

# **ESSENTIAL PROGRAMME**

## **HABIT 9**

**Meditation**



*...powerful habits to transform your life!*

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## Quick Guide

Habit 9 is entitled ~ **Meditation**.

**This is essential for your health and wellbeing!**

Combining relaxation and restoration, this one will do wonders for your physical, mental, and emotional wellbeing. Often misunderstood, its simply about letting go, turning off your mind and all sensory input, so you can lose yourself deep in nothingness.

**A little bit of nirvana for you 😊 practise, practise, practise!**



### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 9 ~ Meditation

*“You should meditate for 20 minutes every day unless you don’t have time, in which case you should do it for an hour 😊!” - Zen master saying.*



### 11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.
- 8 – **You're boosting your general health and wellbeing with regular exercise.**

### Meditation

This one is another **game changer!**

If you only ever did 3 of the habits (we sincerely hope you do them all 😊), this is the 3<sup>rd</sup> big one, along with optimal hydration (habit 1) and quality sleep (habit 5).

Meditation is simply about quieting the mind and disconnecting from your sensory environment.

It is all about surrendering and slowing down your brain waves to reach a relaxed state that will **do wonders for your mental, emotional, spiritual, and physical health.**

Your body will also go into healing and repair mode if you can reach a deep enough relaxed state. It takes practise at first if you're not familiar with it but is very rewarding indeed.

### Survival or Creation ~ states of mind

This part is quite important for you to understand to give you a reference of what you are trying to achieve with meditation.

We basically operate in 2 states of mind, **survival** or **creation**. Your prevailing brain wave state at any given time dictates which one you are in.



Survival state is focused on just getting by and is lower vibrational, whilst creation state is embracing and engaging life, which is higher vibrational.

Most people spend a lot of their waking state in survival which is energy depleting and wearing on the body. Too much time in survival mode starts to have a detrimental effect on the health of the body over the long term.

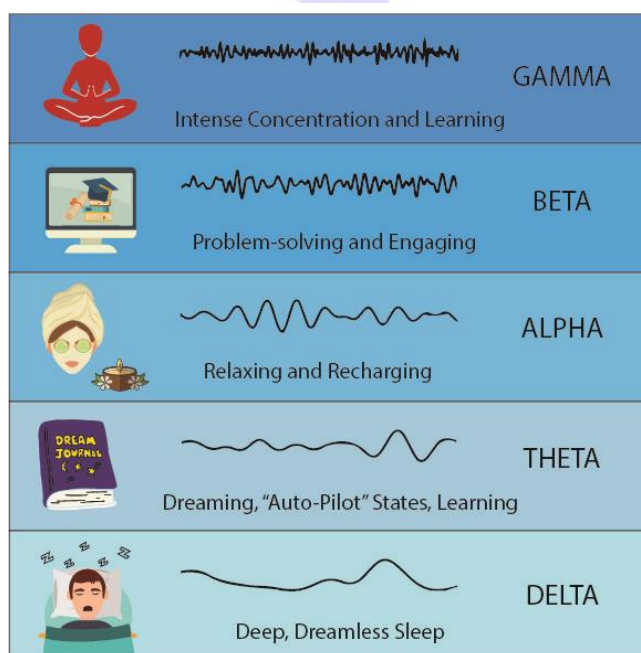
Creation state is very conducive to the body, it promotes repair, regeneration and restoration of your body and mind.











Meditation is the simple process to help you get into **creation mode**.

## Brain waves

The creation state and all the health benefits that come from meditation are all to do with your brain wave state.

The following chart shows the 5 brain wave states;



		<b>GAMMA</b> Intense Concentration and Learning
		<b>BETA</b> Problem-solving and Engaging
		<b>ALPHA</b> Relaxing and Recharging
		<b>THETA</b> Dreaming, "Auto-Pilot" States, Learning
		<b>DELTA</b> Deep, Dreamless Sleep

The highest frequency (oscillations per seconds) of brain wave is **Gamma** which ranges from 30 – 100 hertz. This state can be described as peak performance or ‘in the zone’ and fully engaged in a task.

