

Modern Meditation in the Workplace

Science and Shortcuts

Thomas Valone, PhD

Integrity Research Institute

© STEFANO VITALE

**“Modern
Meditation”**
training has
been presented
to the **UN Food
and Agr. Org.,
the American
Cancer Society**
the **Patent Office**
as well as other
organizations

The 10th
International
Conference on

**Science and
Consciousness**



**Food and Agriculture
Organization of the
United Nations**

for a world without hunger



Meditation Today: Science and Shortcuts

Thomas Valone, M.A., P.E.

**Retired College Teacher
Author, Lecturer**



presentation will feature a slide show and
techniques of meditation, visualization
firmation. Participants will also be given a
nce to try a couple of basic techniques to
perience the effects of meditation. The physical significance of
s of consciousness and breathing exercises will be explained in
simple terms from the speaker's experience.

st and professional engineer. Mr. Valone has practiced daily meditation and yoga for the
ears. He is the author of two books and more than 100 articles on topics ranging from
propulsion, electrogravitics, modern physics, vegetarianism, Nikola Tesla, analytical
egy, health benefits of ions and ozone, psychotronics, the implications of the Backster
Tantra Yoga. He has lectured at conferences for the past 17 years on the above topics
ntly was a technical consultant and a featured scientist for a commercial video: "Free
The Race to Zero Point" marketed by Lightworks Audio and Video, Los Angeles, CA.

**Tuesday, March 17, 1998 at 12:30 PM - 1:30 PM
The Patents Theater
Crystal Park 2, Room 200**

Interested? Please call ESMG at (703) 308-9101 x105

Co-sponsored with PTO Employee Assistance Program

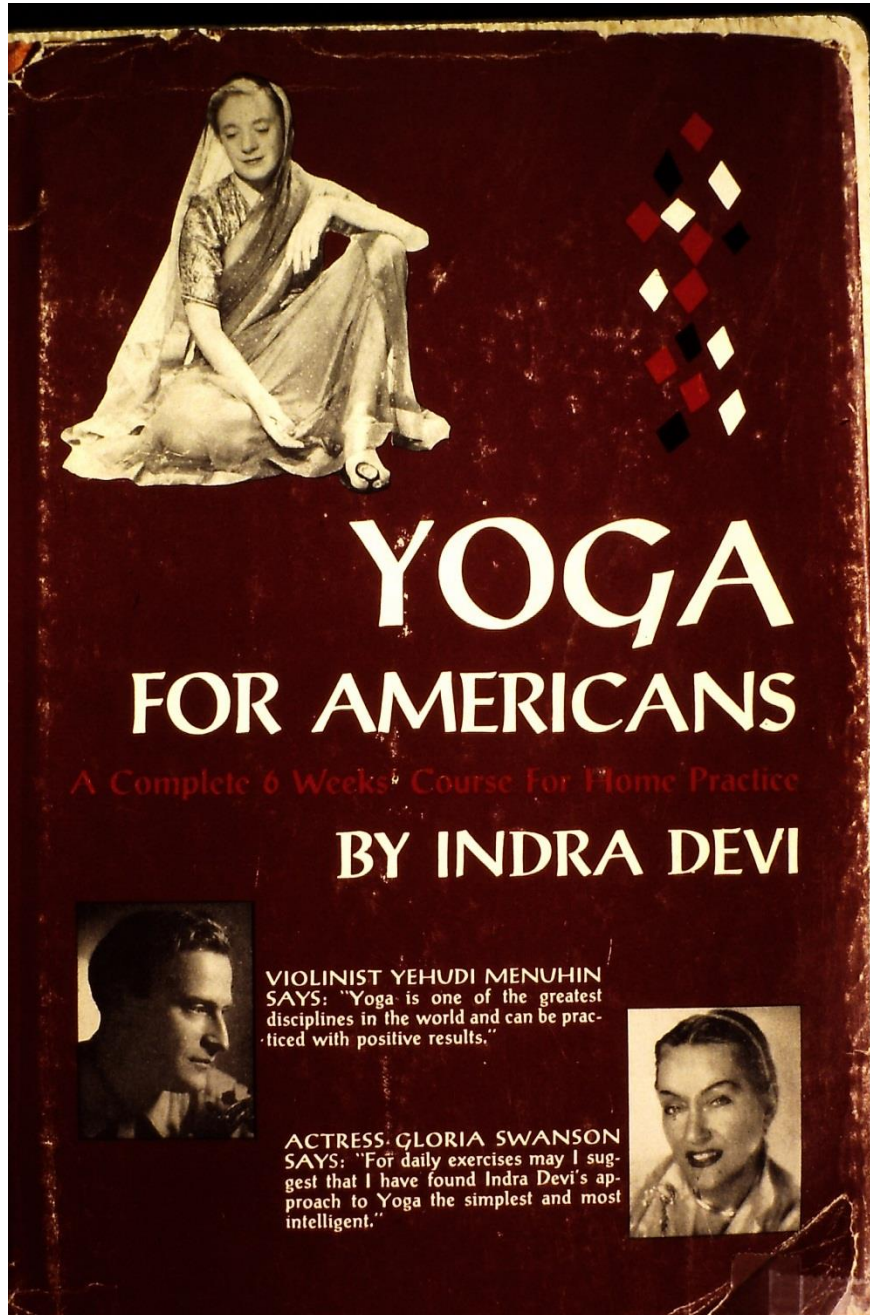
The Employee Assistance Program acknowledges that research has determined meditation to be a form of relaxation and stress
management for some individuals. Further information or additional stress management techniques please contact
a Employee Assistance Program Counselor at the Patent and Trademark Office, (703) 305-3766.

United States Psychotronic Association

Bridging the Esoteric and Scientific Worlds



1967 – bought Indra Devi's book, 1977 – attended first yoga congress



VIOLINIST YEHUDI MENUHIN
SAYS: "Yoga is one of the greatest
disciplines in the world and can be prac-
ticed with positive results."

ACTRESS GLORIA SWANSON
SAYS: "For daily exercises may I sug-
gest that I have found Indra Devi's ap-
proach to Yoga the simplest and most
intelligent."

Second International Congress On **MEDITATION- RELATED THERAPIES**



PROGRAM

June 16-19, 1977

Pick-Congress Hotel
Chicago

Sponsored by

**The Himalayan International Institute
of Yoga Science and Philosophy**
1505 Greenwood Rd., Glenview, IL 60025
(312) 724-0300 • 724-0301 • 724-0302

History: 1923 Swami Yogananda

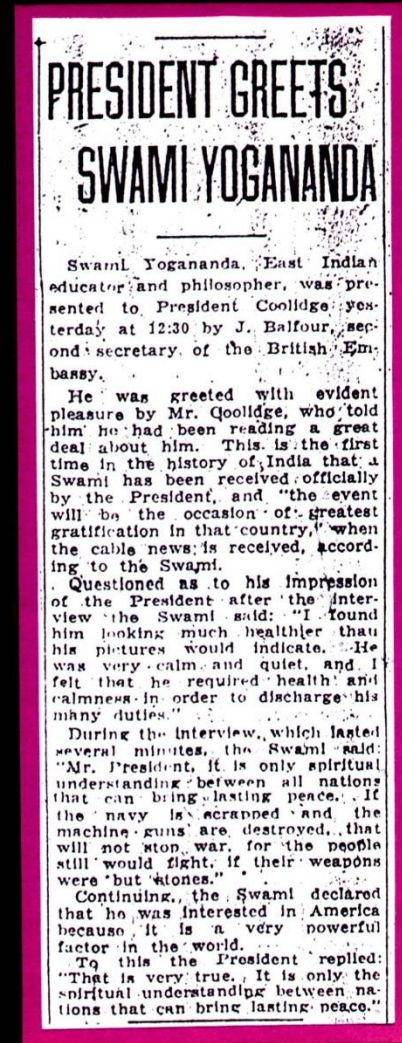
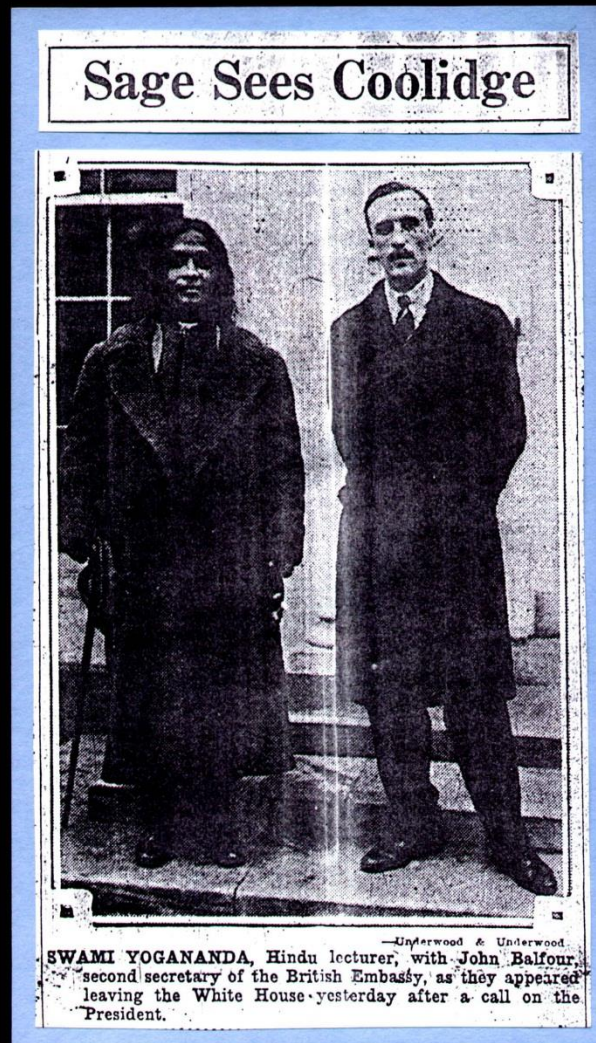
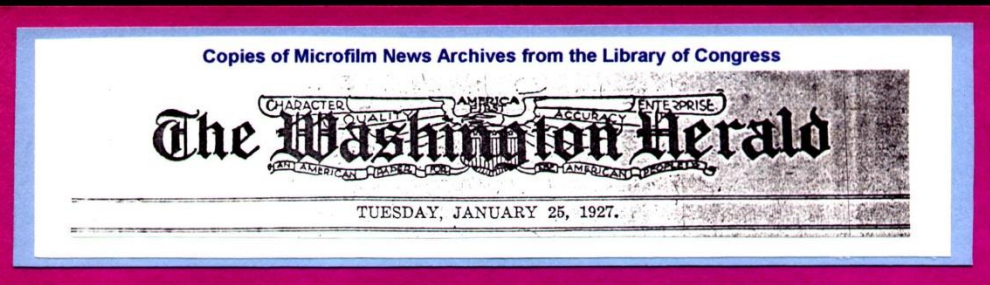
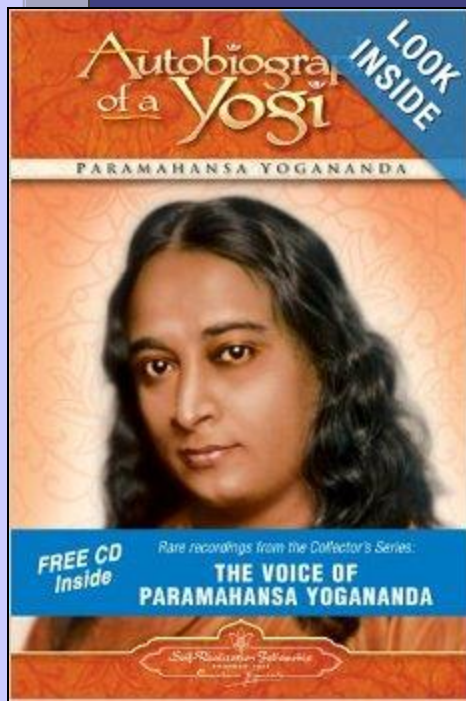


