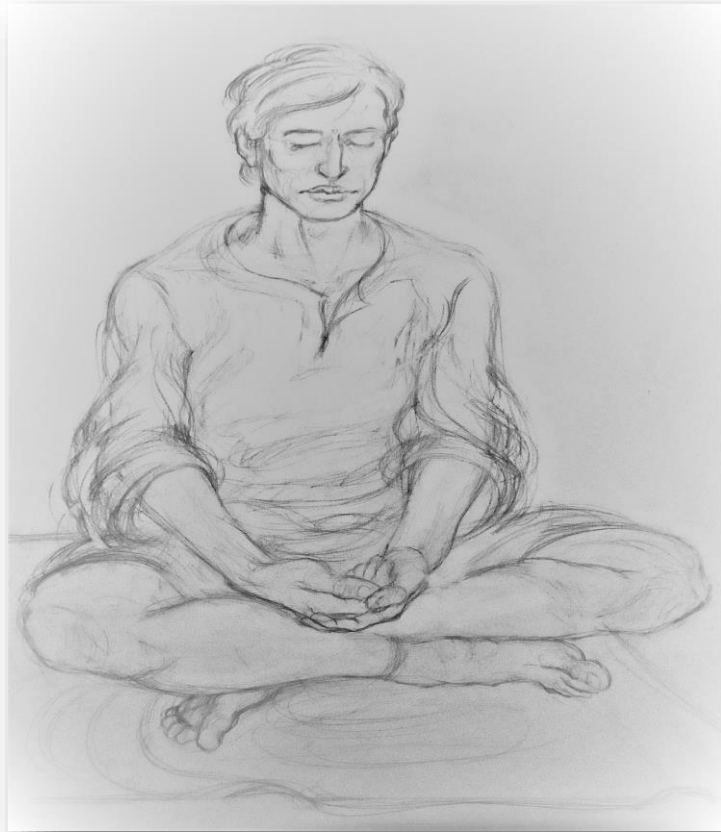


**Would meditation help with
depression and anxiety?**

Welcome to PEARL Series!





Heartfulness

Through meditation, love



 heartfulness.org

 webinar.heartfulness.org

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 over-all well being.



Dr. Gary Huber

20 years as an Emergency Medicine physician before evolving his practice to integrative care.

American Health Counsel voted him “Best In Medicine” for integrative care.

Recipient of “Leadership award” from Cincinnati based Venue magazine.

National speaker and thought leader in field of bio-identical hormones.



Metaphysical VS Biological

Are you making yourself miserable?

Questions we will attempt to answer

What is the CAUSE of anxiety/depression?

Is it a genetic defect out of my control?

What can I do to reduce or manage it?

Where does meditation fit in?

“Stress Test” Poll

How many hours do you sleep? Number of interruptions?

Ideal is 7.5 hours with no interruptions = 10

Subtract 1 point for each interruption or for each hour less than 7.5

If your sleep is under-served then you are either creating stress or stress is interfering with your ability to sleep.

