

COURSE WORKBOOK

30-day Deep Dive into Meditation & Mindfulness

Deliberatemethod.com

COURSE WORKBOOK

Deeper Dive into Meditation & Mindfulness

HOW TO USE THIS WORKBOOK

As you have experienced in other courses you've participated in, we love to offer a guidebook to help you navigate through the material. We are big believers in pen to paper or some form of reflecting on your experience. Why? Because it's proven that when you engage your learning by involving your whole self, you retain the information.

Use this guidebook to support your learning and absorbing of the material. While we are giving you a lot of in-depth information, doing the practices and exercises will help solidify what you are learning.

We are thrilled to work with you in this deeper-dive.

So once again...

PRINT workbook.

GRAB a pen.

And get ready, because you are on a path to a cellular shift.

XO

Hallie & Lyn

Let's jot down the...

LOGISTICS

KEY DETAILS:

- Calls every Thursday 12:00-12:45 pm. *Recorded
- Begins April 12 ends May 12 with retreat
- Your last call is on Thursday, May 10
- RETREAT: Charleston, SC May 12 1-4 pm (Other Details TBD)
- You also get continued access to the Wednesday morning meditation calls PLUS
- Access to their platform which will include new #GEEKOUT sessions
- Plus two 1:1 sessions. The first will be scheduled for week two, the last will be on week four.

Wednesday Morning Meditation Call Information (5:30 am- 6:15 am)

April 11, 2018

Dial In: 1-646-876-9923
Meeting ID: 884619224#

April 18, 2018

Dial In: 1-646-876-9923,
Meeting ID: 233987222#

April 25, 2018

Dial In: 1-408-638-0968
Meeting ID: 362785581#

May 2, 2018

Dial In: 1-669-900-6833,
Meeting ID: 185498908#

www.deliberatemethod.com/ready-to-meditate-april

Passcode: readytomeditate

www.deliberatemethod.com/deep-dive-april-2018

Passcode: deepdive

NOTES:

Thursday Deep Dive Call Information

(12:00 pm- 12:45 pm)

April 12, 2018

<https://zoom.us/j/380963999>

Dial In: 1-646-876-9923,
Meeting ID: 380 963 999#

April 19, 2018

<https://zoom.us/j/361824635>

Dial In: 1-646-876-9923
Meeting ID: 361 824 635#

April 26, 2018

<https://zoom.us/j/872282465>

Dial In: 1-646-876-9923
Meeting ID: 872 282 465 #

May 3, 2018

<https://zoom.us/j/616404502>

Dial In: 1-669-900-6833
Meeting ID: 616 404 502 #

May 10, 2018

<https://zoom.us/j/321855930>

Dial In: 1-408-638-0968
Meeting ID: 321855930#

It's time for...

Week One

DISCOVER...

- Expand your understanding of the Beta brain-wave
- How to more easily experience the shift from Beta to Alpha
- Learn how to drop deeper into Step Four of your Basic Meditation Practice
(Expanding upon the Observer Mind)
- Learn more about the benefits of "chilling" in Alpha

INCLUDED IN WEEK ONE

- It's time to reveal the... **BEYOND**
- The place to live your meditation is... **IN REAL LIFE**
- It's finally time to... **MEDITATE** with **TWO EXTRA PRACTICES**
- Your Tracker for Day 22-30

Quick recap...

Basic Meditation

RECAP: WHAT ARE THE FIVE STEPS & THEIR INTENTION?

Step #1:

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Step #2:

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Step #3:

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Quick recap...

Basic Meditation

RECAP: WHAT ARE THE FIVE STEPS & THEIR INTENTION?

Step #4:

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Step #5:

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Let's take a quick refresh and...

Breakdown Beta

IT'S ALWAYS A GREAT REMINDER

As you already know, the brain functions in brainwaves. These waves have been measured and recorded and labeled as Beta, Alpha, Theta, and Delta. The higher frequency of these four is Beta. Well what exactly is happening in the Beta Wave?

Beta brain-wave activity is what we experience regularly in everyday life and situations. Beta is essentially you making sense of your outer and inner worlds. And geez, we know that is a lot of brain-wave activity going on. A random, but fun fact is that all Beta activity is "processed by your thinking neocortex." And just in case you don't know what the neocortex is, here is a quick definition : a part of the cerebral cortex concerned with sight and hearing in mammals, regarded as the most recently evolved part of the cortex.

