



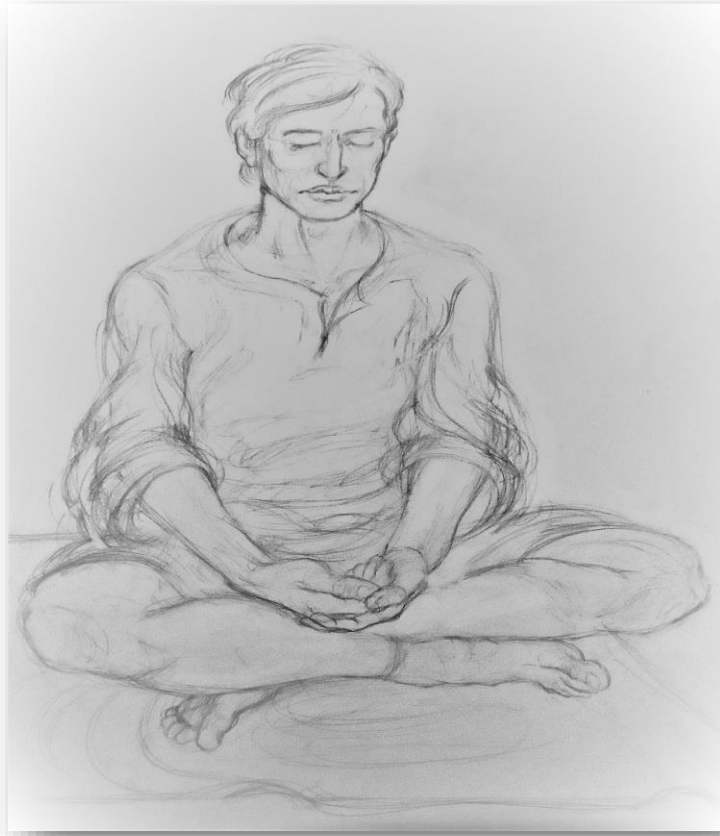
Heartfulness Webinar  
THROUGH MEDITATION, JOY

## Welcome to PEARL Series!

Practical Educational  
Actionable Rejuvenating  
Lifestyle webinars



# Nurtured by nature!



# Heartfulness

Through meditation, love



● [heartfulness.org](https://heartfulness.org)

● [webinar.heartfulness.org](https://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.



Heartfulness Webinar  
THROUGH MEDITATION, JOY

# PEARL Series!



- Divya Krishnan is a student of veterinary medicine
- She aspires to integrate wildlife conservation and human counselling psychology and work with rescued animals as well as children with developmental disorders
- She is a social worker with a passion for humanitarian causes, especially working with underprivileged and disabled children.
- Has been practicing Heartfulness for many years and is also a trainer.







If you are in a bad mood,  
go for a walk. And if you  
are still in a bad mood, go  
for another walk...

*-Hippocrates*







# Belonging

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Yoga

*Sanskrit root: yuj*

Meaning: to yoke, to  
unite

Religion

*Latin root: religare*

Meaning: to bind













# The Wild Life

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Situations are not in our control

Outcome depends on how sensitive, understanding and responsive we are

Shedding of self-centric lifestyle

You begin to have purpose for something beyond ourselves

“Thought alone has made this play a cause of bondage”- Ialaji

Mind listens and assists the heart



# THE PHYSIOLOGY OF THE PSYCHE

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Stimulus → neurotransmitters/neurohormones → Emotions





# Positive Emotions

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## DOPAMINE

- Pride
- Happiness
- Cognition

## OXYTOCIN

- Love/cuddle hormone
- Peptide hormone
- Released by the pituitary gland
- Comfort and security

## SEROTONIN

- Appetite
- Arousal
- Attachment
- Socialization

## ENDORPHINS

- Endogenous opioid neurotransmitter
- Reduces sensation of pain and stress
- Released when we laugh and during coitus

# Social attention and behaviour

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## I. Kotrschal and Ortbauer (2003) :

Introduced a dog in 1<sup>st</sup> grade classroom

Results:

- 1) Increase in attention span
- 2) Increase in receptivity to teacher
- 3) Increase in interpersonal relationships between classmates



## II. Lao Po Ling et Al. (2017)

AAT for children with autism spectrum disorder

Dog, guinea pig and horse

Results:

- 1) Increased use of language
- 2) Increased social extroversion
- 3) Decrease in symptom severity and problem behaviour



### III. Barak Y et Al. (2001), Nathans-Barel I et Al. (2005)

#### AAT for schizophrenic patients

##### Results:

- 1) Increase in activation and response
- 2) Increase in sociability and helpfulness
- 3) Reinforcement of activities of daily living (ADL)
- 4) Decrease in hallucinations and delusionality