Signs & Symptoms of Depression

Poor concentration & memory

Trouble making decisions

Feelings of guilt, worthlessness, and helplessness

Pessimism and hopelessness

Poor sleep habits

Irritability

Overeating, or appetite loss

Digestive problems

Persistent sad, anxious, or "empty" feelings

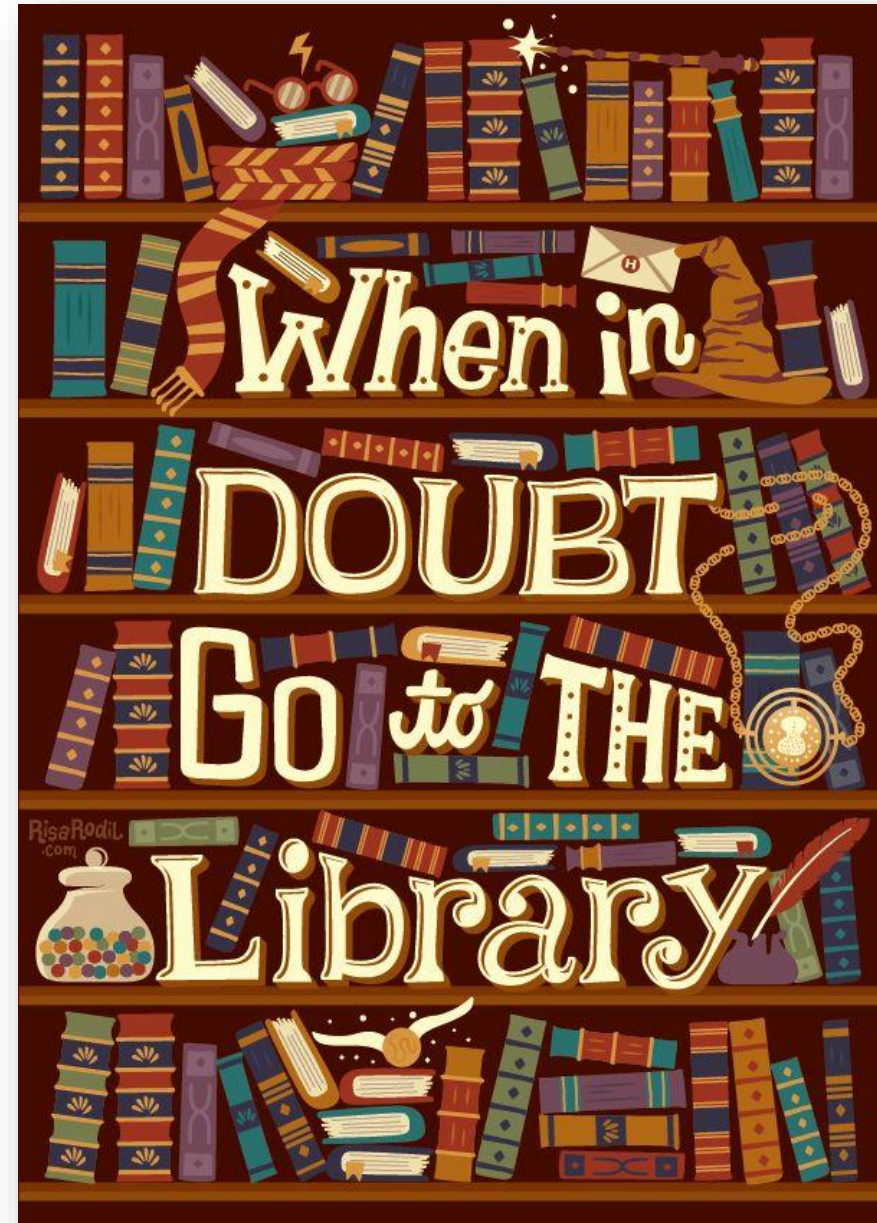
Restlessness

Suicidal thoughts or attempts

Loss of interest in things once pleasurable, including sex

What is Anxiety?

What does science say?



What is anxiety?

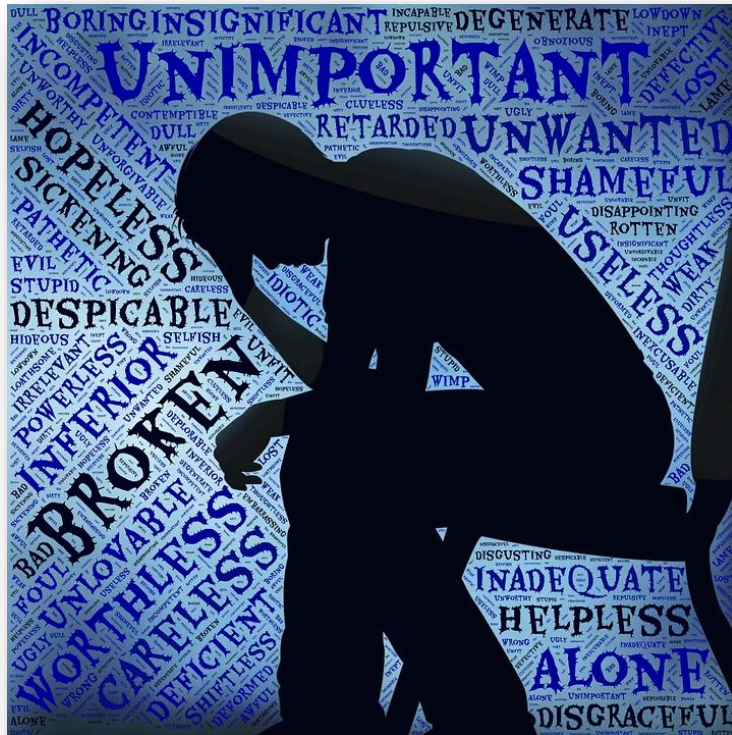
Science says:
Anxiety reflects the inability to govern
ruminative cognitive processes

