

Introduction

M of S M A R T

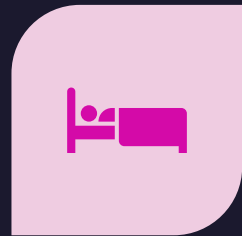
Meditation & Mindfulness

Dr Kunal Kothari



K² SMART
LIFE

SMART Life



SLEEP



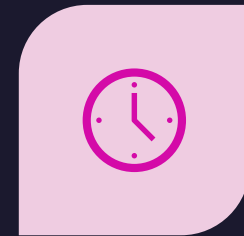
MEDITATION



ACTIVITY

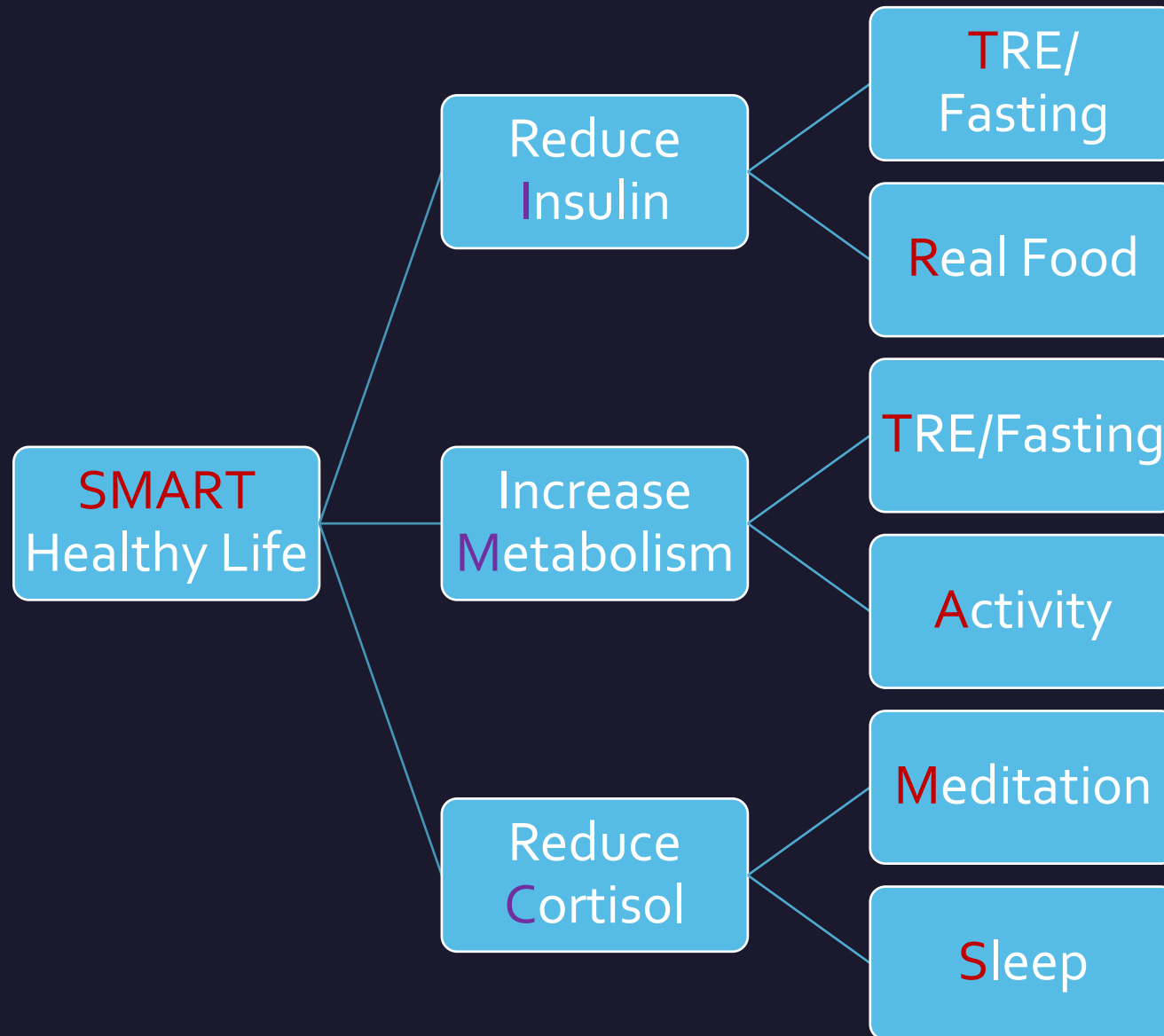


REAL FOOD



TIME RESTRICTED
EATING.





