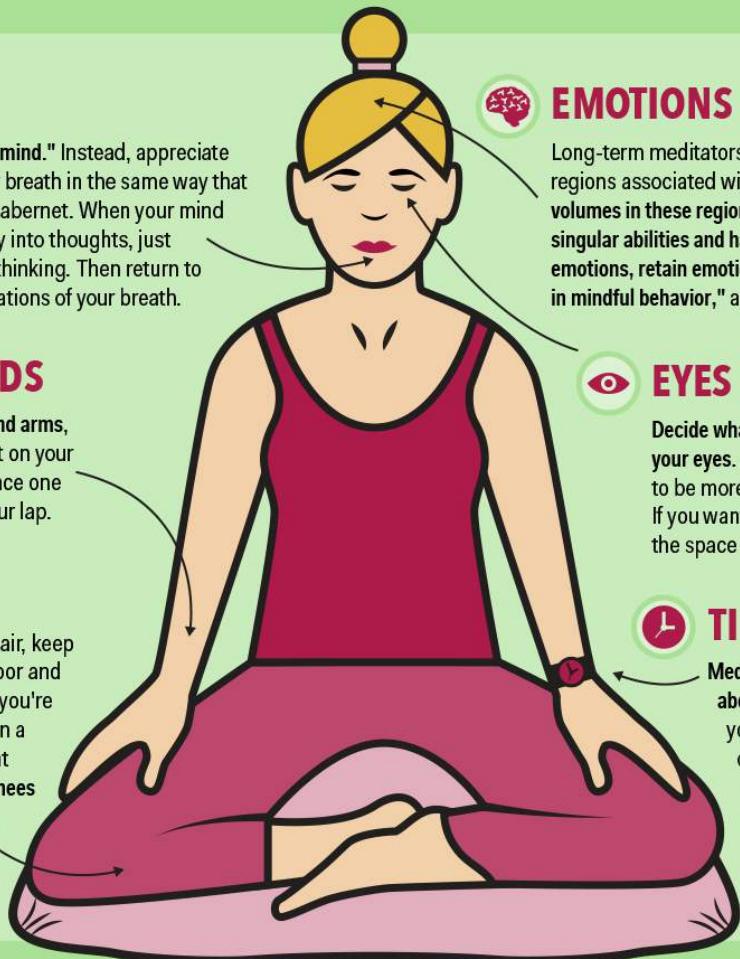
Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.

## ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.

## LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



## EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.

## EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.

## TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.

## Mindfulness Exercise

1. Find a quiet place free of distraction.
2. Sit comfortably, with your back straight but relaxed.
3. Focus your awareness on your breath. Pay attention to the sensations of the inhalation and exhalation. Start again on the next breath.
4. No need to judge or change your breathing in any way.
5. Notice anything else that comes to mind as a distraction. Let them go and return your attention to your breath.



BEACON HILL  
CHIROPRACTIC AND MASSAGE

~NORTHWEST~

# Breathwork

Your body breathes on autopilot—so why worry about how to inhale and exhale?

For one thing, breath control, or pranayama, is the fourth of Patanjali's eight limbs of yoga.

For another, scientific research is showing that mindful breathing—paying attention to your breath and learning how to manipulate it—is one of the most effective ways to lower everyday stress levels and improve a variety of health factors ranging from mood to metabolism. “Pranayama is at once a physical-health practice, mental-health practice, and meditation. It is not just breath training; it’s mind training that uses the breath as a vehicle

# Mudras

- As you become more familiar with this ancient art, you may want to consider adopting certain hand gestures, or mudras, in your meditation.
- According to a brain research published in the National Academy of Sciences in November 2009, researchers found that hand gestures activate the same regions of the brain as spoken or written words. But with or without scientific prove, we already know that hand signs can be powerful ways to communicate. Show a thumb up gesture that promptly swings down and you have just sent an unmistakable message to someone instantly. Mudra, on the other hand, is not so much a communication with another mortal being. It is more of a wordless connection with yourself that involves your body, your deeper consciousness as well as the cosmos.



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# What are Mudras?