Inability to control emotional responses to perceived threats
(Hippocampus = Context)

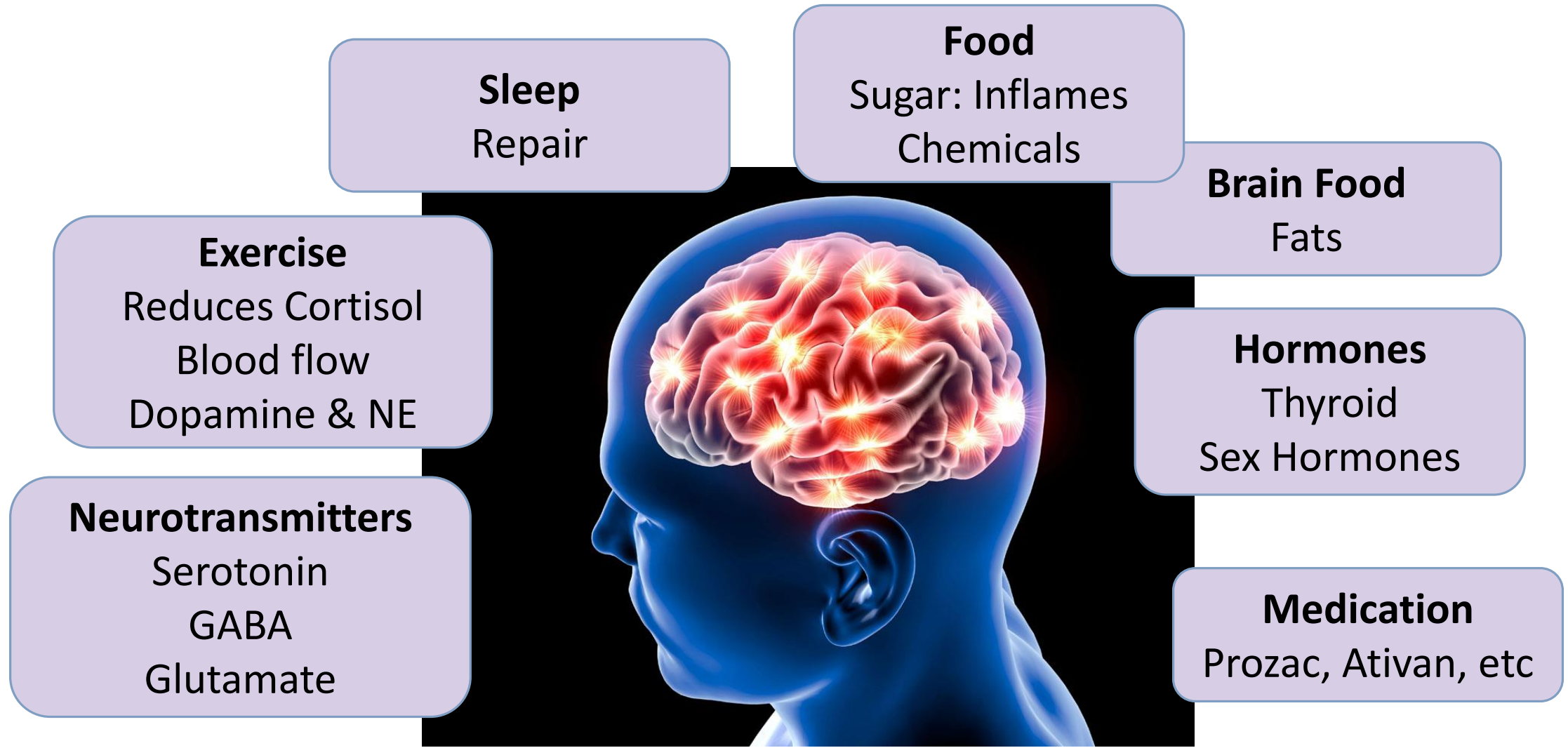
“Default Mode Network”

Anxiety & Depression & FLU?

Inflammation – “cytokines” (TNF α , IL-6)



The BIOLOGY of mood (YouTube-Dr. Gary Huber)



WHY is my lifestyle out of balance?

I'm stressed, I overschedule myself

Too connected to social media – to people I don't even know

I have a disabling belief that I must complete my “To Do List” before I am allowed to feel happy.

I don't do healthy things that would help my brain

Exercise, Sleep, Meditate, Eat right

I grab fast food, skip exercise and make excuses that tomorrow will be better but today I need to just get by.

Self Directed Misery

Can meditation help alter brain physiology?