(Blessing of the Hounds-First Graduating Class)

### IV. Jessica McCormack (2016), Allison M et Al (2016)

#### AAT in prison facilities

##### Results:

- 1) Increase in responsibility
- 2) Increase in patience
- 3) Increase in willingness to participate in counselling therapy
- 4) Increased in ability to control mood swings and anger





# How can we achieve these interactions?

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Visiting parks/ dog parks

Visiting rescue shelters

Visiting sanctuaries



Agra Bear Rescue Facility



Elephant Conservation & Care Center

# Trust

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## I. Schneider and Harley (2006)

Evaluated perception of a psychotherapist by college students, with and without a therapy animal

Results:

- 1) Increase in general satisfaction with therapist
- 2) Increased willingness to disclose personal information

## II. Gueguen and Cicotti (2008)

Studied perception of a man in three social scenarios, with and without an accompanying pet:

- 1) Asking people for their number (courtship behaviour)
- 2) Asking people for money (charity)
- 3) Dropping a coin (helpfulness)

Results:

- 1) Increased attractiveness to potential mates
  - 2) Increased willingness to help financially
  - 3) Increased helpfulness
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# So what's really happening?

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- Increased ability to focus
- Increase in confidence
- Increase in bonding between peers
- Improved sense of extroversion
- Increase in trust amongst humans
- Increased in empathy and helpfulness







# Rejection and it's effect

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Zero rejection facilities

Transfer delicate vibrations of positive energy

➤ Try this out!



# Negative Cocktail Triplet

Cortisol

Glucocorticoid steroidal hormone

Produced by adrenal gland

Plays a major role homeostasis

Production is also triggered by stress

In high concentrations it causes insomnia, elevated blood pressure etc.

Adrenaline and nor adrenaline

Fight or flight hormones

Produced by adrenal gland

Controlled by sympathetic nervous system

Increase muscle blood flow and tension

Dilate pupils,

Accelerate heart rate and respiration and increase perspiration and arterial blood pressure.



# Stress hormone levels

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## I. Barker et al.

Recorded cortisol, epinephrine and nor epinephrine levels before and after 20 minutes of,

- 1) Reading a book alone
- 2) interacting with a known animal (e.g. ones own pet)
- 3) interacting with an unknown/unfamiliar animal

Results:

- 1) Average concentration of all three hormones decreased equally on interaction with familiar and unfamiliar animal
- 2) Average concentration of all three hormones remained relatively stable on reading a book for 20 minutes.

## II. Vian et al. (2010)

Effect of animal interaction on children with autism spectrum disorder.

Recorded the change in diurnal cortisol levels with and without a service dog.

Results:

- 1) Upon waking up to see the dog, cortisol levels decreased from 58-10%
  - 2) Upon removal of the dog, the stress levels rose to 18%.
-

Blood pressure, heart  
rate and heart rate  
variability

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### III. Grossberg and Alf (1985), Vormbrock and Grossberg (1988)

Stroking a *living* animal lowered heart rate almost instantaneously

Tactile interaction was more effective than verbal or visual communication

More effective than chatting with a friend or reading a book

### IV. Berman MG., Cole et al. (2007), Motooka et al. (2006)

Studied the effect of walking in nature, viewing pictures of nature and interacting with animals on adults and elderly hospitalized patients.

Results:

- 1) Increase in cognitive function
  - 2) decrease in systolic pulmonary artery pressure
  - 3) decrease of cardiovascular reactivity by 50% in hypertensive patients
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# Anxiety

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Patients with schizophrenia, bipolar disorder

Electro-convulsive therapy

An observational period with aquaria or a brief interaction with an animal  
increased responsiveness to therapy and effectiveness of the therapy

Patients with Alzheimer's

AAT resulted in decreased restlessness,

Increased food intake,

Weight gain

Decrease in use of nutritional supplements

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# To summarize

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- Improved ability to remain calm in stressful situations
- Increase in parasympathetic activity (less reactivity of heart)
- Increase in cognitive function
- Improved physical health



