

MEDITATION MASTERCLASS

Be Right Back



**MRB &
FRIENDS™**

Presented by Lucy Stone
Thursday 24 March 11:15am-12:45pm

be right back

**MEDITATION MASTERCLASS
PRESENTED BY LUCY STONE**

24.03.22

11:15 AM - 12:45 PM

Welcome, introductory Breathwork session,
Meditation 'myth busting', the essential basics

My story and the foundations of
the concept of Be Right Back

Neuroplasticity - how the brain works
and the necessity of The Practice

The Practical

Be Right Back - Learn The 10 minute Meditation
Technique designed with the modern world in
mind

Five mindfulness exercises to use everyday

Questions, Feedback, Closing Meditation

Overview



'''Meditation myth busting...

WHAT MEDITATION ISN'T.



Meditation myth busting...

WHAT IT ISN'T.

myth
myth
myth
myth
myth

I need to empty or clear my mind of thoughts

I need to sit completely still, or in a certain position

I need to be religious or spiritual

I need to practice for long periods of time, it's a waste of time

There is only one way to meditate



'''Meditation myth busting...

WHAT MEDITATION IS.



Meditation...

WHAT IT IS.

Fact

Been practiced for thousands of years by people of all faiths & none

Fact

Trains us to have the ability to alter the brain waves to access a more relaxed state

Fact

Scientifically evidenced to have physical & mental health benefits

Fact

A practice to train the mind in self-awareness

(Different styles of practice)

Fact

"Focussed attention on the present moment on purpose, without judgement"

Jon Kabat-Zinn (Mindfulness Meditation)



Attention



FOCUS



DISTRACTION

Thoughts





Focused Attention

Vipasanna

Pushing away the waves

Beta

Awake, alert, thinking

Open Monitoring

Mindfulness

Allowing the waves

Theta

Creativity, Flow, Dream Like

Effortless Acceptance

Transcendental Meditation (TM)

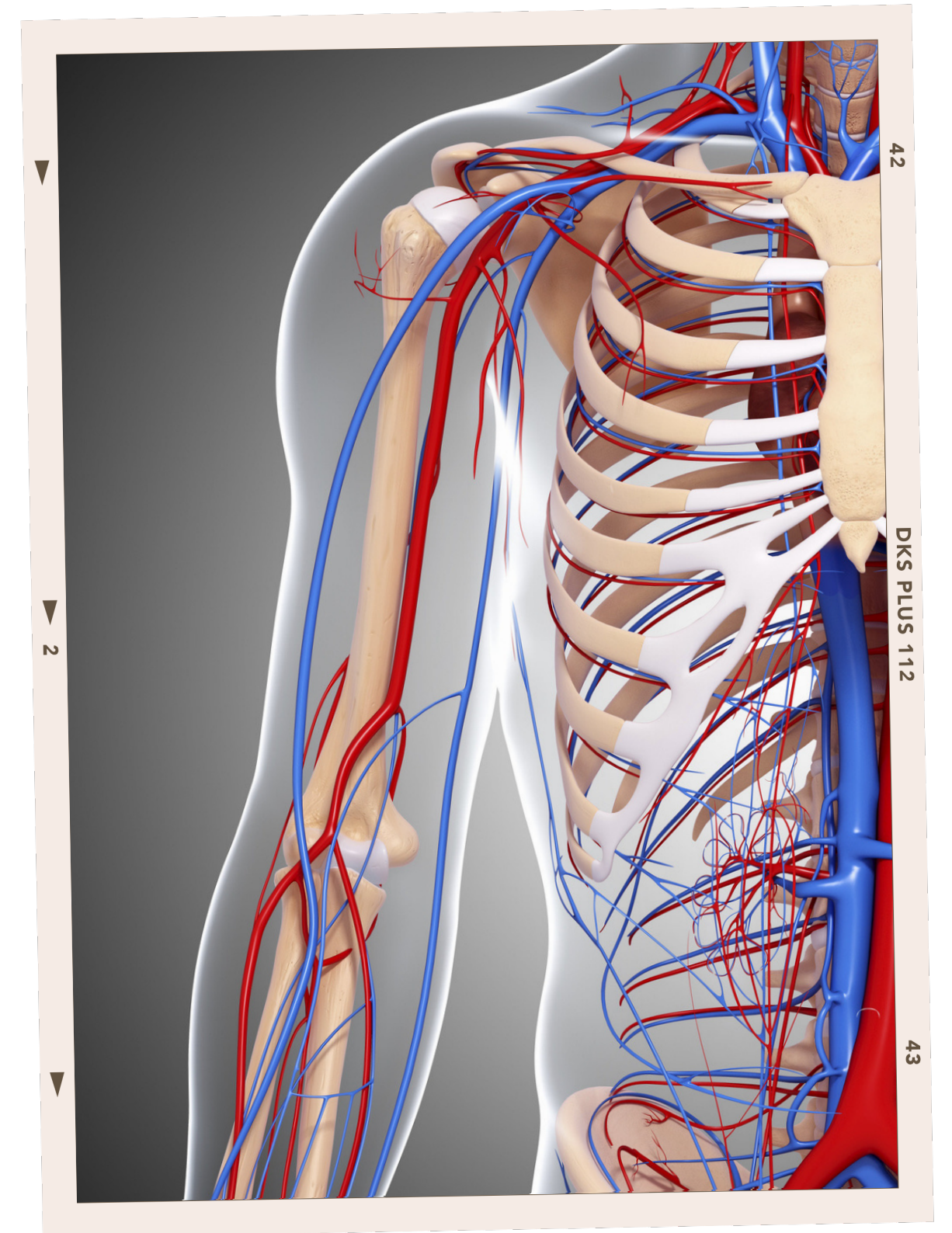
Diving & becoming a part of the ocean

Alpha

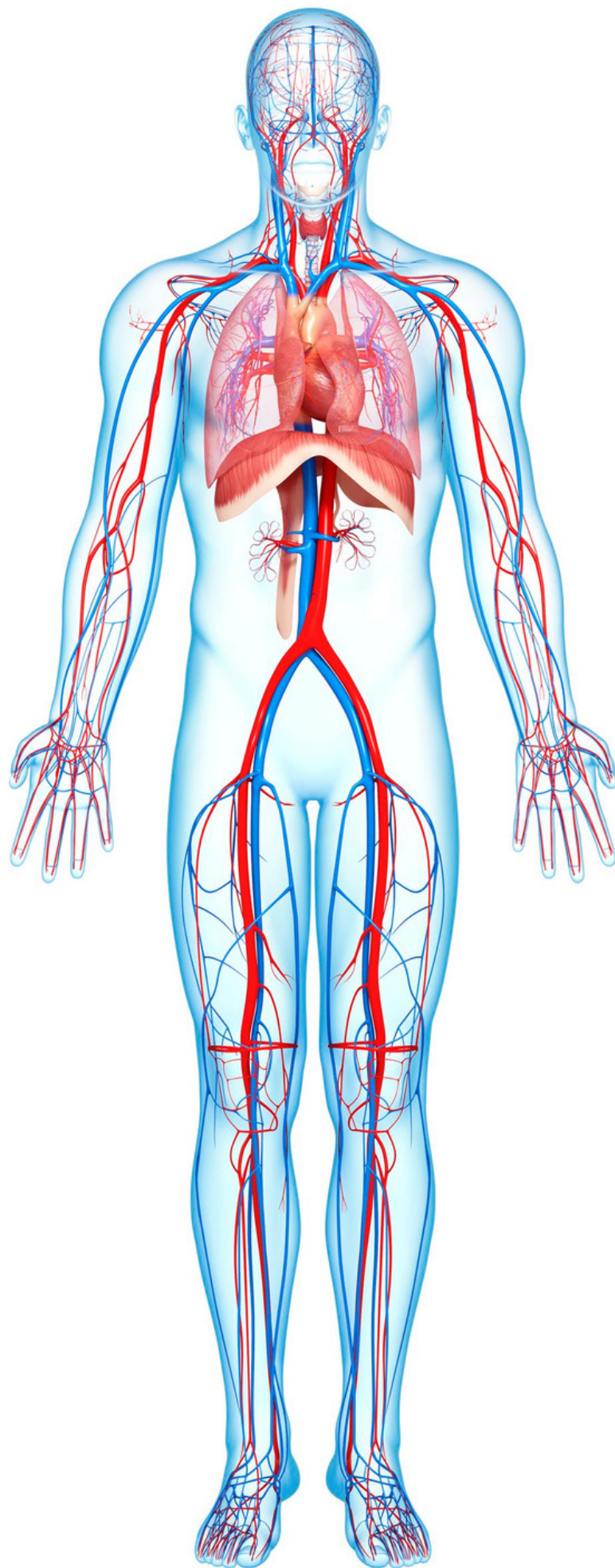
Relaxed, happy, focused

Physical health benefits

OF MEDITATION



The Body



Brain

Improved brain health and capacity,
more in a moment....

