

MINDFULNESS

THE ART OF PROFOUND AWARENESS



NEUROTUNING™

by Mark Waldman and The Silva Method



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This Is Your Brain On Compassion

Override nature's wiring to make the shift from rejection and fear to acceptance and loving kindness

What went through your mind the last time you had a disagreement with your spouse, got ignored by your teenager for the umpteenth time, or cut off by an aggressive driver? Did you lose your cool? Did you feel frustration, impatience or anger? Did you feel a sense of disconnect with the other person - or maybe even a lack of focus afterwards? Did you dwell just a bit too long on the scenario, repeating it again and again in your mind?

It doesn't feel very good to admit it, but even those of us with the highest aspirations for tranquility, compassion and inner peace have moments when we want to just blow our tops.

And some of the latest studies in neuroscience are finding that these 'negative' responses may be hard-wired into our brains.

Studies of human neurology demonstrate that we instantly react in a very specific way when faced with anger, anxiety or selfishness. The brain releases chemicals that trigger feelings of disgust causing us to want to either attack or reject them (fight or flight).

It makes sense if you think about it. Your brains is designed to help you survive. And even though the neocortex (literally: new brain) allows you higher reasoning, much of your neurology is actually survival based and governed by our primitive limbic (or "lizard") brain. Thus, a colleague's anger in the office appears to be a threat. A teen's unwillingness to do his part to care for the family is perceived as an act of selfishness that, once upon a time, could have spelled major danger for the entire tribe.

It can be humbling to consider this, especially if you've spent long years believing in humanity's innate capacity

“We can create a mutual state of kindness and cooperation, but only if we are emanating positive thoughts & feelings.”

Mark Robert Waldman

for compassion towards all. While we are clearly wired for deep levels of care and compassion, any time our primal brain perceives a threat, we'll tend to respond with anger, hostility, or fear.

BUT, before you feel too discouraged, there's a very bright side to this story ...

There have been other studies as well; studies that have caused many in the scientific community to reconsider the ancient 'spiritual' practice of the East.

Some of these brain studies took a look at the functioning of advanced Buddhist meditators. And what they revealed was startling. People with long years of meditation and mindfulness as part of their daily lives had rewired their brains. Yes, their physiology was actually rearranged. They had better control over their emotions, and they had improved memory. They improved the functioning of the brain



so that they could OVERRIDE feelings of disgust and the fight-or-flight response when faced with anger, anxiety or selfishness in others. Instead, these Master Meditators generate feelings of compassion, recognizing the distress that the other is experiencing.

But the news gets even better. New brain-scan studies show that anyone can reduce anxiety, fear,

depression, and anger -- and simultaneously enhance memory, cognition, empathy and compassion toward others -- by practicing any form of contemplative meditation for just 12 minutes per day. Mindfulness, breathing awareness, deep muscle relaxation, yoga, self-hypnosis, and repetitive positive thinking can all be use to change the structure and functioning of your brain in ways that will actually add several years to your life.

Truly, literally, physically - mindfulness wires compassion.

Tuning Your Orchestra

Jon Kabat-Zinn, Professor of Medicine Emeritus and founding director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, likens a life without mindfulness to an untuned orchestra. He explains that if you aren't in touch with the multiple dimensions of your inner being via meditation and mindfulness, you're living your life ineffectually.

Why? Because you haven't tuned your apparatus.

"It would be like the Philadelphia Philharmonic or some great orchestra, let's say the San Francisco Philharmonic playing Beethoven without tuning first. They have the **greatest musicians** with the **greatest instruments** in the world, and **they still tune** - first to

themselves and then to each other." Meditation, he says, "in some sense is like tuning your instrument before taking it out on the road. And **tuning it in the morning could change completely how the day goes.**"

Why Mindfulness?

Taking Ownership of your Conscious

The ability to physiologically change, or 're-tune' your brain for enhanced compassion may be mindfulness's greatest gift to humanity, but it certainly isn't the only one.

Mindfulness is a way of attuning your mind to develop a different (and less reactive, less distressing) relationship with your thoughts, feelings, and sensations. When you begin to bring self-awareness

into your life through a regular practice of mindfulness, it changes you from the inside out. This is a means of 'taking ownership' of your thoughts, feelings and actions. The results are priceless.

Adding simple mindfulness exercises to your day can make the difference between living your life in a state of stress or fear, and living in control of your emotions.

"We can all train ourselves through mindfulness, meditation and positive thinking, to be and live compassion."

Mark Robert Waldman



The vulnerability of mindlessness

Studies have demonstrated that our degree of mindfulness can actually impact our performance in life skills - and even our vulnerability to disease symptoms.

In the early 1980s, Harvard Psychologists Ellen J. Langer and Benzoin Chanowitz conducted a study to find out if the way we initially take in information (mindfully or unconsciously) effects how we use that information. The study relied on an invented 'disease' and two study groups. In the first part of the study, one group was given information to suggest that they had the disease, while the other group was given information to suggest that they didn't have it.

