

## The Fundamental Nature of Reality

"A human being is a part of the whole called by us the universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty" Albert Einstein

## Why do Meditation Training?

In 2021 and in our post pandemic environments, we not only want to manage our stress levels and their work / life balance better but are also increasingly wanting more meaning in what they do.

- Why do we make poor decisions or sometimes seem not as smart as we thought we were?
- How can we perform at our best?
- How can we be at peace in an often-difficult world?
- How can we improve our relationships with others?

To create a sense of a strong sense of self-worth and a sustainable feeling of internal peace, the ability to embrace empathy and compassion are super important. This sense of compassion, humility, and selflessness can come from mindfulness and self-care rather than self-sacrifice or martyrdom. This is no more eloquently explained and elaborated in the ABC Program – All in the Mind:

*"I think the way that we do things has changed. People want more meaning in what they do and they are prepared to go somewhere else to find it. We are seeing people ... losing that sense of connection and collaboration ... the way the world is going, we've got to understand that yes the gig economy might be nice for people, lots of people working for themselves, great, that's wonderful, but if we are losing that sense of connection, from a positive psychology perspective we know that whatever culture you look at, relationships is one of the number one contributing factors to well-being. We've got to be careful that we are not losing that, and that takes good leadership to be able to bring that together".*

Sue Langley

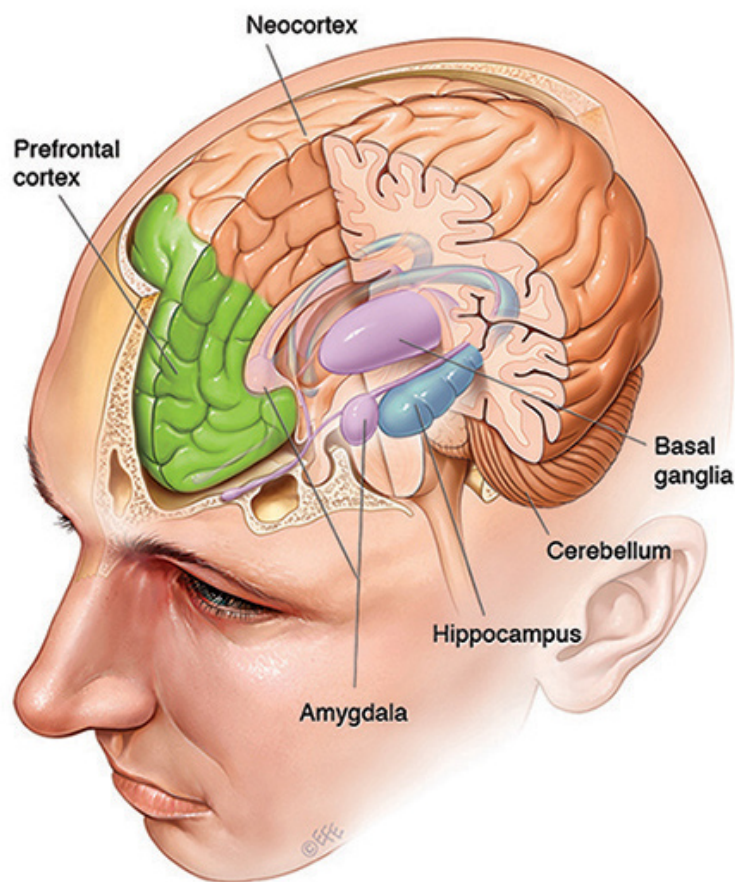
Meditation not only works at an individual level to encourage mind and body health and well-being, it encourages healthy relationships through a deep understanding of compassion and an ability to be present in the moment in every conversation and interaction.

## The Physiology of Meditation:

Stress produces cortisol and the effect of constant cortisol production on the body is highly detrimental. To explain:

The **hippocampus** is a small, curved formation in the brain that plays an important role in the limbic system. The **hippocampus** is involved in the formation of new memories and is also associated with learning and emotions.

The hippocampus is housed deep inside the medial temporal lobe. This **part of the brain** helps to transfer **short-term memory** into **long-term memory**.