- Mudra means seal in Sanskrit. It has deep roots in Eastern spiritual practices and bears important symbolic significance. You may recall seeing statues of buddhas or bodhisattvas that display a different hand gesture each. Sometimes, by just observing the way the hands are placed, you can tell which enlightened being a statue is trying to represent.
- But mudras aren't just symbols with no practical uses. Meditation, yoga and energy work practitioners believe that mudras help to complete the energy circuit inside us and allow our life force to stay within the body, instead of escaping through the tips of our fingers during meditation and yoga exercises. By adopting a certain meditative or yoga pose and then sealing it with our hands, we help to preserve and cultivate our *qi*, or life force.
- Talk to Dr. Janice Patterson our new Doctor of Acupuncture and Traditional Chinese Medicine about the circuits of the body and your Qi.

## Index to mudras-Mudras for emotional well-being

Acceptance  
Acceptance mudra

Calmness  
4 mudra  
Gyan mudra

Acceptance Mudra



**Hand position**

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.  
**Emotional / spiritual use**  
To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.

Concentration  
4 mudra

Gyan mudra  
Hakini mudra

Ahamkara Mudra



**Hand position**

Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.

**Emotional / spiritual use**  
Self-confidence and self-assertion.  
For counteracting fear and timidity.

Energy  
4 mudra

Apan mudra  
Pran mudra

Pran Mudra



**Hand position**

Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.

**Physical use**  
Moves energy to the periphery of the body. This may help with constipation and urinary problems.  
**Emotional / spiritual use**  
Gives energy and makes one more self-confident.

Fear  
Ahamkara mudra

Grounding  
Gyan mudra

Back Pain Mudra



**Hand position**

Right hand: The thumb, middle and pinky fingers touch. Ring and index finger are extended. Left hand: Put the thumb's upper phalanx over the nail of the index finger.

**Physical use**  
Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.

Patience  
Shuni mudra

Self-confidence  
Ahamkara mudra

Apan mudra



**Hand position**

The tips of the pinky finger and thumb touch.

**Emotional / spiritual use**  
Improves feeling and intuition.

Stability  
4 mudra

Prithvi mudra

Bhuday Mudra



**Hand position**

The tips of the pinky finger and thumb touch.

Gyan Mudra



**Hand position**

The tips of the thumb and index finger touch, other fingers are straight but relaxed.  
**Emotional / spiritual use**  
Stimulates the Root chakra, and grounds. Calms and improves concentration.

Hakini Mudra



**Hand position**

Let the tips of the corresponding fingers of each hand touch.  
**Emotional / spiritual use**  
People tend to naturally put their fingers in this position while talking. This helps to concentrate.

Pran Mudra



**Hand position**

The tips of the pinky and ring finger touch with the tip of the thumb.  
**Emotional / spiritual use**  
Gives energy.

Prithvi Mudra



**Hand position**

The tip of the ring finger and thumb touch.  
**Emotional / spiritual use**  
Increases energy, and fosters a sense of inner stability and self-assurance.

Shuni Mudra



**Hand position**

The tips of the middle finger and thumb touch.  
**Emotional / spiritual use**  
Helps being aware of the moment, and thereby makes one more patient.

### Set of four mudras for balancing energy



**Emotional / spiritual use**

The overall effect is that you get calmer, more relaxed and concentrated. The separate mudras (hand positions) have the following effects:

**Hand position** Execution

This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down. Set of four mudras for balancing energy that are used in a sequence. Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Mantras and Chanting

Mantra comes from ancient Sanskrit and can be literally translated as 'instrument of thought.' A mantra is a word, sound, or phrase repeated to aid in your concentration while meditating.

When using a mantra, it's believed that only the positive intentions and actions will fill your mind and eliminate negativity.

A mantra can be as simple as the word 'love,' something you are thankful for, or a phrase such as 'om shanti, shanti, shanti' which represents all encompassing peace. You can also meditate on an affirmation, such as 'I accept myself.'

Many people are fortunate enough to be gifted a mantra from a teacher or guru.