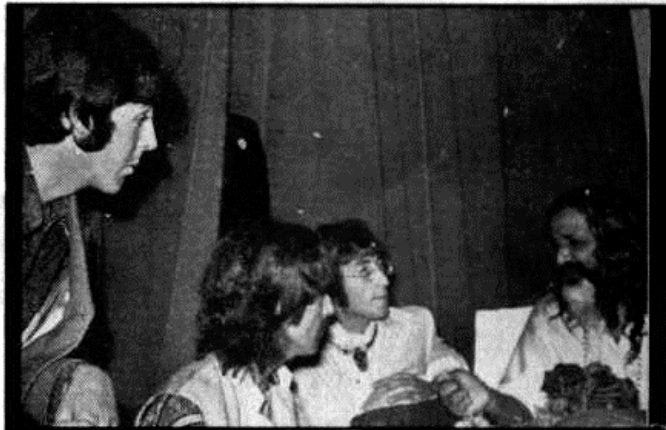
**Founded Self-Realization Fellowship,
Los Angeles CA in 1925**

Yogananda was the first swami from India to come to the West to teach yoga. Packed auditoriums like Carnegie Hall

1927

Yogananda at the White House, Washington DC





1963

The Science of Being and Art of Living by Maharishi Mahesh Yogi is published in London (US - 1968)

Leaving the Himalayas, Maharishi creates an international “Spiritual Regeneration Movement” with meditation centers in all major cities of the world, to establish joy, peace and serenity.

MAHARISHI

is the bearded, flower-decked, toga-clad Hindu monk who comes miles from the cover of LOOK magazine and East Village billboards. His disciples include the Beatles, Mia Farrow, clergies, jazzmen, swingers and seekers. His message is individual joy and serenity and worldwide peace through

TRANSCENDENTAL MEDITATION

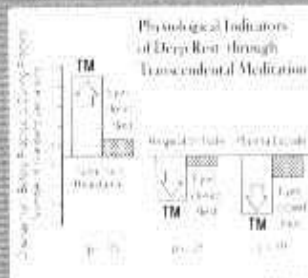
This is the only book in which Maharishi describes the practices and techniques which have won him an international following.



Here, in his own words, are the methods which have led so many toward a liberating self-realization by the guru who

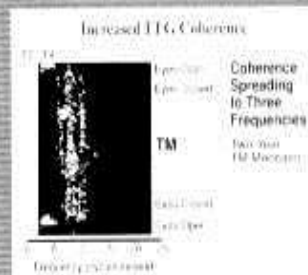
Seen here with **the Beatles** and also with **Mia Farrow**

Building High Performance People



Deep Rest

During the practice of Maharishi's Transcendental Meditation the body enjoys a unique level of rest and relaxation



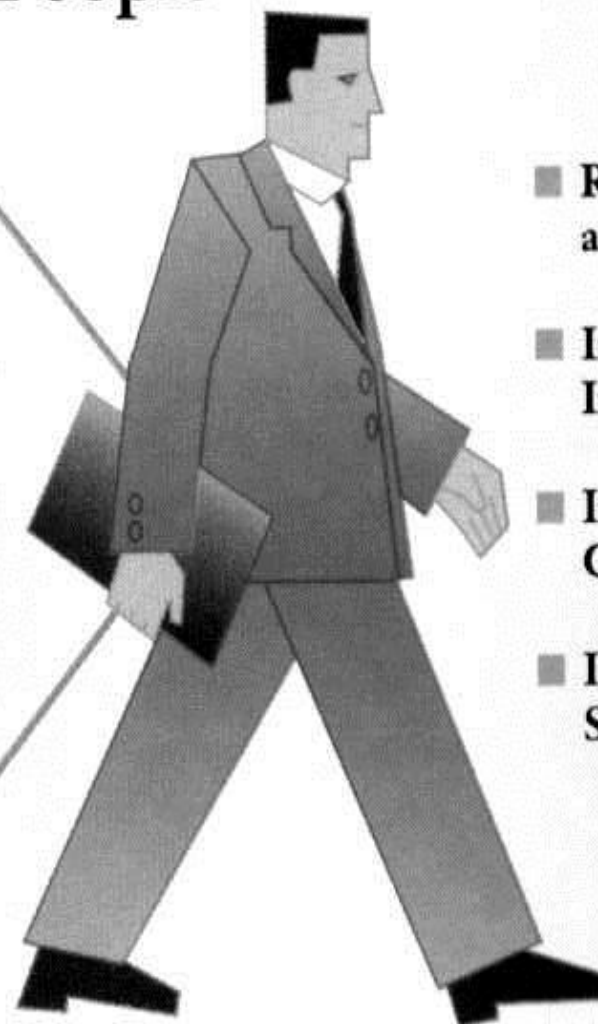
Brain Wave Orderliness

While the body gains deep rest, the brain becomes more orderly than in any other state of consciousness

■ These two signs—deep rest plus maximally orderly brain waves—indicate a fourth state of consciousness, transcendental Consciousness.

REFERENCE: 1) Wallace, et al., *American Journal of Physiology*, (1971) 221(3): 795-799.

2) Banquet, *Electroencephalography and Clinical Neurophysiology* 33 (1972): 454.