Randomized Controlled Trial of Mindfulness Meditation for Generalized Anxiety Disorder: Effects on Anxiety and Stress Reactivity

J Clin Psychiatry . 2013 August ; 74(8): 786–792.

Elizabeth A. Hoge, M.D.¹, Eric Bui, M.D.¹, Luana Marques, PhD¹, Christina A. Metcalf, B.A.¹, Laura K. Morris, B.A.¹, Donald J. Robinaugh, M.A, John J. Worthington, M.D.¹, Mark H. Pollack, M.D.², and Naomi M. Simon, M.D.¹

¹Department of Psychiatry, Massachusetts General Hospital, Boston, MA

Anxiety was quantitated using validated scoring (Hamilton, Beck, etc)

Drug Tx & Psychotherapy commonly fail at rates as high as 60%

Meditators **x8 weeks** saw a **36% improvement** in Hamilton Anxiety score

Stress Management Education class did not work as well as Meditation

Neural correlates of mindfulness meditation-related anxiety relief

SCA Neuroscience (2014) 9, 751^759

Fadel Zeidan,¹ Katherine T. Martucci,¹ Robert A. Kraft,² John G. McHaffie,¹ and Robert C. Coghill¹

¹Department of Neurobiology and Anatomy, Wake Forest School of Medicine, Medical Center Boulevard, Winston-Salem, NC 27157, USA and

²Department of Biomedical Engineering, Wake Forest School of Medicine, Medical Center Boulevard, Winston-Salem, NC 27157, USA

Performed an MRI before and after meditation training

No prior meditation experience – **only 4 days of meditation training.**

Compared this to “distraction” – attention to breath”

MRI showed: Reduced activity in the “**Default Mode Network**”

Participants reported **reduction in anxiety** symptoms

Distraction – attention to breathing did not alter anxiety scores

Exercise & Meditation



Too much library?



Metaphysical

The Ego

Consciousness

Happiness

Anxiety / Depression
is a simple emotion.

You may choose to plug
into that energy

or

allow it to blow by.