However, you can choose a mantra for yourself depending on what you are needing in life. While choosing a mantra, you should consider your inner motivations for practising meditation.

# A simple mantra meditation

## opening

Meditation is,  
simply put,  
concentration

If you can  
concentrate,  
you can  
meditate

No need to  
empty your  
mind. Just  
focus for a bit



As you  
exhale,  
say 'releasing'

As you inhale,  
say to yourself  
'opening'

Try this  
simple practice,  
using two  
words

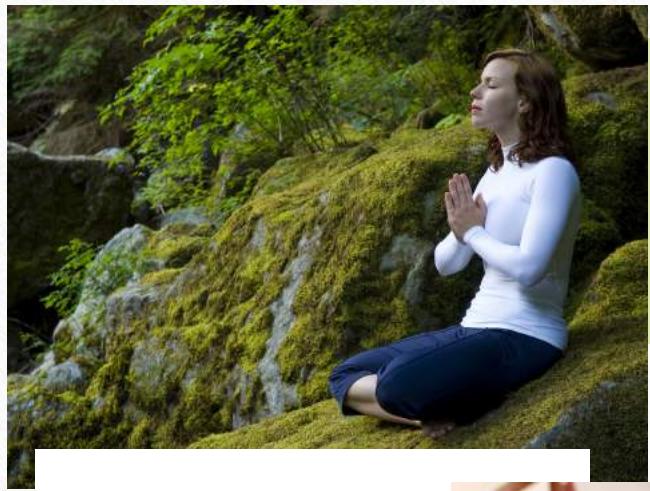


**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Various Ways to Meditate

---

- There are lot of ways to meditate. You may choose to start by merely focusing on your breath, connecting with your body or using mantras. You could also focus on music, a real object, a mental visualization, a combination of these or nothing at all (Zen). If you're just starting out, don't feel like you have to start by picking a specific method – you can start “meditation shopping” the different approaches. Many of the guided meditations are contemplative exercises for gratitude, cleansing, energy, and healing – where it's not a single idea that holds focus, but an exploration of concepts or guided imagery.



# Tools for Meditation



# Essential Oils

## What are Essential Oils?

- ▷ Life blood of the plant
- ▷ Carry oxygen
- ▷ Fight illness
- ▷ Protect the plant
- ▷ Super-concentrated
- ▷ One drop contains hundreds of beneficial compounds



## Essential Oils for Meditation

[www.inlovewithoils.com](http://www.inlovewithoils.com)

### Balancing Meditation Blend

2 drops frankincense  
2 drops cedarwood  
1 drop vetiver  
2 drops marjoram  
3 drops wild orange

### Om Diffuser Blend

6 drops wild orange  
2 drops bergamot  
2 drops patchouli

*Add to a diffuser before starting  
your meditation practice*



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Essential Oils

- Despite the sudden burst in popularity, essential oils are *not* a new thing. The ancient Egyptians were among the first people to use aromatic essential oils, incorporating them into their daily lives. Pure essential oils were incredibly valuable and saved for priests and royals. Ancient books such as the Bible also talk about the use of essential oils.
- It's true, not all essential oils are created equal. Essential oils will vary depending on how they are grown, harvested, and tested. It's important to do your research, ask questions, and find a trusted essential oil company that tests their oils and openly answers your questions.