Agenda

Practical guide to Mindfulness

Practical guide to Meditation





Healing of body & brain

Meditation



Living in present

Mindfulness

Mindfulness

- I will be happy once I
- Happiness is in living in present, without any worries of the past and anxiety about future.
- Anything you do with real concentration without other thoughts is mindfulness



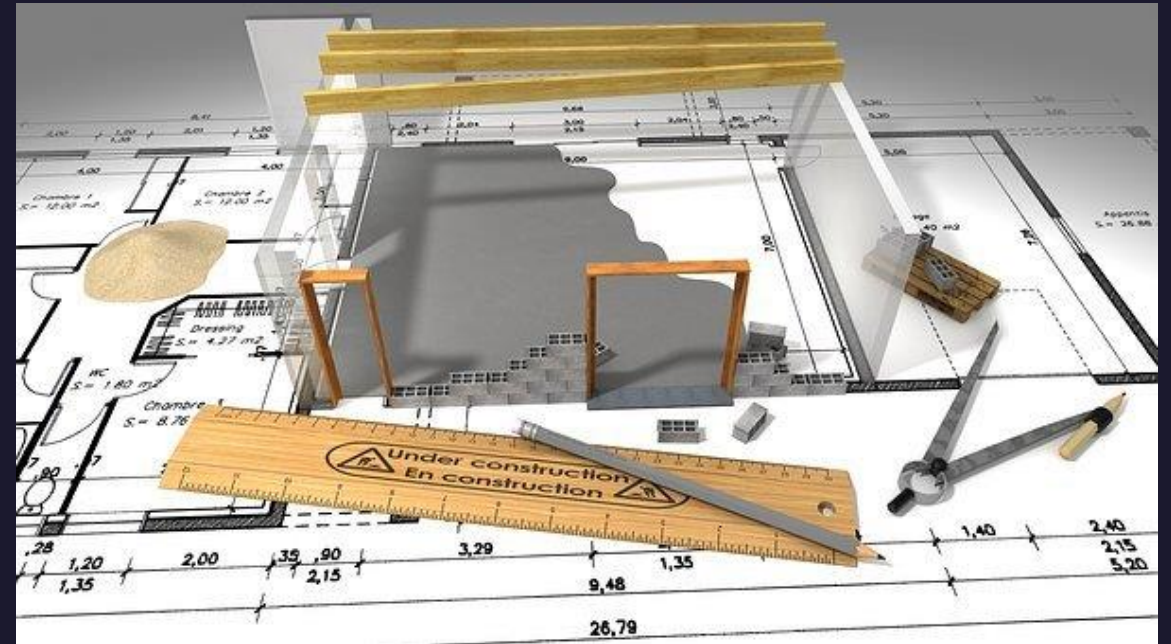
Mindfulness - MIND

- M - Manifestation
- I - Inhalation
- N - Nature
- D - Do



Manifestation

- Past – gratefulness
- Present – Acceptance
- Future – Positive mindset (Visualization)
- Power of mind – The first 4 minutes mile run.
- Especially useful for exams/interview/new job



Inhalation

- First and last thing we do in this world.
- Box breathing
- One nostril breathing
- Alternate nostril breathing
- Kapalabhati – Diaphragm breathing



Nature

- We are connected chemically to earth, biologically to every living object & physiologically to universe.



Nature connect



EARTH



LIFE



UNIVERSE



DO

Life is not a spectator sport!





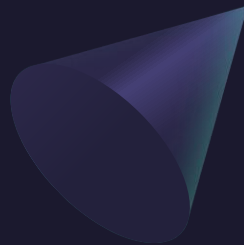


What words come to your mind when you think of meditation?



