**ICanServe Foundation**

**Silver Linings 2019**

**THE POWER OF BREATH**

**Tools and Techniques to Manage Stress**

**PICC Room 7**

**SPEAKER : Nameeta Dargani**

**MODERATOR : Mitzi Borromeo**

0:40:35 Mitzi: So let me tell you a little bit about Nameeta before she comes to talk about what the session is all about. Nameeta Dargani is the founding member and president of the Art of Living Foundation Philippines. She has been with the foundation since 2005, equipped with a business degree from the European Business School London. She’s also a mother of 2 young boys and along with her husband manages a family business. Nameeta’s life mission is to uplift and empower people from all walks of life with the techniques of the Art of Living that have enriched her life and left her with an unshakeable smile. Shes’s a teacher of the Art of Living Happiness Program as well as the Breath and Sound Therapy Workshop which is a free course designed for victims of trauma. Nameeta has taught Stress Management Techniques of the Art of Living Foundation to people from all sections of society including corporates, youth, business leaders, home makers, educators, social workers, law enforces and prison inmates, very interesting. Let’s all welcome Nameeta Dargani. (clapping)

0:41:35 Nameeta: Thank you Mitzi. Hi everyone. So I’m not gonna sit down. Maybe I’ll just, yeah I’ll just walk around coz I like to do that. I’m also freezing, am I the only one that’s really cold here? I’m all wrapped up and I’m still cold. Anyway, so how are you all doing? Thank you for staying. It’s good that you’re willig to postpone lunch a little bit. In fact it’s really good because the breathing techniques that I’m gonna teach you are best done on an empty stomach or at least on a light stomach. So I’m really glad that we’re doing this before lunch. So let’s talk about the breath, something that’s so close to us and yet don’t we take it for granted yeah? Unless we’re like out of breath, you know, we’re running to catch the bus, running up the flight of stairs and then we suddenly aware of our breath isn’t it? So I wanna check if we’re all breathing. How are we all breathing right now? Coz there is a correct way to breath. Some of us have done Yoga and some of us maybe have had training as singers or swimmers and maybe we’ve learned how to you know, build our lung capacity. But we’re not taught this at home or at school. And the average person really needs to know how to breathe. Would you agree? Yes?

0:43:00 Nameeta: Ok so I’m gonna ask you all to, let’s put our phones aside, what do you say? Put the phones on meditation mode as well just for the next you know, maybe 30 minutes. So that we can give this time to ourselves. Yeah? I’m gonna ask you to close your eyes and put your right hand on your abdomen. And your left hand on your chest. Ok? So let’s all do this. We’ll take a few breaths, in and out. Just regular breathing, how you normally breathe, right hand on your abdomen, left hand on your chest and just observe what’s going on. Now, I want you to become aware of which hand is moving more. Which hand is moving more? Where is the more activity? Is it the right hand? Is it the left hand? Is it the abdomen? Is it the chest? And slowly you may open your eyes. So for how many of us was the chest moving more? Let’s see. Ok. And for how many of us was the abdomen moving more? Ok. Some of us were not breathing? (laughs) Some of us didn’t raise their hands. Ok. So imagine your lungs to be like a balloon. When you fill a balloon with air, what happens? It expands right? And our lungs are composed of the upper, middle and lower lobes. Our lungs are, they have immense capacity to expand. So when we breathe in, the abdomen should really be moving out. Yes? Have you seen little babies when they’re sleeping, yeah? When they’re lying on their backs sleeping and then you’ll see the abdomen rising up like that. This is how we came into the world breathing. This is the natural way to breathe. So just being conscious and aware that when we breathe in, the abdomen should move out. This is very important. Some of us are breathing just here. We feel the movement here which means that it’s more superficial. Yeah, the breath is just kind of you know, filling up the upper lobe and it’s not going all the way in. So this is the first thing.

0:45:16 Nameeta: Now let’s look at stress. How of us experience stress? Yes, we’re all at some point yeah, or maybe on a daily basis, are undergoing some form of stress. Have you ever thought about what it is that causes stress? Have we ever looked into this? What causes stress? Ok, what else?

Audience: Expenses.