■ Reduce Stress and Tension

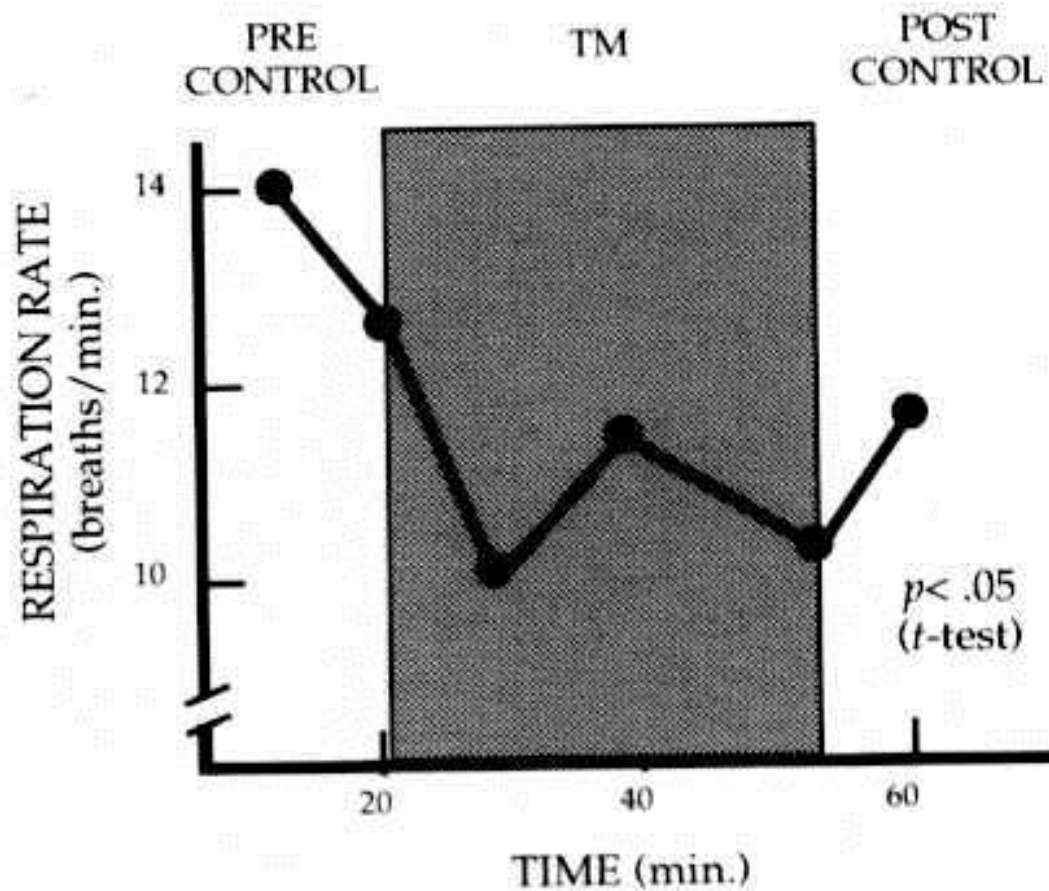
■ Increase Intelligence

■ Increase Creativity

■ Increase Satisfaction

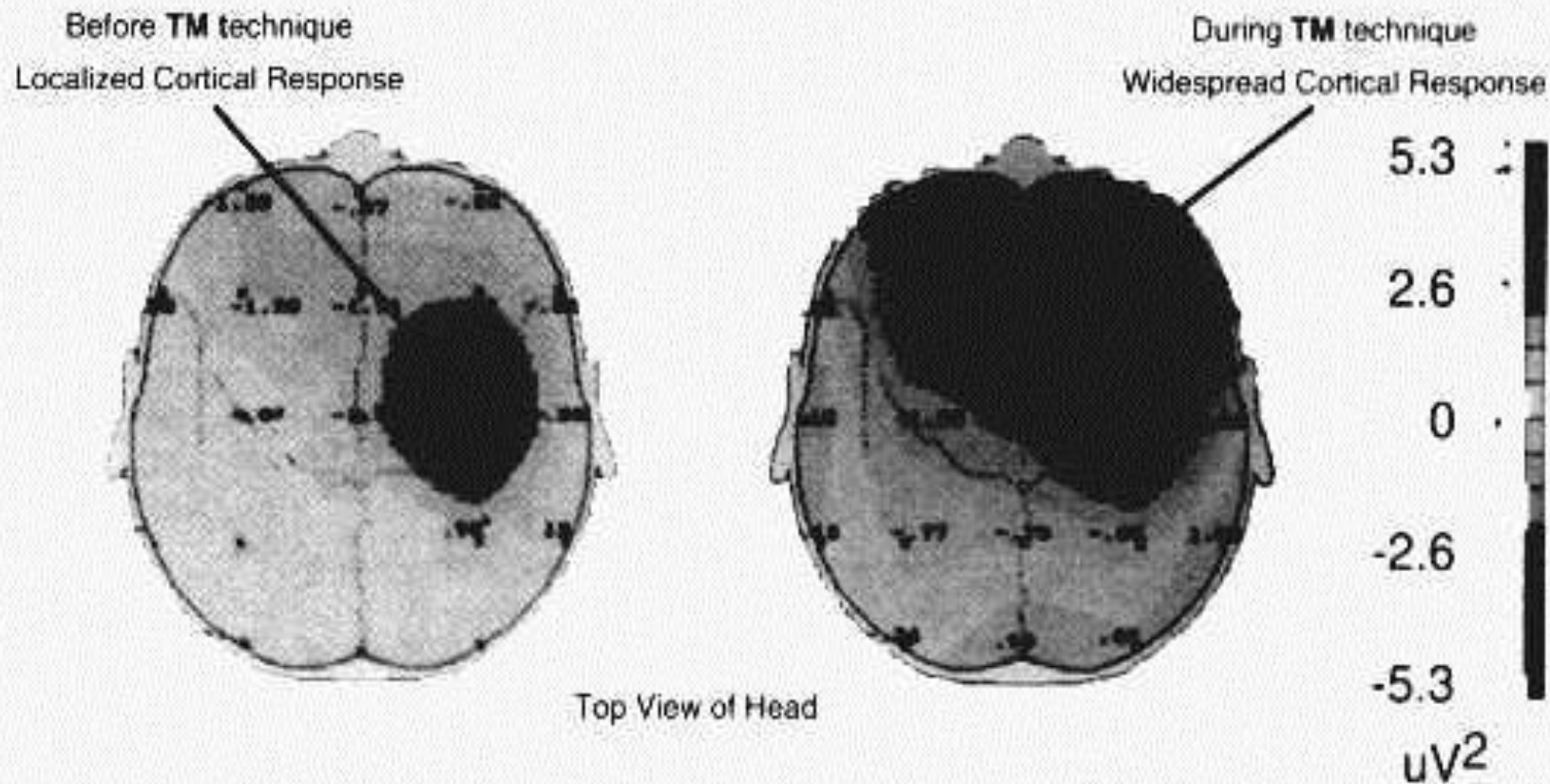
NATURAL CHANGE IN BREATHING

LOWER BREATH RATE

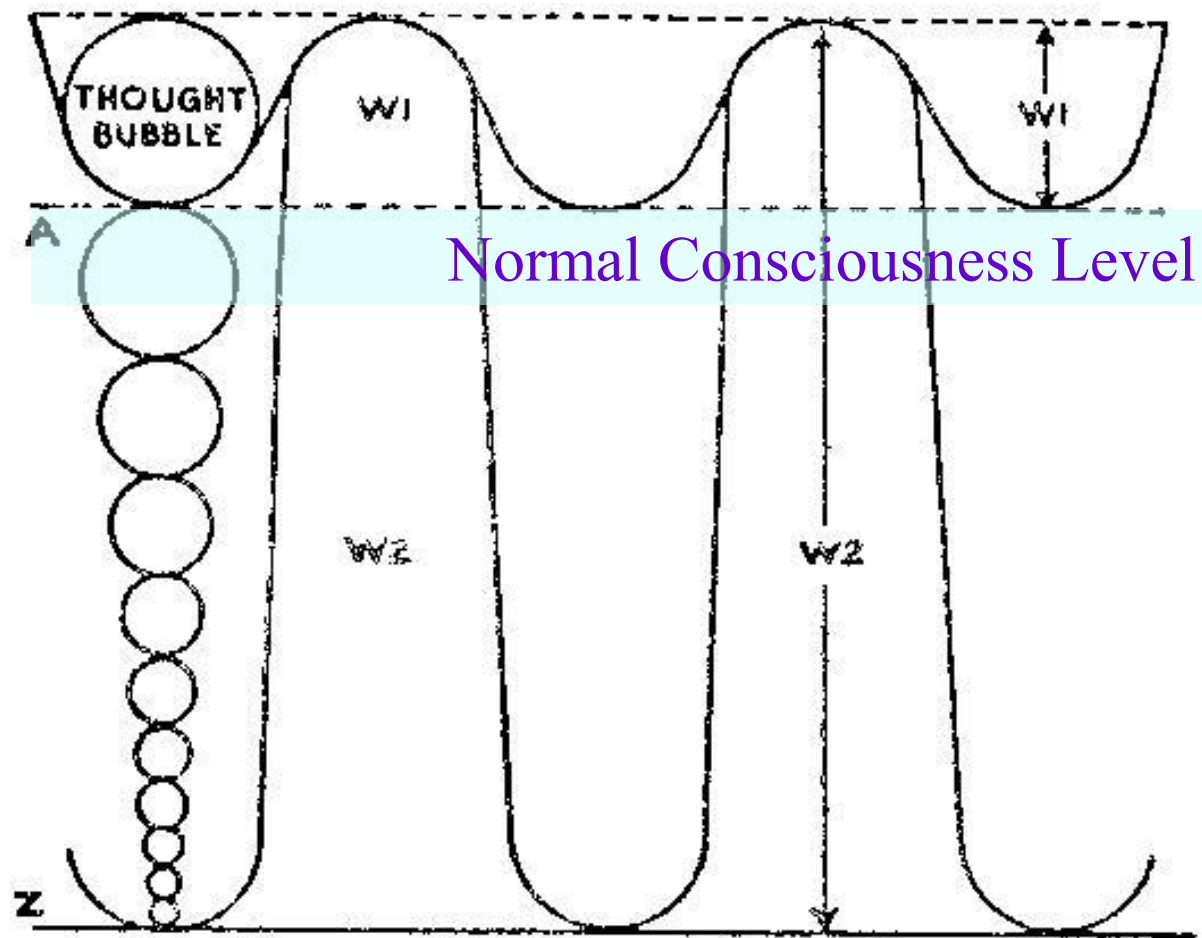


SCIENTIFIC RESEARCH ON THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMS

Mobilization of the Latent Reserves of the Brain THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



TM Main Principle – Water Wave Thoughts vs. Deep Sub- Surface Thoughts

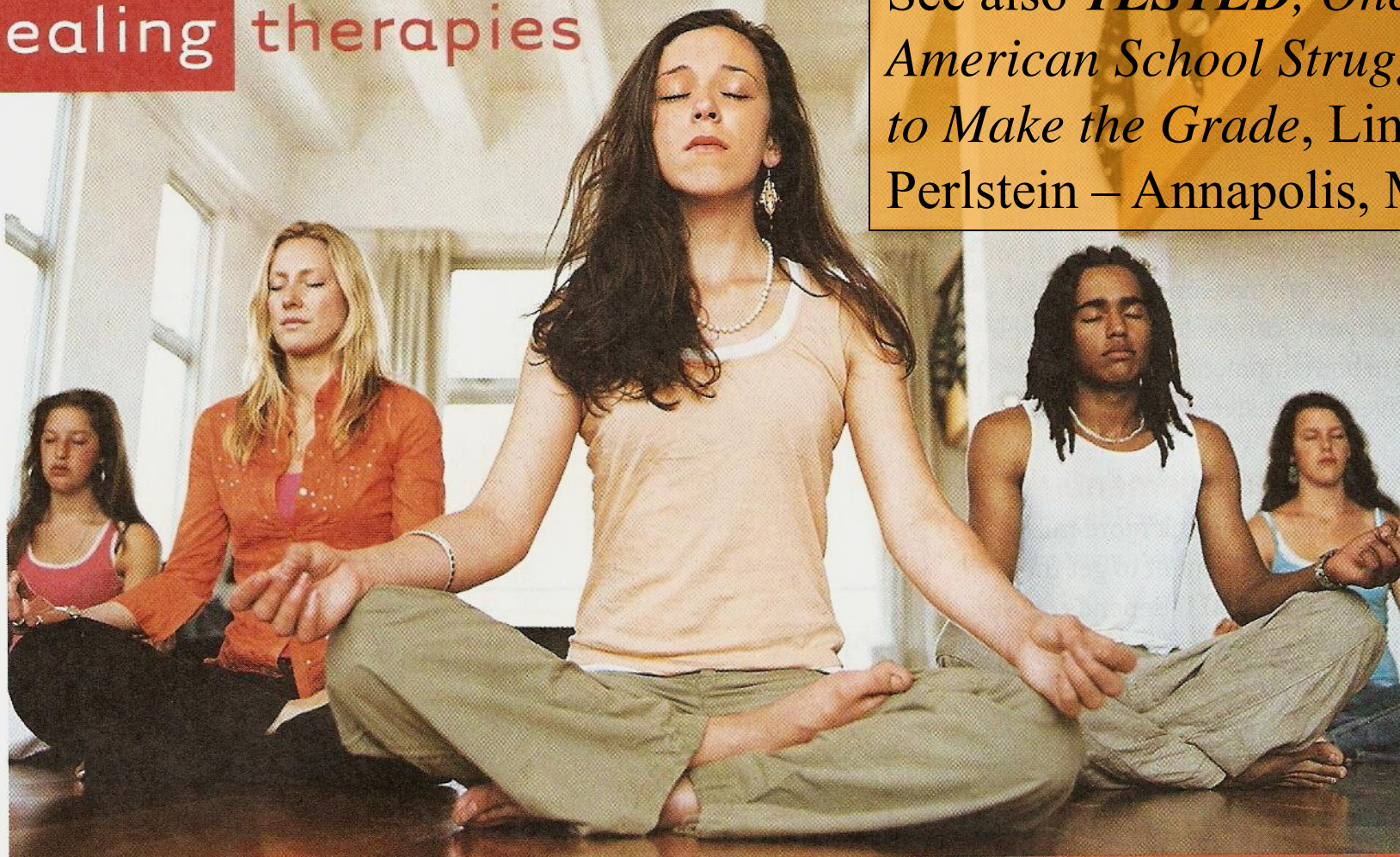


THE MAIN PRINCIPLE OF TRANSCENDENTAL DEEP MEDITATION

The bubble of thought rising from the level Z, becomes bigger (see illustration). By the time it reaches the surface level A, it has developed enough to be appreciated as a thought. This is the level of the conscious mind.

healing therapies

See also *TESTED, One American School Struggles to Make the Grade*, Linda Perlstein – Annapolis, Md



A brief meditation break twice a day can help kids reduce stress—and improve their grades.

Natural
Health
magazine

July/Aug 2007

A Hollywood

TM makes the grade

CAN MEDITATION help schoolchildren improve their grades and sail serenely through the storms of adolescence? Filmmaker David Lynch, who credits 30-plus years of Transcendental Meditation with unleashing his creativity, thinks so.

Meditation Training Summary

- **- WHAT YOU WILL LEARN TODAY -**
- **Why should we practice daily meditation?**
 - Scientific discoveries of meditation benefits
 - History of meditation in the U.S.
- **Breathing Exercise #1**
- **Affirmation Exercise #2**
- **Visualization Exercise #3**

Bonus Feature: Power Meditation Technique

FORTUNE

SMALL BUSINESS

GREEN PREPARES
for a client meeting
in San Diego.



Yoga Helps Me Focus

I've built Bikram into my work schedule, even when I travel. It helps me deal with clients—and with stress. **BY MICHAEL GREEN**

Why
for
To give
us how
your time
write to
time in
visit fs



Stretch First

Oxygenate the body by
breathing deeply and
stretching, which also
signals the muscles to
RELAX.....



Check for
mortgage
bounces



STRESS

HOW STRESS AFFECTS THE IMMUNE SYSTEM

Stress also boosts cortisol which in excess, kills brain cells – Dr. Khalsa

Hypothalamus

Thymus

Suppresses
T-cell
manufacture.

