3 Ways to Feel Calm when the World Feels Unsafe Transcript

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Managing world anxiety

A warm welcome to our live event today, A warm welcome to our live event today, which is all about which is all about how can we feel safe in what feels like how can we feel safe in what feels like an unsafe world? So, thank you for an unsafe world? So, thank you for joining us today on this live stream and joining us today on this live stream and this live event. And we'd love for you this live event. And we'd love for you to share this with others. So, if you to share this with others. So, if you have other people who you know could have other people who you know could benefit from this live stream, then benefit from this live stream, then please do share that with them.

please do share that with them. So, my name is Ashok Gupta. I'm the So, my name is Ashok Gupta. I'm the founder and CEO of the Gupta program. founder and CEO of the Gupta program.

And I'm here today to really talk about And I'm here today to really talk about how we've been receiving a lot of emails how we've been receiving a lot of emails into the clinic about people feeling a into the clinic about people feeling a little stressed, a little overwhelmed little stressed, a little overwhelmed with what they're seeing on the news with what they're seeing on the news right now.

right now. And what they're telling us is that And what they're telling us is that when they're watching the news, they're when they're watching the news, they're feeling like it's an addiction. They feeling like it's an addiction. They can't stop checking the news.

can't stop checking the news. They feel on edge all the time. Uh and They feel on edge all the time. Uh and if people are experiencing a chronic if people are experiencing a chronic condition such as the ones that we treat condition such as the ones that we treat in the Gupta program, they're finding in the Gupta program, they're finding that their symptoms are flaring up as a that their symptoms are flaring up as a result of what they're experiencing in result of what they're experiencing in the world right now. And they say, "I the world right now. And they say, "I don't feel safe don't feel safe even though I know that I'm okay." even though I know that I'm okay." And this is affecting people at a And this is affecting people at a physical level, an emotional level, the physical level, an emotional level, the mental level, and even the spiritual mental level, and even the spiritual level. So, physically, they might be level. So, physically, they might be experiencing experiencing experiencing these deep physical symptoms. They might these deep physical symptoms. They might emotionally be feeling like emotionally be feeling like rudderless, feeling like the world is rudderless, feeling like the world is overwhelming.

overwhelming. overwhelming. Mentally, they may be feeling that lack Mentally, they may be feeling that lack of mental clarity. And then, of mental clarity. And then, spiritually, they may feel like they're spiritually, they may feel like they're questioning life questioning life when they see what's unfolding in the when they see what's unfolding in the world around us. So, this might be world around us. So, this might be heightened anxiety or fear. It might be heightened anxiety or fear. It might be sleep disturbances that people sleep disturbances that people experience or you might be experiencing.

experience or you might be experiencing. Might be increased stress, emotional Might be increased stress, emotional overwhelm. overwhelm. overwhelm.

Brain response to conflict

And of course, once again, going back to And of course, once again, going back to that compulsive news checking or doom that compulsive news checking or doom scrolling. So, in today's session, what scrolling. So, in today's session, what we're going to do is talk about the we're going to do is talk about the neuroscience neuroscience neuroscience of how our brains respond to conflict, of how our brains respond to conflict, to challenges around us, and why it can to challenges around us, and why it can make us feel unsettled, discombobulated.

make us feel unsettled, discombobulated. And what we can do about that situation And what we can do about that situation because this is affecting people at a at because this is affecting people at a at a deeper level.

a deeper level. Now, I think the first port of call Now, I think the first port of call really is for us to realize really is for us to realize um um um that the that the nervous system is not designed for nervous system is not designed for 24-hour news and information. Right? So, 24-hour news and information. Right? So, it may seem like, well, modern it may seem like, well, modern technology is great. We're getting all technology is great. We're getting all these modern streams. We're getting to these modern streams. We're getting to know what's going on in the planet. When know what's going on in the planet. When our psychology our psychology the technology around us, yeah, our the technology around us, yeah, our nervous system and our technology, nervous system and our technology, this creates challenges. And we see this this creates challenges. And we see this with social media and screens. So, our with social media and screens. So, our nervous system is not designed for nervous system is not designed for 24-hour news and information. All right?

24-hour news and information. All right? And from an evolutionary biology And from an evolutionary biology perspective, we have this limbic part of perspective, we have this limbic part of our brain that is designed to protect our brain that is designed to protect ourselves and the tribe. All right? And ourselves and the tribe. All right? And so, when we see images of war, images of so, when we see images of war, images of suffering, images of negativity and suffering, images of negativity and conflict, conflict, conflict, it stimulates that deep tribal instinct it stimulates that deep tribal instinct within us to protect ourselves, our within us to protect ourselves, our family, and our tribe, and to feel that family, and our tribe, and to feel that we are living in a fearful world. All we are living in a fearful world. All right? And the model that I want to kind right? And the model that I want to kind of introduce that um is essentially what of introduce that um is essentially what we call this we call this trigger-interpretation-response trigger-interpretation-response trigger-interpretation-response model. All right? So, in this model. All right? So, in this trigger-meaning-response model, trigger-meaning-response model, the trigger the trigger is watching the news, seeing these is watching the news, seeing these negative negative negative images unfolding before our eyes. The images unfolding before our eyes. The meaning that we then attach to that is meaning that we then attach to that is this is bad. This is terrible. All is this is bad. This is terrible. All is lost.

lost. lost. And I'm under threat, and my family's And I'm under threat, and my family's under threat, or my country's under under threat, or my country's under threat.

threat. threat. And the response is this overstimulation And the response is this overstimulation of our nervous system that then creates of our nervous system that then creates this cortisol and this adrenaline in our this cortisol and this adrenaline in our body. So, an emotional response is not body. So, an emotional response is not just the cognitive aspect of the way just the cognitive aspect of the way that we think, but also the emotional that we think, but also the emotional physiological response in our bodies.

physiological response in our bodies. And that's very important because that And that's very important because that can get stored up can get stored up and can make us feel on edge even more.

and can make us feel on edge even more. And by the vagus nerve, that information And by the vagus nerve, that information from our body feeds back up to our brain from our body feeds back up to our brain to say, "We're in danger. What should we to say, "We're in danger. What should we do about this?" do about this?" So, your brain is trying to protect you.