Blood

Lowers blood pressure – increases nitric oxide

Heart

Decreased thickness in arterial walls – lower risk
of heart disease and stroke. Reduces heart rate.

Muscle

Can help relaxation of muscles
Increased body awareness can improve posture

Immunity

Bolsters immune system – stimulates weaker
secretion of adrenaline and cortisol, allows immune
cells to be more active.

Inflammatio

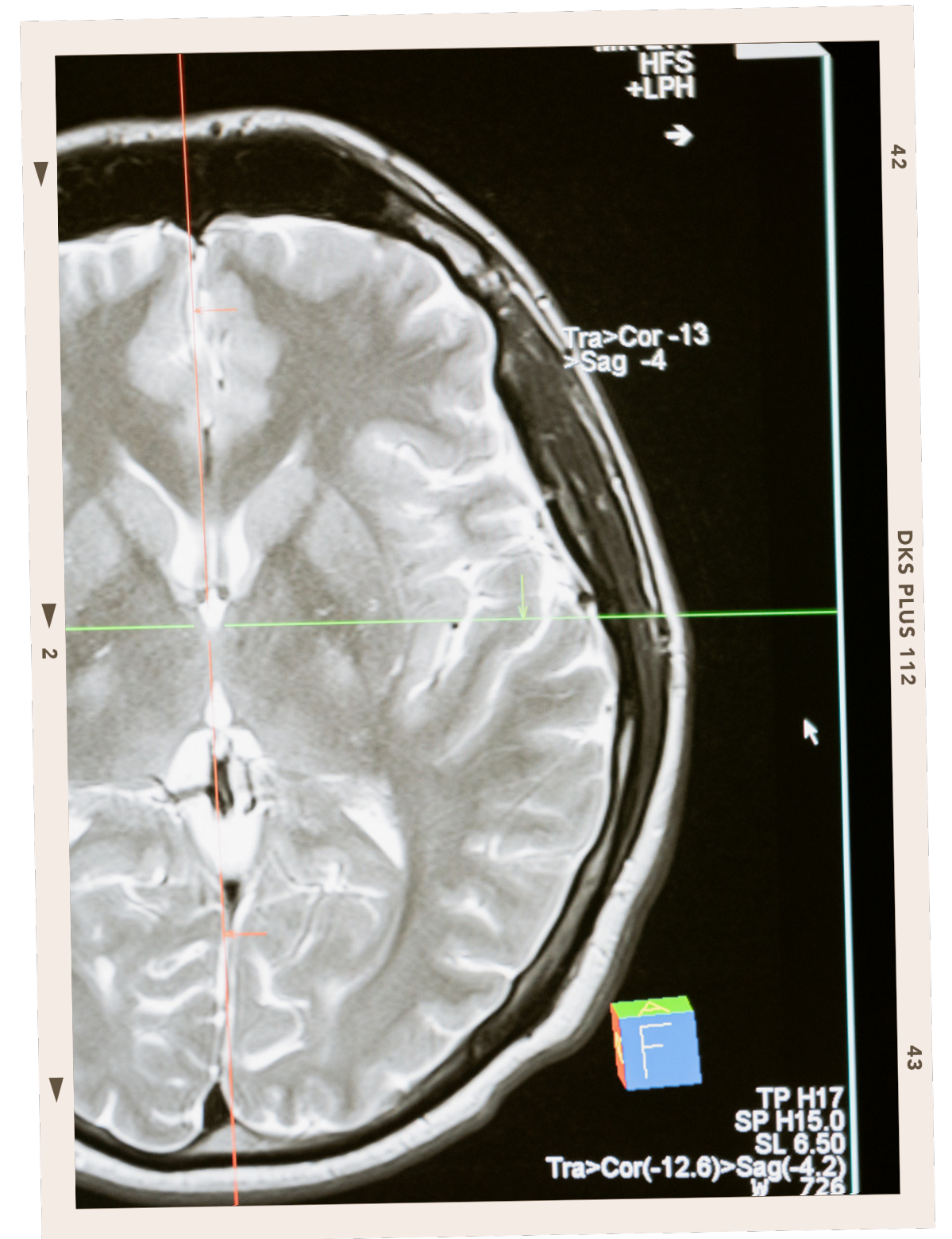
Can reduce inflammation, precursor to many diseases
Help reduce pain. Improve digestion.

Live longer?

Meditators have increased Telomerase activity.
Telomeres are the protective caps on the end
of chromosomes.