**Autonomic
nervous
system**

Spine

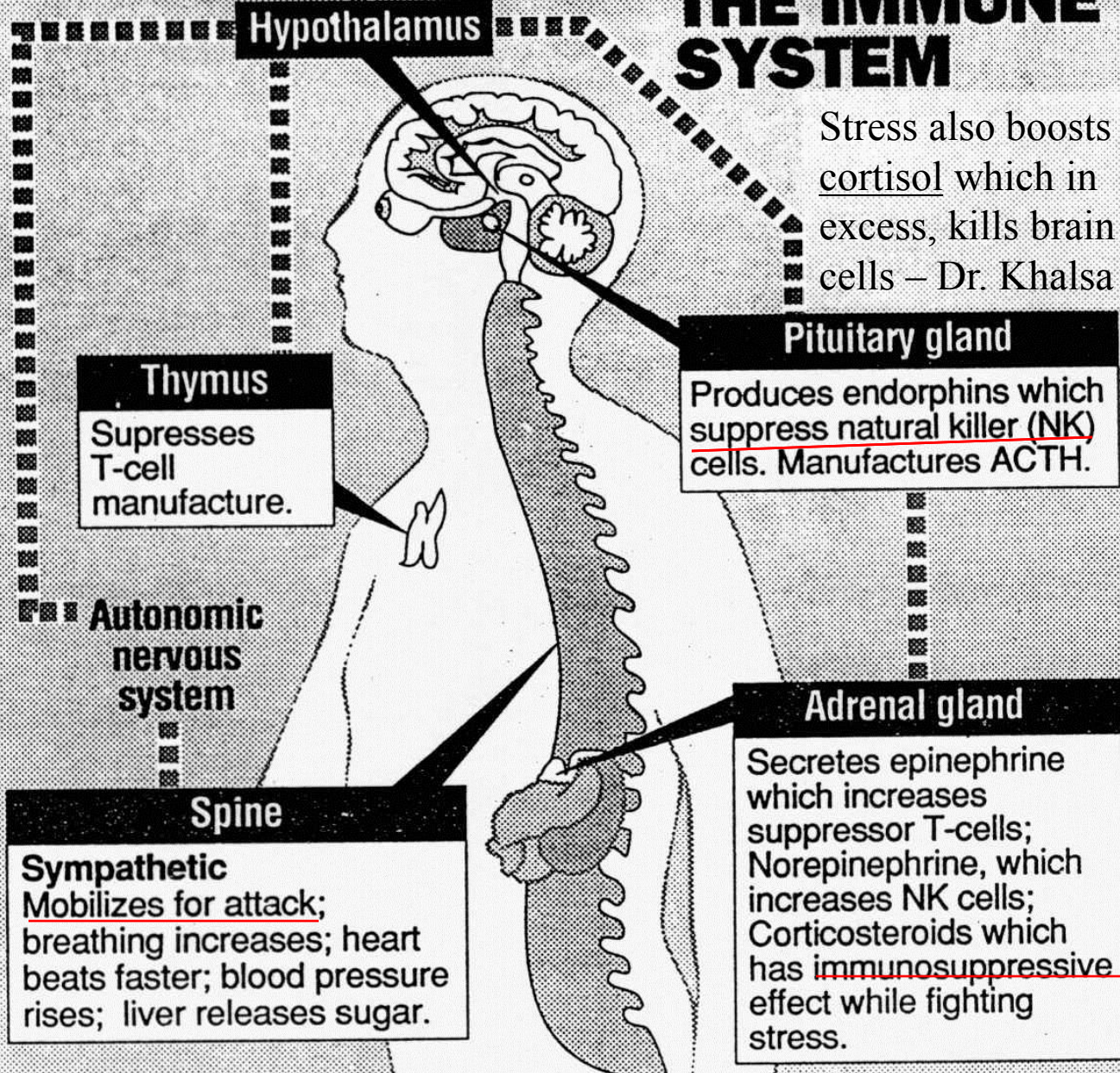
Sympathetic
Mobilizes for attack; breathing increases; heart beats faster; blood pressure rises; liver releases sugar.

Pituitary gland

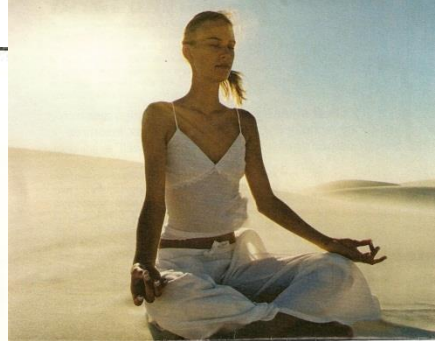
Produces endorphins which suppress natural killer (NK) cells. Manufactures ACTH.

Adrenal gland

Secretes epinephrine which increases suppressor T-cells; Norepinephrine, which increases NK cells; Corticosteroids which has immunosuppressive effect while fighting stress.



The #1 health habit you're not doing...yet



Only 13 percent of SELF readers meditate regularly, but two thirds of you say you'd be willing to give it a try. What's holding you back? Avoid your biggest roadblocks to inner peace and find your way om.

“ROADBLOCK 1 *I don't know how.*”

Twenty-nine percent of you merely need instruction, so here goes: Pick something simple and recurring to focus on, a mantra. “It could be your breath, a prayer or a saying, like, ‘May this be a good day,’” says Hanson, who teaches meditation. Then repeat it in your head as long as you can, up to 20 minutes. “If you get distracted, that's OK,” he says. Gently refocus until the mantra has recaptured your attention.

“ROADBLOCK 2 *I have no time.*”

Stop everything to do nothing? No can do, say 18 percent of you. Luckily, you may get benefits from meditating for as little as five minutes. If even that's a stretch, you can reduce stress simply by doing daily chores more mindfully. “Staying steadily, attentively present with everyday tasks such as doing the dishes or brushing your teeth can be a calming, informal kind of meditation,” Hanson says.

“ROADBLOCK 3 *I can't sit still.*”

Patience is the issue for 36 percent of you. Instead of fostering a quiet mind, meditation sets off a mental ticker tape of to-do and should-have-done lists. If you're a fidgety or anxious type, try a walking meditation, Hanson says. As you stroll, focus on the sensation of breathing or on your footfalls. Walking not active enough? Yoga, tai chi and jogging can all elicit the relaxation response.

Recent Research Results

- 1) Dramatic 23% reduction in death **from all causes**
- 2) Thickens **prefrontal cortex** thereby reversing the usual cortical thinning that occurs with age
- 3) More **gray matter** in regions of brain important for attention, emotion regulation, mental flexibility
- 4) Lowers **blood pressure**, stress (lactate, cortisol)
- 5) Lowers **heart rate**; breathing rate and metabolism
- 6) Improves vision, hearing, youthfulness, **vitality**

(1) *Natural Health*, Nov. 2005, (2) *New Scientist*, Nov. 26, 2005, (3) *NeuroImage Jour.*, Dr. Luders, 2009, (4) *Diabetes Forecast*, Nov. 2005, (5) *British Med. J.*, May 17, 2003, (6) *Brain Longevity*, Dr. Khalsa, 2001

21st Century

NewScientist

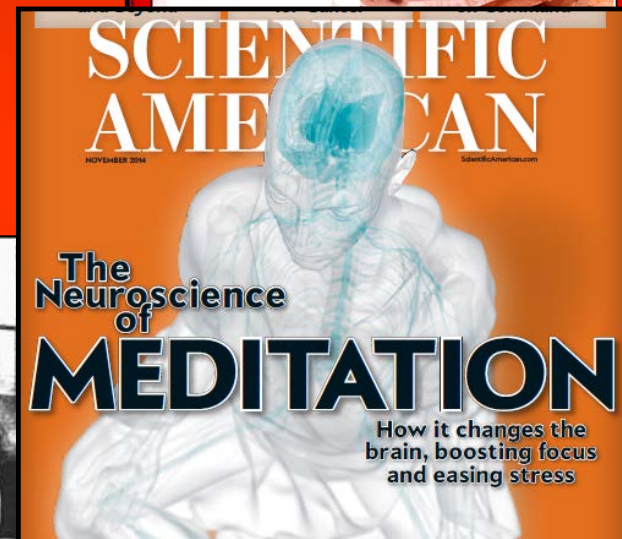
- more gray matter in attention – 6/10
- improves mind/body – 2/3/10
- really reduces stress – 10/13/07
- builds up in the brain – 11/15/05
- reverses cortical thinning – 11/26/05



Yoga Journal
Nov., 2009

and June, 2010

“How meditation
trains your brain”



Scientific American

Nov. 2014

“Neuroscience of
Meditation”



TIME Jan. 2006
“How to Get
Smarter”

Meditate on This New Finding

Anybody who practices the ancient art of meditation will tell you it helps them feel more relaxed and attentive. But does it also enhance performance?

Bruce O'Hara, an associate professor of biology at the University of Kentucky, and graduate student Prashant Kaul wanted to find out, so they devised a study to see how meditation might affect the ability to do a boring task during the mid-afternoon, a time when attention often flags. O'Hara and Kaul used a "psychomotor vigilance task," which has long been used to quantify the effects of sleepiness on mental acuity. The test involves staring at a computer screen and pressing a button as soon as a lighted image pops up.

Typically, people take 200 to 300 milliseconds to respond, but sleep-deprived people take much longer, and sometimes miss the stimulus altogether. Ten UK students were tested before and after 40 minutes of either sleep, meditation, reading, or light conversation, with all subjects trying all conditions.

The results surprised O'Hara. "We found that meditation was the only intervention that immediately led to superior performance, even though none of the volunteers were experienced at

meditation. Every single student who meditated showed improvement," says O'Hara. But, he admits, "Why it improves performance, we don't know."

But what about the heralded power nap? Didn't it fare at least as well as meditation?

"No, everybody got worse with a nap," says O'Hara, "because we had the volunteers start the test immediately after they woke up. A 40-minute nap does tend to improve performance, but only after an hour or so to recover from grogginess."—JW

Bruce O'Hara,
associate professor of
biology, with graduate



U of Kentucky Prof. Bruce O'Hara

"Meditation makes you perform better"

"Every single student who meditated showed improvement"

"Changes the structure of the brain"

"Only intervention that immediately led to superior performance"
...despite no prior experience!

"The improvement was even more dramatic after a night without sleep"

- - New Scientist, 11/15/05

Meditation May Alter Brain, Delay Aging

Wednesday, November 16, 2005

By Salynn Boyles

WebMD

Share:     



Early research suggests that daily meditation can alter the physical structure of the brain and may even slow brain deterioration related to aging.

The study showed that parts of the brain known as the cerebral cortex were thicker in 20 people who meditated for as little as 40 minutes a day, compared with 15 people who did not meditate.

The region plays a critical role in decision making, working memory, and brain-body interactions, researcher [Sara Lazar, PhD](#), tells WebMD.

Lazar is a research scientist at Harvard Medical School's Massachusetts General Hospital. She presented the study at Neuroscience 2005, the annual meeting of the Society for Neuroscience. It also appears in the latest issue of the journal NeuroReport.

Dr. Sara Lazar

Harvard Medical School

NeuroReport, 2005

FoxNews, 11/16/05

New Sci., 11/26/05

- Meditation increases thickness of the cortex in gray matter involved in attention and sensory processing
- **“You are exercising while you meditate”**
- Not new neurons but “wider blood vessels, more supporting structure such as glia and astrocytes and increased branching and connections”

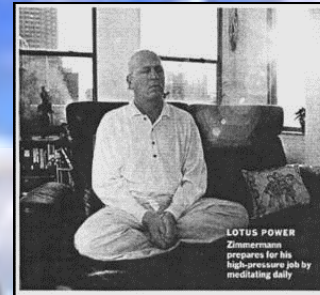
“Not
just
sitting
there
...”

“How to Get Smarter, One Breath at a Time”

Time, January 16, 2006, p. 93

- Why meditation is good in the workplace -

- “Meditation is my secret weapon” – stockbroker
- “thicker gray matter” – Dr. Lazar, Mass. Gen. Hosp.
- “med. helps regulate attention” – Dr. Davidson, U of Wisconsin
- “psychomotor vigilance, 10% better” – Dr. O’Hara, U of Kentucky
- Deutsche Bank, Google, Tower Co. and Hughes Aircraft offer meditation classes to their workers
- “Meditation helps regulate emotions”
- “Meditation helps people get along”
- “Meditation improves productivity”
- “Meditation prevents stress-related illnesses”
- “Meditation reduces absenteeism”



"A must-read for everyone interested in defending themselves
against age-related loss of memory and other mental functions."

—ANDREW WEIL, M.D.