So, your brain is trying to protect you. But it's using an outdated wiring in a But it's using an outdated wiring in a modern world. modern world. And the more that we And the more that we respond, the more that we resist and respond, the more that we resist and fight what we're experiencing, fight what we're experiencing, the more we put that energy out there.

the more we put that energy out there. And so, yes, it's a logical neurological And so, yes, it's a logical neurological response, but it's not based on the response, but it's not based on the reality of that particular threat that reality of that particular threat that we are experiencing. Okay.

we are experiencing. Okay. So, the brain is hardwired for threat So, the brain is hardwired for threat detection and is biased towards detection and is biased towards survival. So, in a lot of ways, we can survival. So, in a lot of ways, we can say, you know, is the glass half empty say, you know, is the glass half empty or the the glass half full?

or the the glass half full? That depends on your perspective. Well, That depends on your perspective. Well, obviously at the moment, it's not. Mhm. obviously at the moment, it's not. Mhm.

But imagine if the glass was half empty, But imagine if the glass was half empty, our brains are wired towards the glass our brains are wired towards the glass being half empty rather than half full.

being half empty rather than half full. That is the way that it sees the world, That is the way that it sees the world, and that is a protection response that's and that is a protection response that's hardwired into our evolutionary biology.

hardwired into our evolutionary biology. Okay. Okay. Okay. So, how do we respond to this? How do we So, how do we respond to this? How do we deal with this situation where deal with this situation where there are things there are things and events unfolding around the world.

and events unfolding around the world. There have been elections that certain There have been elections that certain people have had triggers from. There people have had triggers from. There have been conflict that people have had have been conflict that people have had uh triggered nervous systems as a uh triggered nervous systems as a result. And what we often find is people result. And what we often find is people keep this to themselves. They keep quiet keep this to themselves. They keep quiet about it. And yet it is fundamental to about it. And yet it is fundamental to the way that people are processing the way that people are processing Okay.

Okay. So, what I want to do is talk about how we what I want to do is talk about how we deal with these particular situations. deal with these particular situations.

Regulating media consumption

So, I think the first one So, I think the first one and we're going to call this the the and we're going to call this the the three regulate the three sets of three regulate the three sets of regulation model. So, three ways that we regulation model. So, three ways that we can regulate when the world feels out of can regulate when the world feels out of control or feels chaotic.

control or feels chaotic. So, we've got that trigger, So, we've got that trigger, interpretation, response model or interpretation, response model or trigger, meaning, response. So, we're trigger, meaning, response. So, we're going to deal with all three of them.

going to deal with all three of them. The first one is the trigger. The first one is the trigger. And of course, this is about regulating And of course, this is about regulating what we consume. Because we can have what we consume. Because we can have this perception that the world is really this perception that the world is really bad when we're consuming 24-hour news bad when we're consuming 24-hour news and that becomes once again a bias that and that becomes once again a bias that we have in our minds. Now, what is the we have in our minds. Now, what is the news? The news is let's look at all the news? The news is let's look at all the worst things that have happened on the worst things that have happened on the planet in the last planet in the last whatever whatever whatever 24 hours and it's feed it to you in an 24 hours and it's feed it to you in an emotionally over stimulating way.

emotionally over stimulating way. All right? All right? And it's impossible to feel safe in the And it's impossible to feel safe in the world when you're constantly feeding world when you're constantly feeding your brain that it is dangerous. Because your brain that it is dangerous. Because your brain can't tell the difference your brain can't tell the difference between a threat that's on your screen between a threat that's on your screen and a threat that's actually real in and a threat that's actually real in your environment. Yeah? And what do the your environment.

Yeah? And what do the news do? It makes those images really news do? It makes those images really bright and powerful. It makes them bright and powerful. It makes them over the top and in doing so, over the top and in doing so, it makes you think that the things are it makes you think that the things are much worse than they actually are. Yeah?

much worse than they actually are. Yeah? And so, that's really important that we And so, that's really important that we don't watch 24-hour news. So, instead, don't watch 24-hour news. So, instead, what we want to do is what we want to do is keep ourselves updated, read the news, keep ourselves updated, read the news, but also look at distracting our mind but also look at distracting our mind away from the news. Yeah? Now, of away from the news. Yeah? Now, of course, some of us might say, "Well, course, some of us might say, "Well, hang on.

hang on. don't we want to know what's going on? don't we want to know what's going on? Don't we want to feel empathy for the Don't we want to feel empathy for the people who are going through these people who are going through these experiences?" experiences?" experiences?" Yes, and at the same time we can have a Yes, and at the same time we can have a maladaptive maladaptive maladaptive uh empath response where we uh empath response where we over-empathize in the sense that we then over-empathize in the sense that we then take on take on that negativity, and that isn't helping that negativity, and that isn't helping anybody.

anybody. anybody. And if some of you may remember recently And if some of you may remember recently I did a model called the trauma I did a model called the trauma protection matrix, and it was all about protection matrix, and it was all about how how how trauma from our past can create these trauma from our past can create these protection matrices and these layers of protection matrices and these layers of protection in our psychology.

protection in our psychology. And one of those that we mentioned was And one of those that we mentioned was safety. safety. safety. And if we grew up in an environment And if we grew up in an environment where we didn't feel safe as a child, where we didn't feel safe as a child, the world will create or our brains will the world will create or our brains will create a world where we will see the create a world where we will see the world through that lens of a lack of world through that lens of a lack of safety to fit its narrative. So, the safety to fit its narrative. So, the brain is always looking at "How is the brain is always looking at "How is the world compared to what I believe it is world compared to what I believe it is like?" And if it's different, that's a like?" And if it's different, that's a threat. But if the world is the way that threat. But if the world is the way that I predict it will be, then I predict it will be, then I am comfortable with that analysis, and I am comfortable with that analysis, and that's why we can get stuck in our that's why we can get stuck in our patterns from our past.