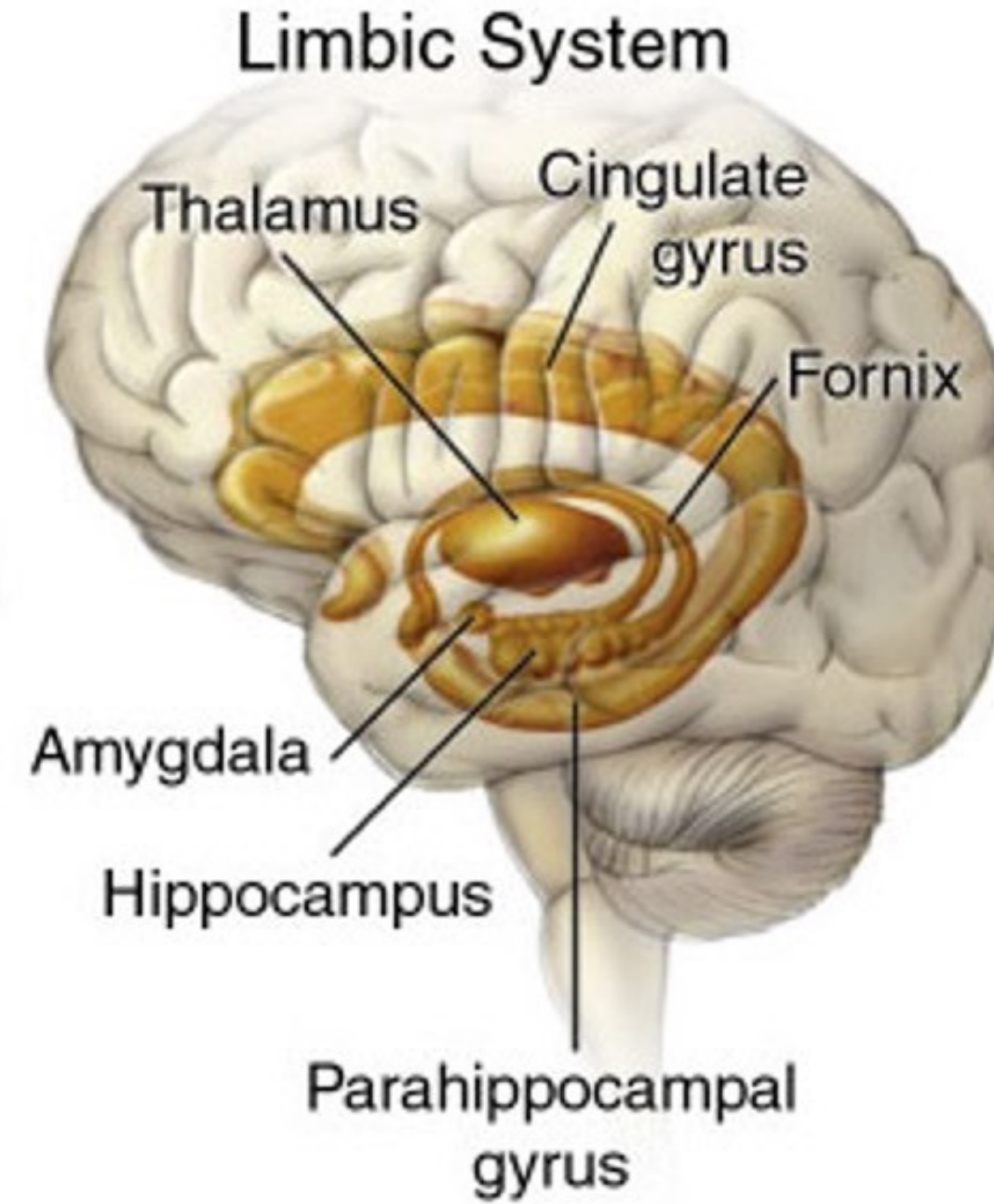
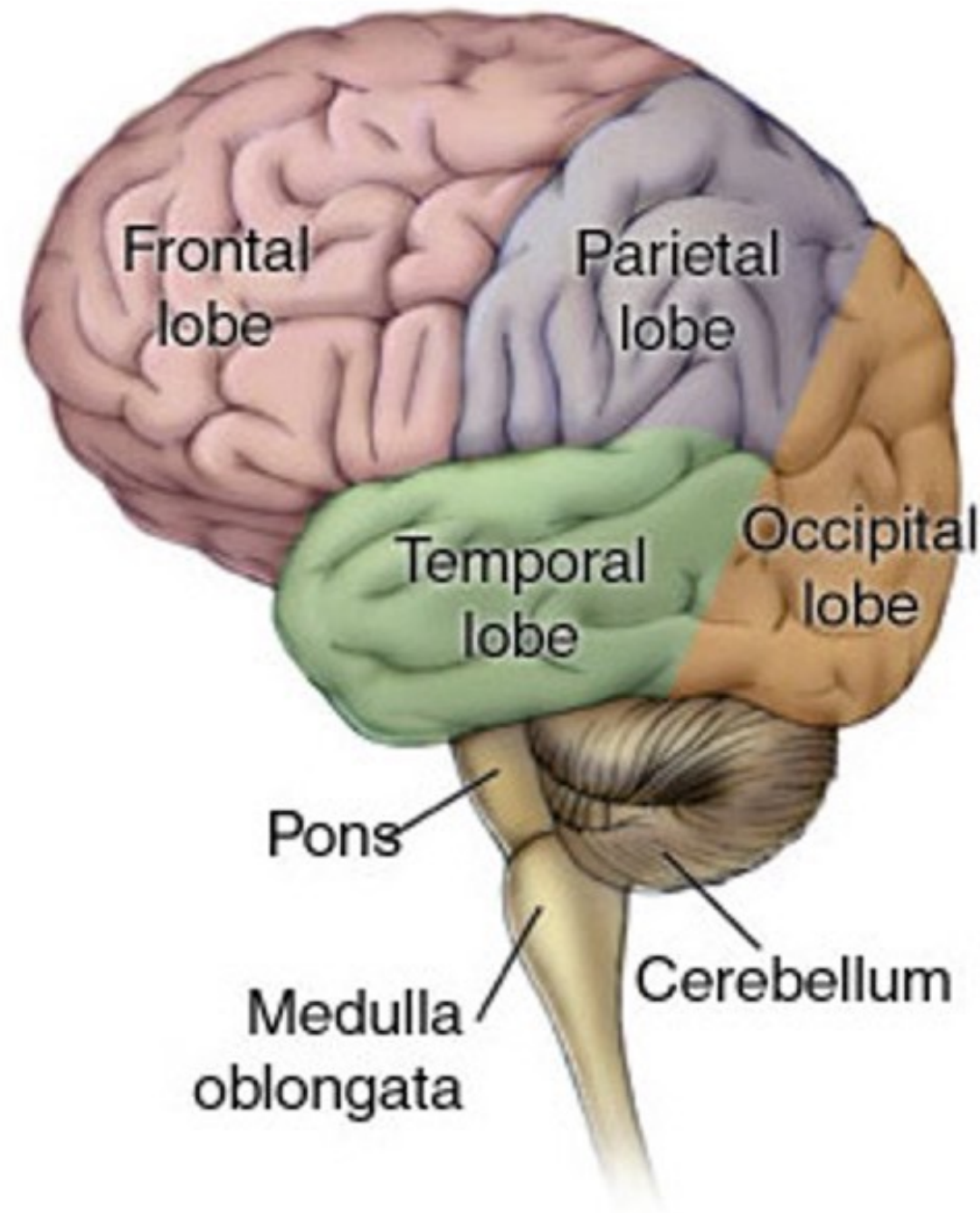
'''Mental health benefits

OF MEDITATION

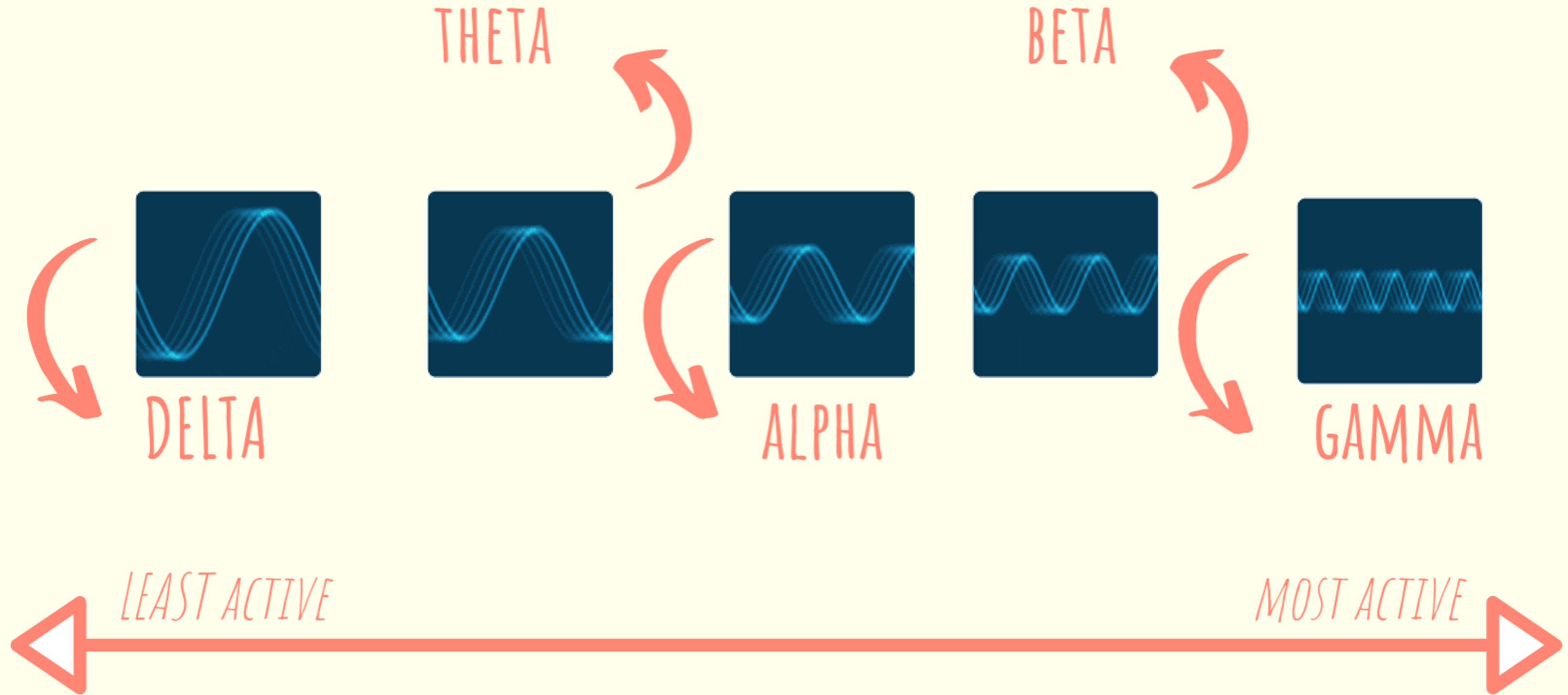


The Brain

Anatomy of the Brain



The Brainwaves



Losing ourselves...