The Breakthrough Medical Program
that Improves Your Mind and Memory


BRAIN LONGEVITY

Regenerate Your Concentration,
Energy, and Learning Ability for a
Lifetime of Peak Mental Performance

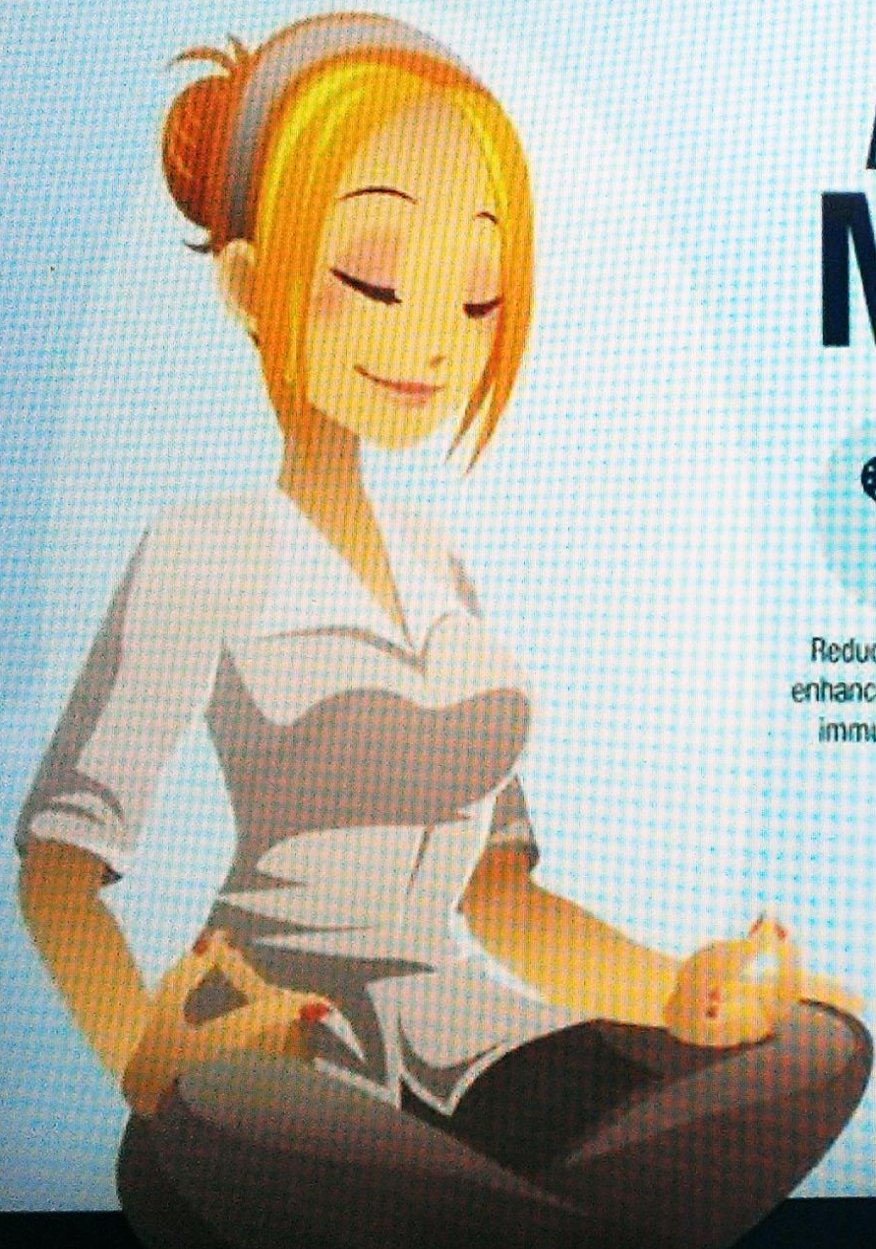
DHARMA SINGH KHALSA, M.D.
with Cameron Stauth

Dr. Khalsa, author of *Brain Longevity*, finds that Meditation creates the following:

“Optimal Cognitive Function”

A <u>Decrease</u> In:	An Increase In:
<i>Oxygen consumption</i>	Healthspan
<i>Blood lactate-CLICK</i> 	Lifespan
<i>Heart rate</i>	Hearing
<i>Blood pressure</i>	Vision
<i>Respiration rate</i>	Youthfulness
<i>Cortisol production</i>	Vitality

Benefits Of **MEDITATION**



Reduces pain and enhances the body's immune system.



Reduces feelings of depression, anxiety, anger and confusion.



Increases blood flow and slows the heart rate.



Provides a sense of calm, peace and balance.



Helps reverse heart disease.



Helps control thoughts.



Increases energy.



Reduces stress.

Meditators are More Healthy

- **“Meditate That Cold Away”** – U of Wisconsin-Madison, 150 participants, eight weeks of meditation practice, missed 76% fewer work days from September through May than control.
- *Annals of Family Medicine*, 2012 and *Sci. Amer. Mind*, 2012
- **“Meditation Boosts Genes that Promote Good Health”** – Dr. Herbert Benson (*PLoS One & New Sci.*, 2013)
Taking samples of blood before and after meditating for 10 to 20 minutes*
 - 1) prevention of telomere shortening on DNA thus preventing aging
 - 2) beneficial genes became more active
 - 3) improved efficiency of mitochondria – the powerhouse of cells
 - 4) boosted insulin production for control of blood sugar
 - 5) NF-kappaB master gene less active which triggers inflammation, high blood pressure, heart disease, bowel disease, and cancer

* **“breathing exercises, reciting words, and attempts to exclude everyday thought”**

Suggestions

- ❖ Watch the breath
- ❖ Let heart and breath become imperceptible
- ❖ Focus on mantra and let thoughts go by
- ❖ Retreat to spine and brain

Feedback

- Tingling in center of forehead
- Lights or light in field of view or above (eyes closed)
- Inspirational ideas about unresolved problems
- Improved intuition

Exercise #1 10-10-10 BREATHING

Oxygenating Conscious Control of Breath

Close Eyes INHALE deeply	Closed Eyes HOLD & LOOK UP	EXHALE slowly
To a Count of 10	To a Count of 10	To a Count of 10

Conscious Effects on the Autonomic Nervous System

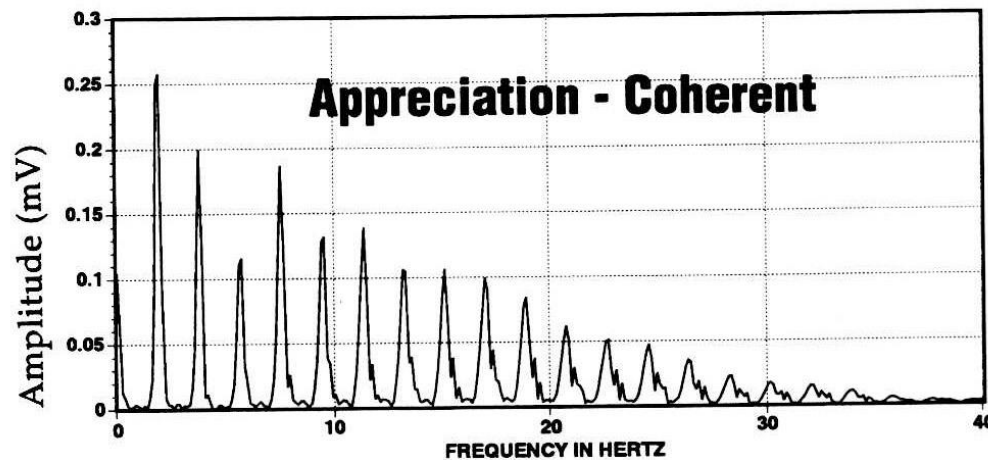
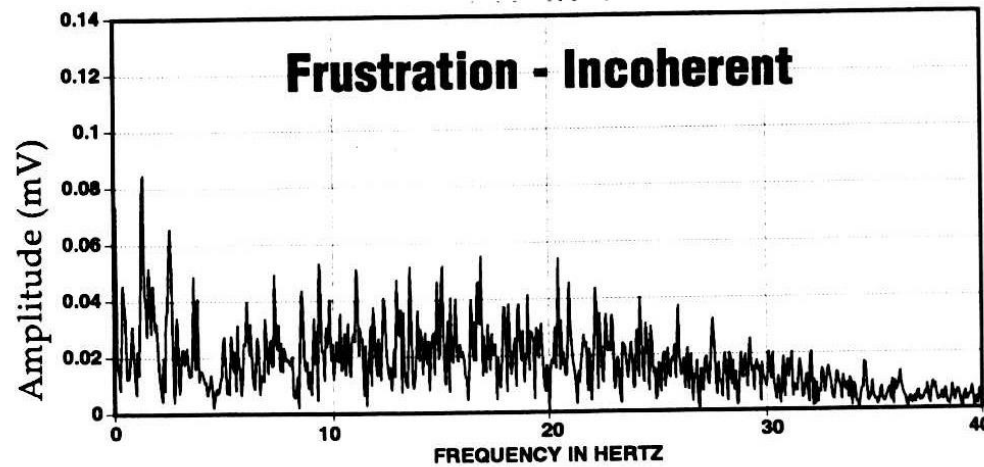
Incoherent ECG

versus

**Coherent heart spectrum
2 Hz**

*Institute for Heart Math
Boulder Creek CA*

*Amer. J. Of Cardiology,
V. 76, N. 14, 1995*



The top graph is a typical spectrum analysis of the electrocardiogram (ECG) showing the electrical frequencies generated by the heart when a person experiences *frustration*. This is called an **incoherent spectrum** because the frequencies are scattered and disordered. The bottom graph shows the frequency analysis of the ECG during a period when the person is experiencing deep, sincere *appreciation*. This is called a **coherent spectrum** because the power is ordered and harmonious.

The American Journal of Cardiology[®]

VOL. 76 • NO. 14 • NOVEMBER 15, 1995 • PAGES 1089-1093

The Effects of Emotions on Short-Term Power Spectrum Analysis of Heart Rate Variability

Rollin McCraty¹, Mike Atkinson¹, William Tiller², Glen Rein¹, and Alan D. Watkins³

This study utilizes heart rate variability analysis to examine a new method of intentionally shifting emotional states, and demonstrates that positive emotions lead to alterations in sympathovagal balance that may be beneficial in the treatment of hypertension. Anger, on the other hand, was shown to significantly increase sympathetic activation.

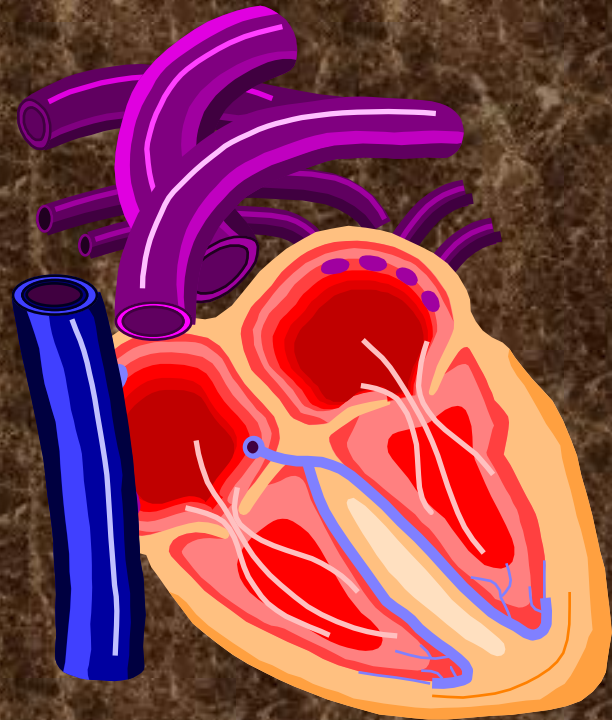
From the Institute of HeartMath, Research Division, Electrophysiology Lab. Please direct correspondence to:
(1) Rollin McCraty, IHM, 14700 West Park Avenue, Boulder Creek, CA, 95006, 408-338-8700, fax 408-338-1182,
e-mail ihmlab@netcom.com.