Our normal awake state is known as the **beta** state and has a frequency range of 13 – 30 hertz. Beta, splits into low, medium, and high bands.

The **alpha** state is what occurs at the beginning of meditation as you disconnect from your (sensory) environment and turn off your thoughts. This frequency range is 8 – 12 hertz. **Alpha** state helps to calm the nervous system, lower blood pressure and heart rate.



Below alpha state is the **theta** state, its frequency range is 4 – 7 hertz. This is the barely conscious state you go through just before dropping off to sleep and just after awakening. This is also a state of heightened suggestibility.

The lowest brain wave state is **delta**, its frequency range is 0.5 – 4 hertz. This is where very deep dreamless sleep occurs and is very good for healing.

### The aim of meditation

High beta brain waves happen when you are stressed and anxious and your mind is constantly engaged in problems and how to get through each day.

High **Beta** is prime survival mode and very detrimental to health over the long term.

Between **Beta** and **Alpha** is where your analytical (thinking) mind lies. This is where you think and analyse and have thousands of thoughts every day.

All the good health related benefits of rest, regeneration and restoration happen when your brain goes from **Beta** and into **Alpha, Theta** or **Delta** as you can see from the graphic on page 55.

The **purpose of meditation is to get beyond your analytical mind**. In other words, disconnect from the sensory world of **Beta** and go within to move into **Alpha** and beyond.

Just getting into **Alpha** through meditation, will make a big difference to your general wellbeing, happiness and feeling of inner peace.

**Alpha** brain waves not only boost creativity, but they also act as a **natural anti-depressant** by helping the release of the feel-good neurotransmitter **serotonin**.

If you get into **Theta** and **Delta** states, the health benefits get even better 😊.

Your objective at all times is to get past the analytical mind (turn it off) and into the **Alpha** state as a minimum. With practice and perseverance, you can reach **Theta** and **Delta**.

### General technique

Aim for a minimum of 20 minutes every day.

**Where** – just find a quiet relaxing place (indoor or outdoor) where you won't be disturbed.

**Body position** – whatever feels most comfortable, you can sit on the ground or on a seat, whatever feels best for you.

**Eyes closed** – this is important as you want to switch off your sensory environment.



**Thoughts** – don't pay any attention to thoughts as you begin, just observe, and let them go. As your brain waves reduce in frequency (as you move out of Beta), they'll naturally subside.

**Focus** – place your focus on your breathing and take long slow breaths through your nose.

**Best time** – you are most receptive (to reaching **Alpha**) when you wake in the morning or just before you go to bed. However, you can do it anytime that suits.

**Summary** – you're detaching from all sensory input, letting go of all thoughts whilst focusing on your breathing. As your brain waves reduce in the first few minutes, you'll move from **Beta** to **Alpha** and into a very relaxed state of being.

## Types of meditations

Here are the main types of traditional meditation;

1. Loving/Kindness Meditation
2. Body Scan Meditation
3. Mindfulness Meditation
4. Breath Awareness Meditation
5. Kundalini Yoga Meditation
6. Zen Meditation
7. Transcendental Meditation
8. Non-Directive (Mind Wandering) Meditation
9. Guided Meditation
10. Activity Meditation

The basic difference between them all is what you focus on as you start the meditation. The aim is to **just let go** and drift into the **Alpha** state and that place of inner bliss.

It is my belief that all meditations lead to the same goal, so there's plenty to choose from. I personally prefer the mind wandering and guided meditations.

A guided meditation is listening to a voice which guides you with gentle instructions throughout the meditation. As part of this programme, you'll find a guided meditation that I've done for you to help you with this very relaxing habit 😊.

Transcendental meditation is a good way to get into the really deep states and benefits of **Theta** and **Delta**.

Activity meditation is the exception to having your eyes closed, this is an activity that fully engages you, so you effectively go into a trance. We'll discuss further on page 58.

