YouTube links

**Meditation**

# Transcendental Meditation Technique - A Complete Introduction

<https://www.youtube.com/watch?v=fO3AnD2QbIg>

# Transcendental Meditation: Mechanics of the Technique (Maharishi Mahesh Yogi)

<https://www.youtube.com/watch?v=fbX5eNAbpeo>

# I am that, I am Wayne Dyer (2018) NO AD BREAKS DURING MEDITATION !!! 🙏 ❤

<https://www.youtube.com/watch?v=HiTtEQ_X2o8>

Sleep

**Dr Wayne Dyer - 5 Minutes Before You Fall Asleep - Positive Affirmations - Wayne Dyer Meditation**

<https://www.youtube.com/watch?v=Kvs-_22lwjA>

# How to make work-life balance work | Nigel Marsh

<https://www.youtube.com/watch?v=jdpIKXLLYYM>

1.

2. set boundary of our life with work

3. wake up, well rested…. Realistic: can’t do everything in one day

4. working hours 8 or 12

commuting ½ hr to 2 hrs

5. small thing matter…. Small investment in the right time

[http://www.ted.com](https://www.youtube.com/redirect?q=http%3A%2F%2Fwww.ted.com&redir_token=5ie6lUN-qnsYKiC0EEystu7mqUp8MTUyMzU5NDIxNkAxNTIzNTA3ODE2&v=jdpIKXLLYYM&event=video_description) Work-life balance, says Nigel Marsh, is too important to be left in the hands of your employer. At TEDxSydney, Marsh lays out an ideal day balanced between family time, personal time and productivity -- and offers some stirring encouragement to make it happen. TEDTalks is a daily video podcast of the best talks and performances from the TED Conference, where the world's leading thinkers and doers give the talk of their lives in 18 minutes. Featured speakers have included Al Gore on climate change, Philippe Starck on design, Jill Bolte Taylor on observing her own stroke, Nicholas Negroponte on One Laptop per Child, Jane Goodall on chimpanzees, Bill Gates on malaria and mosquitoes, Pattie Maes on the "Sixth Sense" wearable tech, and "Lost" producer JJ Abrams on the allure of mystery. TED stands for Technology, Entertainment, Design, and TEDTalks cover these topics as well as science, business, development and the arts. Closed captions and translated subtitles in a variety of languages are now available on TED.com, at [http://www.ted.com/translate](https://www.youtube.com/redirect?q=http%3A%2F%2Fwww.ted.com%2Ftranslate&redir_token=5ie6lUN-qnsYKiC0EEystu7mqUp8MTUyMzU5NDIxNkAxNTIzNTA3ODE2&v=jdpIKXLLYYM&event=video_description).

#### Category

[Howto & Style](https://www.youtube.com/channel/UC1vGae2Q3oT5MkhhfW8lwjg)

Genders balance at work

# Work-life balance: balancing time or balancing identity? | Michelle Ryan | TEDxExeter

<https://www.youtube.com/watch?v=79tRTivyMSM>

[TEDx Talks](https://www.youtube.com/channel/UCsT0YIqwnpJCM-mx7-gSA4Q)

Published on Jun 9, 2015

Some argue that women choose not to go into particular jobs, often because of the hours required and the sacrifices that need to be made. But what is really going on? Michelle Ryan is a Professor of Social and Organisational Psychology and Dean of Postgraduate Research at the University of Exeter, UK, and Professor of Diversity at the University of Groningen, The Netherlands. With colleagues she has uncovered the phenomenon of the glass cliff, whereby women (and members of other minority groups) are more likely to be placed in leadership positions which are risky or precarious. -- TEDxExeter 2015 took the long view both back into the past and ahead into the future. We asked our speakers to help us understand the challenges that face us now - how they shape the way we live, make decisions, and innovate. Video Production Chromatrope ([http://chromatrope.co.uk/](https://www.youtube.com/redirect?event=video_description&v=79tRTivyMSM&q=http%3A%2F%2Fchromatrope.co.uk%2F&redir_token=GcsUZDjSafWi1iO3OoWf79pJ2ax8MTUyMzU5NDg5MkAxNTIzNTA4NDky)) Production Manager Andy Robertson (<http://www.youtube.com/familygamertv>) This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at [http://ted.com/tedx](https://www.youtube.com/redirect?event=video_description&v=79tRTivyMSM&q=http%3A%2F%2Fted.com%2Ftedx&redir_token=GcsUZDjSafWi1iO3OoWf79pJ2ax8MTUyMzU5NDg5MkAxNTIzNTA4NDky)