(2) Stanford University, Stanford, CA 94305-2205

(3) Dept. University Medicine, Southampton General Hospital, Southampton, England

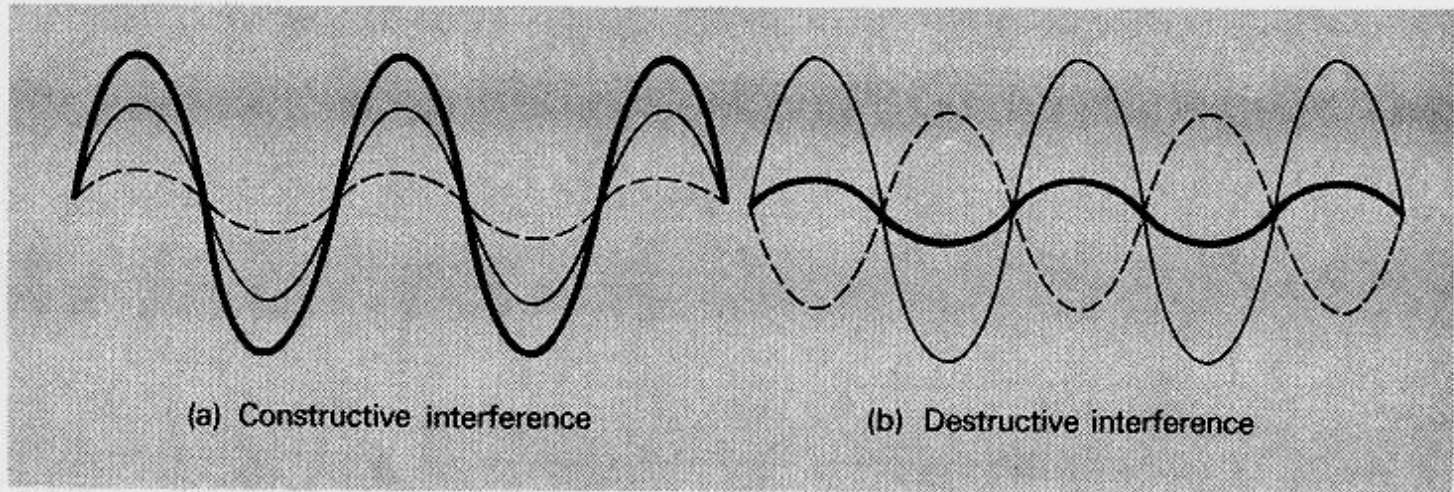
**“The Effects of Emotions
on Short-Term Power
Spectrum Analysis of
Heart Rate Variability”**

- McCraty, et al.



SUPERPOSITION PRINCIPLE OF RESONANT FREQUENCIES

Fig. 22-9 The superposition principle.

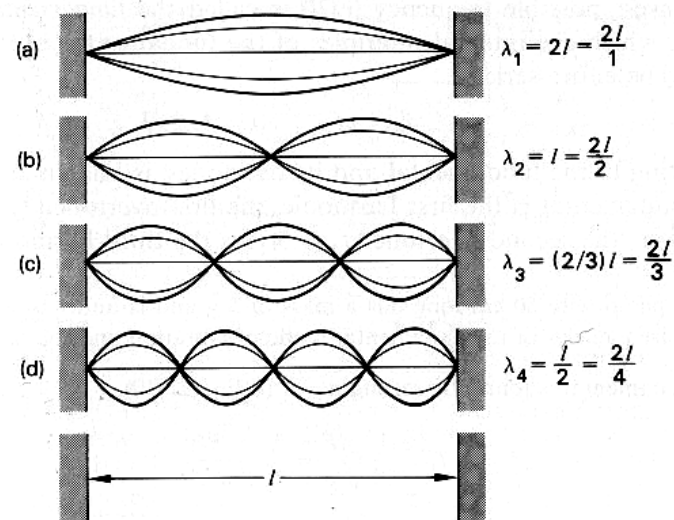


Meditation has been shown to affect the brain's **EEG** patterns in the same way that characteristic musical **resonant frequencies** superimpose with **CONSTRUCTIVE** harmony

22-8 CHARACTERISTIC FREQUENCIES

Fig. 22-12 Possible standing-wave patterns in a vibrating string.

Let us now consider the possible standing waves which can be set up in a string of length l whose ends are fixed, as in Fig. 22-12. When the string is set into vibration, the incident and reflected wave trains travel in opposite directions with the same wavelength. The fixed end points represent *boundary conditions*



Resonant frequencies in a guitar string

Meditation is found in every religion such as Chinese Taoism, Islamic mystical tradition, Sufi tradition, Buddhist monks and followers, Zen archers, Jewish Kabbalah mystics, Christian contemplatives, and today, almost all champion sports athletes who practice intensely.

Spiritualized Meditation Study: “God is love” or “God is peace”, 20 minutes a day for two weeks, **withstood pain better** - J. Behav. Med. & New Sci., 9/2/05



Dr. Norman Vincent Peale, Best Seller in 1952

The Power of Positive Thinking

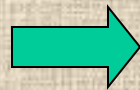
Affirmation, Visualization, Meditation and Prayer

Same in Dr. Wayne Dyer's 2004, ***The Power of Intention***

**Click for
excerpt**



Airports often combine both meditation and prayer rooms since they are complimentary



Is Meditation Powerful Enough?

“Occasionally my patients will add various elements of their brain longevity programs one at a time, and will **delay** their participation in meditation. Sometimes they put off meditation for a week or two, because it **seems exotic** to them, particularly if they are older patients who have never meditated. But when they do finally begin to meditate, they **invariably** report to me that the meditation ‘took them to a new level.’ **Meditation is really that powerful.**” D.S. Khalsa MD, *Brain Longevity*, 1997

Sleep Replacement - Red Eye plane trip story
Insomnia solution – Sit up and meditate - Valone



Bernard Siegel, M.D.

Surgeon, Professor, Yale Univ. School of Medicine

“The physical benefits of meditation have recently been well documented by Western medical researchers...normalize blood pressure, pulse rate, and levels of stress hormones in the blood...changes in attitude...reduction in the overcompetitive Type A behavior that increases the risk of heart attack.

Meditation also raises the pain threshold and reduces one's biological age...helping people live longer and better.”

Love, Medicine and Miracles, NY, Harper and Row, 1986

Bernie is one of the top alternative medicine speakers - *American Program Bureau*

The Science of Natural Healing

Mimi Guarneri, M.D., FACC
Scripps Center for Integrative Medicine

Excerpt from lecture →



**Meditation and
deep breathing
each improve
“heart rate
variability”
which lowers
chance of heart
attack or sudden
death.**

– Dr. Guarneri

Scripps Center for Integrative
Medicine

Exercise #2 Affirmation (mantra)

REPEAT ONE OF THESE THREE (3) TIMES with breathing TO MEMORIZE

- Aum...Om...Peace...Relax...One...Tranquility ... Shalom
- **“I am ever-protected by Omnipresent goodness”**
- “I relax and cast aside all mental burdens”
- “The Lord is my Shepard”, “I am happy”, “I am joyful”
- **“I am safe, calm, and protected”**
- “God is love”, “I am sitting beside still waters”
- **“My cells have abundant life and vitality”**
- “As I radiate goodwill to others, love will come to me”
- **“Who is trying to make the mind still?”**
- “I am the master of my thoughts”

MIND OVER ARTHRITIS

Mindfulness meditation can help ease the distress of rheumatoid arthritis by increasing mental clarity and calmness.

The pain of rheumatoid arthritis (RA) begins with inflammation and joint damage. But stress and negative emotions can make the pain worse. The most effective relief strategies target both the physical and the mental components of pain.

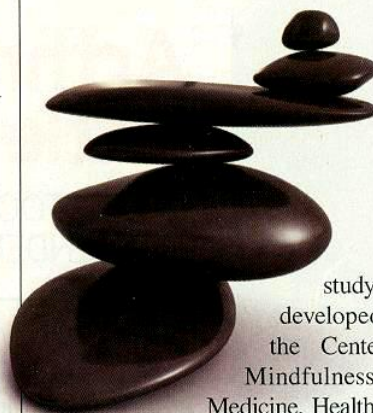
Mind-body therapies like meditation are increasingly used along with standard

domly assigned to either a group practicing MBSR or a control group. All participants continued their usual medical care. The MBSR group had eight weeks of instruction in the technique, followed by three refresher classes during the next four months. The control group was placed on a waiting list for a future MBSR class.

of one's thoughts, emotions, and physical sensations. People who practice MBSR learn to view these internal and external experiences in a non-judgmental way, with compassion for themselves and others.

Mindfulness in RA

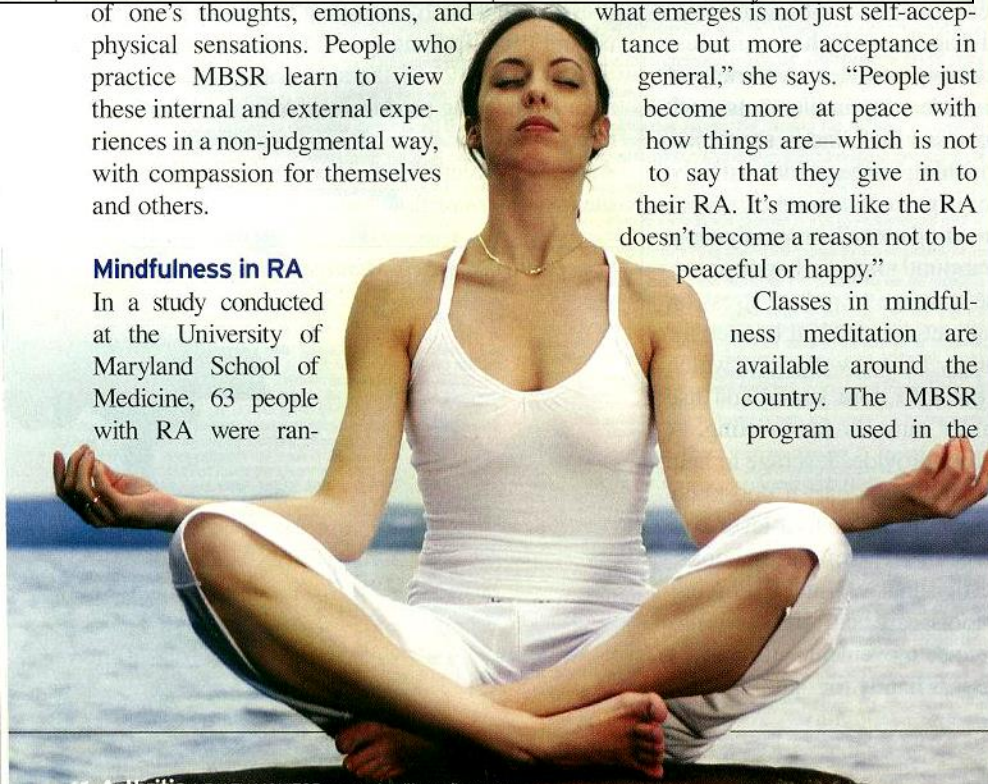
In a study conducted at the University of Maryland School of Medicine, 63 people with RA were ran-



study was developed at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. The center maintains a list of instructors, by state, at www.umassmed.edu/cfm/mbsr.

what emerges is not just self-acceptance but more acceptance in general," she says. "People just become more at peace with how things are—which is not to say that they give in to their RA. It's more like the RA doesn't become a reason not to be peaceful or happy."