patterns from our past. In brainology, this is called predictive In brainology, this is called predictive coding. The brain will want to see the coding. The brain will want to see the world the way it's always seen the world the way it's always seen the world, which is why change can be very world, which is why change can be very different. Way to think about this is different. Way to think about this is the lens.

the lens. So, our brains have got used to seeing So, our brains have got used to seeing the world through a certain filter, a the world through a certain filter, a certain lens, right? I'm I'm sure these certain lens, right? I'm I'm sure these look quite comedic right now.

look quite comedic right now. And the brain is saying, "This is the And the brain is saying, "This is the way the world is, right? I can see the way the world is, right? I can see the world this way because that's how I world this way because that's how I learned to see the world." learned to see the world." And when we see it in this particular And when we see it in this particular way, if we've had trauma in our past, if way, if we've had trauma in our past, if we felt unsafe in the world in our past, we felt unsafe in the world in our past, we will then see these situations as we will then see these situations as much worse than they actually are in our much worse than they actually are in our current situation, and then it will be current situation, and then it will be magnified and over-trigger and magnified and over-trigger and over-stimulate our nervous system.

over-stimulate our nervous system. So, once again, thanks to all of you who So, once again, thanks to all of you who are joining on our live stream. We'd are joining on our live stream. We'd love for you to share, show us your love for you to share, show us your emojis, share this with others, perhaps emojis, share this with others, perhaps

different feeds on your own Facebook or different feeds on your own Facebook or YouTube or Instagram. The more people YouTube or Instagram. The more people that we can get this information to, the that we can get this information to, the better.

better. better. And of course, something that we notice And of course, something that we notice a lot of people doing is the doom a lot of people doing is the doom scrolling.

scrolling. scrolling. Yeah. Do scr- Doom scrolling, you know, Yeah. Do scr- Doom scrolling, you know, until a a few years ago was wasn't a until a a few years ago was wasn't a thing. It's become this thing where late thing. It's become this thing where late at night or at some point during the at night or at some point during the day, people start reading about news or day, people start reading about news or something negative. And then they keep something negative. And then they keep reading more and they keep reading more reading more and they keep reading more and finding different angles and and finding different angles and different news sources.

different news sources. Uh making themselves more and more Uh making themselves more and more anxious. And this is one of the most anxious. And this is one of the most unhealthy things that we can do, and yet unhealthy things that we can do, and yet people are addicted to doing it. And people are addicted to doing it. And what I'd like to share with you today is what I'd like to share with you today is actually some clues actually some clues uh uh uh as to why that may occur and what the as to why that may occur and what the brainology behind that actually is. And brainology behind that actually is. And I and I find it yeah, incredibly I and I find it yeah, incredibly fascinating actually.

fascinating actually.

Neurology of doom scrolling

So, I'm going to share my screen and So, I'm going to share my screen and share with you share with you So, the neurology of doom scrolling, So, the neurology of doom scrolling, this is some research that I did and uh this is some research that I did and uh putting these different pieces together putting these different pieces together as to why we doom scroll. Why do we get as to why we doom scroll. Why do we get addicted to the news? Because I think addicted to the news? Because I think this is central to reducing these this is central to reducing these So, the first thing is the threat. So, So, the first thing is the threat. So, the threat the threat is a trigger, which is watching the is a trigger, which is watching the news, over-consuming the news.

news, over-consuming the news. And there's a part of our brain called And there's a part of our brain called the amygdala, which when it hears this the amygdala, which when it hears this news and it's constantly detecting news and it's constantly detecting threats in our environment, it says, "Is threats in our environment, it says, "Is my tribe safe? Am I safe?" And it my tribe safe? Am I safe?" And it reduces or releases cortisol and reduces or releases cortisol and adrenaline into your system.

adrenaline into your system. All right? All right? And as a result of that, And as a result of that, the brain says, "I'm receiving this the brain says, "I'm receiving this information. There's uncertainty.

information. There's uncertainty. Because there's uncertainty, I need more Because there's uncertainty, I need more information. So, the brain starts information. So, the brain starts becoming hypervigilant and actually becoming hypervigilant and actually wants more information. And this comes wants more information. And this comes back to our idea of predictive coding back to our idea of predictive coding that the brain says, "Well, the world that the brain says, "Well, the world was okay, and now it seems unsafe. I was okay, and now it seems unsafe. I need more information in order to update need more information in order to update my predictive coding about the world my predictive coding about the world around me." All right. So, there's a around me." All right. So, there's a Our third step, and this is where it Our third step, and this is where it gets very interesting. Do we notice that gets very interesting. Do we notice that sometimes we can be addicted to the sometimes we can be addicted to the drama?

drama? drama? Addicted to the emotional intensity. Addicted to the emotional intensity. Well, this is where

dopamine comes in. Well, this is where dopamine comes in.