#### Category

[Nonprofits & Activism](https://www.youtube.com/channel/UCM6FFmRAK_uTICRwyTubV0A)

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# A 15 Minute Mind-Hack to Massively Enhance Your Brain Power and Emotional State: Vishen Lakhiani

<https://www.youtube.com/watch?v=waYNEDZxEPY>

Meditation started at 22 minutes

[dam B](https://www.youtube.com/user/Orcrambo)

[Adam B](https://www.youtube.com/user/Orcrambo) [1 year ago](https://www.youtube.com/watch?v=waYNEDZxEPY&lc=UgggntpfPYiwXXgCoAEC)

anybody else here because they're procrastinating from studying?﻿

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[ Unic](https://www.youtube.com/channel/UC-ZhaDEB5e0X2FVZKrEC2cw)

[M Unic](https://www.youtube.com/channel/UC-ZhaDEB5e0X2FVZKrEC2cw) [1 year ago](https://www.youtube.com/watch?v=waYNEDZxEPY&lc=UgggntpfPYiwXXgCoAEC.8LDKM7euA2E8Mhukg7T9MD)

If you procrastinate for what you study. Than it might be a good idea to rethink what you really want in life instead of 'study' something because society wants you to. If you ask me there's a big diffrence between studying(learning about things that make you pass, but aren't really important to you) and learning(Learning about things you love and inspire you).﻿

[shley Young](https://www.youtube.com/user/morilindez)

[Ashley Young](https://www.youtube.com/user/morilindez) [1 year ago (edited)](https://www.youtube.com/watch?v=waYNEDZxEPY&lc=UgggntpfPYiwXXgCoAEC.8LDKM7euA2E8Nvu5ZF5X0J)

+M Unic So if you're in school studying engineering (which you love) and your school requires you to take a class on the history of the American Civil War (which bores you to death) in order to get your degree, should you just quit? Seriously, that's ridiculous. Sometimes you have to do things you don't want to do on the path to doing what you love. That's life.﻿

# Eckhart Tolle - Stillness Meditation

# <https://www.youtube.com/watch?v=1gnGmHVFCEE>

[stiklosiena](https://www.youtube.com/channel/UCLJWDC-V5MZ0nYXHsCbnRsw)

Published on Nov 27, 2017

Eckhart Tolle is spiritual master, author of books: The Power of Now and A New Earth. He is really amazing person, who can elevate our mind in high level, level of stillness. This meditation will help you bring your awareness to the deepest place inside you, where you can meet only one thing, POWER OF NOW. More about Eckhart Tolle: [https://www.eckharttolle.com/](https://www.youtube.com/redirect?event=video_description&v=1gnGmHVFCEE&q=https%3A%2F%2Fwww.eckharttolle.com%2F&redir_token=QFf4q6OIZugz--vMrqYmoicJNrR8MTUyMzg3NTg5MkAxNTIzNzg5NDky)

# Work relate Topics????

# How Can I Find Work That Will Give Me Joy?

<https://www.youtube.com/watch?v=TFGAvPud80A>

[](https://www.youtube.com/user/EckhartTeachings)

[Eckhart Tolle](https://www.youtube.com/channel/UCj9fPezLH1HUh7mSo-tB1Mg)

Published on Feb 13, 2014

[https://www.eckharttollenow.com](https://www.youtube.com/redirect?redir_token=lnMqPfMHDo4PNQSLe9aR3jduqHl8MTUyMzg3NTYzOUAxNTIzNzg5MjM5&q=https%3A%2F%2Fwww.eckharttollenow.com&event=video_description&v=TFGAvPud80A) In this Question and Answer preview, Eckhart Tolle advises to focus on your inner state—but not as a means to an end.

<a href=""><img src="img/....jpg"/>.....</a>