Achieve Consciousness With Meditation Transcript

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Introduction to Meditation and Higher States

I am so glad you are here. I am glad to be sharing this with you. I'm glad we're connecting with each other intellectually, at the level of the mind, and emotionally at the level of the heart.

And spiritually. We're all connecting in this wonderful space we move into when we meditate, when we shift into connection with something larger than ourselves.

I'd like to share with you some of the research I've done on this phenomenon. And for many, many years I was involved in PTSD research. I had about a 20 year career examining people who had high levels of symptoms, like flashbacks and nightmares and intrusive thoughts, hypervigilance.

A lot of Vietnam veterans that after Iraq and Afghanistan, a lot of the survivors of those wars. And it was wonderful as we saw them being able to recover and as we developed tools like EFT tapping that helped them dig their way out of those symptoms.

And our social program, the Veterans Stress Solution, eventually worked with over 20,000 veterans free of charge to help them recover from PTSD. But recovering from PTSD is one part of the equation.

It's kind of like if you're like, walking along a, a plane, a level field, and you fall into a pit. PTSD is the pit. And when you're in the pit, it's very, very difficult to live your life.

PTSD Recovery and the Level Playing Field

If you're haunted by nightmares, haunted by flashbacks, if you're if you're just sabotaged in your intentions by intrusive thoughts, it's very hard to get back onto that level playing field.

But eventually, with tools like EFT tapping, we can do that. But all you are is on the level playing field that. What about the mountaintop? What about the mountaintop?

What about ascending in consciousness, ascending vibrationally to higher states? Can you read the words of Jesus, of the sermon on the Mount? Or you read the work of Rumi, or you read some of the great philosophers, great great poets, Mary Oliver, and you realize these people were extraordinarily happy.

They weren't just bumping along at the on the level of the playing field on the plane. They were climbing these mountains of well being, you know, Saint Francis of Assisi.

Lord, make me an instrument of thy peace. And Saint Clair of Assisi and Saint Teresa of Avila And you read their words and you realize they were inhabiting extraordinary mental states.

So my research then turned after that 20 years investigating PTSD and having many studies published in the US National Library of Medicine and other prestigious journals.

I turned my attention to what brings us to peak states. I developed a special technique called eco meditation, and it's now spread worldwide. There are literally thousands of websites, thousands of places you can go to find it eco, eco, meditation.

And we've now began to look at what happens when people reach those transcendent states. I also have a course called a 21 Day Walk with Your Higher Power.

Very simple introductory course that introduces you to the whole concept of being one with your higher power, of

finding and communing with your Higher Power.

Having an ally in your life so you are bumping along at the level of ordinary consciousness that you're tuning in to your Higher power. So more on that later.

We also have a one year mentor course called The Short Path to Oneness, and that is really our flagship course in consciousness.

EcoMeditation and the Search for Peak States

It takes people to these levels that ancient eastern scriptures say take lifetimes to get there. We found that if you use neuroscience, you can get there in a year.

So I'm going to show you some of the science. Now, some of the direct research I have done on these higher states of consciousness. I'll share my screen and we'll look at what science tells us about how we get there.

Okay, here I am. I am on the US government site called the National Library of Medicine. pubmed.gov. And we're looking at a study published in a prestigious journal called Global Advances in Health and Medicine.

I'm the primary author. My friend and colleague, Peta Stapleton, Auburn University is a second author. And what we did here was we looked at a, sample of 208 people who were attending a one day workshop on this method called EcoMeditation.

Very simple method to use. What we found is it produced a dramatic reduction in anxiety, 23% reduction in anxiety, 15.8% reduction in depression, 12% drop in PTSD, 19%.

Drop in pain. Well, happiness scores increased by 9% in just one day. Those are fantastic results for one day of your time. And we found that some of the effects lasted for a long time, more so in people who kept on practicing EcoMeditation.

We also then began to look at this other phenomenon called flow. We all know what flow is that state where you forget about time. You're so totally absorbed in what you're doing.

You're in the present moment, you're having intense enjoyment. And there are scientific measures of flow. So we looked at those and we found that again, one day meditation workshop.

This time it was virtual, unlike the previous study in person. These people were doing virtual EcoMeditation. And in 151 people, again, we found reductions of anxiety.

Research Results on Anxiety, Flow, and Transcendence

And we had a big drop in anxiety. I mean, mentioned being anxious about the stuff. You're worried about the situation in the world. Imagine being worried about your job or your career, or your money or your family and having it go down 43% in one day.

that's a miraculous drop. And we see these big drops of anxiety, depression, 38% post-traumatic stress, 13%. Pain, 63%. Almost two thirds reduction in pain just from one day of group meditation.

Virtually. Flow states, though, went up 17%. Happiness rose dramatically. And we looked at transcendent experiences. And that is hitting the mountaintop.

Who in this group wasn't just bumping along the plane, recovered from PTSD? Who was climbing to where Rumi is climbing to where Saint Catherine is climbing to where Saint Francis, the key is who was climbing to these elevated states.

I mean, found that people were having, 19% improvement in that. And between the beginning and the follow up period, six months later, 71% of people were able to reach those states and sustain them.