So, there's a part of our brain called a So, there's a part of our brain called a ventral striatum. ventral striatum. What when there is a novel experience or What when there is a novel experience or intense experience or unpredictable intense experience or unpredictable experience, it starts releasing more experience, it starts releasing more dopamine.

dopamine. dopamine. So, our brain says, So, our brain says, "Hey, I'm going to reward you for this "Hey, I'm going to reward you for this hypervigilance, for you doomscrolling." hypervigilance, for you doomscrolling." And therefore, And therefore, I'm going to release more and more I'm going to release more and more dopamine the more you keep dopamine the more you keep doomscrolling.

doomscrolling. doomscrolling. Um because it's helping us deal with Um because it's helping us deal with uncertainty. And in and anyway, anything uncertainty. And in and anyway, anything that's novel and intense and that's novel and intense and unpredictable also stimulates dopamine.

unpredictable also stimulates dopamine. So, that explains why we might feel So, that explains why we might feel uh uh uh this kind of this kind of I suppose an urge an urge to uh to I suppose an urge an urge to uh to continue with the doomscrolling.

continue with the doomscrolling. Then that fourth step is where we then Then that fourth step is where we then lose that control over our ability to lose that control over our ability to stop the doomscrolling, where the stop the doomscrolling, where the prefrontal cortex is overwhelmed with prefrontal cortex is overwhelmed with the emotion and can no longer the emotion and can no longer fulfill its role of calming down these fulfill its role of calming down these responses. And that's where you think, responses. And that's where you think, "I know I should stop, but I can't I "I know I should stop, but I can't I can't." Because your brain is getting can't." Because your brain is getting hits of dopamine as a reward for being hits of dopamine as a reward for being hypervigilant in your environment and hypervigilant in your environment and also the novelty of it all.

also the novelty of it all. And as a result of that, that And as a result of that, that hypervigilance continues and your hypervigilance continues and your anterior cingulate and your insula said, anterior cingulate and your insula said, "Keep monitoring. Don't stop." Which "Keep monitoring. Don't stop." Which then means you monitor more of that then means you monitor more of that threat, and around and around you go in threat, and around and around you go in this vicious cycle of doom scrolling.

this vicious cycle of doom scrolling. So, your brain in this environment is So, your brain in this environment is not your friend when it comes to the not your friend when it comes to the doom scrolling. And we have to recognize doom scrolling. And we have to recognize And so, And so, how do we how do we move on to our next step?

move on to our next step?

Nervous system regulation

How do we How do we stop the doom scrolling? stop the doom scrolling? Well, this is resisting the urge to Well, this is resisting the urge to watch the news as we said, read the news watch the news as we said, read the news instead. And becoming aware of why instead. And becoming aware of why you're addicted. So, when you're you're addicted. So, when you're watching the news, you're doom watching the news, you're doom scrolling, say, "What am I getting out scrolling, say, "What am I getting out of this?" Right? Am I addicted to the of this?" Right? Am I addicted to the drama? Am I thinking that this is drama? Am I thinking that this is protecting me, but actually it isn't.

protecting me, but actually it isn't. And instead, can we focus on our own And instead, can we focus on our own situation, what we are grateful for? situation, what we are grateful for?

Now, of course, when it comes to those Now, of course, when it comes to those in need, those who are suffering, those in need, those who are suffering, those who are on in those war zones right now, who are on in those war

zones right now, what can we do for them? Well, what can we do for them? Well, the mind wants to feel like I have some the mind wants to feel like I have some influence over this or I have some influence over this or I have some control over this. We certainly don't control over this. We certainly don't have any control.

have any control. But, often if it's about donating But, often if it's about donating something to a cause that supports the something to a cause that supports the people who are going through this, who people who are going through this, who are actually on the ground, are actually on the ground, or it might be sending your wishes and or it might be sending your wishes and prayers to them as we all do in our prayers to them as we all do in our peace meditation coming up a little peace meditation coming up a little So, we talked about what can we do, the So, we talked about what can we do, the three ways we can regulate. The first three ways we can regulate. The first regulation is regulating our consumption regulation is regulating our consumption of content. Yeah, so I think we're very of content. Yeah, so I think we're very clear on that. So, clear on that. So, recognizing our addictions and letting recognizing our addictions and letting that go.

that go. We talked about the third aspect, which We talked about the third aspect, which is response. The trigger, meaning, is response. The trigger, meaning, response. So, trigger we've dealt with.

response. So, trigger we've dealt with. The response, the regulation of our The response, the regulation of our physical body. physical body. You can't think your way out of a You can't think your way out of a dysregulated nervous system.

dysregulated nervous system. And that's where self-care is so And that's where self-care is so important. So, what is it that helps you important. So, what is it that helps you regulate when you feel overwhelmed with regulate when you feel overwhelmed with world events. So, that might be breath world events. So, that might be breath work, might be meditation, being in work, might be meditation, being in nature, nature, nature, physical exercise, making sure you're physical exercise, making sure you're getting good sleep.

getting good sleep. And I think for a lot of us, And I think for a lot of us, co-regulation is very important. So, co-regulation is very important. So, when we are with others, we tend to let when we are with others, we tend to let go of that doom scrolling and that go of that doom scrolling and that perception of the world around us. And perception of the world around us. And it all depends on it all depends on the field that we're in. So, if we're in the field that we're in. So, if we're in a field of positivity, if we're around a field of positivity, if we're around people who are people who are lighter, who are lighter, who are ex- expressing that light, who are ex- expressing that light, who are uplifting us, then that's where we can uplifting us, then that's where we can submit to that field. We can absorb that submit to that field. We can absorb that positive energy.

positive energy. But, if that field is negative around But, if that field is negative around us, then we want to stand in our own us, then we want to stand in our own energy and not absorb the energy of energy and not absorb the energy of those around us. So, that co-regulation those around us. So, that co-regulation also depends on the environment and the also depends on the environment and the situation uh that we're actually in. So, situation uh that we're actually in. So, how can you be around people that enable how can you be around people that enable you to feel more grounded, more you to feel more grounded, more centered, and more co-regulated? And centered, and more co-regulated? And something [snorts] that we want to offer something [snorts] that we want to offer everybody here who's live streaming, everybody here who's live streaming, perhaps please do share once again this perhaps please do share once again this video with your friends and family, video with your friends and family, support groups, so we can kind of let support groups, so we can kind of let people know about the the free offerings people know about the the free offerings that we have. We have something called that we have. We have something called Daily Gupta size. And these are live Daily Gupta size. And these are live streams, healing meditations, which are streams, healing meditations, which are fresh and new every day, that are fresh and new every day, that are presented by our lovely Gupta Program presented by our lovely Gupta Program coaches.