Nameeta: Ok expenses yes, what else? Yeah, so it’s ok we can have it like a conversions yeah? You can just whatever you feel, you can say. It’s very informal. I’m not gonna give you like a university style lecture. Let’s have a conversation and yeah, let’s hear your thoughts as well. So we can summarize it into 2 main causes. So the first one, have you noticed the tendency of your mind to swing between the past and the future? Does this happen to you? Like even as I’m speaking or maybe in the last couple of minutes as I’ve been speaking, maybe some of us, our minds have slipped into the past or the future. Has it happened? Honestly, raise your hand if this had happened. Ok, so this tendency of the mind to vacillate betweet the past and the future creates a lot of stress in our nervous system. So when we go to the past, what kinds of emotions come up when the mind goes into the past? Sadness, what else? Regret is a big one. What else? Anger is always about something that has happened in the past isn’t it? What else? Hate. Guilt isn’t it? What about when the mind jumps to the future? What sorts of emotions do we experience? Fear. What else? Anxiety, worry, isn’t it? And how much time in any given day, do we spend in any of these emotions? Do we spend any amount of time in any of these emotions? Maybe anger, guilt, regret, fear, anxiety. So every time that we are spending time in these emotions what are we denying ourselves of? The present moment. Where is life happening? Now, in the present moment. So everytime your mind is swinging between between the past and the future, we are missing out on this moment. And we know this right? Everybody says we should live in the present moment. There are books written about it. The power of now and all of that. But how? How do we live in the present moment, is the big question isn’t it? When our experience tells us that it’s so difficult right? To bring this entire system into the present moment. Your body maybe in the room but do I have a guarantee that your mind is in the room right now? No! (laughs) So how do we bring this whole system into the present moment? The mind and the body. What is the secret? Any guesses? What is the connecting link between the mind and the body? Your breath, yes James. Your breath. Why? Because you breathe in present moment. So every time you become aware of your breath, you have already entered the present moment. The breath is like the gateway to the present moment right? And this mind which is constantly jumping between the past and the future, you can use the analogy of a kite. Right? The kite is flying all over the place. So you can imagine the mind to be like a kite. Past, future, flying all over the place. The breath is like the string that you can use to bring your mind back again and again to the present moment, which is the only place where you can experience joy isn’t it? Joy is only in the present moment.

0:49:35 Nameeta: Yes? Any questions so far? So stress is created when the mind vacillates constantly between the past and future, past and the future, right? And it’s so difficult to handle the mind from the level of the mind. The more you tell yourself, “I shouldn’t do this.” Or I should, you know… let’s say at night you want to sleep, because you have an early start the next day. And you tell yourself, I need to sleep. I need to sleep. What happens? All the more you can’t sleep right? So in the realm of the mind there’s a law. What you resist, will persist. The more you pressurize your mind, let’s say you’re trying to remember something. Somebody’s name, what’s his name? The more you pressurized your mind, the more it escapes you isn’t it? But the moment you relax, what happens? The name will just pop up. Has this happen to you? Yeah? So in the realm of the mind, things work a little differently. In the realm of the body, we need effort, whatever we wanna do, we need to put effort. But when it comes to the mind, the key is effortlessness and we’ll experience this later when we do a guided meditation yeah? Like we did earlier with Denise, the meditation. Did you see how effortlessly you know, we were guided into that state. You didn’t have to focus or concentrate or put too much attention on it right?

0:51:01 Nameeta: So what was the first thing? We build up stress everytime the mind vacillates between the past and the future, past and the future. This creates a lot of stress in the nervous system. And how do we manage this? By using the breath. Have you ever told someone who’s really upset emotionally like all over the place, freaking out. Have you ever said to them, just breathe. Or maybe someone has said to you, just breathe, just take a breath. Why? It instantly has a calming effect on your mind and emotions isn’t it? The moment you become aware of your breath, the moment you start breathing consciously, you already start to relax. The mind goes quiet, the mind goes calm. Isn’t it?

0:51:48 Nameeta: So the second thing now, what else creates stress? Have you noticed that when the demands on your life are greater than your capacity or your energy to meet those demands yeah? There’s a lot of demands on our lives right? Family, work, all kinds of things. But very often we can’t do anything about that. We have those things that we need to do. But can you do something about your energy levels? What do you think? Can you increase your enegy levels? Yes, definitely you can do something about that part. You may not be able to control the demands on your life but you can definitely work with your energy levels. So how do you get energy? Where does energy come from? Yeah, just shout it out. Food, yes. Sleep, yes. What else? Exercise, what else? What gives you energy? Fresh air, yes. What else? Happy thoughts, definitely. What else? Singing? Somebody said? Yes, yeah. What else? Smiling, yeah. What gives you energy? Shopping! That’s a big one, yeah. Retail Therapy. (laughs) Yes, these are all sources of energy. Some better than others, yeah? But we can broadly classify them into 4 sources.