Happiness

vs

Anxiety



Ego . . . Is NEVER happy



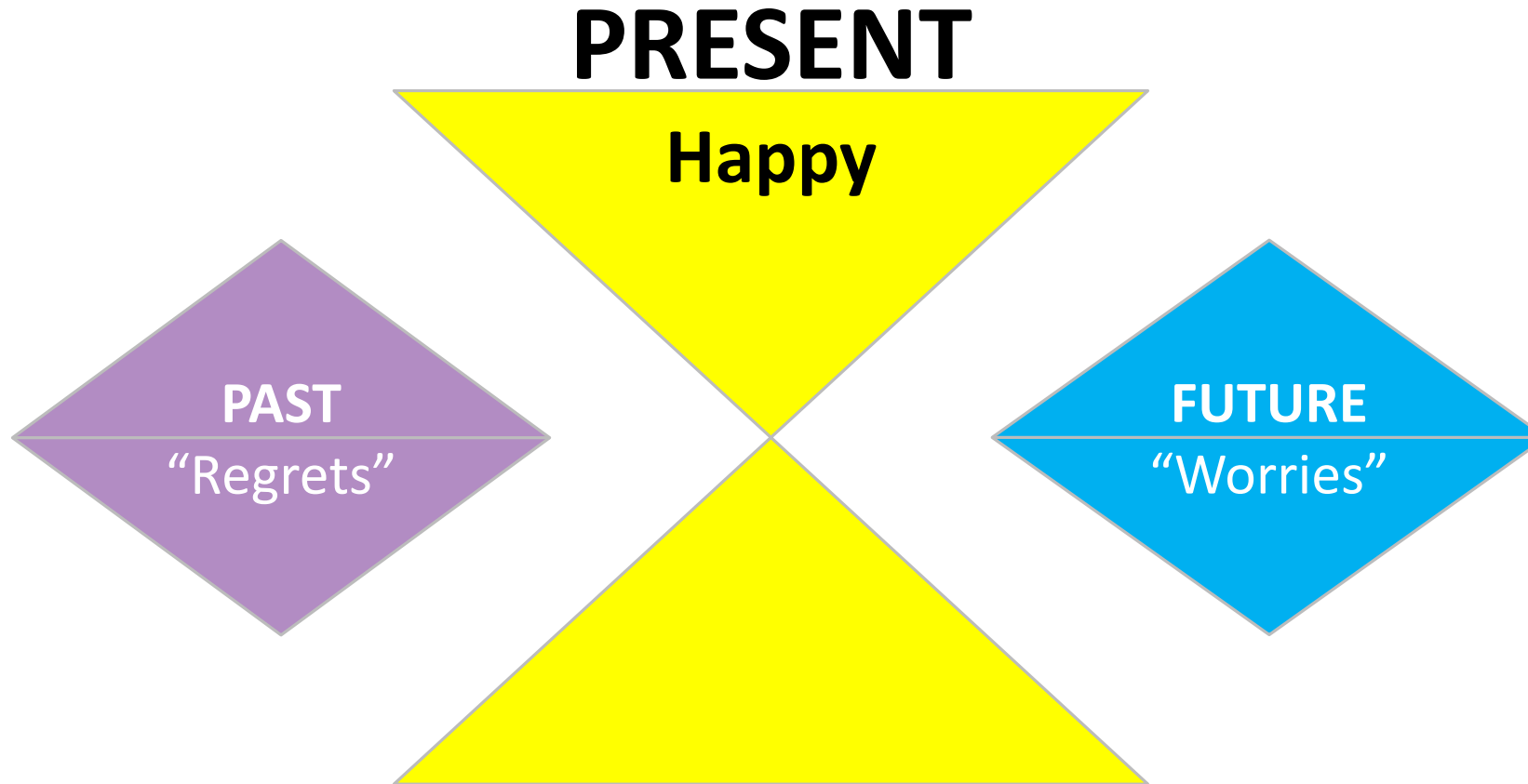
now

tomorrow

yesterday



Where does Happiness Live ?



Calming your anxiety may be as simple as