coaches. coaches. And once again, these are free. They're And once again, these are free. They're currently free right now to free trial currently free right now to free trial members. So, you can download our free members. So, you can download our free app uh the App Store or Play Store. Just app uh the App Store or Play Store. Just type in Gupta Program Brain Retraining, type in Gupta Program Brain Retraining, and you can join these live events and

you can join these live events Monday to Friday. They happen at 10:00 Monday to Friday. They happen at 10:00 a.m. Eastern or 11:00 a.m. Eastern a.m. Eastern or 11:00 a.m. Eastern in the afternoon for UK and Europe.

in the afternoon for UK and Europe. And in these live Gupta sizes, they're And in these live Gupta sizes, they're 20-25 minutes where our team take you 20-25 minutes where our team take you through through through perhaps some breath work, some somatic perhaps some breath work, some somatic technique, or some deep meditation. And technique, or some deep meditation. And we have 2 to 300 people a day coming on we have 2 to 300 people a day coming on live.

live. live. And we can't underemphasize how amazing And we can't underemphasize how amazing it is to meditate with that collective it is to meditate with that collective intention with a like-minded group.

intention with a like-minded group. And I'd encourage you to join that when And I'd encourage you to join that when you feel you need that coregulation and you feel you need that coregulation and that support.

that support. And what's really interesting, we did a And what's really interesting, we did a survey recently on the Gupta program survey recently on the Gupta program size, and we found that 90% of people size, and we found that 90% of people reported that the Gupta program size reported that the Gupta program size meditations meditations meditations helped them feel more relaxed compared helped them feel more relaxed compared to meditating on their own.

to meditating on their own. And this is something that we'd like to And this is something that we'd like to study more and deeper. That study more and deeper. That meditating on our own is something very meditating on our own is something very powerful and positive. But look look at powerful and positive. But look look at this, 90% of people saying Gupta program this, 90% of people saying Gupta program size meditation is more powerful, deeper size meditation is more powerful, deeper relaxation. I mean, that shows you the relaxation. I mean, that shows you the power of that group collective power of that group collective intention.

intention. intention. And 84% of people rated the Gupta And 84% of people rated the Gupta program size eight or eight out of 10 or program size eight or eight out of 10 or higher. So, the vast majority of people, higher. So, the vast majority of people, 84%, rated the Gupta program size eight 84%, rated the Gupta program size eight out of 10, nine out of 10, or 10 out of out of 10, nine out of 10, or 10 out of 10. So, we really encourage you to join 10. So, we really encourage you to join our daily Gupta program size events, and our daily Gupta program size events, and it can be something that you offer it can be something that you offer to yourself, to your friends and family to yourself, to your friends and family that's free Monday to Friday. And it's a that's free Monday to Friday. And it's a great way of meditating with others, great way of meditating with others, feeling that that shift.

feeling that that shift. So, please do uh please do join us for So, please do uh please do join us for And our team have just shared that in And our team have just shared that in the comments. So, in the comments, the comments. So, in the comments, wherever you're streaming this live, you wherever you're streaming this live, you can see free daily Gupta program size.

can see free daily Gupta program size. Click that link, and signed up to the Click that link, and signed up to the free online uh program, you can join it free online uh program, you can join it there as well. So, we'd love for you to there as well. So, we'd love for you to uh to join us for the daily Gupta uh to join us for the daily Gupta program size. Let's get those numbers program size. Let's get those numbers up. Let's get hundreds of people. We up. Let's get hundreds of people. We could have thousands of people joining could have thousands of people joining us for brand new fresh meditation live us for brand new fresh meditation live on Zoom every day. We'd love for you to on Zoom every day. We'd love for you to So, we've looked at the three aspects.

So, we've looked at the three aspects. The first aspect, the trigger, let go of The first aspect, the trigger, let go of the news. The third aspect, the news. The third aspect, that uh the physical response in the that uh the physical response in the body. So, looking at that coregulation, body. So, looking at that coregulation, that aspect of regulating your nervous that aspect of regulating your nervous system through breath work, meditation, system through breath work, meditation, calming thing down. And you know, in the calming thing down. And you know, in

the modern world, it's so important. I think modern world, it's so important.

Shifting perspective on safety

I think a daily practice is mandatory for all a daily practice is mandatory for all people living through uncertain times people living through uncertain times like we're going through.

like we're going through. Now, [snorts] the third aspect of Now, [snorts] the third aspect of regulation, so regulating the news, regulation, so regulating the news, regulating your physical body, is regulating your physical body, is regulating the mind.

regulating the mind. And in our stimulus And in our stimulus meaning response model, meaning response model, our mind is constantly making meaning of our mind is constantly making meaning of situations around it. So, no situation situations around it. So, no situation has a meaning until our brain has a meaning until our brain superimposes its own meaning based on superimposes its own meaning based on its experiences, its personality traits, its experiences, its personality traits, and its past, and its memories. You and its past, and its memories. You know, just like we said, the mind has know, just like we said, the mind has its way, its lens that it looks at the its way, its lens that it looks at the world through.

world through. It's the meaning that the mind creates. It's the meaning that the mind creates. And so, I think what's important here is And so, I think what's important here is having a philosophy on life.

having a philosophy on life. Yeah. Yeah. Yeah. Now, that big question that we all ask, Now, that big question that we all ask, why does bad stuff happen? You know, you why does bad stuff happen? You know, you can imagine uh this kind of archetype of can imagine uh this kind of archetype of a man shaking his fist at God saying, a man shaking his fist at God saying, "Why are you letting this happen?" "Why are you letting this happen?" And how can we shift our perspective in And how can we shift our perspective in this particular situation?

this particular situation? And what I notice is that a lot of And what I notice is that a lot of people are not only doom scrolling, people are not only doom scrolling, but but but doom, what can we call it? Doom judging.

