

**NEW YOU IN THE NEW YEAR**

**2014**



# The Mind-Body Connection The Key to Total Life Transformation

with Jon Gabriel & Carol Look



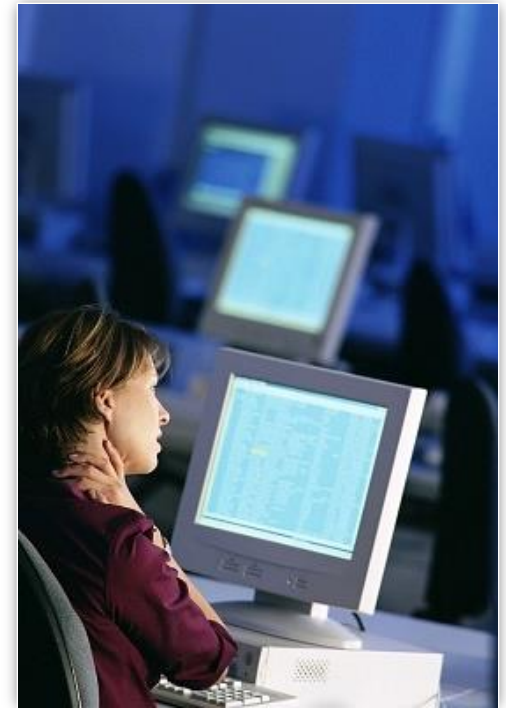
# External World vs. Internal World

- We can't separate from the external world.
- As it's gotten louder, busier and faster, our physiology and our mental structure has had to keep up with it.
- Now when we walk down the street we hear dozens of cell phone conversations. Evolutionarily, we have to keep up.



# Stress = Our Perception of Demands

- Stress is what we THINK is required or demanded of us.
- The world today: More horns, phones, emails, buzzes, electrical noise and distractions.
- But we can't all go live on a mountaintop... we have to live in modern society.



# The Formation of Negative Habits

- When we are upset and get used to quick, external fixes, we form bad habits.
- Every time you get upset you: eat potato chips, check your emails, buy something—rather than taking a deep breath, stretch, try a 5 minute meditation.
- People send a text, rather than journaling.



# External Cannot Fix Internal

- External fixes i.e. vacations, status purchases, electronic gizmos, Facebook, junk food, TV, etc.
- We've lost the education that the answer is inside us.
- Distraction is a temporary fix—and it works! Temporarily.
- Eating chocolate and sugar do briefly make us feel better.



# Let's Look “Inside” Rather than Out

- Mind-body solutions like being quiet, being present, being in your body – have not been taught to us.
- As a result, mind-body solutions (i.e. meditation, breathing, yoga) seem weird, so instead we go on Facebook or binge-eat.
- We have to conquer our own laziness. Surfing on the net, having a drink, a cigarette – all of those are easier and faster.
- For mind-body practices like meditation, once isn't enough – you have to develop a daily practice, and a sense of discipline.



# What Can I Reach For Instead?

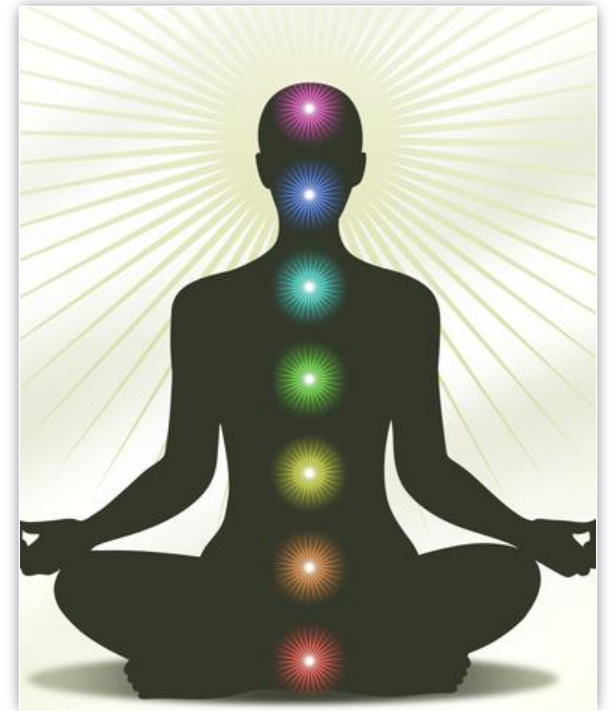
- If we lack inner awareness, we think: what can I reach for to feel better? What is quick and easy?
- We know sugar works. The TV show, alcohol, cigarette always does the job even though we know it's temporary, and bad for us.
- The immediate need not to feel sad, hurt or angry makes us reach for those fixes.





# Mind-Body Wellness is Mainstream

- These practices are back in the mainstream because of the need. People were desperate & surface fixes stopped “scratching the itch.”
- More mindfulness research in mainstream publications.
- Meditation & mindfulness are popular! Business leaders, political figures, celebrities all discuss the importance of meditation to their success.