Pressure



High Pressure
Low Enjoyment

Low Pressure,
Low Enjoyment



High Enjoyment,
High Pressure

High Enjoyment,
Low Pressure

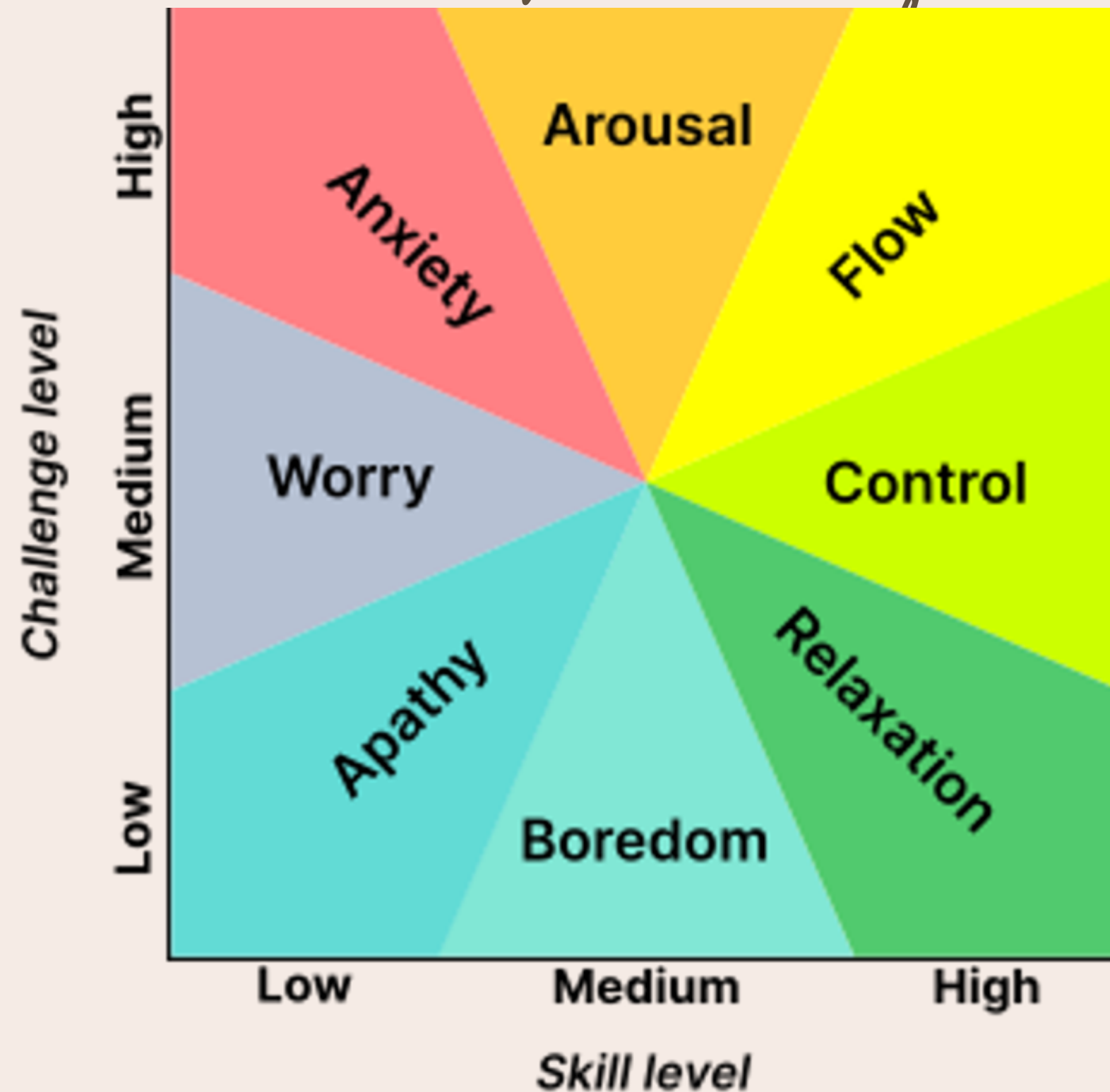


Enjoyment



Theory of flow:

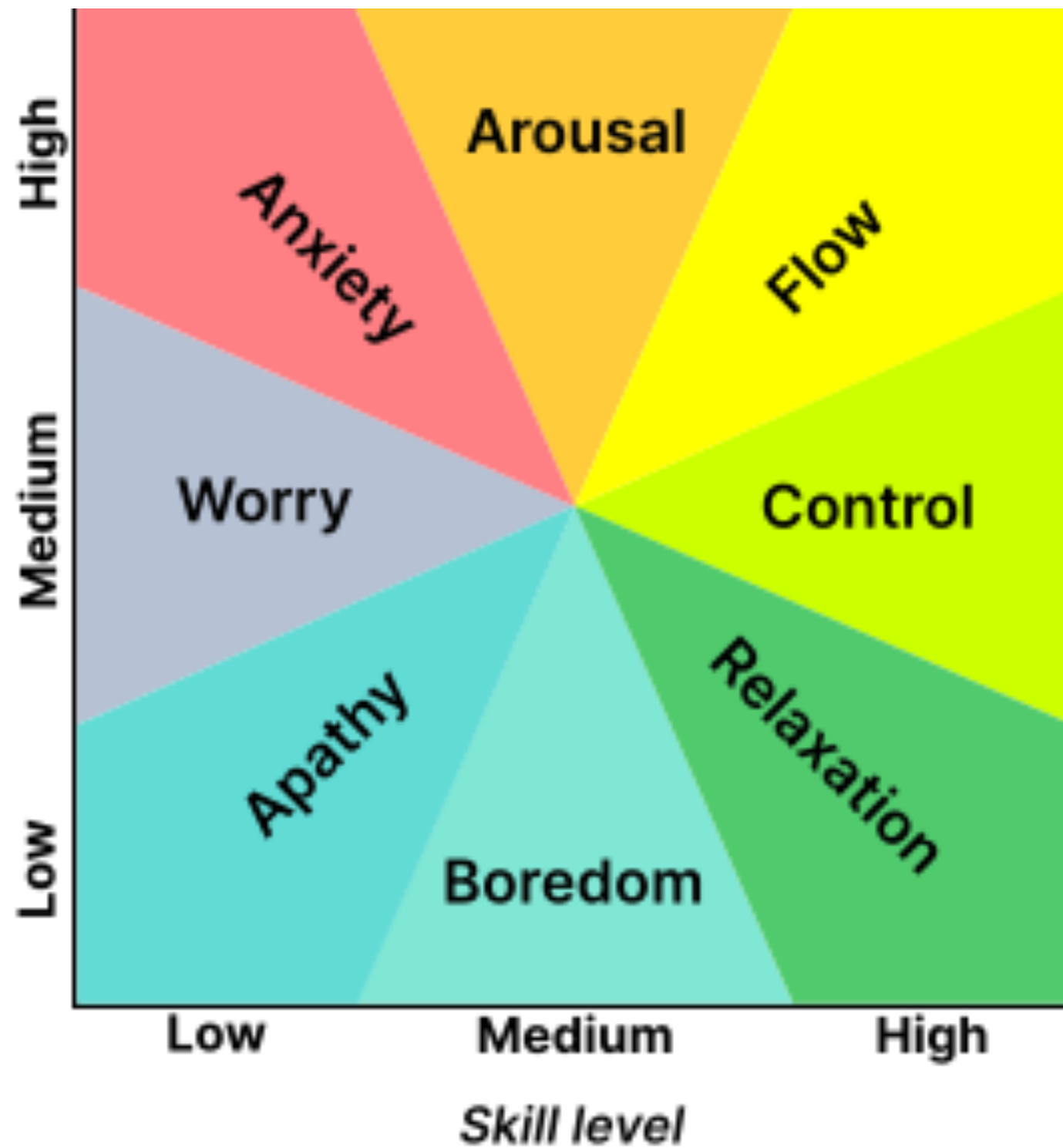
Mihaly Csikszentmihalyi



Flow conditions

- Immediate feedback
- Balanced opportunity and capacity.
- Deep concentration.
- Being in the present.
 - Control.
- Altered sense of time.
 - Egolessness.

