10x YOUR HAPPINESS

THE SECRET TO ACTIVATING YOUR HAPPY MIND AND START LIVING A BETTER LIFE

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Published by Sandy Gilad.

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INTRODUCTION

Hi. Sandy here.

I'm an active advocate of the pursuance of a life filled with happiness and abundance. Believe it or not, my life was once filled with depression and negativity. That's why I know that it's especially important for you to live life with happiness and abundance.

I'm excited to share the knowledge within this report to you, and see it affect your life in positive ways. There are no gimmicks, or false promises. This report is filled with sustainable advice that are based on scientific evidence that have helped countless people, myself included, to begin living a life that is worth living.

Read on, and discover the route to happiness!

The practice of meditation is one that has spanned millennia - its earliest origins can be traced to the 5th centuries BCE, where multiple forms of meditation were developed in different societies (such as Hindu and Jain India, as well as Confucian and Taoist China).

Meditation has also been described as a source of bliss, or true happiness, as some would describe. Other names that have been given to meditation include "inner treasure", or real pleasure. A tale that illustrates what meditation means to an experienced practitioner is one that meditation teachers often discuss with their student is one about a homeless man who begged every day, for 30 years, at a street corner as he sits on a box.

One day, someone asked him what was inside the box. When the beggar looked inside, he saw that the box was packed with diamonds. The timeless maxim here is how many of us spend almost all of our time and every looking outside for small earnings, failing to see the true wealth within us.

Today, the art has expanded from monasteries and religious retreats to modern people who live and work in metropolitan areas. In fact, meditation has been known to be a core component of the lives of many notable personalities.

Rupert Murdoch, the media mogul worth 8.3 billion dollars, is a serious practitioner of meditation and one of the world's most influential people, as listed by *Time* magazine.

Ellen DeGeneres, wildly popular host of the 36-time winning Daytime Emmy Awards, says that "... it feels good. Kinda like when you have to shut your computer down, just sometimes when it goes crazy, you just shut it down and when you turn it on, it’s OK again. That’s what meditation is for me."

Other celebrities in the long list of famous meditators include Oprah Winfrey (the most powerful celebrity of 2013, according to Forbes), Jennifer Aniston, Hugh Jackman, Eva Mendes, and Liv Tyler. Other well known meditators are also successful business professionals, such as Tony Schwartz (Founder and CEO of The Energy Project), Bill Ford (Executive Chairman of the Ford Motor Company), and Larry Brilliant, former director of Google.org.

These famous people advocate the positive impact of meditation and how it renews the mind and body. The positive effect that meditation can have on both mental and physical issues is often the biggest benefits that meditative practice has introduced into the lives of many. In support of this claim, recent research in 2015 have found that the relaxing effects of meditation techniques can dramatically reduce trips to the doctor.

Massachusetts General Hospital ran retrospective examination on the records of 4,000 patients who practiced meditative techniques as prescribed by their doctor, against 13,000 other patients who did not. The researchers' conclusion was remarkable: Meditative techniques lowered the incident rate of medical attention required by a staggering 43%. That aside, patients were also found to care for themselves more effectively and handle symptoms without requiring a medical professional.

Chapter 1: YOUR BRAIN, MINDFULNESS AND MEDITATION

Before we begin discussing actual meditative techniques, let's cover the topic of brain waves and lay some important groundwork.

Brain waves are communication medium of the neurons in our brains. They are essentially electrical pulses that neurons fire to one another, which can change in response to what we feel and do. For instance, we may feel tired or sluggish when more brain waves are slower. Likewise, we may feel more alert and active when faster brain waves are present.

Measured in Hertz (the unit which measures frequency), there are 5 types of brain waves: delta waves (.5 to 3 Hz), Theta waves (3 to 8 Hz), Alpha waves (8 to 12 Hz), Beta waves (12 to 38 Hz) and Gamma waves (38 to 42 Hz). The key to controlling stress and building a happier, more fulfilling life is to learn how to control 2 types of brain waves, the Alpha waves and the Theta waves.

Alpha brain waves are the main brain waves when one has calm, fluid thoughts, and also occur during certain types of meditation. This type of brain wave signify that the person is currently in the moment or residing in the present. As the resting state for the brain, alpha waves improve attentiveness, composure, psychological coordination as well as learning processes for the mind and body.