In the second part of the study, a test was designed which resulted in everyone thinking they had the disease. Now here's where it gets interesting: the group who initially thought they didn't have the disease began performing poorly - more poorly than those who initially believed they did have the disease. Why? Because they had taken in the information about the disease unconsciously. You see, those who believed they had the disease all along had brought mindful contemplation to the situation, seeking ways to compensate for their 'problem' and thus performing better on the test.

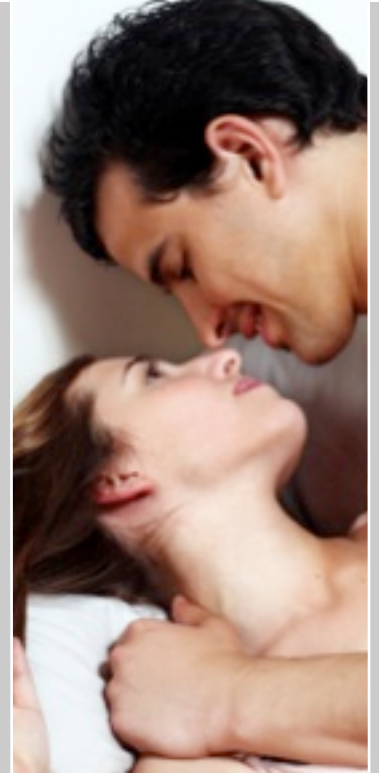
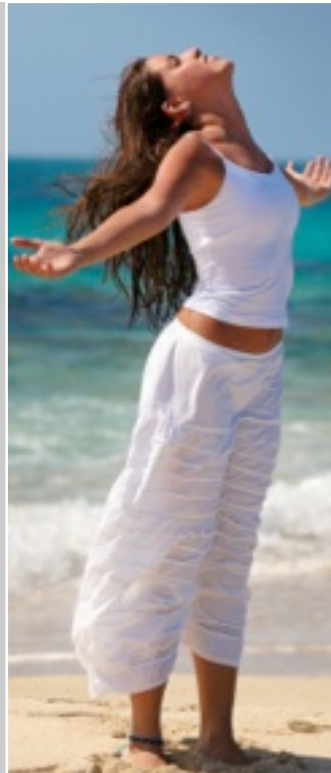
Cahnowitz and E. Langer, "Premature Cognitive Commitment," Journal of Personality and Social Psychology 41 (1981) 1051-1063.

When you live a mindful life you'll find you're able to:

- ◆ Enjoy a deeper sense of **self-acceptance** and **inner peace**
- ◆ Have a greater capacity to **accept others**, no matter where they're 'at' in their lives
- ◆ Experience more **control over your moods** and emotions
- ◆ Have a greater capacity to respond with **conscious awareness during stressful situations**
- ◆ Live a **deeper connection** with your higher self
- ◆ Be **more aware**, yet less emotionally 'charged' by both your internal and external experiences
- ◆ **Manage your mind** and emotions more effectively
- ◆ Deal with anger, stress, worry and conflict more effectively
- ◆ Tap into the lessons offered through your **life experience**



Although the concept of mindfulness as a meditative practice has its roots in Buddhism, it's actually very similar to practices found in the contemplative branches of other great religions, particularly Christianity. But we want to point out that, despite these historical connections to religion, mindfulness as a practice is generally taught today with no religious overlay, and pursued by people of all faiths because of the benefits it offers.



What does a mindful life look like?

Isn't it just Meditation?

“But isn't this just meditation?” you might ask. Yes and no. Mindfulness is a type of meditation, but becoming more mindful doesn't require hours of daily sitting. It can be done while your standing in a line, walking, exercising, cooking or even, at work.

Mindfulness means focusing your awareness on the present moment more than on your inner dialogue. It lets you move beyond the energy wasting tendencies of distress over past events or worry about future possibilities, and into the only place where you have any mental power - your now.

With a regular practice of mindfulness, you'll begin to observe and understand your internal experiences. When you stop and notice these experiences, you can learn from them, leading to a greater capacity to manage your mind and emotions more effectively.



When Science Changes Your Mind

About 2 years ago a documentary film producer who had been working with the Silva method contact Laura about being part of a series on addictions. The series involved a host of different scientists and researchers, including Mark Robert Waldman. Mark is an Associate Fellow at the Center for Spirituality and the Mind, and a University of Pennsylvania Adjunct Faculty, Executive MBA Program, Loyola Marymount University. He and scientist Andrew Newberg have spent the last six years conducting neuroscientific research on the mechanisms governing human beliefs.

The results of their studies have revealed some important information about the power of the mind, belief and consciousness. For example, they discovered that:

The 'Placebo Effect', when it works, is a direct result of your positive belief or faith in your treatment. In other words - the power is in your mind.

You can use your consciousness to change an unhealthy belief into a positive, life-affirming one, through focus, relaxation and concentration.

Due to the wiring of your brain, old beliefs can be difficult to eradicate, thus ...

