



## Kalyāna Consulting

Physical, Emotional & Spiritual Well Being

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### **Introduction to Meditation**

***Decrease stress and access the healing power within!***

Meditation is the Antidote to stress. It decreases inner mental and emotional turbulence so we can live a life of more joy, health, equanimity and freedom as we continue to evolve spiritually. Spending time in nature, contemplating the elements of space, air, fire, water and earth is a way to understand that we are all a vital part of the cosmic dance.

#### **What is meditation?**

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it's not about forcing the mind to be quiet, it's finding the silence that's already there and making it a part of your life.

Silence is the birthplace of happiness, creativity and infinite possibilities. From this field of pure potentiality we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the Universe. Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment. Meditation is a journey to the center of our very being; a journey to emotional freedom; and a journey to the reawakening of our unconditioned self.

#### **What is Primordial Sound Meditation?**

*Primordial Sound Meditation* is a technique originating in the ancient wisdom of India. Primordial Sounds—the basic, essential sounds of nature—are used to disconnect us from the activity of life. These individually selected sounds, known as mantras, are based on the vibration the universe was making at the moment of your birth. By reconnecting you with the sound the Universe was making at the time of your birth, on some level of your consciousness you remember that this was when you went from the unmanifest to the manifest, and you are better able to access that field of infinite possibility, unlimited creativity during meditation.

*Working on yourself through taking the time to go within is the best way to help yourself, others and the planet.*

#### **Mind Chatter**

*We have 70 - 80,000 thoughts per day  
Most of them are not productive (but still create our reality!)  
They are: Ruminations of the past (which is over)  
OR Anticipations of the future (which hasn't happened yet)  
Takes us out of the present moment*

## **STRESS**

*We operate in a world where the stress response (fight/flight) has become the norm. Our bodies/minds were not made for this type of constant stress.*

### ***Stress or Fight/Flight Response:***

- *Increased Blood Pressure and Heart Rate*
- *Breathing is erratic, shallow or stops altogether*
- *Platelets become stickier (increased risk of heart attack and stroke)*
- *Increased Cortisol & Adrenaline (contributes to aging faster and belly fat)*
- *Circulation goes to extremities instead of staying within internal organs*
- *Immunity is decreased*
- *Sweating*
- *Decreased Creativity*

## **MEDITATION ~ The Antidote to Stress**

### ***Meditation or Restful Awareness Response***

- *Decreased Blood Pressure and Heart Rate*
- *Deeper, consistent Breathing*
- *Platelets remain within normal limits*
- *Decrease in Cortisol & Adrenaline & release of “feel good” hormones such as dopamine, serotonin, oxytocin, dopamine, and endorphins*
- *Circulation remains within internal organs*
- *Immunity is increased*
- *No need for sweating*
- *Enhanced Creativity*

## **Software of the Soul**

***Karma (Action) creates Sanskaras (Memories) creates Vasanas (desires) creates Karma (Action) creates Sanskaras (Memories) creates (Vasanas (desires) creates.....***

***Meditation brings these unconscious patterns to the surface so you can become a conscious choice maker! Creation of our reality happens 24/7.***

## **BENEFITS**

***Physically*** ~ Every cell in the body benefits from Meditation. The true rest one gets from meditation is different than sleep in that meditation provides rest to the mind and stress relief to the body and heart. Has a positive effect on anxiety, depression, blood pressure, and insomnia.

***Emotionally*** ~ For every thought and emotion, there is a physiological response in the body. Learning to feel, process, and deal with our emotions is a vital component in a holistic wellness plan. The toxic residue from repressed or suppressed emotions goes within and wreaks havoc on our health & wellbeing. Meditation helps us get in touch with our emotional body so that the unprocessed toxins can come to the surface and be released in a healthful manner.

**Psychologically** ~ By decreasing the mental chatter going on in our minds, we can have more peace of mind with all that is going on around us at any given time. Meditation doesn't stop life from happening, but it brings us a higher, more broad perspective about what is truly important, i.e., not sweating the small stuff. Actually, not sweating anything at all....

**Spiritually** ~ Getting to know our true Selves helps us evolve spiritually. We get to understand that we are not our bodies, our minds, our emotions or anything that is outside of us, such as our positions and possessions. Spiritual progress is important in finding what is real and true for ourselves. Enhances our relationship with that power that is beyond us.