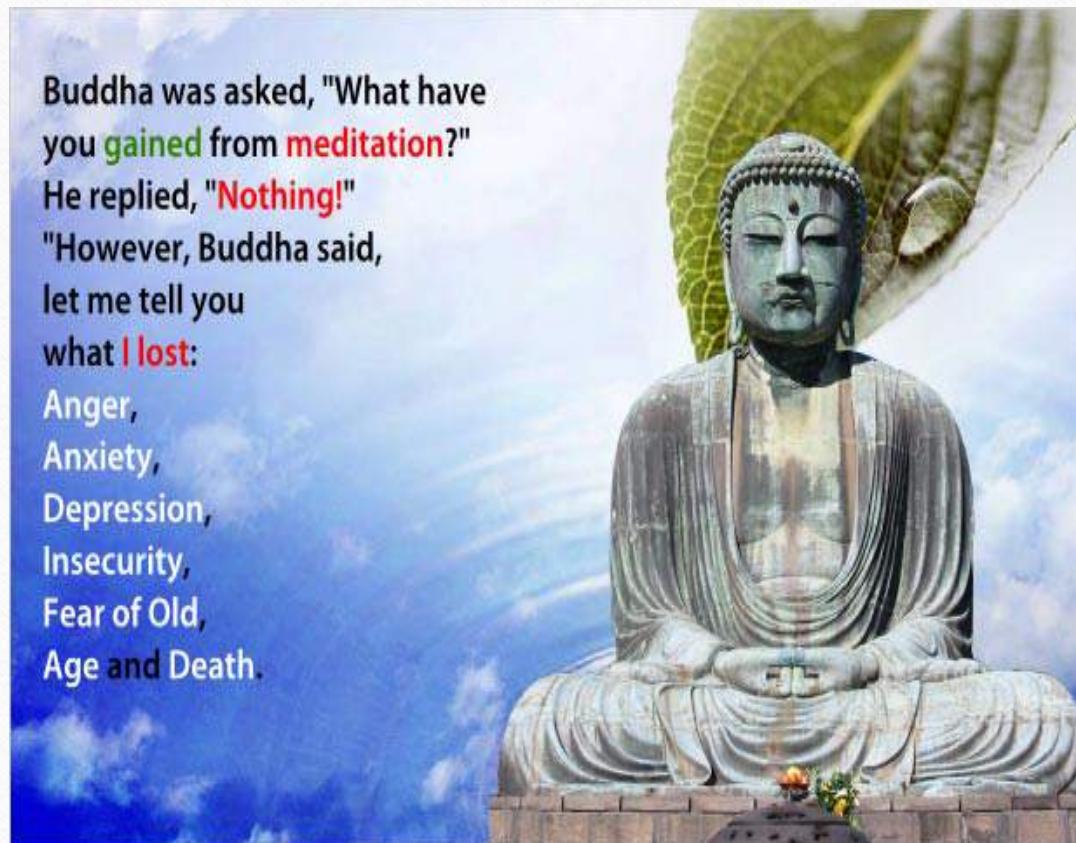
# What do you have to lose?

Buddha was asked, "What have you gained from meditation?"

He replied, "Nothing!"

"However, Buddha said,  
let me tell you  
what I lost:

Anger,  
Anxiety,  
Depression,  
Insecurity,  
Fear of Old,  
Age and Death.



Source: <http://elenatong.com>



BEACON HILL  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

## Resources:

**Thich Nhat Hanh** – Nhat Hanh (or “Thay” as his students call him) is the person whom I’ve read, watched, and listened to most of all. It also helps that he’s written a trillion books and gives (or gave, before his recent stroke) lectures constantly, nearly all of which are on YouTube right now.

**Deepak Chopra**- Deepak has dedicated his life to sharing wisdom. An expert in the field of mind-body healing, *Deepak Chopra* is a world-renowned speaker and author on the subject of alternative medicine. [www.chopra.com](http://www.chopra.com)

**Byron Katie** – Byron Katie is someone whom I heard quotes from on Twitter for probably 2 years before thinking, “hey, I should look him up!”. Of course, I was wrong, because he is a she! And what an amazing teacher she is. To say that her wisdom is vast would be an understatement. I’d really suggest checking her out.

**Jack Kornfield** – Jack Kornfield is a former Buddhist monk, and someone who has taught me quite a bit. I read his blog regularly, which includes a lot of great excerpts from his books. Another great one!

**Ram Dass** – Ram Dass was part of the first “wave” of teachers in the West of Eastern spiritual traditions alongside some of my favorites: Chogyam Trungpa and Alan Watts (both are unfortunately deceased, although both wrote and recorded A LOT in their day, all of which you can find online).

**Find a local centre of choice**- Many yoga studios and spiritual centres offer Meditation courses or events. Find one that resonates with you, keep trying until you find the one that does!

**Check out free apps such as :** Calm/Insight Timer/Headspace etc.