0:53:25 Nameeta: So the first one is food, yeah. The second one is sleep or rest. The third one is our breath. The breath is the most important source of energy. How long can you go without eating food? 30 days, yeah. What about sleep? How long can you go without sleep? Yeah and then after that, no one wants to be around you right? But what about your breath? How long can you go without breathing? Couple of seconds and then it’s all over right? So breath is the most important source of energy. And in the Art of Living programs, we focus on breath as that main energy source in order to flood our system not just with oxygen but Prana. Do you know this word Prana? Chi, life force energy, so when we breathe in, we take in oxygen for the physical body and Prana or Chi, this life force energy for the subtle body. This is what sustains us right? So the more energy you have, the better you feel.

0:54:36 Nameeta: Then we come to the fourth source, smiling and yeah being around people that uplift us. What is that? A calm, happy, meditative state of mind is a source of energy. Have you noticed when you’re in that state of mind, you feel energized right? Like, maybe if you’re out in nature or you’re with your pet or you’re playing with a baby yeah? What happens? Your energy goes up. How about the opposite? When you’re sitting and complaining for hours about something or gossiping with a friend? What happens to your energy levels? They go down right? Energy goes down. So these are the 4 sources of energy and how you feel during the day is actually up to you to control. How you feel emotionally can be controlled just by playing with your energy levels yeah. So the game is really increasing your energy. This is what it’s all about and through the breath you’re able to do that very easily because you’re breathing all the time. So you can take in a lot of energy just by doing some very simple, pratical breathing techniques yeah. So would you like to learn some techniques now? I think we’ve spoken enough about the breath.

0:55:59 Nameeta: A few facts before we go to that. We release 90% of the toxins in our system just through the breath alone. Just by breathing, we release 90% of the toxins in our body. And yet, only about the average person uses only about 30% of their lung capacity. Atheletes use more, swimmers, singers use more. But the average person uses only about 30% of their lung capacity. So you can imagine the potential that we have to increase our lung capacity. Therefore, to take in more oxygen, more energy into the system. And the potential to release a lot more of the toxins inside right? So this is what we’re going to do now, yes. So for those who just came in, would you like to come and sit? There’s a lot seats up here in the front, yeah. We can learn a breathing technique. So I’m gonna ask, I have a volunteer with me today. Her name is Gina Gutiano, if I can ask Gina to come up on stage so she can help me demonstrate the technique. Yeah, maybe a chair is better I think, yeah. Thank you Mitzi. So Gina, can just sit here. And also if I can ask Miguel to pass around some tissues coz you guys might need tissues for this. I’m… you know, don’t hold back. If there’s anything that wants to come out, just let it out. Ok. Miguel is going to pass around some tissues. So grab a tissue. And then, so for this we’re gonna do it initially, Gina is going to demonstrate and once you’ve got it, you can do it with your eyes closed. Yeah and then we’re just gonna observe what this does you know, for the mind, for the emotions, for our energy levels. This is a very energizing technique. So rather than reaching for that triple expresso shot, you can do this instead next time when you feel like your energy is low. Does everyone have a tissue?

0:58:13 Nameeta: Ok, so we’re gonna start. So, we’re gonna begin with our hands in a loose fist like so in front of the shoulders. And then when I say we’ll take a couple of normal breaths first and when I say breathe in, the arms are gonna go straight up and the hands are gonna open yeah. So like that, just straight up and the hands are open. And when I say breath out, you’re gonna pull down forcefully, breathing out and your arms will just drop down with gravity. So it might even touch the sides of your body. So that’s fine, so it’s like (makes forceful breathing sound) yeah. So the breath is a forceful breath and you breathe in and out through the nose. So the whole time the mouth remains closed, and all the breathing is happening through the nose. The breath is a little bit more forceful. So it sounds like (makes a forceful breathing sound) yeah just like that, yeah. Ok, got it? Easy, right? So like this, we’re gonna do a few rounds and I’m gonna guide you through it. The moment you feel you got the technique then you can close your eyes and continue. And if you need to peek and watch Gina, then you can have a look again, check that you’re doing it correctly and then close your eyes and continue. So in between, we’re gonna do a couple of rounds of this technique. In between, I’m gonna ask you to rest or relax. When you relax, you just leave your hands on your laps with your palms open to the ceiling. So this is the rest position in between each round. Ok? You’re all ready to do this? Ok.