You have to continually practice awareness and positive thinking techniques such as mindfulness in order to rewire or 're-tune' your brain.

**“Mindfulness
strengthens those
parts of the brain
where social
empathy is
generated and moral
decisions are made.”**

Mark Robert Waldman



Power of mindfulness for pain reduction

A study by Janis, Langer and Wolfer examined the power of mindfulness to help hospital patients reduce post-operative pain by using their conscious minds to change the *context* of the pain. Asked to imagine themselves in one of two situations in which the pain from bruises or cuts would be almost disregarded as superfluous (playing football and accidentally cutting oneself while preparing for a dinner party), participants were taught that the *degree* of pain they experience depends on context.

These participants, along with a control group who did not receive this counsel, showed a marked difference in the amount of pain relievers and sedatives they required the length of their hospital stays. Those who were given the opportunity to change the context of their pain required lower doses of medication and had quicker recovery times.

E. Langer, I. Janis, and J. Wolfer, "Reduction of Psychological Stress in Surgical Patients," *Journal of Experimental Social Psychology* 11 (1975) 155-165.

This 're-tuning' is done when new neural pathways for optimism, peacefulness and success are created.

By practicing a minimum of 12 minutes each day for 8 weeks, you will literally change the shape of your brain.

This rewiring may actually add several years to your life.

Now imagine the benefits of combining these scientifically proven results with the powerful practice of meditation ...

Well that's exactly what happened when Mark was introduced to Laura Silva. Once the two met, they had so much in common that they began speaking at length each week, becoming both colleagues and good friends. Their conversations revolved around science and the brain, with the revelations that, while Jose Silva based the Silva Method on the science of his day, it still stands up to the litmus tests of today's modern findings.

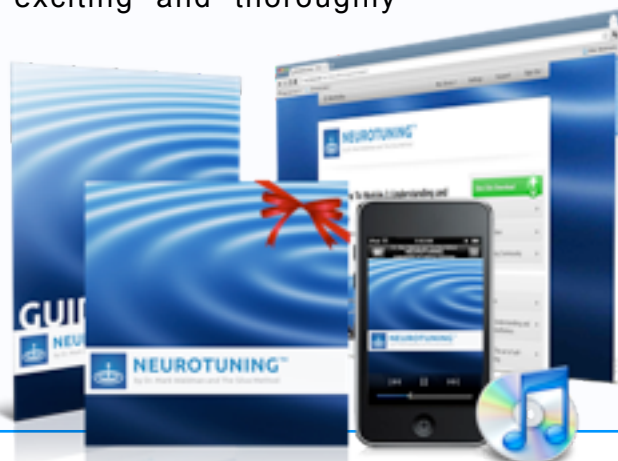


The Silva NeuroTuning Program

Laura and Mark developed a concept that combines the latest in neuro-audio technology with the power of Silva meditation practice to help guide you into a more mindful state of being. Not a state that you embody just during meditation, but **CONSTANTLY** in every aspect of your life.

A home-training program like no other...

NEUROTUNING brings you a collection of lessons, lectures and proven Silva meditation techniques that are spread across 5 modules - each designed to make every step in your journey towards mindfulness easy, exciting and thoroughly enlightening.



Module 1: Understanding and applying mindfulness

You'll know exactly how it feels to be mindful, how it affects you, and how you can start applying it to your life right away.

This module also includes a great Yawning Exercise. Find out how you can turn something you do every day into an instant tool for mindfulness and stress reduction.

Plus, you'll learn about the NeuroResonance phenomenon - what your facial expressions, body language and tone of voice could be secretly saying to the people around you!

Module 2: The art of self-programming

Your reality can be influenced by your mind, and we'll show you how to do it. You'll also discover that the single most powerful medicine in the world is actually in your head, and understand the real reasons behind your successes, and how to replicate them.

Module 3: Training your evolved brain

You'll be shown how to train the anterior singulate, the newest, most evolved part of the human mind, so you can be open to positivity, love and compassion.

Module 4: Overcoming our self-imposed barriers

We sometimes sabotage ourselves without knowing - through things like stubbornness and procrastination. In this module, you'll see how you can overcome them for good. It also includes

The Helmet Technique, which allows you to vividly see life through the eyes of someone else.

Module 5: Why you should be skeptical

Being skeptical is actually vital towards become mindful! Learn how to blend skepticism and optimism and become a Skoptimist - which helps you become a better believer in both yourself and the ideals you stand for.



Go here to learn more about the incredible deal, the program, the generous bonuses I'm giving away with it, and of course to order your copy:

[**Take me to the NeuroTuning Site >>**](#)

The path towards mindfulness has plenty of perks...



Bonus 1:
NeuroTuning Guidebook



Bonus 2:
NeuroPlacidity
Audio Assistance



Bonus 3:
Laura's Lecture Series –
Mindfulness for Better Health



Bonus 4:
Mark's Lecture Series –
Mindfulness for Better Health