## Meditation physical effects study

The International Journal of Neuroscience published a paper on a 5-year daily meditation study carried out on 30-year-old subjects.



What they found at the end of the study was an improvement of skin elasticity, vision, memory, immune system function and auditory function in addition to the emotional/mental benefits of increased calmness, serenity, and general wellbeing.

That's the power of daily meditation!

Did you know that you've been in many meditative states and were blissfully unaware?

Here's some examples;

1. After driving, you can only remember some of the journey. Your subconscious did the driving whilst your mind drifted in and out of meditative states.
2. Whilst watching TV or a device and someone asks you a question and you don't hear it as you're fully engaged in your world. They then physically stand in front of you to get your attention and break the engagement/trance you're in, this is a meditative state.
3. Fishermen watching their float are often in a deep meditative state, oblivious to the world around them.

### **Activity meditations**

This is simply doing an activity that completely engages your mind in a good way, so you tune out the rest of the world.

Its effectively a trance state, also referred to as 'being in the zone.'

It could be painting, writing, walking the dog, or even cutting the grass. If you can lose yourself completely in a task and feel contented/fulfilled doing it, that is a form of activity meditation and very good for your mental wellbeing.

### **Final words**

All the Zen masters, Buddhist monks and very high vibrational people (600+ on the chart) all spend a lot of time meditating every day because the rewards are huge!

Above all, enjoy it, it should be a very pleasant experience where you can just lose yourself and drift into some very nice states that nourish your mind, body, and soul 😊.

### **Recommended habit action steps**

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!

***Here are the related essential programme visual aids....***



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

## 11. You will likely forget all this...but you can remember it whenever you want 😊.

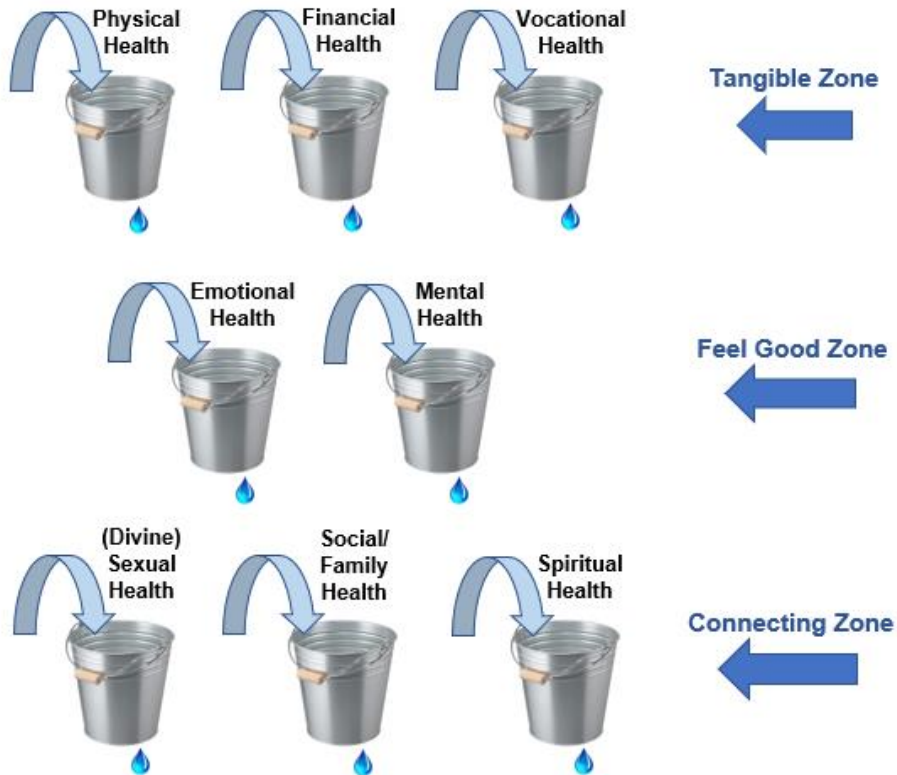




## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA

