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## How meditation is improving and transforming life

Meditation is a process to understand oneself. Meditation is a practice to empty the mind of all thoughts and experience our grander self, or the greater mind. It is a practice to connect into the infinite potential Quantum Energy Field... or the Quantum Consciousness and experience that "*Intelligence*" ... and realize "*Aham Brahmasmi*", a Sanskrit phrase in ancient Indian scriptures that states "*I am that Consciousness*".

Quantum Physics has proven that our observation (our thoughts and feelings) creates the outer reality." *Yath bhavam thath bhavathi*", a Sanskrit phrase which means "*what we intent is what we create*" was stated in ancient Indian scriptures long ago. According to Quantum Physics, we are 99.999% energy and only 0.001% matter. Everything is interconnected in this Energy Field as waves of possibilities. Our observation collapses the possibilities into our life as Events (Experiences).

Observation is nothing but our thoughts and feelings. Every thought and feeling is about an experience of life. An experience is always about one or more persons, life forms, places and things in a given time frame. The more courageous, confident and miraculous thoughts and feelings we have, the more pleasurable and enjoyable experiences of life we go through. The more fearful, worrisome and anxious thoughts and feelings we carry, the more tougher life experiences we face. Our outer experiences are a mere reflection of our "inner being". Regular practice of meditation helps us to explore, experiment and experience this concept easily and naturally.

Regular practice of breath-mindfulness meditation enables holistic well-being of our individual self. It helps with increased physical vitality, increased memory powers, increased emotional intelligence and social connect, and a larger understanding of oneness or about the existence. Said another way, Meditation is developing the Physical Quotient (PQ), the Emotional Quotient (EQ), the Intelligence Quotient (IQ), and the Spiritual Quotient (SQ).

### Physical Quotient (PQ)

PQ is about passion for life. Meditation increases the body energy, develops radiant health, and naturally increases our passion for Life to experience more of the Life. Many meditators express that they are interested in all aspects of life again. They mention that they are engaging more and more in activities that they thought are unnecessary or over for them. Many express that they are fully involved in life experiences with greater mindfulness, enjoying the present moment ... "*Walk while walking. Eat while eating*".

### Intelligence Quotient (IQ)

IQ is about learning and successes in life. Meditation develops several memory powers including memory recall, concentration, learning, reading and creativity and helps us to become highly successful in whatever we take up. It develops cognitive capabilities and improves decision making with greater clarity. Several meditators express that they are more productive, bolder and more confident in decision making, enjoying their job & work more, and taking new initiatives.

## Emotional Quotient (EQ)

EQ is about building relationships to celebrate life. One becomes more self-aware, self-expressive, empathetic and inspires people with their selfless and caring attitude. Meditation makes an individual a natural leader with their ability to take initiatives as well as connect with others. Many meditators express that their near and dear people and their colleagues tell them that *“they are different and transformed now”*. Many family members express that *“these are the best days of our life in so many years”*.

## Spiritual Quotient (SQ)

SQ is about living a meaningful life and making a difference. It helps us go beyond routine life and live our purpose. With regular meditation, reading books and listening to experiences, one develops the understanding that we are all connected as “one”, that we are unlimited in potential and our thoughts and feelings help us realize that potential, that our real happiness lies in serving ourselves and others at the same time. It is very common to hear from regular meditators that *“they are living a meaningful life now...”, “contributing to others in some way or the other”, “participating in service activities”, “expressing gratitude for little things to big things”* and *“feeling harmonious in many ways with others, irrespective of other’s state of being”*.

## Teaching meditation

That is why, realizing the immense benefits of meditation, the Buddha-CEO Quantum Foundation has been organizing regular multi-week guided breath-mindfulness meditation programs to impart scientific meditation wisdom and enable meditation as a habit into the lives of all, with a focus on business and organizational leaders, aspiring leaders including graduating students.

During the COVID pandemic and to-date, we have seen thousands of people gained immense benefits with these daily guided meditations.

## How to practice Meditation

Meditation is a practice where an individual uses a technique – such as breath mindfulness meditation, focusing the mind on one’s natural breath – to train both attention and awareness, which allows to quiet the mind, achieve the cessation of the restless thought-stream of the mind and reach a mentally clear and emotionally calm and stable state.