In comparison, Theta brain waves are the most frequent when we are asleep or in states of deep meditation. As an essential element to learning and memory functions, Theta waves can induce a tranquil, midpoint state that briefly takes place when we wake up or just before entering sleep. When in "Theta mode", we shut off our senses from outside influences and concentrate on what's inside. When Theta waves are dominant, we are in a dream-like, intuitive state where we can access a heightened awareness that's above the conscious level. This is where much of our fears, phobias and past trauma is held.

For the most part, we are used to being in the Beta brain wave rhythm when we are awake. For the majority of people, this is the default and most dominant brain wave, which occur during states of stress, agitation, pressure and fear. If we slow our brain waves down to alpha levels, we can enter a state where we are most efficient in terms of performance and learning. This means that our ability to evaluate circumstances, navigate complicated scenarios and remember new information improves significantly.

In addition, accessing alpha and theta wave rhythms during conscious hours results in increased levels of beneficial brain chemicals, such as dopamine, norepinephrine, and beta-endorphin. These compounds are produced naturally and are related to a sense of clear focus, building a mental framework that boosts new learning and retrieval of previously stored information. We will explore this topic more, in terms of meditation.

People grounded in science have often been at odds with believers of meditation, where science demands observations derived from logic and fact while meditators accept the results their experience have yielded.

The irony is that while the methods of either faction differ like day from night, they are essentially on the same search for the truth. Researchers have studied brain activity across subjects such as beginner meditators in cities to monks in remote locales have been measured to reveal the effect that meditation can have on the mind.

This reality is supported by the surge of interest in meditation by both scientists and the general public. We are seeing greater amounts of funding and effort going into neuroscientific research involving meditation and how it works, as well as the host of benefits that meditation can bring to the untrained mind.

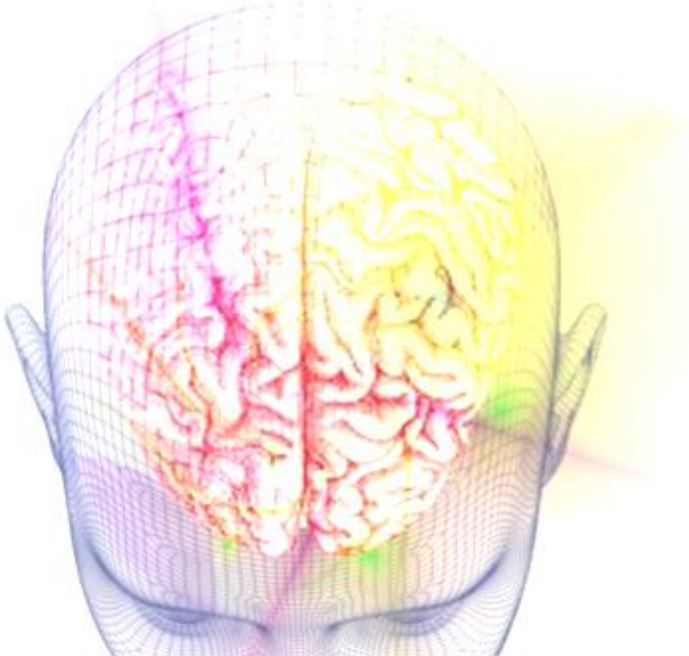
Scientific research has discovered that meditation can act as a conduit for us to transform ourselves and the world around us with proper practice - and this transformation is evident in observations that scientists have made.

In fact, the physical structure of the human brain has been found to change with respect to meditation practice. Neuroscientists have observed certain areas of the brain activating during meditation, which differ from people who do not practice meditating.

Recent evidence has discovered that changes due to meditative practice can take place in time as brief as eight weeks. This is critical information for the world, since it contradicts what we previously thought to be true.

The development of the brain structure is believed to end after 25 - 30 years of age, and become increasingly worse with every passing year. Research done on meditation has shown that this may not be the case. Meditative practice have been shown to transform certain brain regions that are vital for attention, learning and emotion management.

If this theory does not sound valid to you, think of how the body changes in relation to working out. When one exercises muscles, the structure changes - it becomes bigger and physically more powerful.



This concept draws a direct parallel with how our brain can change in accordance with the amount of meditation practice that one does. A direct example would be how the brain area that's related to spatial recognition and tracking gets bigger when one spends time learning kinesthetic movements such as juggling. Meditation works essentially the same way.