Classes in mindfulness meditation are available around the country. The MBSR program used in the



A PSYCHOTHERAPIST TURNS THE POWERS OF THE MIND ON HERSELF

Wina Maria Diana, a practicing psychotherapist in Severn, Maryland, developed RA six years ago after her son was born. She joined Dr. Pradhan's mindfulness-based stress reduction study on the recommendation of her rheumatologist. After five years, she's still meditating, and she enthusiastically recommends it to all her friends and to the people she counsels in her psychotherapy practice.

"It's so much more basic than people think," she says. "It's not about candles and chanting. It's really just a very simple way of being with yourself, of being in the present."

"The concept of being in the present is so powerful for me. It has made a huge difference in the way I react, even when I'm in the worst flare-up pain. I'm sure the pain is just as intense, but it's so much easier to face when you are with it. You're not thinking, 'Is it going to be like this all night? What am I going to do?' Instead, you are very present, and it's very reassuring. If you are just present, there is a sense of peacefulness that makes everything better."

**Arthritis
Health
Monitor**
magazine

Jan/Feb. 2008

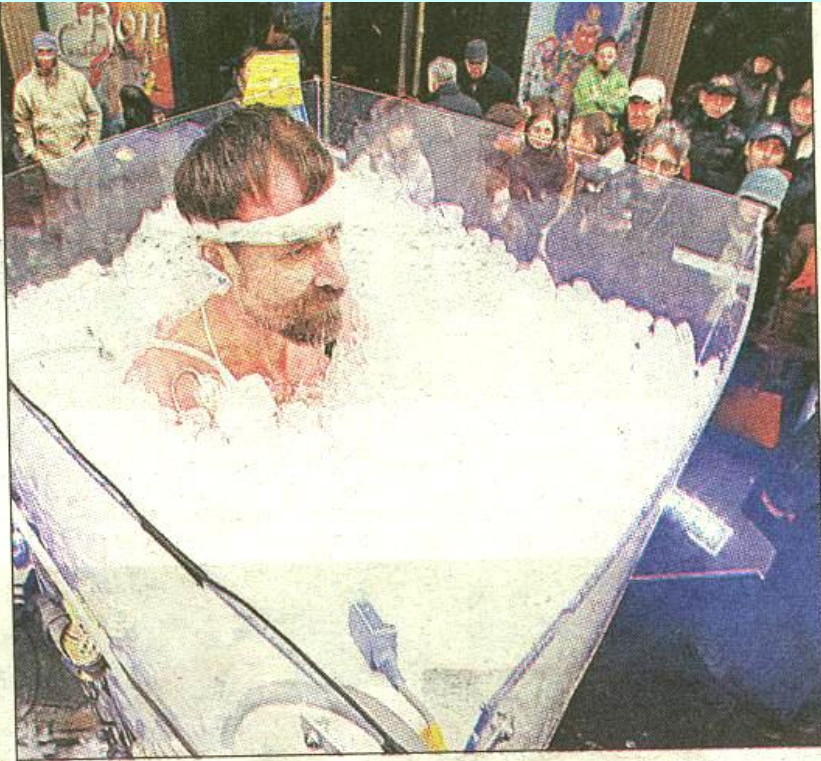
HealthMonitor.com

Power of Meditation Counters Alzheimer's

- Meditation has now been shown to **drain amyloid beta plaque** through the spinal fluid even better than sleep. Amyloid beta plaque is the chief cause of neuron tangling in the elderly brain and linked to Alzheimer's Disease.
- Latest research also shows meditators can **focus attention, concentrate better** and are less likely to wander which makes them happier people, according to studies.
- Meditation **increases heart rate variability** which strengthens the heart and helps it adapt to stress



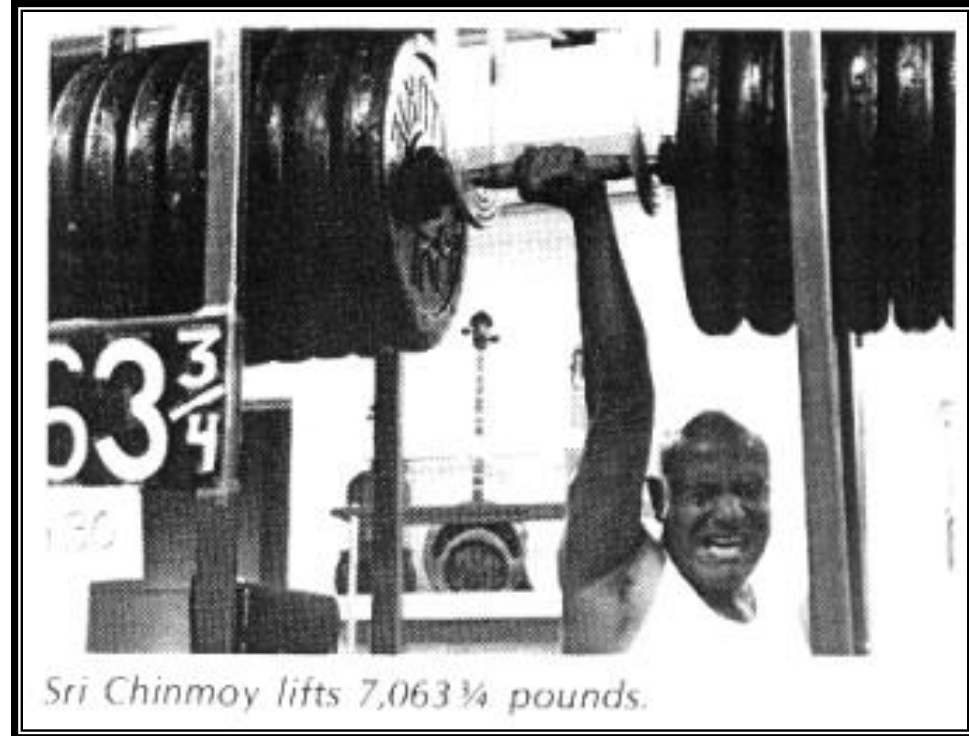
Using Power of Meditation to Concentrate



THE ICEMAN

Packing Feat

A man who calls himself a Tantric master broke his own world record by standing engulfed in ice for 72 minutes. Wim Hof, 48, stood on a Manhattan street in a clear container filled with ice for an hour and 12 minutes Saturday. Hof said he survives by controlling his body temperature through tantric meditation. Tantra is an Eastern tradition of ritual and meditation said to bring followers closer to their chosen deities. (AP)



Sri Chinmoy lifts 7,063 3/4 pounds.

Indian J Med Res 61, 11, November 1973

Studies on a Yogi During an Eight-day Confinement in a Sealed Underground Pit

L.K. Kothari*, A. Bordia** and O.P. Gupta†

Departments of Physiology, Cardiology and Pathology,
Tavindranath Tagore Medical College, Udaipur.

Continue To

MEDITATION



We should learn how to visualize our thoughts—
how to recharge them with the energy of concentration
until they become visible manifestations.