Meditation

- What is Meditation?
- Relaxation
- Stillness
- Looking inside
- Awareness
- Focus



Why don't we
meditate?



Our excuses for not doing meditation

- Very busy
- Can't stay still
- Only for Monks
- Can't remember to do it
- Can't sit down crossed leg
- Need to have special clothes
- Need to learn how to chant
- Too noisy house

Who should do meditation?

- Everyone should do meditation at least 30 minutes a day unless you are busy....



Who should do meditation?

- Everyone should do meditation at least 30 minutes a day unless you are busy, in that case you should do it for an hour.

Body & Brain



Body & Brain



Sleep Vs Meditation



Imagine



Self awareness



Purpose is not to silent mind (we can't)

CACOPHONY

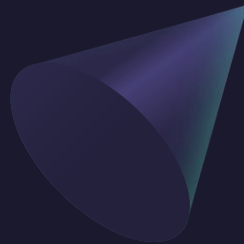


SYMPHONY



Why do we need to do Meditation?

- Peace: Reduces stress
- Power: Enhances brain power
- Productivity: Improves emotional well-being.



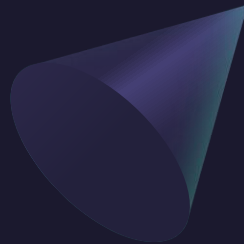
Peace: Stress Reduction.

- Lowers cortisol levels when we are not in flight or fight mode.
- Improves immunity
- Slow aging
- Lower BP
- Improves insulin sensitivity



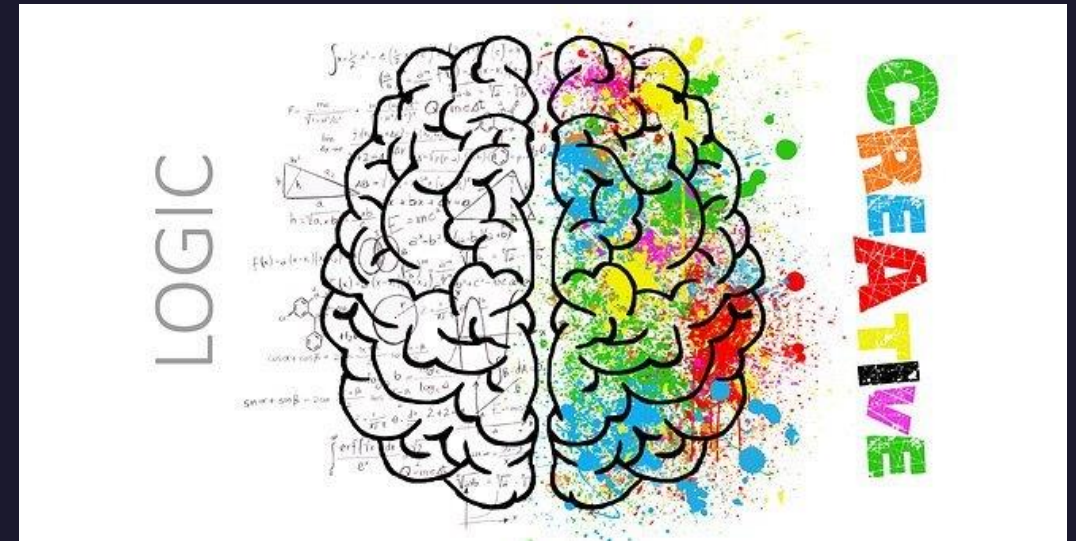
Power: Brain

- Improves strength of neuronal connections.
- Better Focus, increased creativity, better learning and memory.
- Quick processing, decreased need for sleep and awareness of unconscious mind.