0:59:55 Nameeta: So let’s have our hands in a loose fist beside the shoulders. Let’s close our eyes. And let’s take a normal breath in first. And let go of the breath. Another normal breath in. And breathe out. Now let’s begin, in, out. In, out, in my nose, out the nose, in the nose, out the nose. In, out. In, out. In, out. Very good. In, out. In, out. In, out. In, out, in, out, in, out and relax. So keeping your eyes closed, you may relax with your hands on your laps. Palms are open to the ceiling. And just observe the flow of energy in the system. Observe your inner world. Let’s take positions for a second round. Let’s have our hands in a loose fist beside the shoulders, shoulders are relaxed. Keep a gentle smile on your face, let’s keep our eyes closed. And take a normal breath in, and let go. Another normal breath in and breathe out completely. Let’s begin, in, out. In, out, in, out, in, out, in the nose, out the nose. In the nose, out the nose, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out and relax, keeping your eyes closed. You may relax with your hands on your laps. Palms open to the ceiling and just observe any sensations in the body. Observe the flow of energy in the system.

1:02:42 Nameeta: And let’s take positon for the last round. Have our hands in a loose fist beside the shoulders. Shoulders relaxed, let’s take a normal breath in. and let go, another normal breath in and empty the lungs completely. Let’s begin, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out, in, out and relax keeping your eyes closed. You may relax with hands on your laps, palms facing the ceiling. And just observe any sensations in the body. You may relax your hands. Let’s take a deep breath in. And let go. Another deep breath in and breathe out. And very slowly, gradually taking your own time whenever you’re ready, you may open your eyes again. Thanks Gina. So how was it? Nice? Feel relaxed yeah. Good thanks. Thank you yeah.

1:04:44: Nameeta: So this technique is called Bhastrika. Bhastrika is a Sanskrit word it actually means bellows. Anyone familiar with bellows in the old days, they used to use just like a pump, to make a fire burn brighter. Yeah. So this technique is very energizing and very relaxing at the same time. And do you feel this? You feel like you have a boost of energy but at the same there’s a clarity, there’s a calmness, there’s a sense of being more centered, yeah? How is the mind right now? Are you having a lot of thoughts, going to the past, going to the future or not so much? Not so much right? You feel a little more present. Yeah? So just very simple, you know, quick techniques like this can really help us to be more centered, to be more present. Yeah, otherwise we miss so much of what’s going on in our lives. Because we’re spending so much time in the past or in the future. Isn’t it? Which is not really serving us. So these techniques the moment you start working with your breath, help us to de-link you know, from the, from the clutches of the past and the future. We can sort of be released from that and come and live more fully in the present moment yeah.

1:06:11 Nameeta: So how many of us have ever meditated? We did a meditation earlier for those who were here got to experience it. Anyone meditated before yeah. So what is, what is meditation for those that have never experienced it? Any idea what it is? What is meditation? Hmmm… quieting of the mind, yeah. You know meditation is a very effortless process. You know, when you, it’s a letting go. You don’t have to do anything. You don’t have to concentrate or focus on anything. You just need to let go. And it’s a very beautiful state of ebing deeply rested and yet fully aware. Yeah, so would you like to experience a guided meditation? Yeah. Ok, so I’’m gonna just give you some very simple instructions like maybe bring your attention to different parts of your body. You don’t need to move any part of the body. You don’t need to do anything. Just in a very light manner, bring your attention to different things. Yeah. And we’re gonna do this with spine erect. So it’s important for the back to be straight but you can rest your back on the chair as well, just make sure that you’re not slouching. Yup, keep your back straight and rested against the chair and the feet are flat on the ground. Let’s also check that our cellphones are on airplane mode or off so that we don’t disturb our neighbors. Because it’s a nice opportunity for you to really rest and go into that nice peaceful corner of yourself yeah. Ok, so you ready to start? You can remove your glasses. You’re not gonna need any glasses now. So you can just rest. You can close your eyes.

