Welcome to the Trauma to Transcendence Summit

Hi, it's Dawson Church here again, welcoming you to the Trauma to Transcendence Summit, reminding you that resilience is natural to human beings. Recapping the research I shared with you earlier that two thirds of people who go through a shattering life event actually experience what's called post traumatic growth.

Why Resilience and Post-Traumatic Growth Matter

Once a third of people spiral down into PTSD with flashbacks and nightmares and intrusive thoughts and hypervigilance and all the other symptoms, that two thirds of people are resilient.

And I want you to be one of those people. So to all of our expert guests. That's why they're pouring their hearts out. in all these interviews to help you realize that and give you the tools and techniques to do that.

So pay attention. Have your journal handy, make notes and turn these interviews into an action plan you apply in your life every day. So here is my action plan for you.

one of the bonuses for the summit is an EcoMeditation track.

Using the Summit as an Action Plan

I developed EcoMeditation many, many years ago because I was a failed meditator. I learned to meditate when I was 15 years old and could hardly ever do it effectively.

And I got the same instructions most people get, which is close your eyes, slow your mind light and close my eyes. Look. See it? still my mind. Forget about it.

How do you still your mind? We can still our minds. Nature didn't plan for us to steal our minds. We don't have brains that are designed to be skillful, but instead, our brains are supposed to be alert for opportunities, for threats, for what might hurt us, for what might help us all the time.

Introducing EcoMeditation

Always on our brains are not meant to be still. Our brains not evolved that way. Our ancestors didn't evolve that way. Check out all the animals around you.

They're alert all the time, even when they're sleeping. Watch my cat taking a cat. it just leaves very lightly, and it jumps up at the slightest sound.

That's the way nature evolved our brains. So, because I was having such trouble meditating, I looked at the science behind what really shapes us. And I found there are several evidence based techniques like acupressure, acupressure.

Tapping on acupuncture points is really effective at calming the busy brain. A technique like breathing, heart centered breathing, slow breathing can bring you to heart coherence.

Where your heart has an even interval between heartbeats and also becomes coherent with your brainwaves.

The Science Behind Meditation and Brain Change

So heart coherence is powerful. Mindfulness is powerful. Self-hypnosis is powerful. And so I combined all of these into a very simple stack called EcoMeditation.

And I did this. I began to do it myself and bingo, I could meditate, get into those deep states really, really quickly. And you can too. And there's a free EcoMeditation track here as a bonus for you.

And it's on the theme of turning Trauma to Transcendence. I'd like you to use it every morning, and I'd like you to make the commitment to doing it every single morning for the next 30 days, the next month, every single day without fail.

A study we did on this, we have people in a randomized, controlled trial with MRI's, beautiful state of the art Siemens MRI machines, and we put them in our machines.

We randomize them into two groups and one group and EcoMeditation. One group did a mindful breathing exercise, and after a month we put them in an MRI again.

And the group that did mindful breathing had no change in their brain function. The group that did EcoMeditation. Their brains changed structurally and functionally.

The 30-Day EcoMeditation Challenge

They literally had different brain structure. At the end of 30 days, and they're part of the brain that is so wired to look for threats and opportunities and be so busy.

That part acquired it way, way, way down. And the part that has to do with compassion and joy and gratitude. That part was highly active, for 30 days.

So I encourage you to take my 30 day challenge and download that track and use it every day. No excuses. Your mind will come up with excuses, say I'm too busy, I have to do a deal with the kids. I have to deal with my parents.

I'm not feeling like it today. Blah blah blah blah blah blah. Forget about those excuses. They don't matter. What matters is that you be happy, that you have a love filled, complete content, joyful, gratitude filled human being plugging into transcendent states.

I want to plug you in there. And that 30 days has the potential to change your life. So you're listening to the Summit every day. In addition to that, I want you to just make that commitment to using that track and meditating for the next 30 days straight.

Closing Encouragement and Invitation

You're going to find the themes and the practices and the information in this Summit radically powerful. It's going to shift your thinking. It's a shift your life.

So again, listen to that journal, make notes and then apply these lessons to your own life. It's a real privilege to welcome you again. I am just going to say I'll see you inside and thank you for being part of this wonderful journey and wonderful community.