What can we do about this?



Meditation is a tool which enables us to access Flow

Meditation is a daily check in with one's Self

Meditation is away to regain control and access relaxation

Meditation is used for other purposes
(eg. creativity, motivation, calm, grounding, help with sleep)

Neuroplasticity

Our brain can change throughout our lives through Neuro (nervous system or brain) Plasticity (Plastos - Greek, mouldable)

Billions of neural pathways connect areas of the brain or nervous system, each pathway is associated with a particular action or behaviour

Each time we think, feel or do something, we strengthen this pathway.

Habits become a well-trodden road. Everytime we think in a certain way, practice or feel, it becomes easier for our brain to travel this way.

Our brain finds the well-trodden roads the easiest to choose.

New thoughts, skills, responses carve out new pathways

Repetition and practice strengths these pathways, forming new habits.

Old pathways are used less often and become weakened.

With repeated and direct attention towards a desired change, we can rewire the connections in our brain.

Science suggests it takes 21 days to form a new habit.

Good News : We can all do this.



01 **A Meditation technique designed with the Modern World in Mind.**

Prescription up to ten minutes per day each day,
perhaps even twice per day.

02 **BRB is a mindset as well as a Meditation technique.**

Turn your back on the world, to reconnect with yourself.
Mini break for the mind.

03 **Accessible. Practical. Useful.**

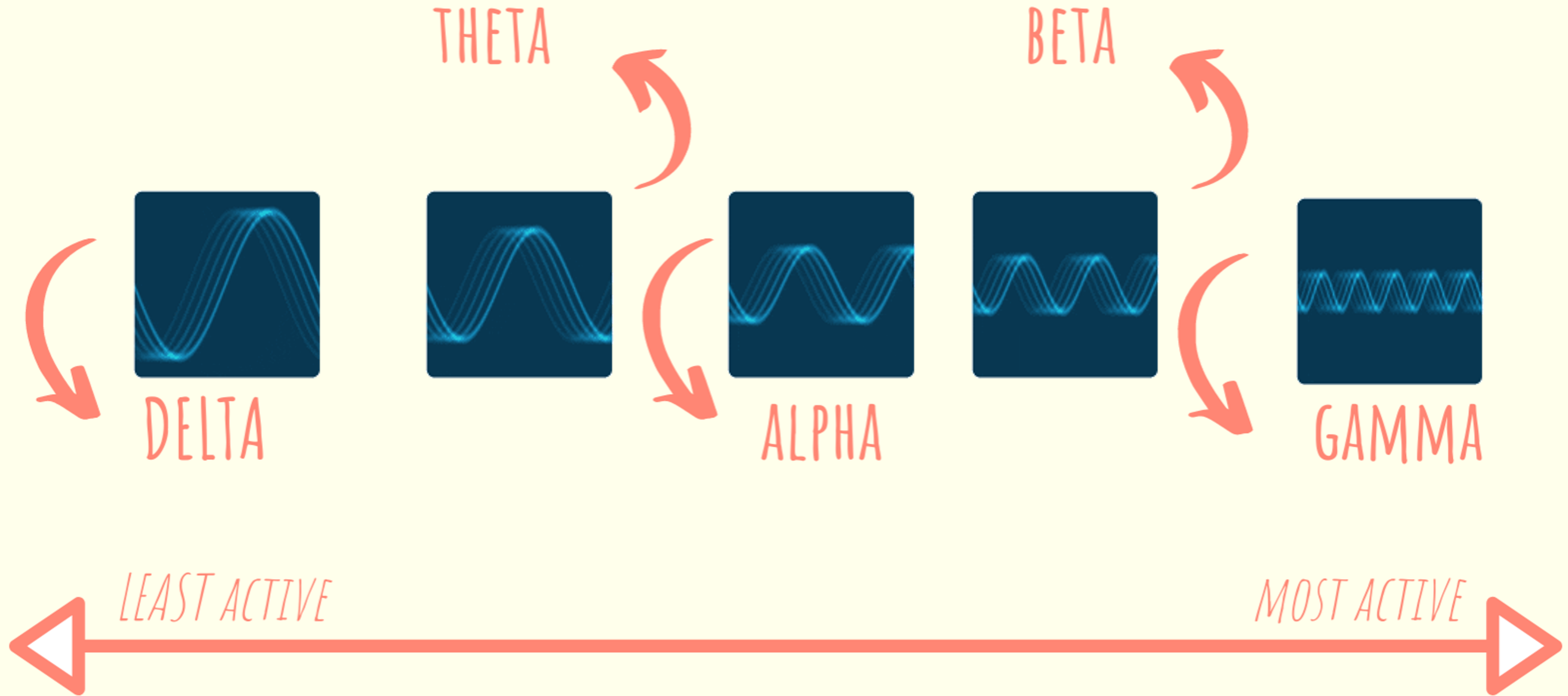
Can be practiced anytime, anywhere, by anyone. 10 minutes per day.

04 **The Necessity of the Practice.**

Be Right Back is a mindset of permission and self care as
well as a practical Meditation technique designed with the
Modern World in Mind and the benefits can only be felt when
Practiced regularly. See also: physical training.



The Brainwaves



01 Start with BRB mindset, give yourself permission to (stubbornly)
Take ten minutes from your day to turn your back on the world (set a timer)

02 Find somewhere to practice. Start with the simple Ujjayi meditation breath

03 Work through all three sections of Be Right Back
You might stay in Be, you might go from one to another, or do all three

04 “Meditation is not about having a particular experience,
it’s about noticing what the experience is”

A “mini break for the mind”



Welcome to



Tibetan definition of Meditation
“ghom”
which means
“to become familiar with”



RIGHT: Check in and notice
Open Monitoring
Relaxed, happy, focussed
(without judgement)



BE: Stop and BE
Focussed Attention
Awake, alert, thinking
*Pay attention to the present
moment, on purpose*

BACK: Acceptance of Self
Effortless
Creativity, Flow, Dream Like
Access Flow



The waves...



BE

Focused Attention

Awake, alert, thinking

Pushing away the waves

Technique: Breathing, mantra, counting

Stubbornly being in the moment

RIGHT

Open Monitoring

Creativity, Flow, Dream Like

Allowing the waves

Technique: Cars on the road, mantra

Checking in, observing where we are

BACK

Effortless acceptance

Relaxed, happy, focused

Diving & becoming a part of the ocean

Technique: Repetition, mantra

Becoming part of something bigger

01

BE

The transition from Human Doing to Human BEing

02

The Concept

To Stop. To Focus Inwards. To be Present.

03

The Technique

Focused Attention

Balanced Breathing, stubborn mantras, anchoring focus

04

The Practice

For three minutes.