Similar to many radical, progressive theories, this field of study is as contentious as it is heavily debated upon. Nonetheless, the effects of meditation on the brain has already become research topic that's steadily gaining much interest. The foremost pioneer in this field is Sara Lazar, Harvard neuroscientist and researcher in Massachusetts General Hospital's psychiatry department.

Using magnetic resonance imaging (MRI), she studied comprehensive brain scans of twenty subjects who were meditators who were based in the area in and around the Boston region. These scans where compared with similar images from a control group consisting of the same number. The meditator group averaged nine years' experience in meditation at the rate of about an hour day, but were not any sort of religious monk or nun. Every subject was a Westerner who resided within the United States, and held regular occupations.

The subjects in the control group did not have any background in meditation, and were volunteers who selected for their corresponding match to meditator subjects in terms of age and gender.

Lazar's focus was on the area of the brain called the cortex. Located on the outermost surface of the brain, this is the most recent part of brain, evolutionarily speaking. Observations of the cortex revealed that this area was considerably larger in meditators than in non-meditators.

As a known fact, cortical areas tend to deteriorate with age, but these expanded regions of the brain were of comparative size to non-meditators who were twenty years younger.

Research previously published have indicated that cortical areas showed more activity during meditation sessions, but Lazar's results showed conclusive evidence that growth and size are factors that can be attributed to meditation. The two main cortical areas that showed major changes are the prefrontal cortex and the insula.

Higher cognitive functions are handled by the prefrontal cortex, which are planning, judgment and decision making. It grants us the ability to weigh two concepts against each other concurrently in order for us to judge and evaluate ideas, plans and memories.

Another role of the prefrontal cortex is connecting the input from our senses with what we remember, so we can use past experiences to act optimally in the present. In addition to everything else, this area of the brain also manages behavior regarding what is socially acceptable.

The insula is a region of the brain that is said to encompass sensation and emotion, and is required to deal with social emotions such as empathy and love. Without the insula, scientists believe that we would not have the capacity for self-awareness. Both the prefrontal cortex and the insula are critical for what most of us usually take for granted - our effective function.

In Germany, Britta Hölzel, another researcher discovered hidden areas deep inside the brain that resulted in higher volume of gray matter for meditators. Other regions of the brain that Hölzel have identified are related to mental and behavioral transformations that meditators have reported for centuries. Perspective shift is an ability that one of these regions allows us to do, supporting a range of skills and behaviors, such empathy (similar to the insula) and control of emotional upheavals (which is reported to occur when meditators begin practicing coming out of reactivity).

This reflects the events that follow mindfulness practice, where perspective shifts from "auto-pilot" reactivity towards a more conscious and attentive observer during meditation sessions. The art of back-and-forth perception shift from absentminded reactivity into full awareness of the present is a core element of meditation practice.

Britta Hölzel, both researcher and practitioner of meditation, have since relocated to Boston to collaborate with Lazar in this field of study. Lazar and Hölzel's recent findings indicate that the amygdala, the part of the brain most connected to emotional behavior and fear, had reduced volume of gray matter in meditators who went through less stress. Like mentioned earlier, these results can be seen after a brief period of eight weeks.

Further research has revealed that meditation also gives rise to improved attention spans. No matter the type of meditation (breath, auditory, or visualization), attention is core to meditation. That said, it is almost a paradox in itself, as a beginner meditator will learn that the best way to learn how difficult it is to control one's thoughts is through a lengthy meditative session.

In fact, it is common - and should be expected - that even with our best efforts, countless distractions will inexplicably materialize from sources beyond comprehension. People new to meditation may even feel that the meditation in itself is causing him or her to become increasingly distracted. On a sidenote though, distractions can easily be switched off with a special technique here.

However, scientific evidence have revealed that with practice, distractions are reduced, but one is more likely to become aware of them as a result of the improved attention span. With laboratory equipment, it is even possible to measure the increase in strength of the human mind that occurs over the course of successive meditative sessions.