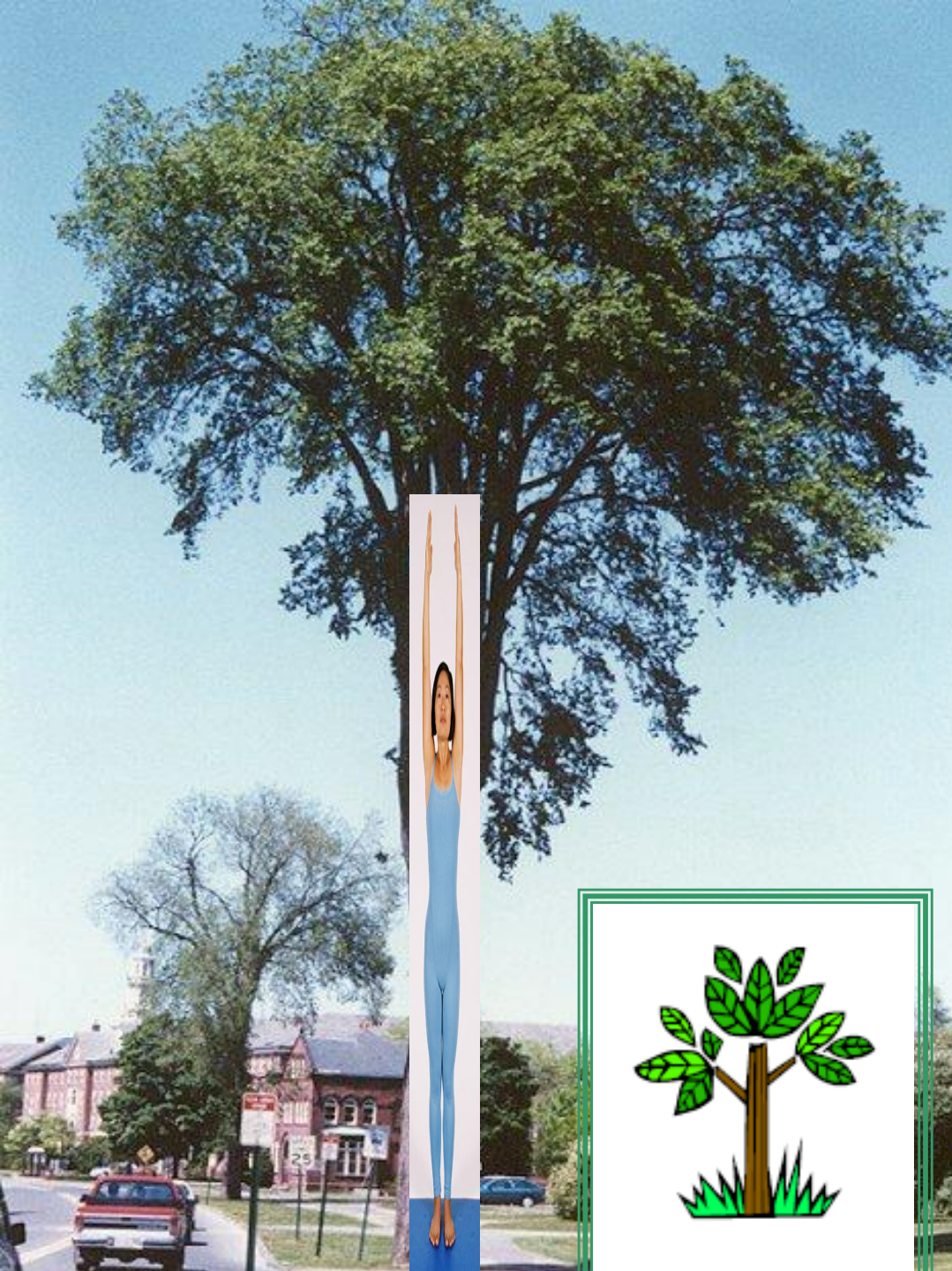
—Paramahansa Yogananda

From *Inner Reflections* engagement calendar

Exercise #3 Visualization

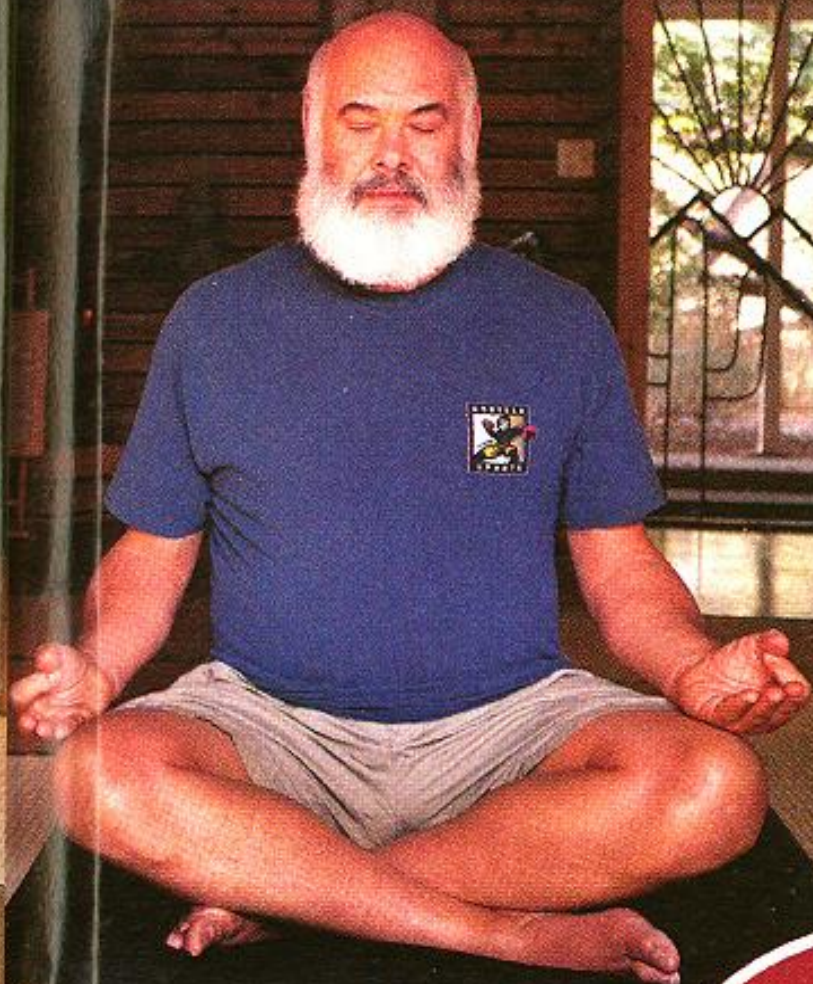
- Use visualization to counter disease, strengthen immune system and create conscious safety, calmness, protection, health and vitality – Dr. Carl Simonton
- Conceive of your mind as the **surface of a body of water** and make it quiet – Dr. Norman Vincent Peale
- Visualize the **fulfillment of your desire** as if it has already occurred – Dr. Wayne Dyer
- Visualize the **spine as a trunk of a tree** with the roots at the center of the earth and your brain's neurons as the branches growing out of the top of your head to all parts of the universe – Dr. Valone

Visualize Your
Mind as a Tree
or the Surface of
a Body of Water



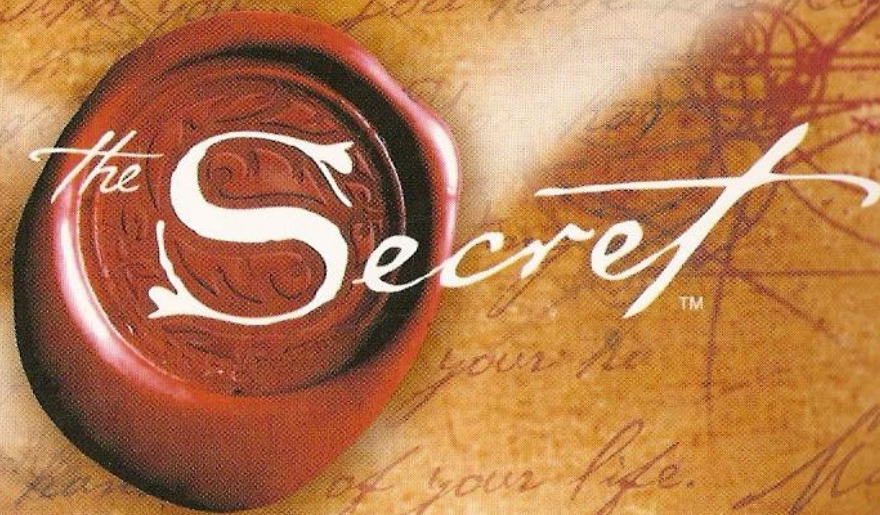


Meditation



WEIL'S WAY

The good doctor practices what he preaches at his desert home and maze near the University of Arizona Tucson



**Excerpt
from “The
Secret”
Audiobook
by Rhonda
Byrne**



Audio 1½ min. long

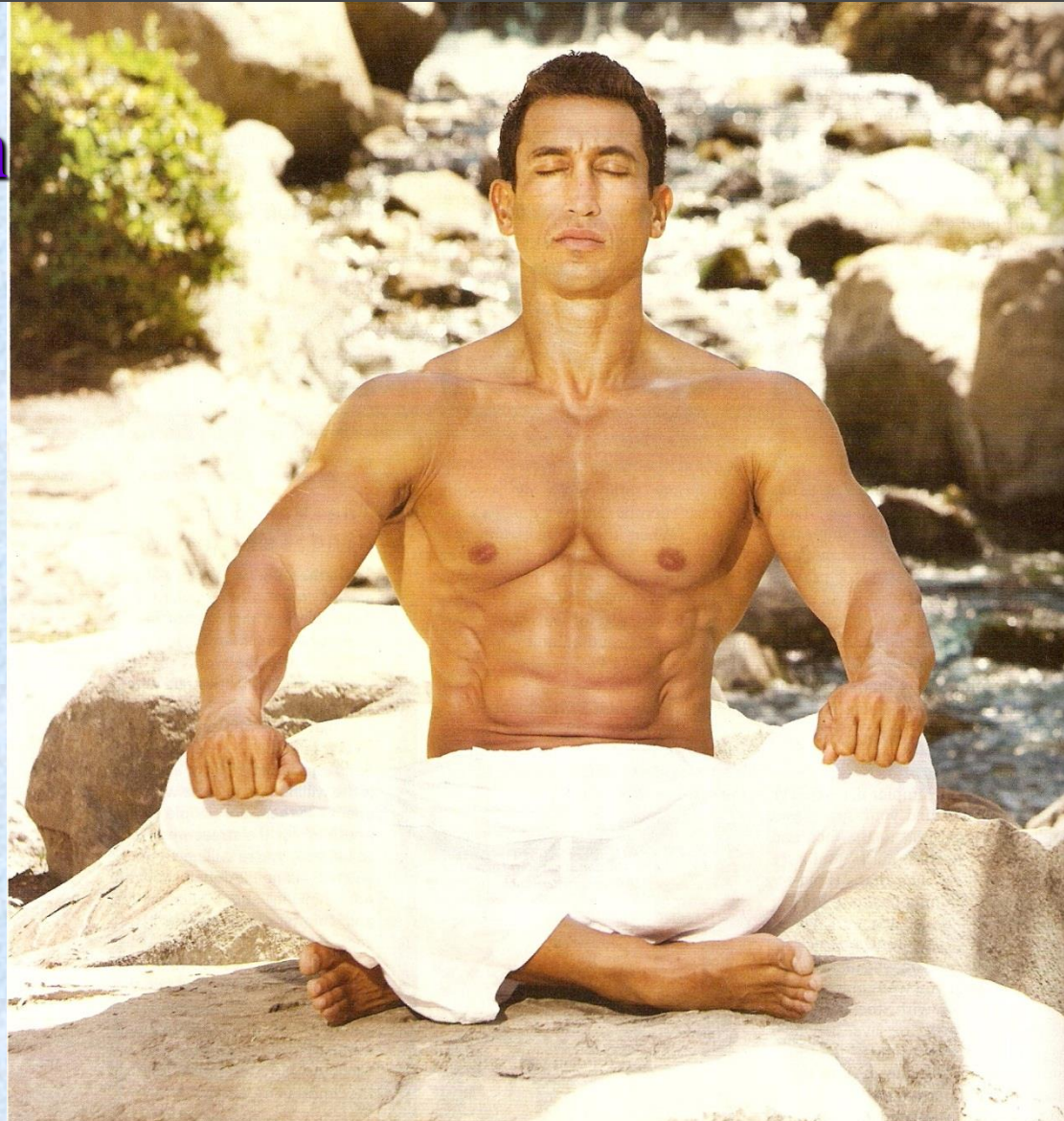
Exercise #4 Meditation

- Sit upright with eyes closed.
- **Do Breathing Exercise #1**
- Relax from top of head to bottom of feet
- **Start Affirmation Exercise #2**
- Watch the breath as you repeat mantra
- **Add Visualization Exercise #3 to #2**
- If thoughts intrude, just say, “relax” and go back to your mantra of choice



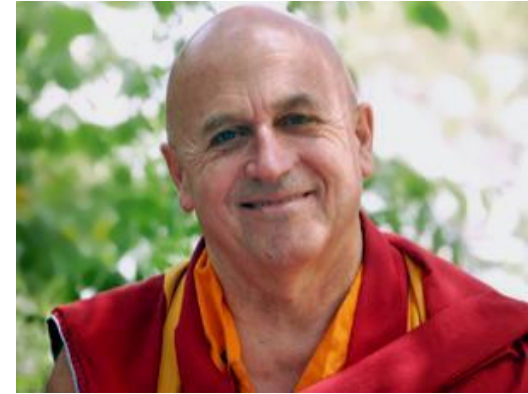
Where Can I Meditate?

- ⊕ **Meditation Room**
- ⊕ **Bus or Subway**
- ⊕ **Office Cubicle**
- ⊕ **Restroom Stall**
- ⊕ **Living Room**
- ⊕ **Bedroom**



How Long Should I Meditate?

- Dr. Matthieu Ricard, molecular biologist, author of the #1 best selling book in France, *The Art of Meditation*, says:
- **20 minutes a day** – reduction of anxiety, stress, angry tendencies, and depression
- **30 minutes a day** – strengthening of immune system, ability to concentrate, speed of healing of psoriasis and arterial tension



Dalai Lama advised him how to study meditation



Presidents Obama and Bush met the Dalai Lama

Signs of Progress in Meditation

- ✚ Peacefulness during and after meditation
- ✚ Joy and bliss as a peak experience
- ✚ Increasing mental and physical efficiency
- ✚ Occasional synchronicity
- ✚ Compassion for others
- ✚ Desire to meditate regularly and deeply
- ✚ Contact with the Divine

Modern Meditation Keys

Review of your newly acquired skill

- Do some Yoga stretching to RELAX
 1. **10-10-10 Breathing**
 2. **Mantra repetition in sync with breath**
 3. **Add Visualization to improve dynamism**
 4. **Meditate** every day for 10 to 20 minutes
- Do extra “***Power Meditation***” as needed: Inhale as you visualize a white ball going up the spine. Hold the breath and look up with the eyes closed while you count to three.

For more info see: **Patanjali's Yoga Sutras**

**yama, niyama, asana,
pranayama, pratyahara,
dharana, dhyana, samadhi**

One of the best
translations:

THE YOGA-SŪTRAS OF PATAÑJALI
IN SANSKRIT WITH TRANSLITERATION
IN ROMAN, TRANSLATION AND
COMMENTARY IN ENGLISH

**THE
SCIENCE OF
YOGA**

I.K. TAIMNI

“Meditation removes the
disturbances of the mind.”
— Yoga Sutras II.11

**MODERN
MEDITATION**

Science & Shortcuts

Thomas Valone, PhD, PE