the pursuit of true happiness.

In the moment . . . Now.

The Ego



“Conscious”

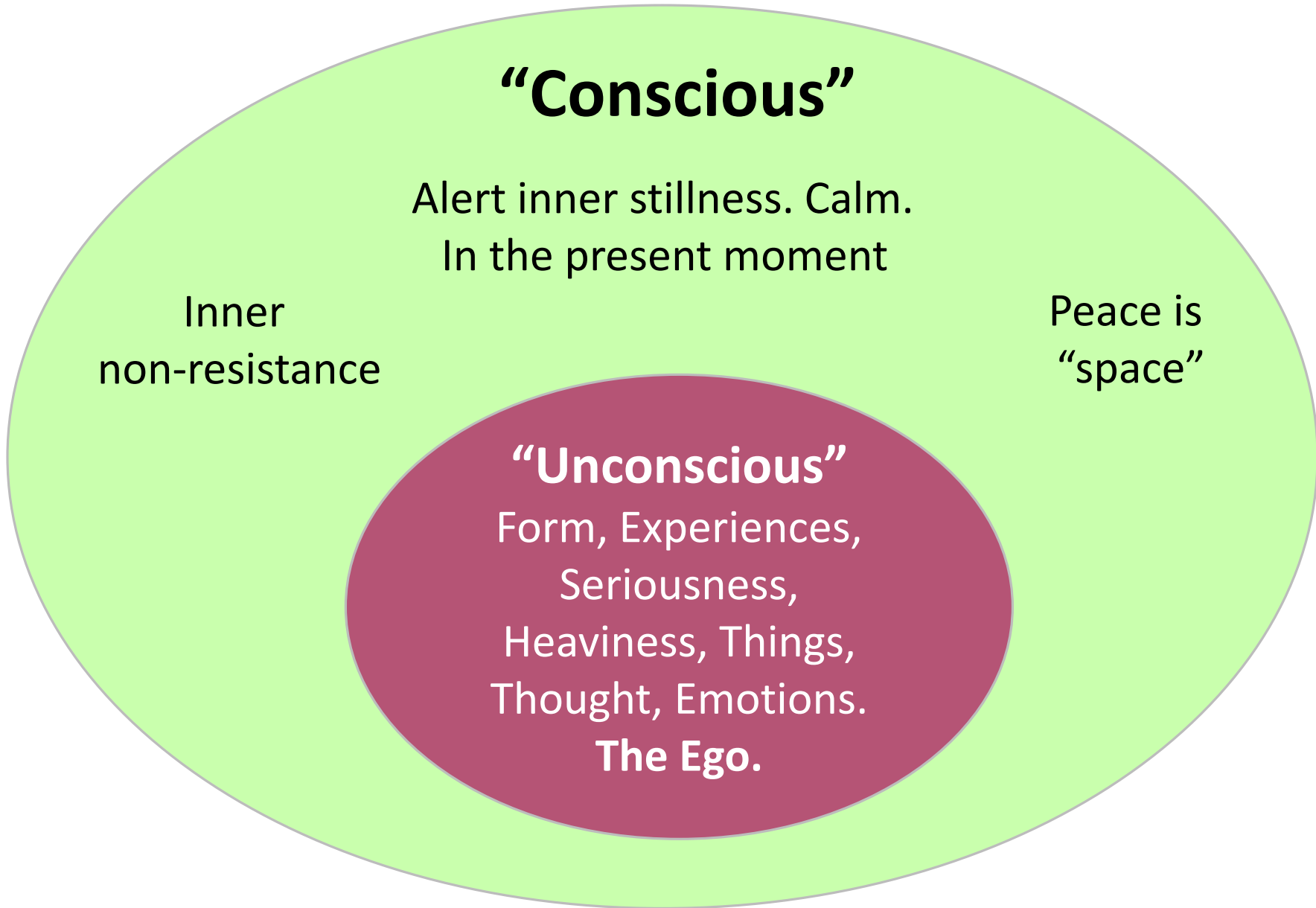
Alert inner stillness. Calm.
In the present moment