doom, what can we call it? Doom judging. Judging the world through this lens of Judging the world through this lens of doom. I hear so many people saying, "Oh, doom. I hear so many people saying, "Oh, I wouldn't want to bring a child into I wouldn't want to bring a child into this world." Or "The world's really this world." Or "The world's really going downhill." Or "What's going to going downhill." Or "What's going to happen in the future?" Yeah.

happen in the future?" Yeah. And it can feel like And it can feel like the world in its current situation is the world in its current situation is much worse than it ever has been.

much worse than it ever has been. Right? Right? Right? And I would like us to reflect on that. And I would like us to reflect on that. Is that because actually, objectively, Is that because actually, objectively, the the is getting worse across so many the the is getting worse across so many different parameters, different parameters, or is it actually that we are consuming or is it actually that we are consuming more news?

more news? Right? We're consuming more of the Right? We're consuming more of the negativity that's going on around the negativity that's going on around the world. What is actually going here on world. What is actually going here on here objectively? And so we want to here objectively? And so we want to retrain our minds retrain our minds by having these new perspectives, not by having these new perspectives, not only from a cognitive level, but also an only from a cognitive level, but also an emotional level as well. And I think emotional level as well. And I think that, you know, that, you know, it's recognizing that because our brain it's recognizing that because our brain is trained for survival, it has a is trained for survival, it has a cognitive bias. And its cognitive bias cognitive bias. And its cognitive bias is focusing on what is bad about is focusing on what is bad about humanity and what we see around us. And humanity and what we see around us. And no doubt, there's nothing here that's no doubt, there's nothing here that's minimizing how challenging and terrible minimizing how challenging and terrible the situation is for those in the Middle the situation is for those in the Middle East, for those being caught up in the East, for those

being caught up in the conflict right now. There is no conflict right now. There is no underestimation of how challenging that underestimation of how challenging that is, how fear is, how fear uh uh uh how fearful that is for the people how fearful that is for the people living there, uh many people losing living there, uh many people losing their lives, and so on. So, we're not in their lives, and so on. So, we're not in any way minimizing or underestimating any way minimizing or underestimating that. But for us who are away from that that. But for us who are away from that situation, situation, situation, this can be yet another bit of this can be yet another bit of information that the brain then starts information that the brain then starts judging the entire world. We'll call it judging the entire world. We'll call it doom judging.

doom judging. Uh bad and negative. And actually, what Uh bad and negative. And actually, what we want to realize is that throughout we want to realize is that throughout human history, there have always been human history, there have always been wars, conflicts.

wars, conflicts. Yeah. Yeah. Yeah. And yet, And yet, even though we see this in the news, we even though we see this in the news, we are living through times which are are living through times which are actually the most peaceful. And you actually the most peaceful. And you might find that's really bizarre and and might find that's really bizarre and and and kind of contradicting what we uh may and kind of contradicting what we uh may feel or experience. But here's a few feel or experience. But here's a few little bits of evidence that I want to little bits of evidence that I want to share with you just so your cognitive share with you just so your cognitive approach to this can be approach to this can be uh shifted and changed. So, uh shifted and changed. So, let me just um let me just um add this bit of information that I want add this bit of information that I want Okay, so we went through uh this Okay, so we went through uh this particular cycle here. So here is a particular cycle here. So here is a graph that represents global deaths in graph that represents global deaths in conflict since the year 1400.

conflict since the year 1400. Okay, and this is actually a logarithmic Okay, and this is actually a logarithmic scale on the left hand side. So actually scale on the left hand side. So actually the shifts in here are even more than the shifts in here are even more than what you might what you might perceive in the perceive in the Y axis of this Y axis of this graph. So what it shows is that the graph. So what it shows is that the number of deaths per 100,000 people on a number of deaths per 100,000 people on a logarithmic scale. And throughout all of logarithmic scale. And throughout all of human history, you can see the red line human history, you can see the red line there.

there. there. And you can see in the last 50 years or And you can see in the last 50 years or so, there's a dramatic reduction in the so, there's a dramatic reduction in the number of military deaths, civilian number of military deaths, civilian deaths as a result of war and conflict.

deaths as a result of war and conflict. And because this is a logarithmic scale, And because this is a logarithmic scale, the the number of deaths that we see the the number of deaths that we see now, let's say take the year 2000 as an now, let's say take the year 2000 as an example, is a hundredth or two hundredth example, is a hundredth or two hundredth of where it has been at peak times of where it has been at peak times during human history. And so this isn't during human history. And so this isn't to, once again, minimize what's going to, once again, minimize what's going on. It's simply to show is that on. It's simply to show is that actually, despite what we see on the actually, despite what we see on the television, the world is safer and has television, the world is safer and has less conflict and less less conflict and less death and destruction than it ever has death and destruction than it ever has in previous generations.

in previous generations. All right? All right? And this [snorts] is also another graph And this [snorts] is also another graph showing the death rate showing the death rate in conflicts by conflict type over the in conflicts by conflict type over the last 50 years or so, last 70 years, 80 last 50 years or so, last 70 years, 80 years.

years. years. Okay, dramatically going down over the Okay, dramatically going down over the last 50 years. last 50 years. Life expectancy increasing Life expectancy increasing from, yeah, by 10 20 years over the last from, yeah, by 10 20 years over the last 50 to 60 years.