So you get to the mountaintop, and as long as you meditate, you're able to stay there. So I recommend that you download EcoMedit.ation Use EcoMeditation every day.

You can find this all over the web. My website's simply EcoMeditation.com, and you can just click here and you can find the research. Judith Pennington is an EEG expert.

She has done over 10,000 EEGs and. In a study of the peer reviewed journal, she wrote that in novice meditators, people who hadn't got a history of meditation the very first time using EcoMeditation produced extraordinarily high levels of gamma synchrony.

Gammas, your brain wave of joy, of compassion, of gratitude, of elevated states and synchrony means synchronization between right and left hemispheres, extraordinarily high levels of gamma synchrony.

Participants acquired elevated brain states normally found only after years of meditation practice. And they were doing this the first time.

EEG, Gamma Synchrony, and Physiological Benefits

So high level emotional, spiritual and mental integration. Again, other studies show that cortisol drops an average of 29% in a weekend of EcoMeditation.

Heart rate goes down, anxiety drops, pain goes down, immunity. And that weekend rose 27%. And gamma, that wave of integration rose 40%. Brain balance between left and right hemispheres improved by 30%.

So what this does is it then improves your whole entire physiological state of well-being. So when all these good things happened mentally and spiritually, when you are on the mountaintop, guess what improves your.

Anxiety, depression, and PTSD all go down. Here's that big drop in cortisol. Now you have a much lower baseline of cortisol. Resting heart rate went down 5% in a weekend.

That's a general mark of health. So when you're hitting these higher states, it is producing improvements in your gene expression in your body. And this really was the capstone study.

This was a big study done at Bob University by Peta Stapleton, my colleague there. And that's what they found. Remarkable changes in the brain in 30 days of using EcoMeditation.

It was just amazing what happened in the brains of these people. We found that the part of the brain that is focused on rumination worry about bad things that happened in the past, concerned about bad things in the future.

That part of the brain, it's in blue over here. It's on ice. and this part of the brain over here, that's the insula. The part that mediates pro-social emotions.

Compassion, gratitude, altruism, all joy that part lit up dramatically. And again, it didn't take 10,000 hours then to becoming a monk. It took doing EcoMeditation for 30 days.

I want that for you. This is another study I did at a Joe Dispenza workshop. And again, in using the meditations there we found enormous improvements in people's EEGs as well as a big rise in their immunity.

We've also be able to offer these meditations to people through the Veteran Stress Solution. This is our flagship nonprofit project. We've helped 22,000 veterans with PTSD free of charge in the last few years.

Veteran Stress Solution and Participant Testimonials

If you know any veterans who are suffering, refer them to that website at Stresssolution.org. They can make an appointment to talk to somebody free of charge in under a minute.

Let me talk to that person. And getting meditation, getting EFT tapping, getting other evidence based tools within a few hours. So we want people to have the benefit of these remarkable new ways of feeling better.

And as you look at EcoMeditation online, you'll see there are all these people at the door telling you how wonderful it is. This was a doctor, Susan Albers, in one of my weekend workshops.

And there again, there are live weekend workshops that are virtual ones. But she says the morning following the class was the first time I had ever successfully meditated in my entire life.

Oh, 52 years of it. I'm not someone who's come ever. And I was, So just use EcoMeditation. Do it every day for those 30 days. That's my 30 day challenge to you.

Meditate for 30 days. Using that free EcoMeditation track and you're going to find your life shifting. Christianna saying for the first time in many years I felt peace.

People come into our workshops, they're haunted, they're anxious, the depressed, they find inner peace. She says. I'm still in amazement that I can meditate after failing at every other meditation method.

I tried. Ben Goldstein said, a lost meditative state is easily achievable for me. It opened my eyes to the potential of consistent practice, where the science was tied in the why.

Oh, meditation at last made sense and all you go is click on our classes. Here are the instructions for meditation and then you just go to our events.

Click on our events calendar and up that page copy found. But we'll make sure it's up there for you later on. It's on eftuniverse.com. It's the event page there.

And you can just go and take a class yourself. So I encourage you to take my 30 day EcoMeditation challenge. Use it every single day for 30 days, and you're going to find that things are highly likely to change for you.

30-Day Challenge and Closing Encouragement

Either find your health improving your mindset, improving your relationships, getting better yourself, making wider, wiser judgments about money, about career, about all the things that matter in life.

Do it for 30 days and it's unlikely you'll ever stop. Also, take an event. Go to the events page on EFT universe. Look at the events that we had there.

That's just eftuniverse.com. Click on events over here and you'll find many workshops at which you can learn EFT. You can take a virtual workshop. You can take a live workshop in person.

The place like Rapallo or Omega Institute. So you can actually be physically in a classroom with people like me and ??Mirjam Paninski, director of Consciousness studies.

And you can also take virtual classes. Whatever you do, make sure that you take care of yourself. Have the self love to give yourself that place of inner peace within every single day.

You deserve that in your life and you deserve the benefit it produces in everything around you. I'm so happy to be sharing with you. Go forth and meditate.