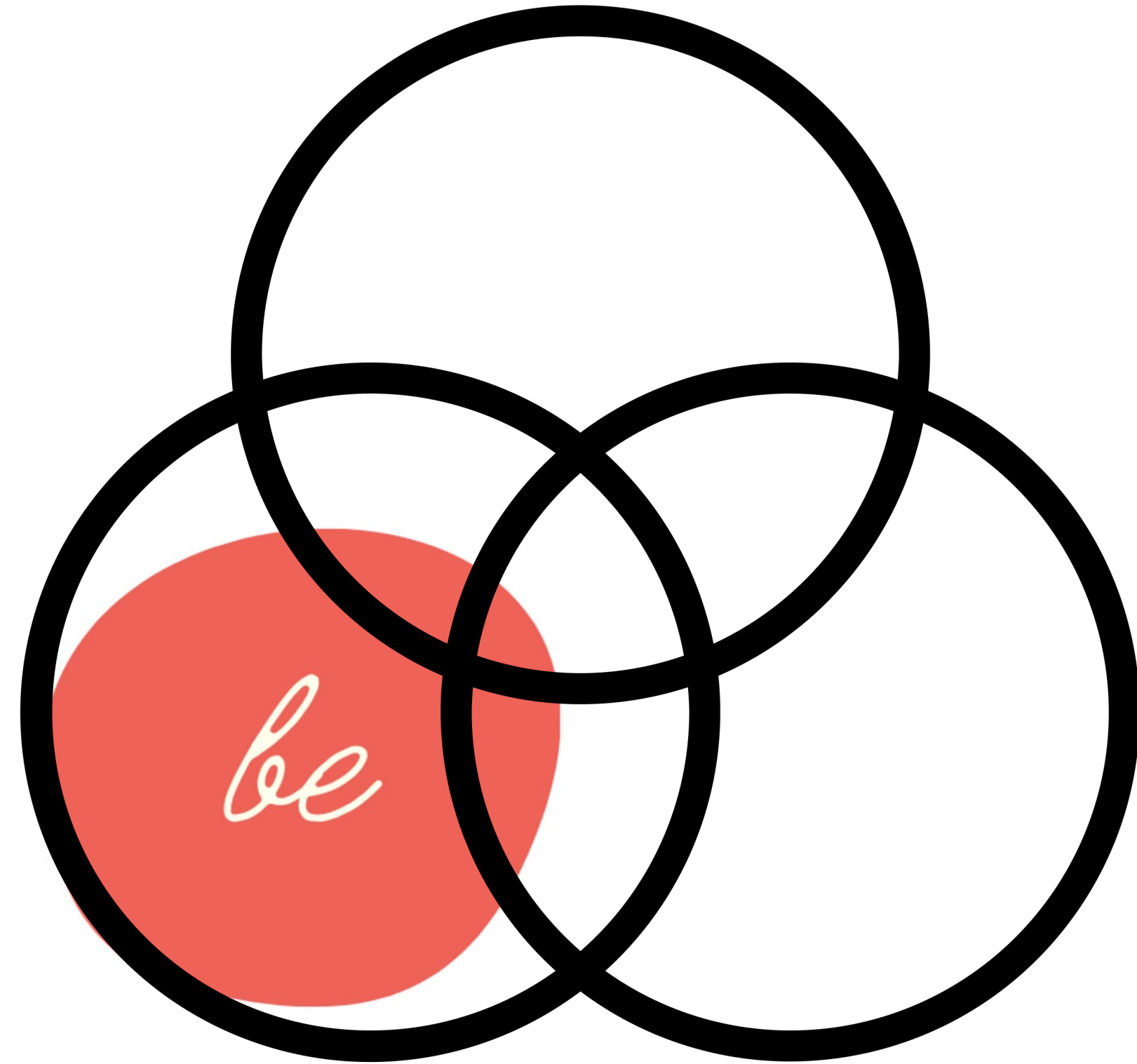
01

“Be” The Practice

- 1) Start with the balanced breath
- 2) Move to Mantras

Be (Stop, Be Present)

I am grounded through my feet.
I am supported through my seat.
I am connected through my hands.
I am present through my breath.
I am present here in this moment for me.



01

Right

To have a daily check-in with one's Self.

02

The Concept

To observe, to listen, without judgement.

03

The Technique

Open Monitoring, allow the cars or clouds to come and go.

Mantra: I am exactly where I need to be

04

The Practice

For three minutes.



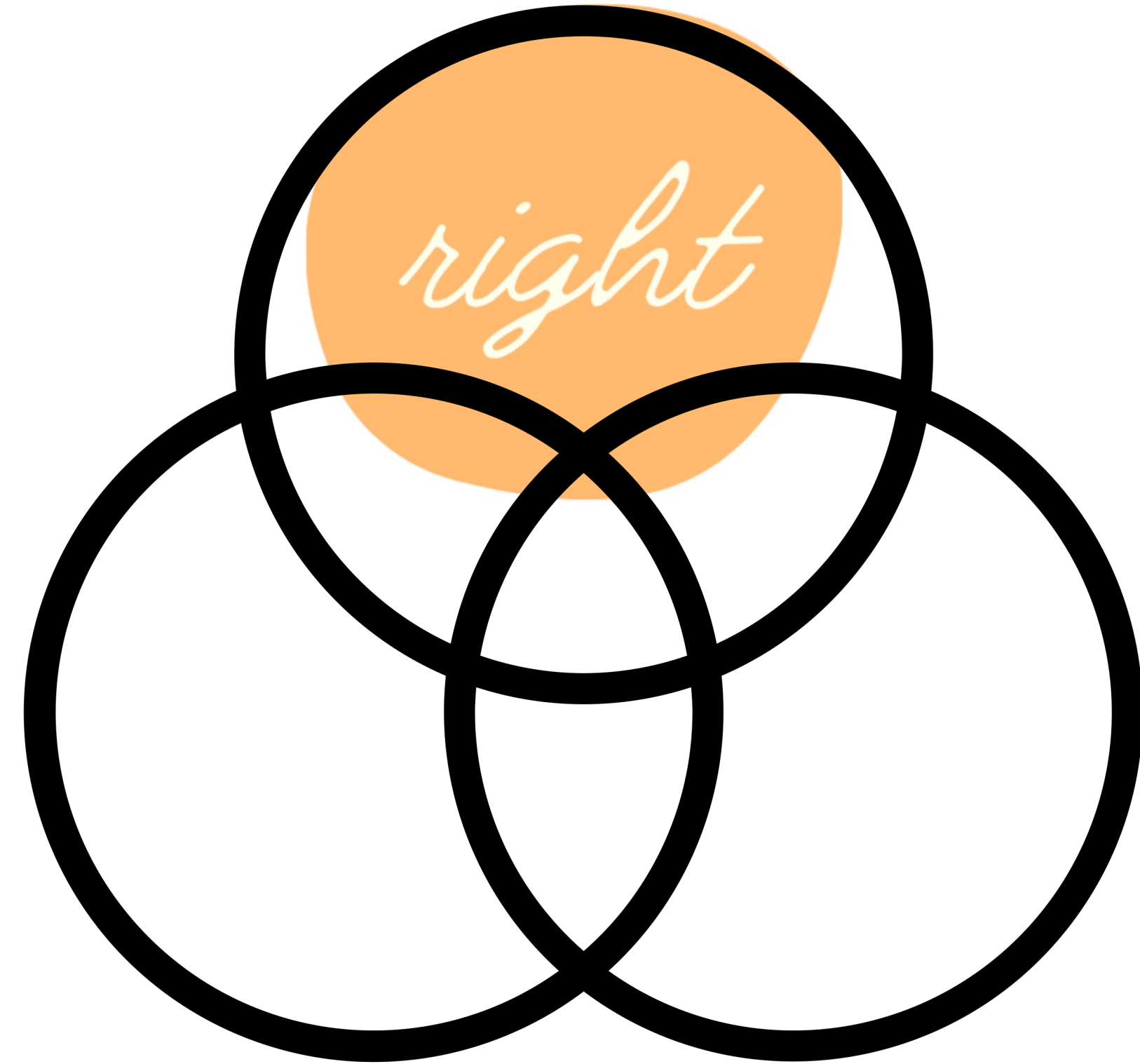
02

Right (Observation, without judgement)

Counting from one to ten and from ten to one.

Mantra: I am exactly where I need to be.

I get distracted, I refocus.



01

Back

Effortless acceptance with kindness.

02

The Concept

Becoming familiar with one's SELF,
acknowledging the journey,
becoming part of a whole

03

The Technique (personal)

Mantra/Relaxation (ocean) Breath/478/
Repetitive sound, slow down, om, dum dum, let go
Mantra: I offer myself love and kindness.

04

The Practice

For three minutes.

