

Commonly misunderstood as a method to “tune out” or “shield ourselves” to calm our mind, meditation is the way to achieve greater and deeper levels of awareness and understanding of our reality. This clearer perspective reduces the anxiety that results from distorted beliefs and perceptions, which leads to a long-term sustainable calm mental state. There are many kinds of meditation techniques, although they are mainly categorized into stabilizing and analytical meditations, with the former helping to create a temporary calmer mental state and the later allowing us to deepen our understanding of our reality for long-term, sustainable results. Meditation does not have to happen while sitting quietly exclusively; for example, the practice of walking meditation is particularly helpful to develop mindfulness and can be done anywhere and at any time without any special requirements.



Stabilizing Meditation

- Creates a calmer mental state by developing attentional focus skills (narrow and broad focus)
- Quiets the “monkey brain,” giving the practitioner a much-needed respite from over-thinking
- Establishes the mental foundation upon which other meditation skills can be built



Analytical Meditation

- Uses a single aspect as a mind anchoring object during the meditation session
- Surfaces non-conceptual understanding and awareness of phenomenon
- Is a transformative technique that rewrites habitual and conditioned responses to stimuli



Walking Meditation

- Simple technique that focuses on the walking motion
- There is no need to think of anything specific, simply observe the walking motions carefully
- Leverage mind control skills to develop physical control skills → self-regulation
- Develop focus to perform one task with great attention to detail → mindfulness
- Develop awareness of others while practicing in group settings → empathy
- Recognize six phases of walking: raising, lifting, pushing, lowering, treading, and pressing

Pranayama is the art of mindful breathing using specific rhythms that yield powerful, quick and dramatic changes to our mental state. Jin Shin Jyutsu draws from acupuncture, acupressure and reflexology to stimulate our nervous system in ways that help us to regulate our emotions and energetic states. We combine Pranayama and Jin Shin Jyutsu to create a powerful toolkit to help us regulate our emotions and mental states simply by mindfully breathing and applying gentle pressure to our fingers and hands.

Pranayama & Mindful Breathing



- Mindful control of the breath to create focus in the mind
- Leverages ancient knowledge from yogic meditation practices
- Physically, improves blood oxygenation (75%) and circulation, and cognitive function
- Overall improvement of health and mind/body relationship
- Quick, easy way to subdue excited mental states (anger & fear)
- Long-term use can also help dulling mental states (sadness & disappointment)

Jin Shin Jyutsu



- Helps one to become aware of, recognize and define one's energetic state
- Balances and strengthens the mind/body relationship
- Leverages ancient knowledge from acupuncture, acupressure, and reflexology
- Harmonizes energy flow through nerves, blood vessels and organs
- Draws on the connection between the fingers and the nervous system
- Invokes innate suckling instincts for self-soothing and calming
- Clears pain, stagnation & blockages, depression, immune stress, and insomnia
- Balances emotional states of worry, fear, anger, sadness, and doubt
- Increases energy levels and decreases depression and weakening mental states
- Helps to relieve shoulder pain and tightness

Throughout our bodies we have energy centers called chakras. Each chakra has an aspect that relates to a specific mental and emotional state. By staring at colored images and listening to specific tones in two scales (including the Solfeggio scale) while doing mindful, rhythmic breathing, we balance these energy centers. For many practitioners the results are dramatic and very quick to manage our mental and emotional states as they arise. Binaural beats (two different pure-tone sine waves presented dichotically, which force both brain hemispheres to create an auditory illusion of a single, third tone) and isochronic tones (regularly paced beats of a single tone) are also used to enhance the effectiveness of chakra balancing exercise sessions.

Root Chakra



- Red color and 256Hz frequency (and 396Hz in the Solfeggio scale)
- It regulates basic feelings of survival and security, liberating guilt and fear

Sacral Chakra



- Orange color and 288Hz frequency (and 417Hz in the Solfeggio scale)
- It regulates physical, primal instincts, allowing creativity to arise to facilitate change

Solar Plexus Chakra



- Yellow color and 320Hz frequency (and 528Hz in the Solfeggio scale)
- It regulates feelings of power and control, developing a sense of energized empowerment

Heart Chakra



- Green color and 341Hz (and 639Hz in the Solfeggio scale)
- It regulates emotions, allowing us to develop personal connections, harmony and compassion

Throat Chakra



- Blue color and 384Hz (and 741Hz in the Solfeggio scale)
- It regulates communication, allowing us to express ourselves and develop confidence

Third Eye Chakra



- Indigo color and 448Hz (and 852Hz in the Solfeggio scale)
- It regulates intuition, insight and perception, allowing us to manifest our thoughts