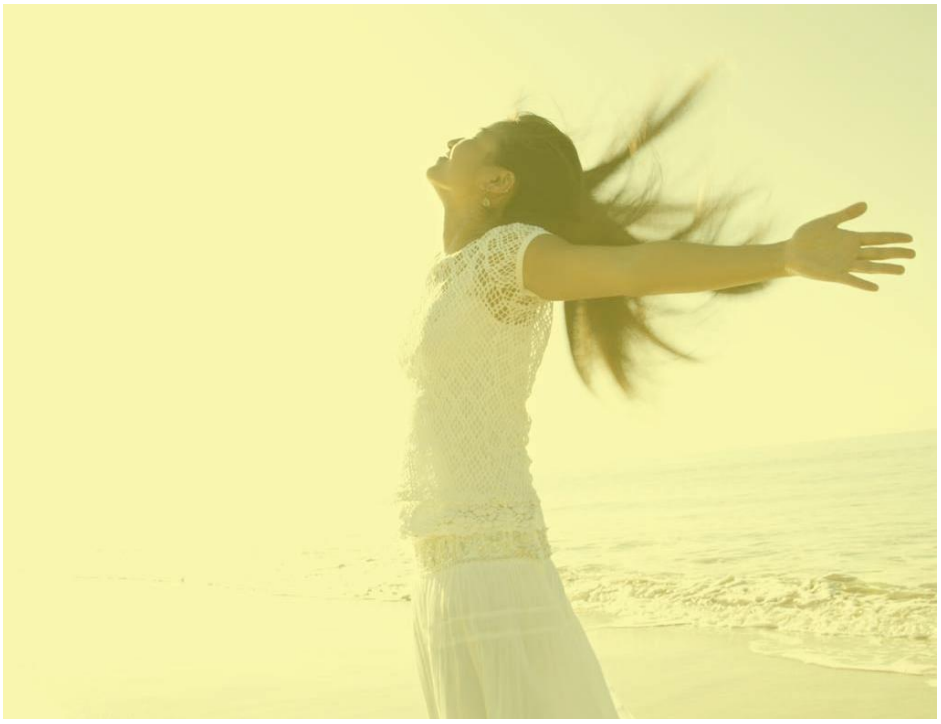
Hölzel reports that her neuroscience research has been of tremendous assistance to her own meditative practices, helping her improve her own meditation and become more cognizant of the things that are going on during her meditation.

In addition, it has facilitated a mental environment of serenity and acceptance, especially in understanding that neural systems take time to change, and how the mind naturally wanders.

A surprisingly outcome of this research of Lazar is that for many meditators who have practicing for years, going "nowhere" in their meditation seems to be a source of motivation for them to continue their practice and seek greater levels in their meditative abilities.

Many initially thought that they were wasting their time because their minds were "all over the place", but their practice has allowed them to come to terms with the natural wandering of the mind, while keeping in mind the significant changes that they are experiencing with their meditation.

Beginners to mindfulness meditation can start with basic techniques such as sitting in a quiet spot and focusing on one's natural breathing patterns. Repeating a silent word or "mantra" can be added to improve depth of focus. One should allow thoughts to appear and disappear without judgment as he or she returns the focus to breathing.



Chapter 2: MINDFULNESS PRACTICE

Once one is comfortable with the basic meditation exercise, the practitioner can move on to including mindfulness in everyday life.

Brown University is another institution that has been studying this area of interest, where research on meditation methods have confirmed reduction in distress for subjects with chronic pain and can decrease relapse for depression, including attentional control. Brown University recommends that the following ways can be used in daily life to improve the control of brainwaves and practice of mindfulness:

- ***Brushing teeth:*** Give equal attention to every feeling, taste and movement required for the process of brushing teeth. Since it is regular habit for most people to start and end each day with this, learning to give yourself care or loving consideration during this daily ritual could benefit one's esteem and psyche.

- ***Taking a shower:*** Observe the sensory input as the water comes into contact with your body, as well as how you move as you clean yourself. Practice concentrating on your breath, catching yourself if you return to wandering reactivity and asserting your attentional control without judgment.

- ***Walking:*** Become aware of how it feels to walk, such as how your body moves and the sensations of the ground beneath your feet. Detect the loss of focus when your mind wanders, and return to a state of being aware, again without judgment.

This practice in mindfulness has basis in the Buddhist practice of centering a "focus of attention" on individual parts of the body, usually in a certain sequence.

After some practice, a state of relaxation can be induced, which could be Alpha or Theta brainwave dominant, which is a reflection on the meditator's skill level. As mentioned earlier, laboratory equipment can measure the brainwaves through magnetoencephalography (MEG) and physical reactions to meditation.