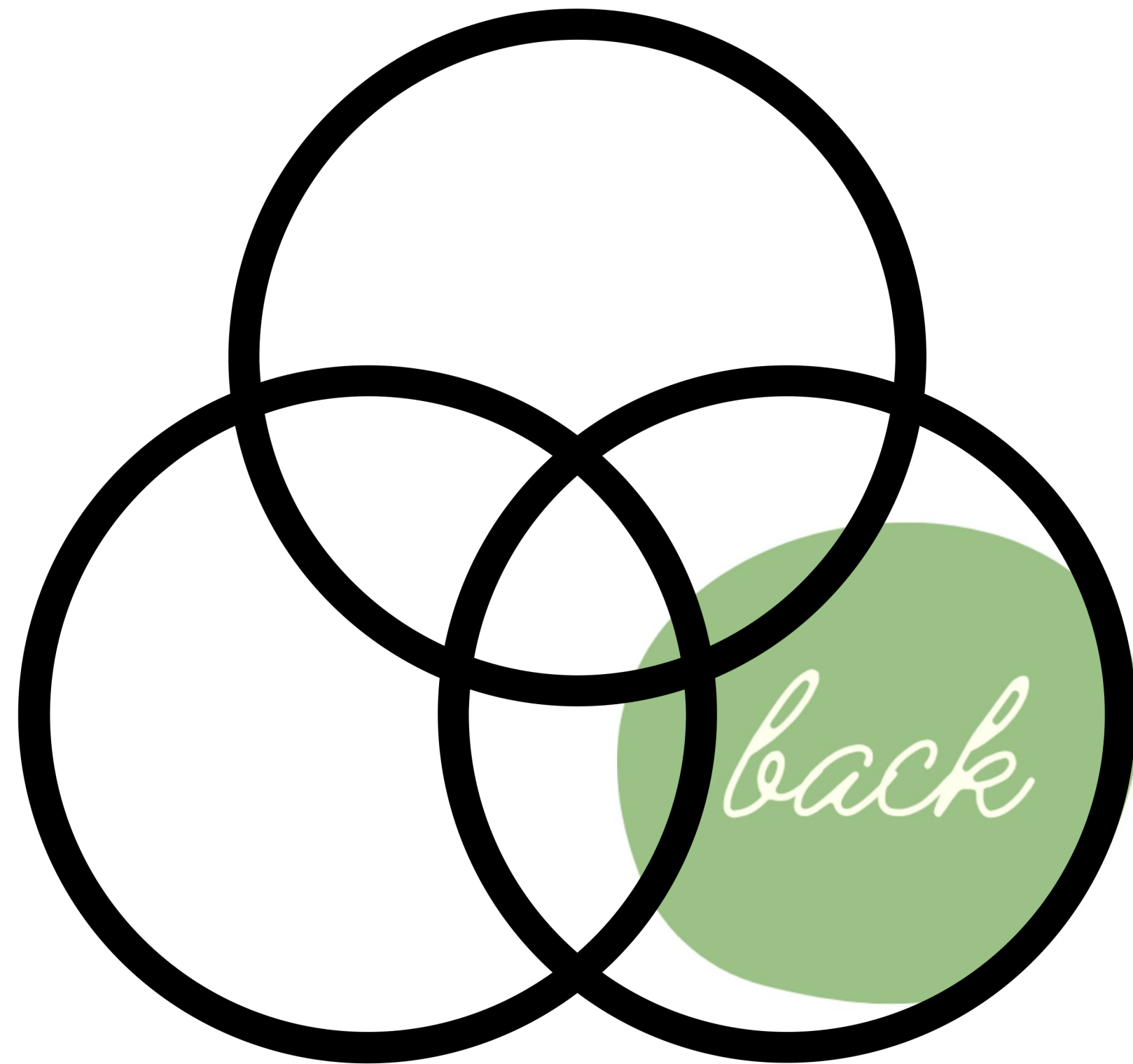


03

Back (Acceptance, coming back)

I offer myself love and kindness.

Your own personal mantra or sound.



01

Be (Stop, Be Present)

I am grounded through my feet.
I am supported through my seat.
I am connected through my hands.
I am present through my breath.
I am present here in this moment for me.

02

Right (Observation, without judgement)

Counting from one to ten and from ten to one.
I am exactly where I need to be.

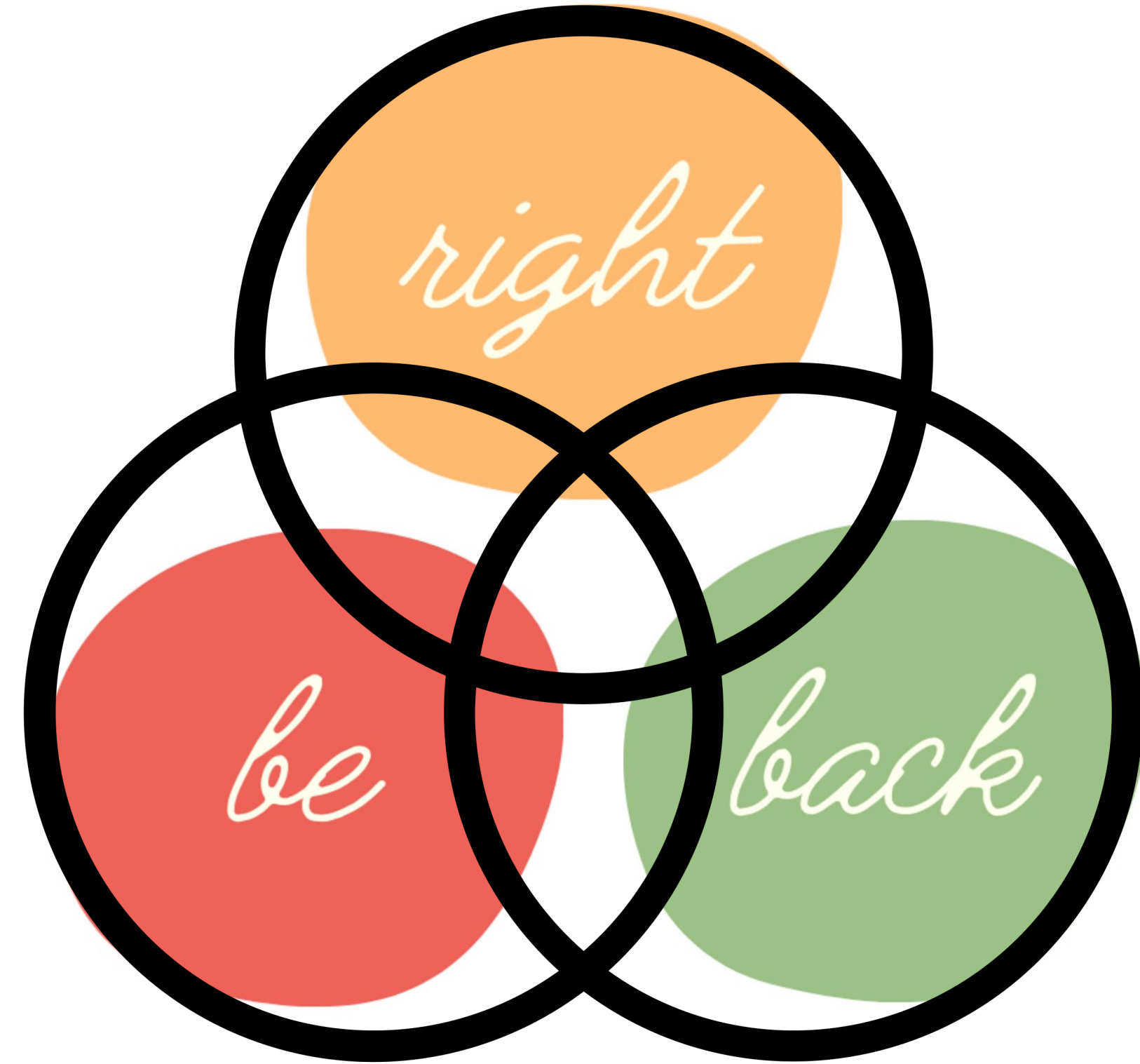
03

Back (Acceptance, coming back)

I offer myself love and kindness.
Personal approach.

04

The full ten minute Practice
Working through one to three of the sections,
depending on mood, self and day.