1:08:12 Nameeta: So let’s all close our eyes now. You can leave your hands rested on your laps if you wish. Let’s take a deep breath in and let go. Another deep breath in and breathe out. And become aware of all the sounds in your environment. Listen very carefully to all the sounds and all the noises in your environment. The sound of people talking outside, maybe some cellphones going off. The sound of the air conditioner. Just listen very carefully to all the sounds and all the noises in your environment and you are at ease with them. You are in harmony with your environment at this moment. Take a deep breath in and let go. Another deep breath in and breathe out. Become aware of your body. This body is a precious gift given to you by nature, by God. Let us honor and respect this body. Become aware of your right foot, your right knee, right thigh, right hip and the whole right leg. Become aware of your left foot, left knee, left thigh, left hip and the whole left leg. Take a deep breath in and as you breathe out, relax both legs completely. Relax your abdomen, stomach, chest, relax your shoulders, right arm, right hand, and all the fingers. Relax your left arm, left hand, fingers. Take a deep breath in and as you breathe out, relax both arms completely. Relax your neck, jaw, cheeks, mouth, nose, eyes, eyebrows, fore head, relax all the muscles in your face, relax your head. Take a deep breath in and as you breathe out, relax your whole body, relax the whole body. Become aware of your thoughts, whether pleasant or unpleasant. Just accept them and be in harmony with your thoughts at this moment. Breathe in and let go. Breathe in again and breathe out. Become aware of your feelings and emotions. Whether pleasant or unpleasant, just be in harmony with your feelings and thoughts at this moment. Breathe in and let go. You are peace. You are joy. Let go of all efforts and simply relax.

1:16:44 Nameeta: Breathe in again and let go. Become aware of any feelings, emotions. Become aware of any thoughts. Become aware of your body and surround environment. Take a deep breath in and let go. And very slowly, gradually, taking your own time, whenever you’re ready, you may open your eyes again. And roll your neck around if you wish, stretch and welcome back. How was it? Nice. Yeah. Yeah inspite of the cold were we all able to meditate? Yeah. So that’s what it is. Meditatio is just letting go and whatever thoughts are coming, whatever emotions are coming, never mind. We just let them come and go like passing clouds right? So this way we are able to relax consciously. The rest that you get in meditation is even deeper than the rest that we get in sleep. Have you noticed sometimes you wake up in the morning and you don’t even feel rested? Isn’t it? The mind is so overactive that you don’t really, you’re not really resting. So meditation is very, very important to have a practice like this, to do on a daily basis. As Denise was saying earlier, all these hygiene practices. This is mental hygiene. Meditation is more important than even dental hygiene. Mental hygiene it’s more important, isn’t it? Because really, if you think about it, there real show is going on inside isn’t it? And the quality of your life depends on the quality of your mind right? So if we don’t take care of our minds, it’s going to project in our lives. It’s going to show up in the form of stress, diseases. It’s going to manifest in realtionships. It’s gonna show up in our work quality. All of that gets affected. So it starts with taking care of your self. Like in the airplane, they tell you right? Put the mask on yourself first, why? You are of no use to anyone if you aren’t taking care of you first right? You need to take care of yourself first, fill up your own cup and then you’ll have something to give. You can’t give that which you don’t have, right?

1:20:15 Nameeta: So by filling your energy levels through just some simple meditation techniques, breathing techniques, you’re able to give so much more of yourselves and better quality quality of yourselves right? So doing a daily practice of meditation and a little bit of breath work is very, very good to enhance the quality of your life no? So any questions at this point? Anyone wanna ask anything about the technique or anything else that we spoke about?

1:20:46 Mitzi: Maybe I’ll one to start it off. I was wondering since we’re talking about it no? This is a gathering for cancer patients, how does breathing or breathing techniques, how do they help victims of trauma whether you’re a patient or a caregiver or a family member?

Nameeta: Yeah so as we spoke earlier about the nature of mind right? The tendency of the mind to constantly swing between the past and the future, what tends to happen? Like, if you loo at victims of trauma. Let’s say someone who has been affected by typhoon, you know, their home has you know, been affected, might have lost family members, maybe just barely escaped from you know, the effects of a massive storm. What’s going to happen in this person’s mind? The constantly going to be reliving this event. Right? So what is that? The mind is just going to the past constantly reliving this event. And what is that doing? It’s not allowing the person to move on right? That person is not even able to sleep at night because of this constant reliving of the event. So what the breathing does is it helps you to de-link fom the event by sort of forcing the mind into the present moment right? These techniques force you into the present moment. You have no choice because you breathe in the present moment. That’s just how it is. The breath, the breathing is happening in the present moment. So the moment you start to work with your breath, you automatically become present. Yeah? So these techniques are very, very beneficial and they work very quickly.