### **How to Start**

- **If you don't put meditation into your life, it will not just happen automatically!**
- **RPM: Rise-Pee-Meditate.** If you are waiting to "have the time" to meditate, it will not happen. Must be viewed like you brush your teeth every morning.
- Create a special place in your home or office to meditate.
  - Sit up straight and be comfortable, especially if you're a beginner
  - Take care of comfort, hunger, pain, elimination issues so you are not distracted by them
  - Use a candle, incense, flowers, deity or representation of your religion/spiritual path
  - When you go to this place, it signals your physiology that it's time to meditate which helps you be able to quiet the internal dialogue.
- Ideal times to meditate: First thing in the morning (ideally between 5 & 6 AM) and after work before dinner (between 5 and 6 PM). Sometimes people find it helpful just before bed, but for others it can create alertness.
- Start by sitting quietly and simply taking some deep breaths in and out through the nostrils, closing your eyes and bringing your awareness inward. Let the breath relax the body, calm the mind, and the emotions.
- You can continue simply observing the in-breath and the out-breath and when the mind wanders, simply bring your awareness back to the breath.
- You can introduce a mantra (instrument of the mind) to help decrease the mental chatter. Use "So-Hum": Inhaling "So" and exhaling "hum". When you catch yourself returning to your thoughts, simply and gently, redirect your attention back to the mantra.
- When you become aware that you have drifted to thoughts, other sounds, or sensations in your body, gently bring your awareness back to the mantra or your breath.
- If emotions come up, do not repress or suppress them. Just notice, feel your body and return your attention to the mantra or the observance of the breath.
- Repeat your mantra or observe your breath easily and effortlessly, as if you are listening to it – don't try, force or concentrate on it.
- The mantra does not require a clear pronunciation.
- The thoughts and emotional turbulence will decrease with practice, until the mantra will fade into nothingness and you will slip into the Gap or the space between the thoughts.
- Do not worry about "doing it right". It's all stress release when you are sitting with intention, even if you are experiencing mind chatter or emotional release.
- How long? Ideally 20-30 minutes twice a day. If you are new to meditation, start with 2-3 minutes.
- End your meditation by letting go of the mantra or observance of your breath, remaining with eyes closed for a few moments, then gently move back into activity.

## **Mantras (instruments of the mind)**

Mantras are our gateway to union with the Divine. When we repeat our mantra with commitment and devotion to our spiritual growth, we enliven our inner Divinity. It is in fact, more effective to repeat a mantra with love and devotion and even a slight, innocent mispronunciation, or like you are listening for it, than to mechanically repeat a mantra perfectly yet with no feeling.

**“So – Hum”**

“So” – breathing in the Divine

“Hum” – breathing out ego

***You can use any word or phrase from any tradition as a mantra***

**“Breathing in I am calm, breathing out, I smile.”**

**“Thy will be done, Thy will be done.”**

**“Ahhh, ..... Ahhh, ..... Ahhh..... ” – Sound of God**

**“Om, .....Om, .....Om,.....” – Sound of all that ever was, is, and will be**

**Or simply observe your breath, or the rise and fall of the belly.**

***Experiences you can have in meditation:***

1. *Thoughts – mind chatter, emotional turbulence*
2. *Fall asleep (just means you need to sleep unless it happens consistently)*
3. *Gap – space between the thoughts*

***The discipline of the practice is more important than what happens in meditation.***

*May you be blessed to have a sense of total wellbeing, to live your life in a manner that gives you fulfillment, joy, peace, and purpose.*

***Dr. Joanna Carmichael, RN is a Registered Nurse, doctor of Metaphysics and Divinity, Interfaith Minister, and Chopra Center-Certified Vedic Master. She is a former pharmaceutical researcher for over 20 years, and subsequently founded the Kalyana Centre, now Kalyana Consulting. Her own practice includes writing, speaking, Nurse Coaching consultations, Programs, Raindrop Therapy, Reiki, and regular classes in Ayurveda, Essential Oils, Meditation, Yoga, Metaphysics, and Past Life Regression Therapy. She is currently changing the direction of her company to create a Holistic Bed & Breakfast and Animal Sanctuary on the Main Line.***