# The “zero-state”

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# The Anthropocene

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Grow a plant in three areas

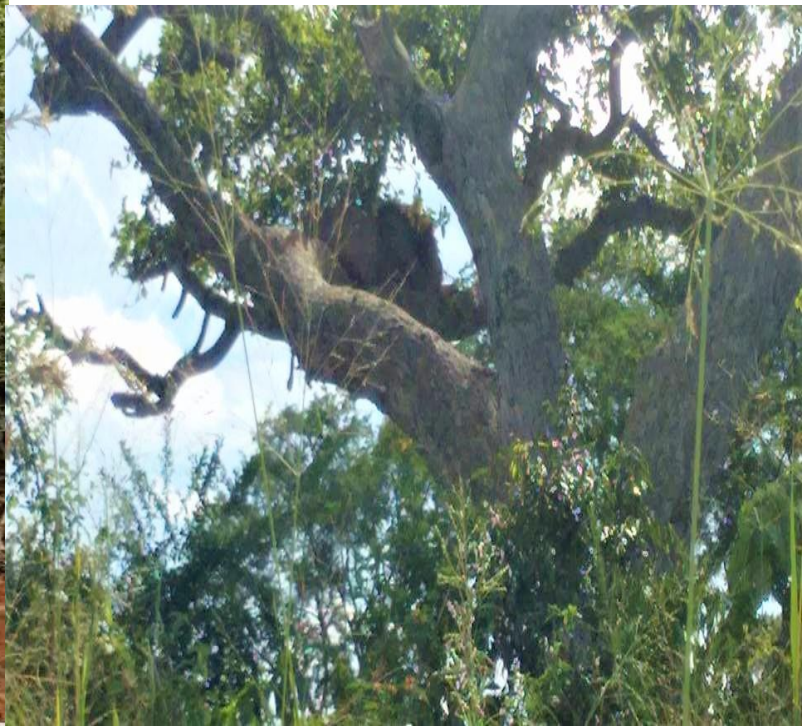
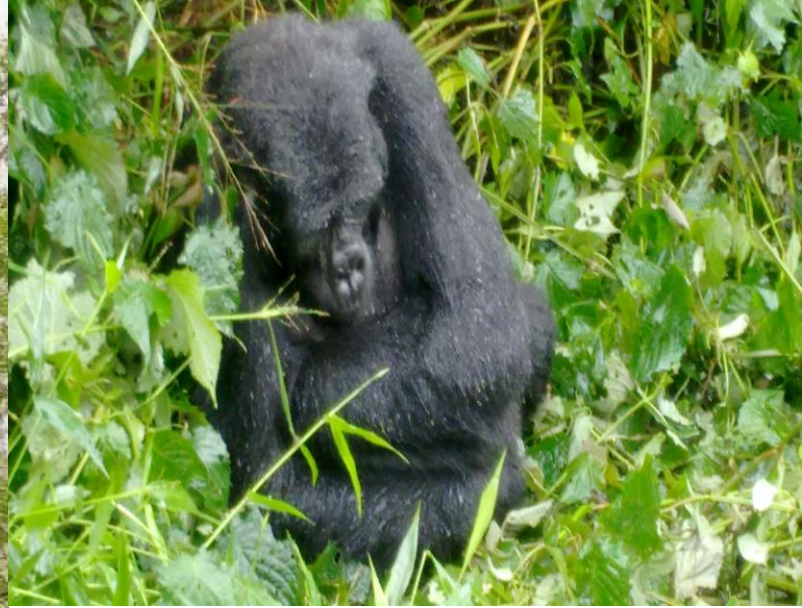
- 1)Control: In a normal outdoor, sunny area
- 2)Meditation room
- 3)Electronic device charging room/ bedroom















**ANNHILATE BORDERS OF  
SPECIESISM, COLOUR, AGE  
AND POWER.**

**YOU LEARN TO RESPECT YOUR  
FELLOW BEINGS, YOU LEARN  
HOW TO EXPRESS THAT  
RESPECT CORRECTLY, AND IN  
TURN, YOU EARN THEIR  
RESPECT.**



# LESSONS FROM NATURE:

- We are all a part of one cosmic being
  - We are but one cell, one organ of the larger body
  - We must lose our exclusivity to the great entirety.
  - We must focus less on our person gains and triumphs and more on the evolution of mankind and humanity as a whole
- 
- How?
    - 1) Be simple and identical to nature in our lifestyle and our manner of being
    - 2) See all as thy brethren, regardless of race, colour or species.
    - 3) Start listening to the inner call and voice of nature and follow her.
    - 4) Live life on The Natural Path: Sahaj Marg







### 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

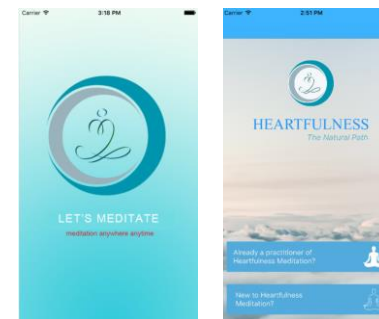


As an attendee you will see a Q & A panel in the right corner of the webinar screen.

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

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Heartfulness meditation  
Through pranahuti, joy

**daaji**  
Kamlesh D. Patel

INCREASES  
EMOTIONAL STABILITY  
and balance



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