1:22:28 Nameeta: Denise has taught all over the country these breathing techniques to victims of trauma that have you know, gone through such terrible situations but very quickly just from practising a few of these techniques, similar to what we did earlier, they were able to come out of that and move forward. You know, pick up their lives and move on. So like this, this can apply to various you know, whether it’s illness, whether it’s you know, trauma. Breathing techniques are very, very useful.

1:23:02 Mitzi: Yeah, thank you. So any questions or baka may mga tanong kayo for tips in your own lives or even to share. Are you able to use your breath. Siguro naman sa mga karanasan niyo whether it’s an illness or any any stress in ife, meron bang tanong dito? Or any questions for Nameeta on maybe how it might help your personal situation, yes ma’am?

1:23:28 Q1: (off mic)

Nameeta: Yes. Yes. Yeah. No it’s good if you can set 10 to 15 minutes minimum. It takes that much time for the mind to settle down right? Coz there’s so many thoughts, so much mental activity, so it takes a little bit of time for the mind to settle down. If you can sit for 15 to 20 minutes even better. But 20 minutes is already on the side of ok, you don’t really need more than that. 10 minutes I’d say is minimum. So between 10 and 20 is ideal.

Q1: (off mic)

Nameeta: And that’s ok too. If the body needs it and if you just naturally fall into, sometimes we think we’re sleeping you know, while meditating but actually we’re not seeping. We’re still aware. Sometimes when I guide meditations, people come out of it and say, “Oh, I think I fell asleep.” And I’ll say, “No, you were very present.” Because they were following all the instructions right? And when I asked them to open their eyes, they open their eyes. So they were aware, you know, it’s like a very conscious relaxation that you do which is, which gives you a very deep level of rest.

1:24:39 Nameeta: Yes James?

James: (off mic) You say going to the past, are we actually going back to our memories of our past, rather than…

Nameeta: Yes.

James: the past which doesn’t actually…

Nameeta: Exist…

James: exist nor does the future…

Nameeta: Exactly. And this is what it is all about really is all we have is the present moment right? This is all there is, now is all that you have. The past is over. It’s like a dream right? Where is the past now? Even one hour ago. Even anything that happened, even 5 minutes ago is gone. It’s in the past. All you have is this present moment. We talk about the future. Do we even know if we’re gonna be here, tomorrow, one week from now. We make all these grand plans but what guarantee do we have? You don’t know if we’re gonna be here. Isn’t it? All you have is this present moment. And this is why it’s so important to know how to release yourself from the clutches of the past and the future. Because otherwise, we spend so much of our time just vacillating between the past and the future. Which is robbing us of this present moment which is the only place where you can experience joy, enthusiasm, vitality and you know, all these vibrance is only possible now in the present moment. No matter how happy a memory might be, it is still a memory of some event that happened in the past isn’t it? So you may think about it and may feel nice about it and… but the kind of joy that can be experience now in the present moment, is different. It’s full of that vibrance and vitality no?

1:26:34 Mitzi: Any questions or comments, if I may ask or comment right now. It’s so important that you said turn off your phones cause one of things that robs us of the present moment, is technology. Though it should help us and we get distracted by it. Bu how can we use our phones for example, any gadgets to help us with our practice of meditation?