On average, a human being has between 50 000 to 80 000 thoughts arising in a day, with each thought consuming one’s energy. Most of these thoughts are repetitive, dwelling in the past or worrying about the future and nourishing negative emotions and feelings. Altogether often preventing us from truly living our present and from achieving our goals and dreams.

The goal of meditation is to empty the mind. To access to a state free from all stray and idyllic thoughts, a state of emptiness in which lies infinite quantum energy. Meditation is the gateway to build energy, to knowing our-self, to explore our inner limitless potential and connect with the intelligence that surrounds us.

## What Meditation is NOT

Meditation is neither an intellectual process, neither mental exertion, mind-control, self-hypnosis, nor visualization, contemplation, concentration nor prayer or worship, chanting of mantras.

## Mindfulness and Meditation

Mindfulness is paying attention to the present moment, on purpose and non-judgmentally. Mindfulness is cultivating conscious awareness – awareness of self, of others and surroundings -- and making the most of every present moment and every experience that life offers. Open-mind, curiosity, empathy and compassion are natural companions of a mindful practice.

Meditation is the foundational practice to develop our ability to be mindful, aware of our thoughts and emotions, able to respond instead of reacting, and to enjoy a limitless life.



## How to practice Breath-Mindfulness Meditation

Even though there are several meditation techniques, the practice of *Breath Mindfulness Meditation* is one of the simplest. Breath-Mindfulness means being mindful of the normal and natural breath for the whole duration of the meditation. This meditation technique was originally taught by Buddha and in the recent times, it has been popularized by multiple meditation teachers and masters from East and West. *Breath-Mindfulness Meditation* is very easy.

Here is how to practice *Breath-Mindfulness Meditation*:

### 1. Posture

Sit comfortably in a chair, or on the floor or a cushion. When possible, find a quiet place. Close your eyes, take off your glasses / specs. When possible, reduce or turn off the light. Cross your feet at ankles (if comfortable for you). With your fingers crossed into each other, rest your hands comfortably in your lap. Be as comfortable as possible in your body posture, back & neck preferably straight, but relaxed

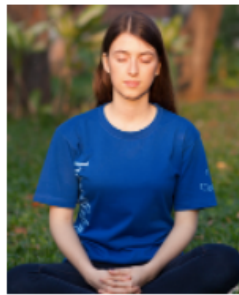
### 2. Process

Keep your eyes closed and rest your attention on your breath: observe the normal and natural in-breath and out-breath. In this meditation, one needs to consciously observe the naturally happening breath. "Observation" means just being a witness, with no judgment, no interpretation, and not influencing the breath in any way. There should not be any holding or stopping of the breath; no sounds in the mouth and no images in the mind. Just the observation of the natural in-breath and out-breath.

### 3. Experience

Whenever thoughts arise and the mind wanders, one has to consciously and gently bring one's attention back again, again and again to the natural rhythm of breathing. By becoming aware of the normal breath, the mind will quiet and slowly become empty of all thoughts. Soon, a deep restful state is attained. When the mind becomes rather empty, a feeling of emptiness and energy begins to flood into the body. As we keep on meditating, newer experiences enfold us. The more we keep practicing meditation the easier it gets. In this *breath-mindfulness meditation*, there are absolutely no unpleasant side effects.

**Tip:** Do not set any goal to “achieve”. No pressure. Just observe the breath and trust the process. Everyone is unique and every meditation is a great meditation!



#### How long to meditate

For the beginners, it is recommended that they meditate for a minute for every 1-year of their age. For instance, if you are 20 years of age, you do twenty minutes of meditation in a day; if you are 40 years of age, you meditate for forty minutes. If a 50-years old meditator wants to break up his / her meditation session into two sessions of twenty-five minutes each during the day, it's okay too.

**Tip:** Regularity is very important, and it is better to do meditate 10 minutes than to skip a day in your practice.

#### Regularity is the key in meditation

Meditation is a practice. You need to learn the technic, and train daily to experience the benefits of meditation and mindfulness. One can meditate at any time of the day and night according to own convenience. For beginners to create their habit of making meditation a daily routine, it is recommended to complete their practice every day for forty days initially, without missing it.