Crown Chakra



- Violet color and 480Hz (and 963Hz in the Solfeggio scale)
- It regulates wisdom and purpose, spirituality, and our connection to a higher self

The Emotional Freedom Technique (EFT, also known as “Tapping”) is a very simple method that helps us to retrain our habitual, encoded fight/flight response to stressors. The technique allows us to directly modify our response to specific stimulus by combining modern western and ancient eastern techniques in a very simple procedure that is easy for anyone to practice. Although the technique has limitations, these can be overcome with the assistance of a trained professional. The technique is very simple and can be learned very quickly, yielding results usually within the first few attempts, sometimes immediately.



EFT (Emotional Freedom Technique – “Tapping”)

- Retrain the mind and body to improve response to stressful situations
- Leverages ancient knowledge from acupuncture and acupressure
 - Works along energy meridians to raise vibrational, energetic state
 - Sends signals to amygdala to regulate fight/flight response
- Helps to manage stress responses (coping habits) that keep us stuck
- Very helpful in the management of PTSD and to relieve anxiety quickly
- Activates nine pressure points with simple tapping motion while making a mindful suggestion:



Although Reiki, the vital energy from the universe, is a hands-on energy healing technique, it does not require touch to be effective and is never practiced with touch without the explicit consent of the recipient as Reiki masters are bound by a strict code of ethics. We know that all living beings have an energy field, which we also know is subject to disturbances that lead to imbalances in proper flow. What is most important is the Reiki Master's focused, mindful intent to stimulate the life force energies to flow properly to help promote relaxation and natural healing in the recipient of the Reiki energy. In this way the Reiki Master is merely a conduit to deliver the Reiki energy, so that the recipient can naturally use the energy to manifest healing.



Reiki

- Reiki is a natural method to balance energies in the body
- Reiki may reduce stress and cause relaxation
- Reiki is utilized in many medical centers in the USA as a complimentary healing technique
- The recipient of the Reiki energy does not need to do anything, simply sit or lay down and relax
- The Reiki master, directs the Reiki energy to the recipient through focused intent
- In a similar way to how Feng Shui works, Reiki only creates the **conditions** for healing to occur

There are several impurities in our mind that result in altered emotional and cognitive states becoming manifest. These impurities do not have a physical form, yet they produce a sense of feeling bogged down as if they had actual weight. These impurities are thoughts and other mental factors that can only be removed through the repeated application of meditation techniques specifically designed for that purpose. These techniques draw upon and develop our visualization skills in a meditative state and are very effective to create a sense of feeling "lighter," as if we had literally removed some weight off our shoulders.

Purification Meditation



- Possible to do once the mind is calmer and more focused
- The mind is not a physical thing, thus we need non-physical means to purify it
- Draws on more advanced meditation practices to clear energy channels in the body
- The mental image of light is often used to clean negativities and bring all-positive in
- The mental image of black smoke is often used to represent all-negative, to be discarded

Nine-Round Breathing Meditation



- This technique incorporates complex visualization steps to purify three energy "channels"
- The mental images of light and black smoke are also invoked in this meditation
- Breathing is restricted at first to each of the two nostrils, then to both nostrils simultaneously
- The technique stimulates activity in the hypothalamus, which measurably improves its function
- Performing it at the beginning of a meditation session can improve meditation effectiveness

Although not directly related to other healing techniques, the mindful application of basic nutrition, essential oils, and Feng Shui can help create the conditions for healing to occur. If our body or our environment, the physical aspects of our existence, are in a disrupted state then it is more challenging for us to develop the internal and external balance required for healing. By leveraging very basic and simple elements of nutrition, essential oils, and Feng Shui we increase the effectiveness of our healing efforts.

Note: Use of these tools is intended to provide basic support and only as an introduction to their effectiveness. In-depth use of these tools requires the supervision of a trained professional.

Nutrition



- Specific foods influence our chakras in a similar way that colors and sounds do
- Some herbs and supplements have specific curative properties that promote natural healing
- The elimination of a few foods can clear blockages and other disturbances in our body

Essential Oils



- Essential oils are extremely potent and can have very powerful healing properties
- The scent of essential oils in a diffuser can improve our mental state
- Essential oils need to be used with extreme care, as some also have toxic properties if abused

Feng Shui



- Feng Shui is not magic and does not change the luck of the practitioner
- Feng Shui merely creates the conditions for positive outcomes to manifest, if the causes exist
- Changes in our physical environment we can influence our mental state in positive ways