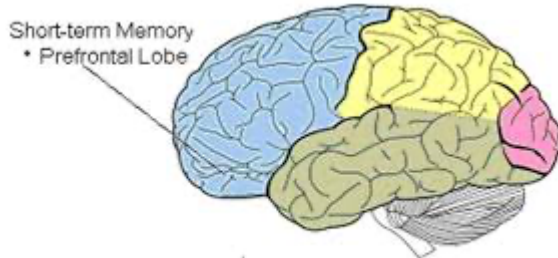


Cortisol is a good hormone to have around in an emergency. It prepares the body for fight or flight. It also inhibits the innate immune response. This means that if an injury does occur, the body's inflammatory response to it is delayed. In other words, escape has priority over healing, and tissue repair is secondary to staying alive...

...but there is a downside to cortisol. If the cortisol response is not shut off, if its production in the body is constant, cortisol can damage brain cells, especially in the hippocampus..."

## How Memory works:

**Short-term** working **memory** relies most heavily on the prefrontal cortex.



A [study](#) from UCLA found that long-term meditators had better-preserved brains than non-meditators as they aged. Participants who'd been meditating for an average of 20 years had more grey matter volume throughout the brain — although older meditators still had some volume loss compared to younger meditators, it wasn't as pronounced as the non-meditators. "We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating," said study author Florian Kurth. "Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain."

Interestingly but not surprisingly, one of the central benefits of meditation is that it improves **attention and concentration**: One recent [study](#) found that **just a couple of weeks** of meditation training helped people's focus and memory during the verbal reasoning section of the GRE (**GRE** exam is a broad assessment of your critical thinking, analytical writing, verbal reasoning, and quantitative reasoning skills).

In fact, the increase in score was equivalent to 16 percentile points, which is nothing to sneeze at. Since the strong focus of attention (on an object, idea, or activity) is one of the central aims of meditation, it's not so surprising that meditation should help people's **cognitive skills** too — but it's nice to have science confirm it.

## Compassion:

And what of Compassion — defined as the awareness of another's suffering, with the intention of, and the desire to, make a difference to that person. It is important that we understand the difference between compassion and empathy. Compassion is the layer of action that comes after empathy, a willingness to make a difference with others without becoming attached to their suffering.

Mindfulness can be taught, and due to the neuro plasticity of the brain, the rewiring of the brain, can change. Increasing focus, productivity and general health & wellbeing, leading to a change in culture, our relationships and overall sense of peace in everyday life.

## 6 Meditation Classes spread over 6 weeks.

### Session 1: Introduction to Meditation

- Why meditate
- Managing your breathing (calming the mind, presence),
- Body scan (mind body connection) meditation
- Practice breath led meditation (10 minutes)

### Session 2: Dealing with stress

- What is it and how does it affect us?
- How does meditation help
- What types of mediation help?
- Meditation practice (15 mins)

### Session 3: Mindfulness, staying conscious in the present moment

- Why, how does this help?
- What does presence impact?
- Walking, sitting, eating and focused based techniques
- Practice presence meditation (20 minutes)

### Session 4: Compassion based meditation

- Imposter syndrome, monkey brain
- What's the impact if the negative voice?
- How does compassion based meditation help my relationships both at work and in life?
- Practice compassion and other meditation (30 minutes)

### Session 5: Kundalini and meditation

- What is Kundalini?
- The Chakras
- Mantras
- Breathing
- Kriyas (sequences)
- Why people use chanting and singing
- Silent meditation (30 minutes)

## Session 6: Meditation everyday

- The 4 Noble Truths
- All senses
- The universal truth
- Meditations for everyday
- Practice meditation (30 minutes)

Sessions are approx. 1 hr each

Homework is given each week.

Max 10 people – This is so that each person has the chance to for some one-on-one coaching and gains the maximum from each session

\$300 pp **(to be paid on booking).**

“Your true home is in the here and now. It is not limited by time, space, nationality, or race. Your true home is not an abstract idea; it is something you can touch and live in every moment. With mindfulness and concentration, the energies of the Buddha, you can find your true home in the full relaxation of your mind and body in the present moment”.

Thich Nhat Hanh, 2011