Mindfulness can benefit anyone, in a wide range of ways. One's well being can be improved as being mindful can lead to attitudes that contribute to a satisfied life. For example, mindfulness allows one to fully appreciate the pleasures of life and become fully immersed in any activity. Mindfulness can also unlock this astonishing gift within yourself, which has been used by Ellen DeGeneres to become the prominent and successful comedian she is now, and Arnold Schwarzenegger, to clinch the title of Mr Olympia!

People who practice mindfulness are also focused on the "here and now", and are less likely to ruminate about past regrets or be too worried about future events. They are also able to let go of issues regarding self-esteem and success, which leads to the ability to create stronger, deeper connections with other people.

Physical health is another benefit of mindfulness. Specifically, mindfulness can assist in alleviating stress, reduce blood pressure, mitigate heart disease, lessen chronic pain, improve quality of sleep, and help with gastrointestinal problems.

Psychotherapists also regard mindfulness meditation as an essential constituent in the care of their patients, and used its therapeutic benefits for sufferers of depression, drug abuse, anorexia, bulimia, anxiety disorders, obsessive-compulsive disorder and couples who require counseling.

Chapter 3: MEDITATION

After learning how to become mindful with experiences in daily life, it is a suitable time to transition into purposeful, guided meditation. As with learning anything new, meditation is often difficult for newcomers, just like how habits and routine behavior can be difficult to change.

Thus, practicing meditation for the first time should begin with sessions that are straightforward and short. This will increase the chances of successive sessions in the future.

Improvement is generally gradual, but in time, the duration spent meditating will increase relative to skill levels. Here's a practice model that's suitable for first-timers:

- ***Set a 5 minute timer*** · This means that you won't have to struggle with the duration of the session - you can rest easy knowing that the session is only at a minimal duration.
- Assume a comfortable sitting posture, but ensure that your head, neck and spine are in ***aligned in an upright manner***.
- ***Focus attention on your breathing***, and progressively lengthen your inhalations and exhalations. Breathe slowly through your nose, giving a brief pause after inhalation and after exhalation.
- After achieving slow, rhythmic breathing, ***focus your attention onto the part of your body that feels the most discomfort in your body***. In your mind's eye, imagine breathing your favorite color into that area of your body. One you can accomplish this with no distraction, move on to other areas of your body.
- ***It's perfectly normal for distractions to materialize*** as you continue your meditation. Accept that any and all distractions are normal, and instead of attempting to force them out of your head, allow distracting thoughts to move on without any attachment or feeling. If something or even someone demands attention in your head, recognize the existence of any concern it, he, or she may have, allowing them to drift away from your consciousness.

After you've created a routine for your meditative sessions, check out Winter's Guided Meditation audio that you should have received with this e-book.

In future practice, you may reach a point where meditation felt so wonderful that you may wish that you were still there, desiring to discern what else that state of mind can bring. Unless you are on the verge of discovering something important, it would be a good time to come back to your usual state of mind. This will create a favorable longing for your next scheduled meditation.

However, do not rush to increase the duration of your meditation - increase your duration only after 5 minutes of meditative practice has become routine.

And once you master meditation, how about extending it to other aspects of life such as the relationship or health etc through a rubber band? (Yes, through a rubber band - find out more here)

CONCLUSION

Today, meditators can say that their experiences of increased calm, decreased stress, improved attention and et cetera, can be scientifically supported by research and facts. Science-supported evidence also gives us verification that our health can be improved tremendously with the simple addition of meditation in our lives.

Like with all new things, meditation can be daunting and requires cultivation. the good news is that you can begin with very little investment. It's 5 minutes, at no monetary cost.

And it doesn't take long for improvement to take place: research has shown us scientific evidence that it takes as little as eight week to show favorable results! With such a low barrier to entry, anyone can start small, grow, and eventually watch the benefits of Theta brainwaves in their lives.

Remember: stress and the eccentricities of life may be a dominating force, but they need not control you - use the techniques in this report to wrest control back to you and begin steering your life towards fulfillment and abundance!

If you would like to learn more about how to use advanced techniques to "flip the switch" in your brain toward unlimited success and happiness, watch this FREE presentation to find out how.

Sandy Gilad