50 to 60 years. The percentage of people living in The percentage of people living in extreme poverty and relative poverty extreme poverty and relative poverty also coming down. That doesn't mean, also coming down. That

doesn't mean, once again, that we become complacent, once again, that we become complacent, but it's showing that despite our but it's showing that despite our perception the world is becoming worse, perception the world is becoming worse, we're all working together as a we're all working together as a civilization to try and improve things civilization to try and improve things on the planet.

on the planet. Once again, more Once again, more graph showing that conflict is actually graph showing that conflict is actually decreasing. And I think that And I think that the reason we show that once again is to the reason we show that once again is to shift that perspective cognitively. That shift that perspective cognitively. That whilst it feels like things are worse, whilst it feels like things are worse, actually could it be our own consumption actually could it be our own consumption of the news? And there's actually of the news? And there's actually something called the Good News Network, something called the Good News Network, GNN, Good News Network, which is all GNN, Good News Network, which is all about helping us not only watch about helping us not only watch the kind of significant things happening the kind of significant things happening on the planet that are negative, but on the planet that are negative, but also looking at all the positive things also looking at all the positive things that humanity is doing. And that humanity is doing. And unfortunately, that isn't something that unfortunately, that isn't something that stimulates our dopamine system, but is stimulates our dopamine system, but is so important for us to consume. So, can so important for us to consume. So, can we balance these things out? Yeah? There we balance these things out? Yeah? There can be a romanticization of the past.

can be a romanticization of the past. The past was much better. Think about The past was much better. Think about our ancestors. Think about our recent our ancestors. Think about our recent grandparents. They had to live through grandparents. They had to live through the First World War, the Second World the First World War, the Second World War, War, War, where situation was much worse, yeah?

where situation was much worse, yeah? Where it literally was a world war, and Where it literally was a world war, and everyone was living through deep everyone was living through deep insecurity. And so therefore, let's feel insecurity. And so therefore, let's feel grateful for what we do have, and also grateful for what we do have, and also look to how we can support people going look to how we can support people going through that suffering. It doesn't help through that suffering. It doesn't help us to go through the deep negativity and us to go through the deep negativity and depression that might come from these depression that might come from these situations.

situations. situations. Humanity will get through this. We've Humanity will get through this. We've got through wars, conflict, massive got through wars, conflict, massive challenges in the past. And let's just challenges in the past. And let's just believe in the power of the human spirit believe in the power of the human spirit to get through this and to see that to get through this and to see that positive things or certainly new ways of positive things or certainly new ways of organizing ourselves can come out of organizing ourselves can come out of this.

Actionable tools for peace

this. this. So, in terms of our go-home tools, I So, in terms of our go-home tools, I think the first thing is when we become think the first thing is when we become aware of the agitation, aware of the agitation, we can ask ourselves, "What needs we can ask ourselves, "What needs regulating right now? What within me regulating right now? What within me needs regulating?" needs regulating?" And that's where we can And that's where we can go into nature, breathe, meditate. Do go into nature, breathe, meditate. Do you need to do some physical exercise to you need to do some physical exercise to remove that cortisol and adrenaline remove that cortisol and adrenaline that's getting stuck in our physical that's getting stuck in our physical system.

system. system. And I think that self-awareness is And I think that self-awareness is absolutely key. Everything begins with absolutely key. Everything begins with awareness.

awareness. awareness. That second aspect of reducing the That second aspect of reducing the triggers, how do we reduce our triggers triggers, how do we reduce our triggers and reduce our consumption of the news?

and reduce our consumption of the news? So, that's is once again something that So, that's is once again something that we can invest time and energy in we can invest time and energy in reducing news consumption and

focusing reducing news consumption and focusing on positive things, focusing on things on positive things, focusing on things that we can be grateful for in our lives that we can be grateful for in our lives and that we see around us.

and that we see around us. In our lives, we're very lucky. Think In our lives, we're very lucky. Think about the fact that previous generations about the fact that previous generations did not have guaranteed access to at did not have guaranteed access to at least basic health care. I appreciate least basic health care. I appreciate not everyone has full health care, but not everyone has full health care, but basic health care, to education, to basic health care, to education, to clean water, to food. Yeah, some people clean water, to food. Yeah, some people on the planet don't even have that now.

on the planet don't even have that now. So, thinking about what we can be So, thinking about what we can be grateful for that we take for granted in grateful for that we take for granted in our lives.

our lives. And switching to uplifting content. And switching to uplifting content. So, that if we keep ourselves uplifted, So, that if we keep ourselves uplifted, then we can be a support to others who then we can be a support to others who are finding the current conflict are finding the current conflict challenging. We can send donations, we challenging. We can send donations, we can send our prayers and best wishes, can send our prayers and best wishes, and not underestimating how powerful if and not underestimating how powerful if our consciousness and our vibration is our consciousness and our vibration is higher, that can make an impact on this higher, that can make an impact on this planet when we meditate.

planet when we meditate. How can we have peace How can we have peace outside if we don't have inner peace outside if we don't have inner peace within ourselves? So, developing a deep within ourselves? So, developing a deep sense of inner peace is the sense of inner peace is the transformation to the outer peace on transformation to the outer peace on this planet.

this planet. And finally, if your mind does get And finally, if your mind does get caught up, then journaling, reflection, caught up, then journaling, reflection, looking at how you can move towards or looking at how you can move towards or step towards acceptance and letting go step towards acceptance and letting go around your perception around your perception of the world around us.

of the world around us. And finally, And finally, practice for our response. Joining us practice for our response. Joining us for daily good exercise or for daily good exercise or whatever it is that you need to do to whatever it is that you need to do to help calm your nervous system. We'd love help calm your nervous system. We'd love for you to join us each day on daily for you to join us each day on daily good exercise. Our team will share the good exercise. Our team will share the link as well.

link as well. Okay. Okay. Okay. So, I think that we've been through a So, I think that we've been through a lot of content there. I'd love for you lot of content there. I'd love for you once again to share this content far and once again to share this content far and wide with your friends and family wide with your friends and family support groups, people you know who are support groups, people you know who are finding it hard to deal with the current finding it hard to deal with the current situation. And once again, we're not situation. And once again, we're not being Pollyanna about it. We're not being Pollyanna about it. We're not saying that this isn't something saying that this isn't something that is that is minimizing in any way. But at the same minimizing in any way. But at the same time, putting it all in perspective and time, putting it all in perspective and understanding our own brain neurology understanding our own brain neurology and how it might be magnifying this to and how it might be magnifying this to our own detriment.