Nameeta: Yeah, that’s a good question. So technology I mean this is such a… you know as you say, we do tend to think of it negatively that it can rob us of the present moment, true. And that it can create all kinds of other issues for us, but there are some very usefel, you know, apps these days that we can use. So there’s one that we have by the Art of Living Foundation, it’s called Sattva, S-A-T-T-V-A, and anyone can just download this app and there’s a whole host of guided mediatations that you can do. So let’s say you’re in a, let’s say you’re stuck in traffic you know, which is most of us, our story these days. So even if you have like 20 minutes or how much ever time you have, you simply need to get your earphones in and listen to a guided meditation and do what we did earlier. You know, so it’s a series of different instructions. You’ll be lead through it and, and any amount of time that you have, if you have 5 minutes, 10 minutes, 15 minutes, more than that even, you can spend in a fruitful way rather than pushing against the situation and blaming and complaining and you know, feeling bad about the fact that you’re gonna be late. Rather than doing all of that, which is not serving you because the present moment is already happening, it’s inevitable, so rather than pushing against it, you can do something that’s fruitful. You know, and just let go. I use it when I travel you know, when I’m in an airport, and I’m like waiting you know, between flights. And it’s just such a great way to feel rested, you know. You can just plug, plug in and, and you know, tune out the rest of the world and you can rest deeply. And for me, it’s just been invaluable because in those 20 minutes, the rest that I get, I feel like I’ve slept the whole night you know. So these are tools that I feel everyone needs to know about you know. And we can use them. They’re concrete tools, very, very practical and universal. You know because we all breathe. So we can tap into that source, that energy source that is in our possession at all times. And there other ways to relax as well, going out to the beach, or you know, but these are not always possible. But your breath is always with you and you can always use it and tap into it.

1:29:06 Mitzi: Thank you. Can, yes go ahead.

Q3: Hi, would you have any helpful tips on for someone who (off mic) 1:29:29 But it’s more of, I find it difficult to gather sleep and when I go to the bathroom like 2 or 3 in the morning, I find it difficult to go back to sleep again. And I’d like to know if you have any helpful tips for people who have that kind of a problem.

Nameeta: Yes definitely. So when we teach the Art of Living course, the happiness program, we teach a whole host of techniques. Now I don’t know if we have time but I’m willing to teach you a technique that we normally teach in the course. It’s very easy to learn. And actually it’s something that you do, that we all do, it sounds a bit like snoring. So it’s called Ujjayi Breath which means victory. Ujjayi means victory. And by practicing this just before you sleep at night, it’s deeply relaxing. And I, when I learned this course, I used to have a fear of flying, so it’s, especially at the point of take off, I used to get really anxious. And I started to use this breath. And I found that it just helped me to relax instantly. So I’m gonna demonstrate it for you and then you can all try it yeah?

1:30:31 Nameeta: So… sorry? U-J-J-A-Y-I, Ujjayi. Ujjayi breath yeah which means victory. Yes.

(Off mic) allergy…

Nameeta: I wouldn’t know because (laughs) I’m only you know, for me all these natural processes of just using the breath, have been so beneficial to me. I used to take anti-allergy pills. I used to be severely asthmatic. All of that is gone now. It’s a thing of the past just by working with breath you can really achieve so much. Yeah? So I’m gonna, I’m gonna do the breath now. And you can all listen and just observe. This is what it sounds like. (makes a snoring sound) Could you hear that? Sounds a bit like Darth Vader right? So it’s this sound, you’re still breathing through the nose, through the nostrils but the emphasis is not on the nostrils. It’s on the throat. So you feel like a slight squeezing of the throat region and what it does is it stretches the breath. It elongates your breath and helps you to take more oxygen into the system, more life force energy into your system. And it’s deeply relaxing. So if you wanna try doing this with your eyes closed, we can all try together. Let’s take a few of these deep, long Ujjayi breaths. So I’ll breathe with you. You can close your eyes, relax and enjoy it (makes snoring sound).

1:32:50 Nameeta: And slowly return to normal breathing. And you may open your eyes. I could hear many of you have got it, very good. Now did you feel the difference? You’re still breathing through the nose but you’re squeezing this part of the throat a little bit to stretch the breath. So if you do this before you sleep at night, it’s very useful, helps you to fall asleep. Remember we said it’s hard from the level of the mind to manage the mind. But when you go through the breath, it becomes easie ‘cause the breath is more tangible. You can work with your breath.

1:33:28 Mitzi: Ok, we have time for 2 more questions. Any other questions or comments, any sharings? Maybe another, I guess another, just… point we can talk about Nameeta is how a daily practice of meditation can be helpful?