#### The Heart Elevation Process

Before we practice our actual Breath-Mindfulness meditation, we can practice a short, yet powerful, process called “Heart-Elevation” to make our mind highly conducive to become empty. The Heart-Elevation process involves feeling elevated emotions such as love, compassion, gratitude, adventure in one's heart. Research has shown that when the heart is moved into an elevated emotional state, it is making the brain become coherent and empty quickly and easily. This process is also helping to develop body immunity among other things.

***Heart-Elevation process is simple:***

- Sit comfortably, cross your feet at the ankles. Keep your hands on your chest area. Close your eyes. Put your full attention on your breath and your heart. Take long relaxing breaths and feel your heart for 2-3 minutes.
- Recall and relive the moments of any elevated emotions including love, compassion, gratitude, joy, appreciation, adventure and feel that emotion deeply in your heart. Feel oneness with everybody and everything by radiating the energy of that elevated emotion on to everything. Where your attention goes, there the energy flows!

## Experiences during meditation

Our conscious mind is responsible for all higher functions such as decision making, cognitive capabilities and creativity. This is supported by the larger part of the brain called “Neocortex”. However, 95% of the time, we are operated by our subconscious / unconscious mind which holds our skills, attitudes, beliefs, perceptions and other repetitive tasks. Interestingly, the subconscious / unconscious mind is supported by a much smaller part of the brain called “Limbic” and “Reptile”. The meditation practice greatly enables expanding the use of Conscious mind and reprogramming the subconscious / unconscious mind, for instance to overcome our “limiting beliefs” about ourselves and others.

In meditation, we observe our breath and go into a thoughtless state of mind. Every thought is about a person/life form, place or a thing in a given time. This is nothing but having attention on our body, our life’s events and our environment connecting us to everything around. When we withdraw our attention of the thoughts, we are withdrawing our attention of our body, our life and all the physical matter. As that happens, we start experiencing emptiness and energy. This is felt in many ways and called as “meditation experiences”. Depending on the sincerity and intensity of one’s meditation, one or more of the following experiences are observed:

- Feeling peaceful, calmness and relaxed
- Feeling of heaviness in the head or any other part of the body
- Feeling of lightness in the body or any part of the body
- Body movements: body, head swaying sideways, forward or backward; head dropping down etc.
- Feeling of pain in any part of the body
- Feeling of whirling / floating sensation in the body
- Tingling sensation in the body, hands or feet / toes
- Feeling of non-existence of body parts or the whole body; tingling sensation in any part of the body
- Seeing one or few colors
- Seeing visions, geometric patterns, beautiful nature, or any kind, many a times very vivid and clear
- Feeling intense emotions, joyful tears, feeling of connectedness, whole, expansive etc.
- Or not having any of the above experiences

These experiences are common and perfectly safe. Most are useful in many ways. Some experiences are letting us know that we are on the right path of meditation process. Some experiences indicate the healing process of the body / mind / intellect. Some are symbolic and

teaching us to learn a specific quality in life or overcome a specific emotion, while some are giving us insights and solutions to specific problems or situations. It is also normal to not feel any specific experience.

During the meditation process, we simply need to observe as a witness without any interpretation. After the meditation session ends, we can make a note of any unique experiences. As we experience more, share them, listen-in more to other's experiences, and study more and more spiritual books, we will develop the ability to understand the experiences on our own and make effective use of them. No matter what, every meditation is a good meditation.

## Main benefits of Mindfulness and Meditation

There are thousands of surveys, publications and books from the medical, neuroscience, academic and business instances about the benefits of mindfulness and meditation. Our Buddha CEO Programs surveys have also been continuously demonstrating the same results and testimonials. Here are the most common observed benefits:

- Reduce Stress
- Increase energy and vitality
- Improves physical and mental health and wellbeing in general
- Increase productivity and enhances creativity
- Develop confidence and intuition
- Increase thought power and ability to learn and memorize
- Boost emotional intelligence and empathy
- Improve relationships and collaboration
- Build resilience, agility and adaptability
- Improve concentration, focus and calmness
- Improve clarity and decision making
- Grow a sense of gratitude and appreciation

***Have a great Meditation!***