Inner
non-resistance

Peace is
“space”

“Unconscious”

Form, Experiences,
Seriousness,
Heaviness, Things,
Thought, Emotions.
The Ego.



Boxes



DEFINED

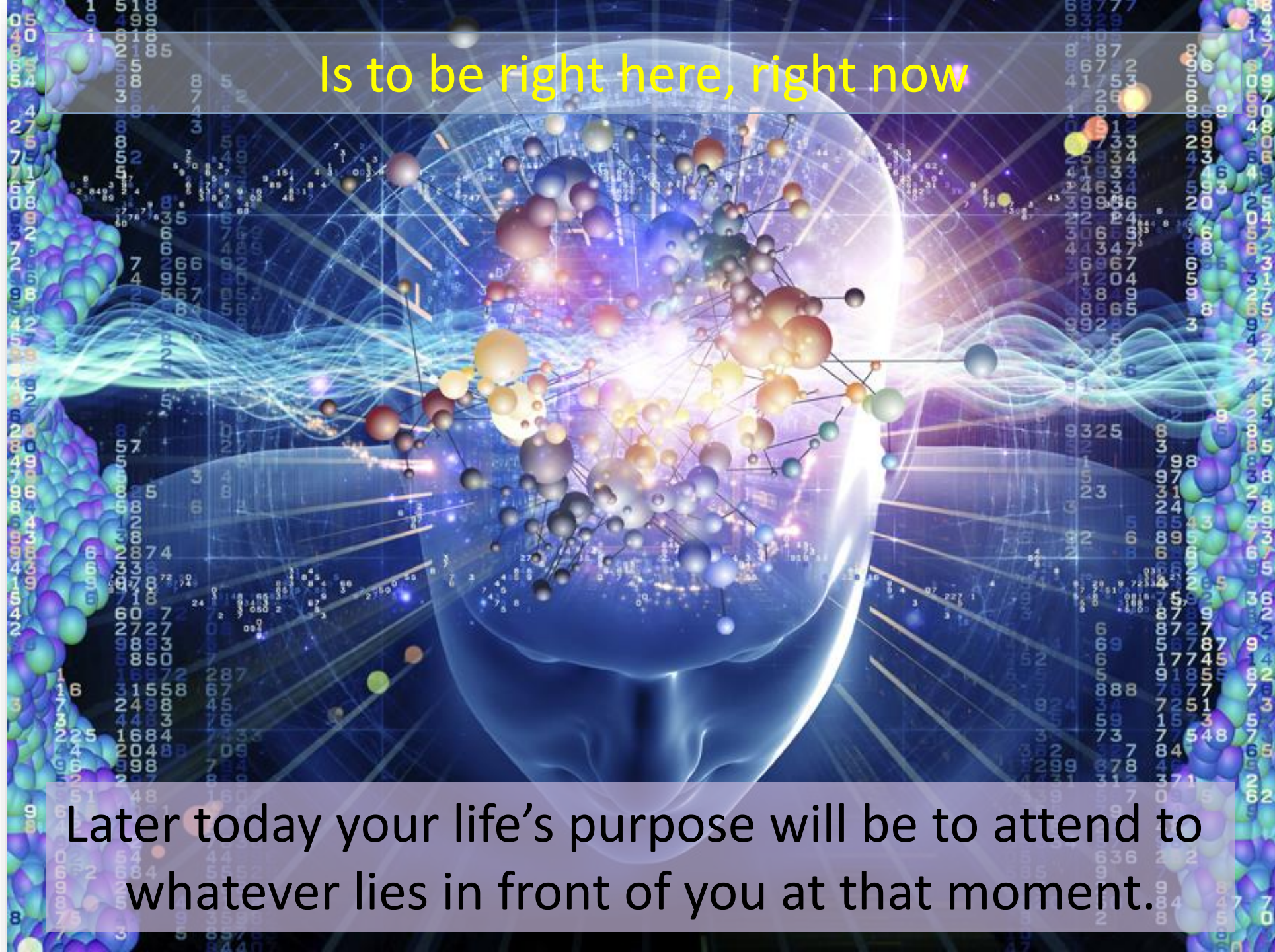


LYDOUT LOUDCOM

The Purpose Of Your Life

Is to be right here, right now

Later today your life's purpose will be to attend to whatever lies in front of you at that moment.



Story - This too shall pass

Good things . . . bad things? Who knows?

Things simply are what they are – neither good or bad
but what happens next is unknown and
all will pass.

The Joy of Being

The joy of being, the only true happiness, cannot come to you through any possession, achievement, person, or event, or anything that happens to you. That joy cannot **come to you** ever.

It **emanates from within you**.

The ego when attacked will fight back as a way to repair itself.

One of the most common ego-repair mechanisms is anger.

Religion

Christian, Muslim, Buddhist . . .

How can you hear your divinity if your brain is full of chatter, thoughts and business.

You maker cant reach you if the line is always busy.

Meditation is key - make space. Quiet.

Framing others as
Jews, Christian or
Muslim, builds walls
of difference and
creates conflict.

We see the
differences,
the contrast.

It creates
Us vs Them
mentality.

THE HEARTFULNESS WAY



Heart-Based Meditations for
Spiritual Transformation

KAMLESH D. PATEL
JOSHUA POLLOCK

Peace and love are what
bring people together in
a united energy.

Learning to meditate is
adopting an attitude of
peace and acceptance.

Non-resistance.

theheartfulnessway.com

1

Biology is altered by US

It is not your genes, that makes you anxious.

If you decide you want to do something you have infinite power to change the biology that drives anxiety & depression

Lifestyle: food, exercise, sleep and meditation.

2

How do I take responsibility

First simply **recognize** when you are in an anxious state

In the moment, how closely attached am I to my **Ego**

Am I **living in the present?**

Or instead running from past or worried about the future?

Take a **belly breath** and return to NOW



What to DO

Alter this paradigm – DECIDE to be in the NOW

Meditate to engage the present moment. **Live in the NOW**

Teach your brain to recognize fear and anxiety and train your brain thru meditation to **STOP ego driven thinking** and return to the present. **Manage your EGO**