Everyday you are collecting data in your brain, assessing what to do with the information and then acting upon this information. You are actually fluctuating between three levels of Beta though, did you know that?

Here is a quick snapshot from the book *Breaking The Habit of Being Yourself*:

1. Low-range Beta is defined as relaxed, interested attention ranging from 13 to 15 hertz (cycles per second). If you are enjoying reading a book and are familiar with the material, your brain would probably be firing in low Beta, because you are paying a certain degree of attention without any vigilance.

2. Mid-range Beta is produced during focused attention on sustained external stimuli. Learning is a good example: if I were to test you on what you read while enjoying that book in low Beta, you would have to perk up a bit, and thus there would be more neocortical activity such as analytical thinking. Mid-Beta operates between 16 and 22 hertz. With mid-range Beta and even low-range Beta to some extent, these frequencies reflect our conscious or rational thinking and our alertness. They are a result of the neocortex taking in stimuli from the environment through all of our senses and assembling the information into a package to create a level of mind. As you can imagine, with this focus on what we're seeing, hearing, tasting, feeling, and smelling comes a great deal of complexity and activity within the brain to produce that level of stimulation.

Let's take a quick refresh and...

Breakdown Beta

3. High-range Beta is characterized by any brain-wave pattern from 22 to 50 hertz. High-Beta patterns are observed during stressful situations where those nasty survival chemicals are produced in the body. Maintaining this sustained focus in such a high-arousal state is not the type of focused attention we use to learn, create, dream, problem solve, or even heal. In truth, we could say that the brain in high Beta is functioning with too much focused concentration. The mind is too amped up and the body is too stimulated to be in any semblance of order. (When you're in high Beta, just know for now that you are probably focusing on something too much and it's hard to stop.)

Knowing this information can be life changing. Without even dabbling in a meditation practice, having the understanding of how your brain functions gives you the information you need to know what's happening when you are feeling one of these three patterns of thinking or processing. When you are aware, you can make the adjustments. This comes into play when you practice mindfulness in real life.

Thankfully, you have committed to a meditation practice which is going to make it even easier to catch when you are in an undesirable headspace.

But have you noticed there are times it's challenging to settling into the Alpha state and be there for a while? Most likely you have, that is often because you are overly active in Beta and first need to come back down to the low range Beta so that you can begin to then shift into Alpha. So let's talk a bit more about what happens and how to support yourself when you are there.

Think of meditation as a practice of climbing down the rungs of the ladder. You are supporting your brain in shifting deeper and deeper into a state of relaxation. Some days you may be high up on the ladder- full of high range beta activity and thus it is going to take a few more steps before you drop deeper into Alpha. We will show you how.

The dance between...

Beta & Alpha

THE DANCE MOVES CAN FEEL CHOPPY AT TIMES

EXCERPT FROM *Breaking the Habit of Being Yourself*

“Why does it take such effort to let go of the external and go within? The brain in high Beta can’t easily shift gears into the imaginary realm of Alpha. Our brain-wave patterns keep us locked into all those elements of our outer world as if they are real. When you are stuck in high Beta, it’s hard to learn: very little new information can enter into your nervous system that is not equal to the emotion you are experiencing. The truth is, the problems you’re so busy analyzing can’t be resolved within the emotion you are analyzing them in. Why not? Well, your analysis is creating higher and higher frequencies of Beta. Thinking in this mode causes your brain to overreact; you reason poorly and think without clarity. In view of the emotions that grip you, you’re thinking in the past—and trying to predict the next moment based on the past—and your brain can’t process the present moment. There’s no room for the unknown to show up in your world. You’re feeling separate from the quantum field, and can’t even entertain new possibilities for your circumstances. Your brain isn’t in creative mode; it’s fixated on survival, preoccupied with possible worst-case scenarios.”