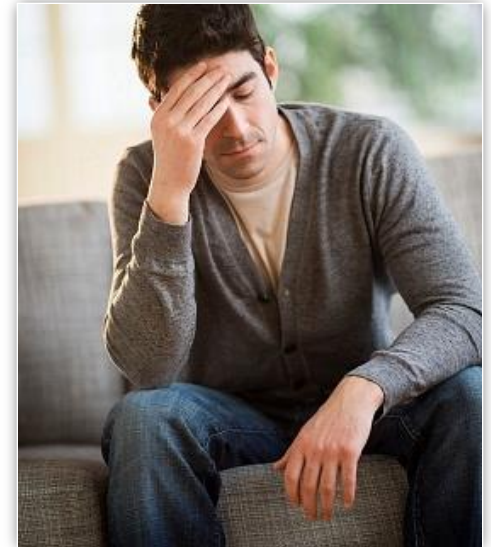
# Mindfulness in Everyday Life

- Yoga and Qi Gong are ancient- but we didn't re-discover it until there was a need.
- Mindfulness and meditation have been around forever. We used to have these practices as part of our culture because it was quiet.
- When was the last time you did anything without any background noise? Can you find time for quiet reflection in your day?
- When people are emotionally hungry, they search for something that works.



# Lessons from Addiction

- Use mindfulness to deal with withdrawal from bad habits, i.e. emotional eating.
- People going through alcohol & drug withdrawal, in addition to physical symptoms, have to work on psychological issues
- They've never dealt with their life stress before without alcohol or dugs.
- Now when they go back to work and the boss yells at them, or they have a difficult situation at home- they don't have their crutch and have to learn to deal with it.



# Lessons from Addiction (cont'd)

- Former addicts have to develop new methods of coping that are healthier, or else they relapse.
- Sometimes people start using alcohol and drugs as an adolescent due to issues in the family. When they try to stop using as an adult, sometimes childhood trauma comes up.
- That's why people need support, and also to use mind-body practices to release those feelings.



# But Without Food—Then What?

- When you take the food crutch away, what's left is the emotional issue.
- Overeating was the mechanism suppressing those feelings.
- You need to learn to do other things, find new resources, and explore mindfulness, or else you will return to food as fix.



# “Fix” The Mind-Body Disconnect

- Mindfulness is being focused, without a goal. Being deeply focused on breathing, or whatever activity you’re doing right then.
- Mindful practices are activities that lower the cortisol level.
- Energetic healing modalities take you back to your body mind, so that you feel safe, and you’re not dependent on the external world.



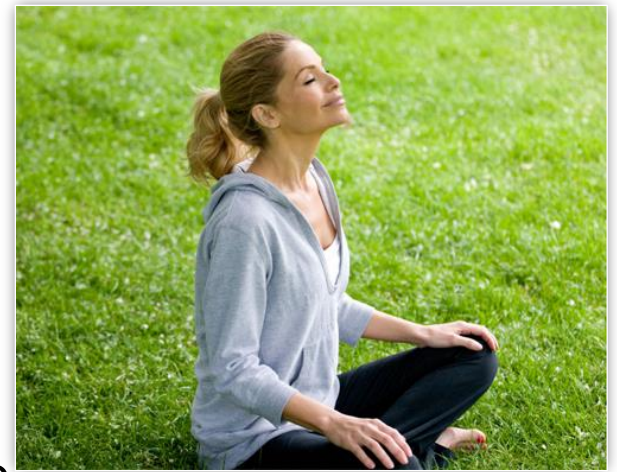
# Meditation is a Solution

- Meditation is going inward, finding strength inside, connecting physically, spiritually and emotionally to yourself- rather than going external.



# Use Meditation—You Can Do It!

- Don't be intimidated
- Sit down, close your eyes, and relax—you're doing it
- Focus on your breath and simply observe it coming in and out
- Aim for just 5 minutes sitting initially, and as your concentration grows, you'll be able to increase that gradually
- Meditation is anti-inflammatory and balances your hormones
- Stress makes us think we're hungry and causes overeating. Meditation reduces stress, thereby reducing overeating.





# Self-Hypnosis & Tapping

- Self-hypnosis is another way to help yourself, usually with a directed goal.
- Tapping uses acupressure points and it is self directed
- You don't need to go to someone, you can work on yourself.



# No Excuses, Everyone Can...

- Write a personal journal
- Practice meditative walking
- Practice deep breathing
- Use Meridian Tapping (EFT)
- Learn self-hypnosis

All of these are zero cost, you can do them yourself and reconnect back to your self. Go from disconnect, to reconnect.



# Social Support is Key

- You cannot do this alone—no one can!
- Many of us have lost the social support network formerly served by churches, community groups, neighborhood life.
- Find groups of people to do positive things, whether that's Zumba, a book club, volunteering- real life socializing with positive goal
- Start a gratitude group! Talk about what you're grateful for.



▶ **NEW YOU IN THE NEW YEAR**

**2014**