Nameeta: Yeah so like we were saying earlier, it’s nice to set aside some time for yourself right? So before you go out there into the world, yeah and do whatever it is that you do, it’s really important to take care of yourself. So setting aside that time whether it’s in the morning, it’s nice to do it in the morning right? Because it’s, it kind of sets the tone for the rest of your day. So if you can start early you know, wake up maybe half an hour earlier and do some of these breathing techniques, do a meditation. You can use the app and just do a guided meditation, it will really help and you’ll start to see your life transform. You know, it’s just amazing the, the cumulative effect of doing this on a daily basis. People will start asking you like “What are you doing? Why do you look so relaxed?” that you know, they’ll start asking you. Because the difference will be so visible and very subtle at the same time. You’ll notice a shift in your perspective, you know, the way you see things. You won’t as be bothered by things and you won’t, it’ll be easier for you to move on. You know and just move forward.

1:34:53 Mitzi: No need for cosmetic surgery, wala ng mga Belo-Belo na diyan. So good way of being happy. And even children can benefit from this right?

Nameeta: Yes, absolutely. We have courses for children and teenagers and in fact, I wish I had done it as a child or as a teenager and spared myself all these drama. You know, it’s just, it’s amazing, it’s so important to learn. In fact I was watching a video by a Buddhist monk who said that the very first thing that children when they come to the monastery, they are taught how to use their breath, how to breathe. It is the very, very first, their ABCs. This is their ABCs, it’s how to breathe. So children really need to learn this because this sets the tone right, for the rest of their lives, how we handle stress. How we deal with negative emotions, it’s all in the breath. If we can learn this from a young age then we are equipping our chidren with tools and techniques that they can rely on for the rest of their lives. So we do teach courses for children, for teenagers, for all sections of society where people you know, really learn, need to learn how to handle stress.

1:36:04 Mitzi: It seems like breathing is something we don’t have to learn so in meditation, is there such, I mean they always say you have to breathe properly, what is the importance of breathing properly?

Nameeta: Yeah so… yeah if we’re not breathing correctly, like we checked our breath in the very beginning right? You feel it, some people complain they feel like they’re not taking a full breath or they feel like their breath is very shallow. Do ever feel this way? Especially when you’re feeling emotions coming on like anger or frustration, your breath is shallow. Actually every emotion has a corresponding breath pattern. You’ll notice that when you, when you’re angry you breathe differently than let’s say when you’re relaxed and happy yeah? When you’re excited, it’s like an in breath (makes the sound) right? Every emotion has a corresponding breath pattern. And this is the premise of the Art of Living course that we teach. The cornerstone of the program is a breathing technique called the Sudarshan Kriya and this is how it works. So just like when you have emotions, they have certain breath patterns, but it’s a 2-way street. So when we work with our breath, we can actually influence our mind and emotions as well. So this is how we teach people how to breath and these different rhythms and you know, it’s a whole package that they practise at home and then slowly you see the transformation happening in your life. And it’s actually not that slow. Like for me, it happened while I was doing the program. It was a complete breakthrough and a game changer for me ‘cause I used to suffer from really bad back pain. And it was chronic and it was affecting like every part of my life and… So this, this really changed my life and yeah I’m so grateful for it. This was back in 2005. So you know, for all these years now, I’ve just been kind of volunteering with the organization and sharing the techniques ‘cause I feel everyone really needs to know, to know this very precious knowledge.

1:38:03 Mitzi: And you have classes once a month. How can people find out more about your classes?

Nameeta: Yeah, so you can go the website [www.artofliving.org](http://www.artofliving.org) and you can, once you’re in the website, there’s a whole host of programs, courses that are being offered in various parts of town. We have courses in the south, in Makati, BGC, Quezon City. So you can always connect with us as well and find out what’s happening in your area and take a three day program where you can learn the Sudarshan Kriya Breathing Technique and you know, then there are meditation programs, whatever it is, if you wanna go deeper into it, you know. You can do various courses to you know, further your journey and you know, discover more and there’s so much, so much that the foundation does as well service projects you know. We go into prisons and teach inmates how to breathe, you know. These techniques help them as well with all the stress and the negative emotions and… So it’s really, there’s a lot, a lot of benefits. So…

1:39:05 Mitzi: Amazing, thank you for reminding us to live in the present moment. Thank you, Nameeta.

Nameeta: My pleasure.

Mitzi: So that closes our session today. (clapping) Thank you, Nameeta and to Denise, again. And I hope you all have a good day. I’m not sure of the schedues, umiba kasi dahil na-late yung Plenary so either we break for lunch or you can check if other sessions are going on in the other rooms. Thank you everyone. Have a great day and weekend

**1:39:31 END OF SESSION**

**END OF TRANSCRIPT**