Awareness, Not Analysis, Permits Entry into the Subconscious

“Here is a way for you to know if you’re in Beta state: if you’re constantly analyzing (I call this “being in analytical mind”), you are in Beta and you’re not able to enter into the subconscious mind. The expression “paralysis by analysis” is an apt one here. Well, that’s what is happening to us when we live most of our lives in that Beta range. The only time we aren’t there is when we’re sleeping (then we’re in the Delta range of brain-wave activity). Now you might be thinking, But you said that we needed to be aware. We need to become familiar with our thoughts, feelings, patterns of responses, and so forth. Doesn’t that require analysis? Actually, awareness can exist outside of analysis. When you are aware, you may think, I’m feeling angry. When you are analyzing, you go beyond that simple observation to add: Why is this page taking so long to load? Who designed this stupid website? Why is it that whenever I’m in a hurry, like now when I’m trying to get a movie listing, the Internet connection is so slow! Awareness, as I mean it to be practiced here, is simply noting (watching) a thought or feeling and moving on.”

Expanding upon your...

Observer Mind

THE DANCE IS GOING TO HAPPEN, SO JUST NOTICE

You've already been working on taking back the control of your mind since you started meditation. Naturally, when you slowdown and consciously engage in this process you connect with a state of being that is neutral to everything that is happening in your internal world. It's neutral to what's happening in your external environment. The Observer Mind's neutral quality provides you the skill to watch without reacting, responding, or participating. However, when your Observer Mind brings your awareness to the fact that you have become looped into the cycle of thinking, feeling, or sensation, it offers an invitation to come back and sit in your comfy "lounge chair" and return to being a neutral participant.

The phrase, "stay a little longer" comes from your Observer Mind. She is calling you back to explore your meditation experience in a way that brings opportunity for deepening your connection to self and on a brain level assisting getting your mind to lower it's frequency into Theta (which is where the cool sh*t can take place like rewiring, manifesting, and planting strong seeds of desire).

For the next week, begin to tune more into connecting to your Observer Mind. Begin to sit in Step Four to experience more of the qualities offered to you and see how you can incorporate your Observer Mind in everyday activities like grocery shopping, making a cup of coffee, or pumping gas to know a few.

Learning how to cultivate this quality in real life activities, supports you in playing around with the dance between beta and alpha. The more you prime your brain to drop into alpha, the more you can do so on demand. By practicing the observing mind in other daily activities, the more your brain feels restored and can drop more easily into an alpha state.

Ahh..... Alpha.

Enjoy sitting more in...

The Alpha

WHAT HAPPENS WHEN YOU STAY IN STEP FOUR LONGER?

During meditation, you transcend the feelings of the body, are no longer at the mercy of the environment, and lose track of time. You forget about you as an identity. Sounds kind of wild, but you lose the "egoic sense of you".

As you close your eyes, the input from the outside world is reduced, and your neocortex has less to think about and analyze. As a result, the analytical mind begins to become subdued, and electrical activity in the neocortex quiets down. Then, when you restfully pay attention, concentrate, and focus in a relaxed manner, you automatically activate the frontal lobe, which reduces synaptic firing in the rest of the neocortex. Therefore, you lower the volume to the circuits in the brain that process time and space. This allows your brain waves to naturally slow down to Alpha. Now you are moving from a state of survival into a more creative state, and your brain naturally recalibrates itself to a more orderly, coherent brain-wave pattern.

You will notice that you have dropped into the alpha state when your thinking mind becomes less active, you experience moments of feeling suspended in time and space, your inner chatter exists but is very subtle and quiet, you experience a state of euphoria or deep relaxation. This state of being feels open, flowing, and restorative.

The more that you can access this state in your every day environments, you will notice a new relationship to the old stressors. You will begin to feel as if you have more influence over your life and your internal state of being. You will begin to feel less rocked by your external environment by remaining deeply centered to your core state of being.

week one tracker

- Thursday
- Friday
- Saturday
- Sunday
- Monday
- Tuesday
- Wednesday

NOTES

drop time &

explore alpha

DATE ::

TIME ::

quick assesment

BODY:

*Spacious
Calm
Warm
Tingly
Floating*

*Edgy
Irritable
Restless
Tense*

MIND:

*Quiet
Slow
Still*

*Busy
Racing
Active
Resistant*

EMOTION:

*Peaceful
Joy
Euphoria
Centered
Hopeful
Inspired
Sad
Frustrated
Irritated*

Highlight the first steps of your basic meditation from Beta to Alpha...

DESCRIBE EXPLORING ALIGNING INTO ALPHA...

Describe how the observer mind helped with the "dance"...

HIGHLIGHT YOUR MEDITATION

..... DATE ::
..... TIME ::

WHAT DO YOU REMEMBER THE MOST?

WHAT ARE YOU TAKING AWAY FROM THIS MEDITATION?