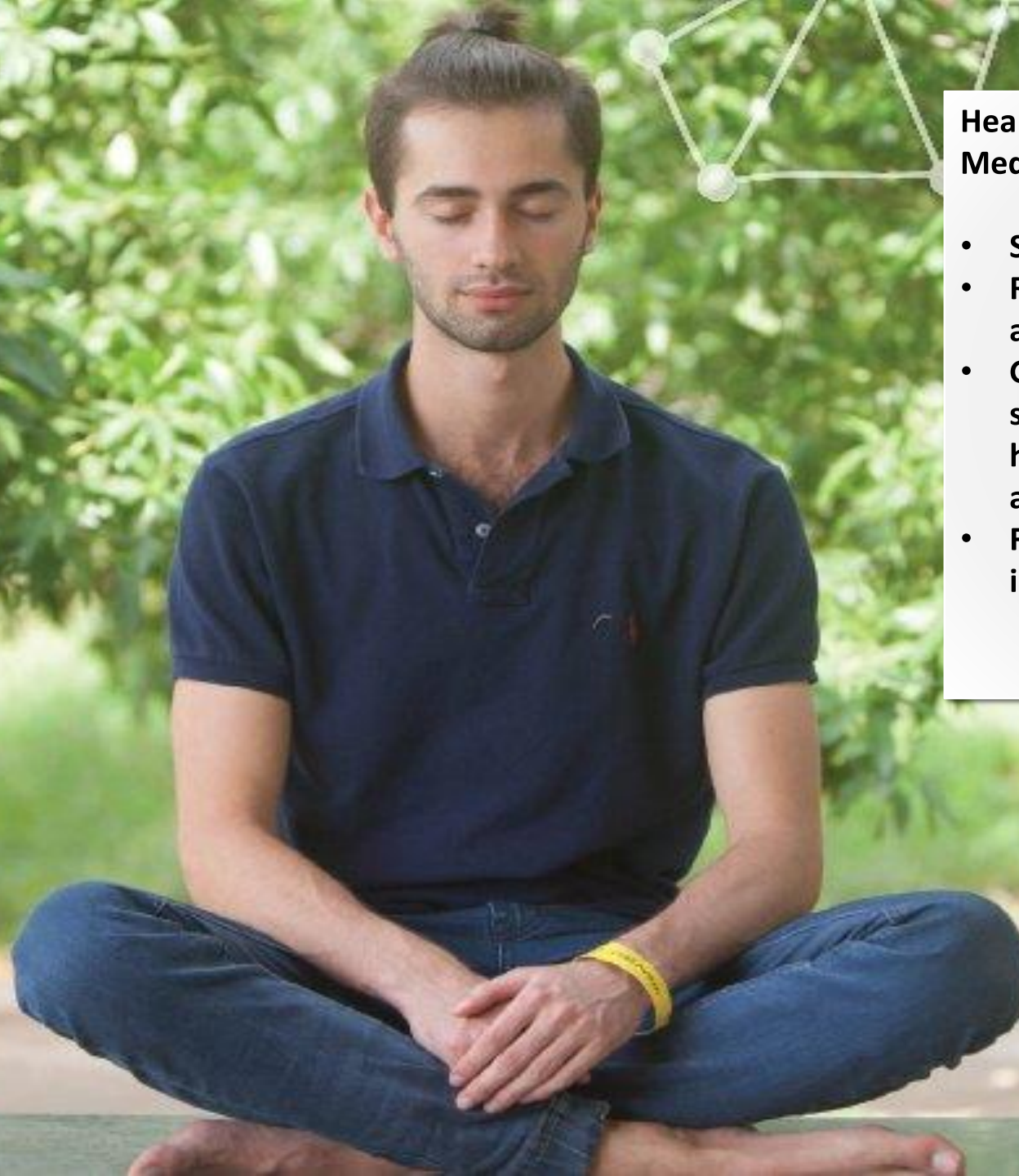
Meditate daily and connect.

Belly breathing is a tool.

Food & Exercise are valuable tools.



Joy & Happiness - a luminous appreciation of the present moment



Heartfulness Relaxation and Meditation in Progress...

- Sit comfortably, close your eyes
- Relax your body and move your attention to your heart
- Gently have the idea that the source of light is illuminating your heart from within and pulling your attention inwards
- Feel immersed in the love and light in your heart

As an attendee you will see a Q & A panel in the right corner of the webinar screen.

Please key in your questions now, along with your first name, city and country.



Heartfulness Webinar
THROUGH MEDITATION, JOY

PEARL Webinar series
(Practical Educational Actionable Rejuvenating Lifestyle)

Role of Social Emotional Learning for **ADOLESCENTS**

Understanding of **S**ocial **E**motional **L**earning program
for adolescents - A Perspective by Dr. Ranjani Iyer

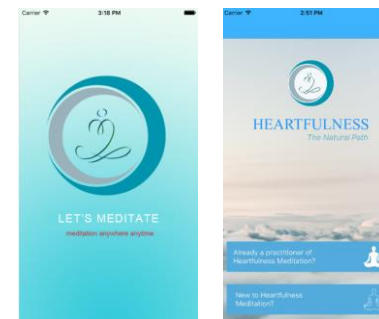


Please join us on **Saturday, 22 Sept., 2018**
at 7pm IST, 9:30am ET, 1:30pm GMT

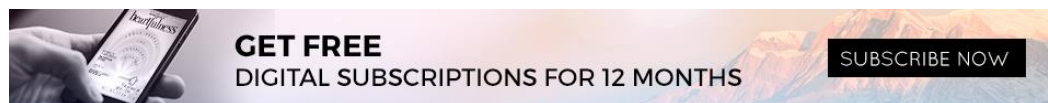
Register here : webinar.heartfulness.org

www.heartfulnessmagazine.com

To find your closest heartfulness trainer visit:
<http://heartspots.heartfulness.org/>



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EMOTIONAL STABILITY
and balance



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**THANK YOU FOR YOUR
PRESENCE!**

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