TIMER FOR MEDITATION PRACTISE

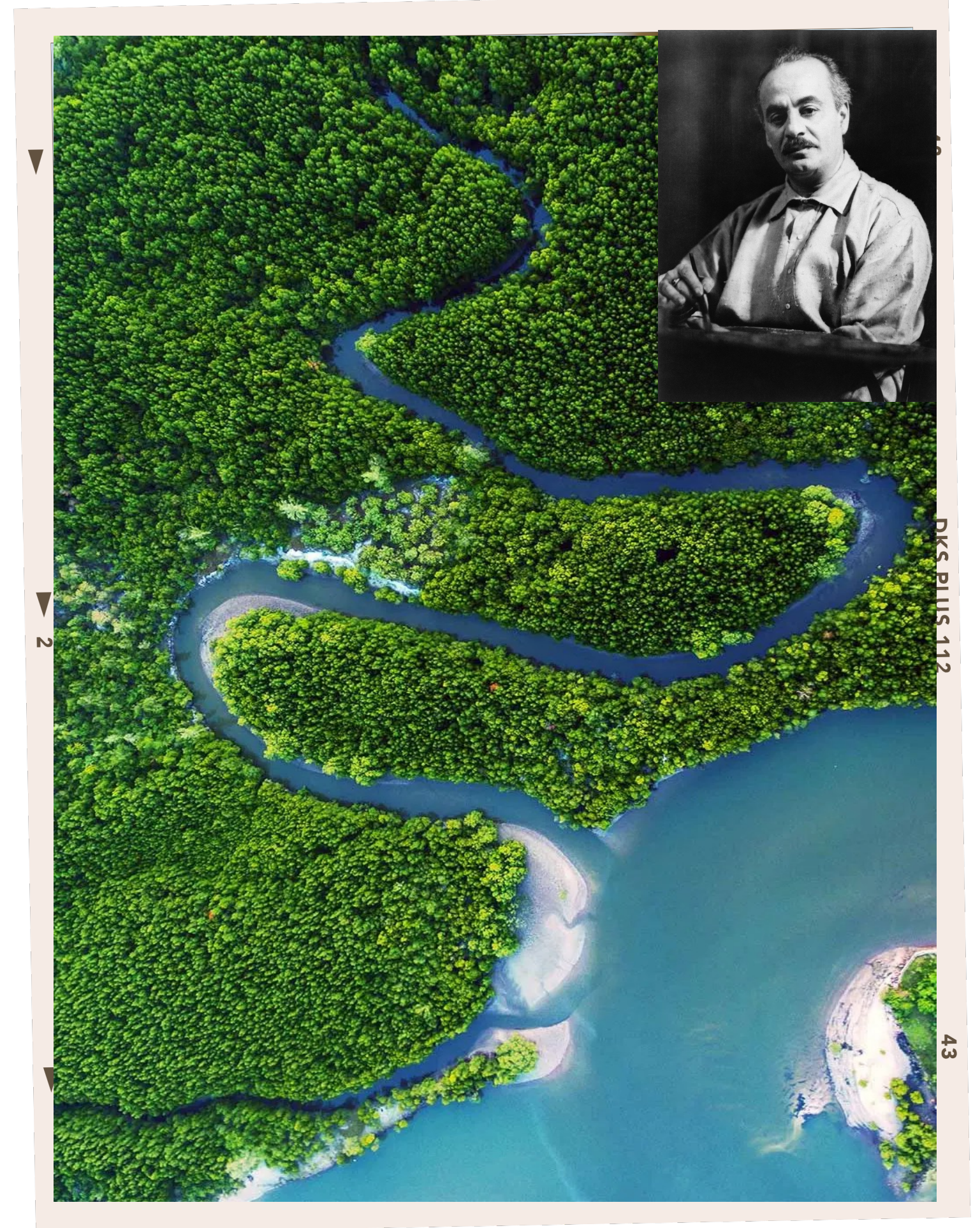
10 MINUTE TIMER



The River cannot go back

Khalil Gibran

It is said that before entering the sea
a river trembles with fear.
She looks back at the path she has travelled,
from the peaks of the mountains,
the long winding road crossing forests and villages.
And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.
But there is no other way.
The river can not go back.
Nobody can go back.
To go back is impossible in existence.
The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.



5 other takeaway techniques

Everyday Mindfulness

16 second breathing technique 4x4x4x4

Daily intention or mantra setting

Mindful movement

Body Scan



The necessity of the practice

☛ Noone else can meditate for you.

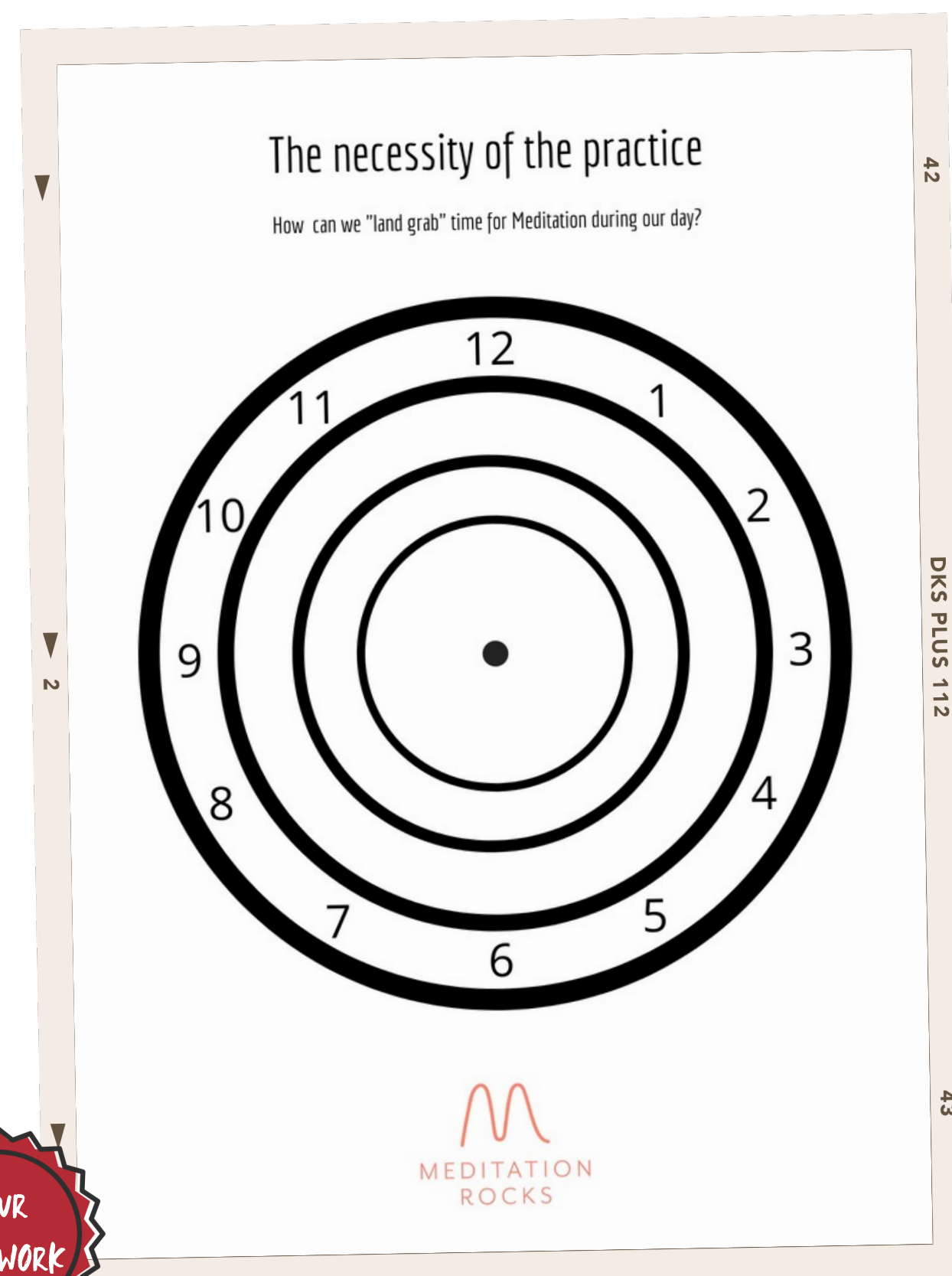
☛ Antihistamine or Marathon training for the mind.

☛ Unapologetically and stubbornly land-grabbing time for your Practice

☛ Only when we practice regularly will we feel the benefits.



'''
The necessity of the practice



Question time...





Stay in touch...

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