Get in the flow zone

Welcome to PEARL Series!
Heartfulness Institute - a non-profit organization registered in USA. It offers simple practices of Relaxation, Meditation, regulating the mind, and building inner strength and attitudes for overall well-being.

heartfulness.org

https://heartfulness.org/webinar/
Get into the FLOW ZONE
The **FLOW ZONE** or flow state is a mental state in which a person is fully immersed in a feeling of

- energized focus
- full involvement
- Joy

“Sahaj” or “natural” flow is a state that naturally develops with heart-based meditation practices.
Physiological Benefits of Meditation

Physical
- Less Stress
- Sleep
- Breathing
- Circulation
- Healing

Emotional
- Less Anger
- Tolerance
- Relationships
- Happiness
- Compassion

Mental
- Focus
- Awareness
- Productivity
- Problem Solving
- Decision Making
- Creativity
Stress

Stress - body's instinct to defend itself

#1 Triggers: change, conflict, pressure, frustration

#2 Nervous system releases stress hormones - adrenaline and cortisol

#3 Heart pounds faster, muscles tighten, blood pressure rises, breath quickens and your senses become sharper

Chronic Stress

- Emotional Exhaustion
- Depersonalization - Cynicism
- Sense of low personal accomplishment

Source: Journal of Occupational Therapy
One of the executive functions of the Prefrontal Cortex is to create a “Mental Sketch Pad”

- Emotional Regulation
- Problem Solving
- Decision Making

- Negates inappropriate thought, distractions, actions, and feelings
NeuroPlasticity
Catch a Wave

**Gamma 30 – 80 Hz:** High attention

**Beta 15 – 30 Hz:** Awake, Normal Alert Consciousness

**Alpha 9 – 14 Hz:** Relaxed, calm meditation, creative visualization

**Theta 4 – 8 Hz:** Deep relaxation and meditation, problem solving

**Delta 1 – 3 Hz:** Deep, dreamless sleep
The Happiest Man on Earth

- Excessive activity in left prefrontal cortex, allowing an abnormally large capacity for happiness

- A level of gamma waves – “never reported before in the neuroscience literature”
“I think 99 times and find nothing.

I stop thinking, swim in silence, and the truth comes to me.”

- A. Einstein
The Flow Zone
The Flow Zone

KNOWDLEG

INSPIRATION
The Flow Zone

KNOWLEDGE

INSPIRATION

INTUITION

INTUITION
Heart is involved in accessing non-local intuition

- Heart receives intuitive information before the brain by a second or more
- This can be seen in subtle changes in our emotions, body and heart rhythm
When the Heart and Mind are open, relaxed and connected, our personal field becomes wide open for creativity, improvisation & collaboration.
INSTRUCTIONS

1. Be aware of your thoughts
2. Connect with your heart
3. Have the thought that source of light is present within your heart
4. If thoughts arise, gently connect back with your heart
Questions?

Please key in your questions in the FB comment box.
Suggestions to get into the *sahaj* FLOW ZONE

- **Meditate** in the morning for at least 15 minutes
  - Find the same time and place to meditate
- Practice heart-based **Awareness**
  - Observe your thoughts and feelings
  - Gently connect with your heart
- Practice **micro-meditation and relaxation before engaging in activities**
Thank You and Namaste.

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