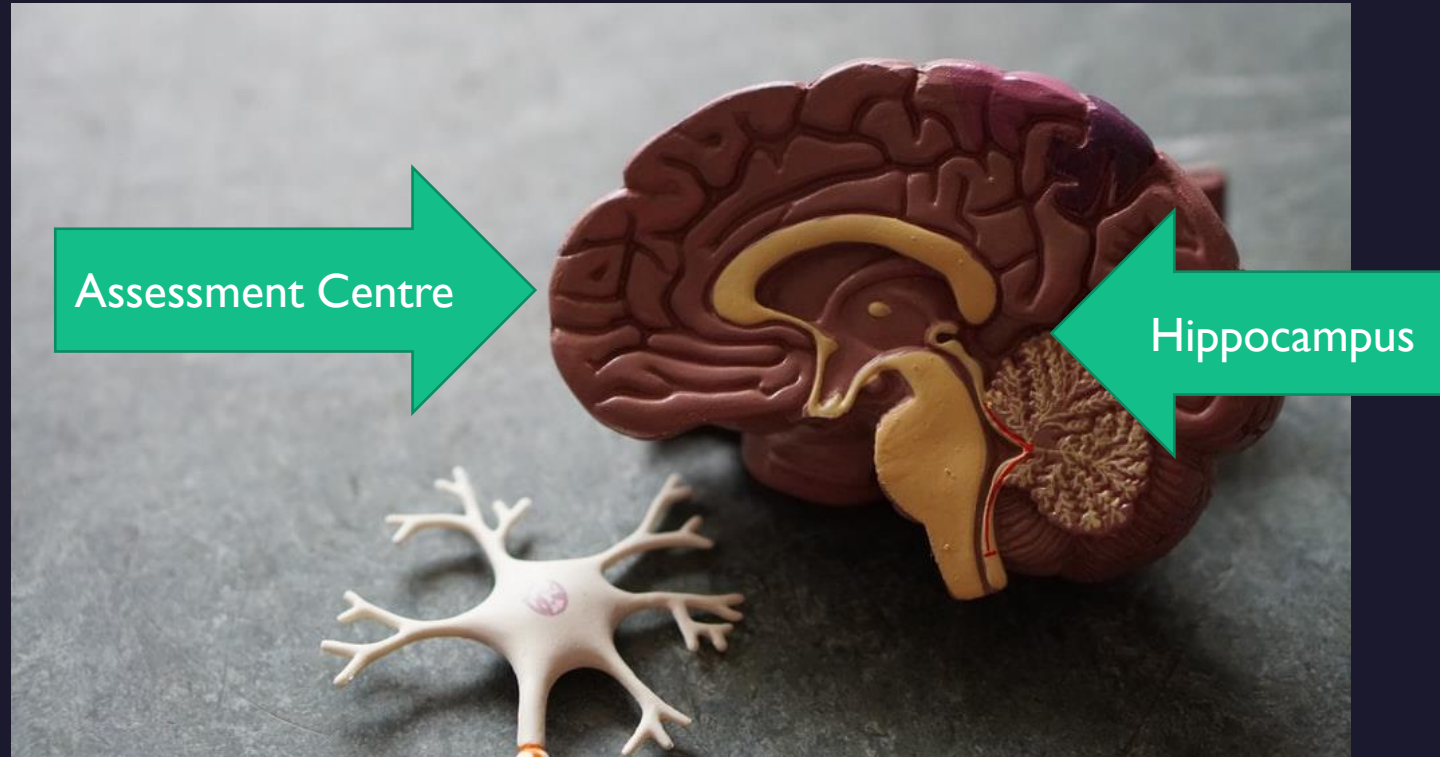


Productivity: Right and left-brain connection

- Improves with both of above practice.
- **Miracle** happens when we can combine our logical mind with creative mind.
- Try using your wrong hand!



Emotional Well-being



How to do Meditation for busy professionals



Deep breathing





5 senses



K2 Meditation Practice



- Close eyes
- 4 Box breathing
- Think of all 5 senses
- What can you see, hear, taste & smell
- Feel air passing through nostrils
- Now body scanning – bottom to top
- Breathing pattern

7 minute meditation

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



Routine

- 5 to 15 minutes once to twice a day
- Music of your choice
- You can't fail meditation
- Aim not to become best meditator but best at enjoying and living life



Do not take any big
life decisions within
two weeks of
starting
daily meditation.

Meditation high!



Life as you see it!

- <https://www.youtube.com/watch?v=MCgb5tj-Ybg>



Thank You

Dr Kunal Kothari

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