our own detriment. Okay, so what we're going to do is we're Okay, so what we're going to do is we're going to now go through our short piece going to now go through our short piece meditation. And after we do that, we're meditation. And after we do that, we're going to go on to Zoom where I'm going going to go on to Zoom where I'm going to doing a Q&A. So, our team are going to doing a Q&A. So, our team are going to share with you the link to to share with you the link to uh uh uh our live Zoom. And on the Zoom call, I'm our live Zoom. And on the Zoom call, I'm going to answer any questions that you going to answer any questions that you may have about nervous

system may have about nervous system regulation, around the Gupta program, or regulation, around the Gupta program, or indeed how we can shift our perspective indeed how we can shift our perspective on the world around us. It's about on the world around us. It's about asking the challenging questions. I asking the challenging questions. I don't shy away from that. And I'm just don't shy away from that. And I'm just here to support you here to support you in terms of a deeper understanding of in terms of a deeper understanding of our psychology and our neurology our psychology and our neurology and how we can almost and how we can almost biohack biohack biohack the threat response systems to make sure the threat response systems to make sure that they don't overwhelm us and we can that they don't overwhelm us and we can keep calm and centered and be a boon to keep calm and centered and be a boon to society.

Guided peace meditation

society. society. Okay, so we're going to go through our Okay, so we're going to go through our live meditation right now. So, I'd like live meditation right now. So, I'd like you just to get comfortable and make you just to get comfortable and make sure that you're not going to be sure that you're not going to be interrupted.

interrupted. interrupted. Okay? Okay? Okay? And I'd love for you to just gently And I'd love for you to just gently just tuning into just tuning into our physical body our physical body and noticing and noticing if there's any parts of us if there's any parts of us that feel that feel tense.

Is there any part of us that feels Is there any part of us that feels overwhelmed overwhelmed overwhelmed by world events? by world events? Just noticing where Just noticing where And observing the sensations And observing the sensations It might be sensations of It might be sensations of fear.

Whatever you're noticing Whatever you're noticing We accept We accept And we think of our representation of And we think of our representation of love.

For you, this could be For you, this could be a figure a figure from your religion or spirituality from your religion or spirituality or someone that you feel deeply loved or someone that you feel deeply loved by.

And this is about us And this is about us As we think of the world events As we think of the world events unfolding on our screen unfolding on our screen and we observe how it impacts and we observe how it impacts Just notice any sensations of Just notice any sensations of agitation or anxiety.

agitation or anxiety. And just place And just place a warm, loving hand a warm, loving hand It might be It might be in your throat area. in your throat area.

It might be in your chest area It might be in your chest area In a moment, we're going to be feeling In a moment, we're going to be feeling those sensations those sensations and we're going to take a deep breath and we're going to take a deep breath and we're going to surrender it.

and we're going to surrender it. We're going to let it go We're going to let it go to our representation of love to our representation of love by connecting by connecting to our representation of to our representation of love, which could be love, which could be as I said, a figure from your religion as I said, a figure from your religion or spirituality.

or spirituality. It could be nature. It could be nature. Could be your pet. Could be your pet. Just something that makes you feel loved Just something that makes you feel loved and connected and connected Feeling those sensations Feeling those sensations Maybe Maybe a beautiful nature scene like looking a beautiful nature scene like looking Whatever represents love and expansion Whatever represents love and expansion And once again, we observe any And once again, we observe any fear or agitation within us fear or agitation within us as a result of world events.

as a result of world events. And with a smile, And with a smile, let go and surrender all of that let go and surrender all of that at the feet of your representation of at the feet of your representation of love.

Coming to a place of acceptance Coming to a place of acceptance and peace and peace Once again, taking another deep breath Once again, taking another deep breath in.

realizing realizing that peace that peace Feeling centered Feeling centered Feeling calm Feeling calm And recognizing ourselves And recognizing ourselves to those caught up to those caught up may we send them the vibrations of may we send them the vibrations of peace.

May we send them May we send them our empathy our empathy Knowing that we are the source Knowing that we are the source And through sending And through sending our vibrations of compassion our vibrations of compassion and love to our fellow and love to our fellow And when we recognize ourselves as the And when we recognize ourselves as the And in our ability And in our ability And when we feel ready, And when we feel ready, when we feel complete, when we feel complete, we may gently we may gently Everybody, well, thank you so much for Everybody, well, thank you so much for joining us live stream today. Please, joining us live stream today. Please, once again, do share this with other once again, do share this with other people you know who are finding the people you know who are finding the current climate challenging politically, current climate challenging politically, militarily, or caught up in the militarily, or caught up in the conflict. Please send them this video conflict. Please send them this video and then maybe things they can benefit and then maybe things they can benefit from. And also, you can tell them about from. And also, you can tell them about our daily good to size.

our daily good to size. Our team can once again share that in Our team can once again share that in the chat, the daily good to size, which the chat, the daily good to size, which can be which is free, free to the whole can be which is free, free to the whole planet. Something you can join Monday to planet. Something you can join Monday to Friday Friday Friday live streamed on Zoom, where you can live streamed on Zoom, where you can join hundreds of others in that join hundreds of others in that collective intention of wishing peace, collective intention of wishing peace, calm, and centeredness for ourselves and calm, and centeredness for ourselves and also for everyone else.

also for everyone else. And as I mentioned, here at the good to And as I mentioned, here at the good to program, we're now going to be going on program, we're now going to be going on to a Q&A with myself on Zoom. So, our to a Q&A with myself on Zoom. So, our team will share the Zoom link in the team will share the Zoom link in the chat.

chat. chat. Please do join us for that Zoom call. Please do join us for that Zoom call. Also, we'll see you there in a couple of Also, we'll see you there in a couple of minutes. Thank you once again for minutes. Thank you once again for everyone for joining and we look forward everyone for joining and we look forward to seeing you at another live event.

to seeing you at another live event.