

## **Stress Management Techniques to Enhance Happiness and Spiritual Nourishment**

Notes from Dr. Deepak Chopra's program: *What Am I Hungry For?*

**Ultimate Goal:** To maximize happiness and enjoy life to the fullest making it a better place.

**AWARENESS is Key!** You are a tiny part of an enormous whole...

We must actively cultivate positive emotions and be aware of our emotions because they affect our cellular biology and health. Strive to generate the "Yummy" emotions (love, compassion, joy, gratitude, calm/equanimity) and keep the "Yucky" ones (fear, hostility, depression, resentment, anger) in check by responding vs. reacting to emotional stimuli.

**Happiness = Our Brain Set Point (40-50%) + Material Conditions of Living (7-12%) + Our Voluntary Choices, how we spend our time (40-50%).** \*Our brain set point is how we perceive a situation, as problem or opportunity. Deepak suggests that a regular meditation practice can change our biological set point along with cognitive behavioral therapy to help you change false beliefs that are making you depressed.

Ways in which we can facilitate happiness...begin by becoming aware/mindful of the body, emotions, relationships and environment. You may be involved in a toxic relationship or live in a toxic environment. We make voluntary choices every day that contribute to our level of happiness. Do not repress emotions, rather acknowledge them, feel them, experience them and let them go. Do not dwell or ruminate on that which is beyond your control. You are responsible for your thoughts/feelings, words and actions.

Invite Laughter into your life; use visualization to flood your senses with enjoyable peaceful scenarios; get a massage; make time for daily regular physical exercise/activity; listen to soothing music or classical music without words or sad stories; have a regular bed time and relaxing bed time routine at least one hour before retiring for the evening; cry if the mood strikes you; enjoy intimacy with a beloved partner; and above all BREATHE deeply and remind yourself all day long to breathe deeply, catch yourself following your breath and being aware.

Like any kind of training, meditation takes time and practice. You will see lots of changes over 4 weeks if you patiently keep practicing. To begin, aim for sitting quietly 15 min. twice daily.

There is an infinite source of peace within you. Tune into the mind/emotions/body/spirit. Breathe in the energy of peace- breathe in the energy of serenity- breathe in calm each time

you inhale. Come back to the breath and just observe the sensations around you, such as pressure under your sit bones, any smells in the room, sounds and then return your attention to your breath. Ultimately meditation is a means of training the mind not to think, to stop the process of being self-aware and end the illusion that the reality we perceive really exists. Zen teaches that reality is an illusion. “Emptiness” is a word used by Buddhists to describe our true state of being. The process of thought, of reasoning, takes place in the field of duality (Mind/Matter, Self/Other, Conscious/Unconscious, Illusion/Reality, Quantum/Classical, Wave/Particle, Spiritual/Material, Beginning/End, Male/Female, Living/Dead and Good/Evil). Non-duality is the philosophical, spiritual, and scientific understanding of non-separation and fundamental intrinsic oneness. “Namaste” means the light that is in me is the same light as is in you. In the last century Western scientists have arrived at the same conclusion as the Eastern sages have known for some time that the universe does indeed comprise of a single substance, presumably created during the Big Bang and all sense of being-consciousness- subsequently arises from it. We are individual expressions of a single entity, connected to one another, we are all drops of the same ocean.

The entire universe is contained within you. You are noble. Your origins are glorious. Your true nature, your true essence is utterly radiant. By sitting quietly in meditation, you can return to this essence again and again because this is the REAL you, and you can TRUST it. Welcome Home.

Meditate on how something comes from nothing.

Staring into the night sky is a meditation on time, space and the origin of humanity itself.

We now have to consider the interaction between object and observer in every experiment.

Space and time, the observed and the observer, energy and lifetime are all inseparable.

To get in touch with your soul...ask and you shall receive

1. Meditate: Self-Reflection, Who am I?
2. Enhance Your Experience of LOVE
3. Intellect: Reflect on the mystery of Life and the mystery of the Universe
4. Take Meaningful Action

**\*Ground yourself in Present Moment Awareness**