

# The Buddha's Toolkit: Awaken Your Body's Wisdom

## Zen Therapy Conference

Madrid, Spain - September 27, 2015

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### Dr. Ronald Alexander

Awaken your intuition and inner healing

**The Buddha's Toolkit**

- a) Powerful Kundalini yoga kriyas.
- b) Yogic breathing exercises.
- c) Mindfulness Meditations to calm ones mind.
- d) Develop trust with your unconscious: Explore your intuition and internal healing resources.
- e) Learn how to tap into your core creativity.
- f) Develop fresh new insights and inner wisdom.

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**MINDFULNESS and THE BRAIN**

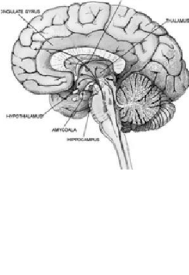
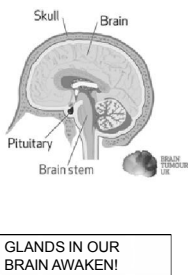
**Dr. Ronald Alexander**

### Mindfulness Meditation and Yogic Kriyas

### Brain Scan

### The Brain

**MEDITATION & YOGIC MOVEMENTS  
STIMULATES OUR GLANDS AND AWAKENS  
CHANGES IN OUR INNER SELF!**

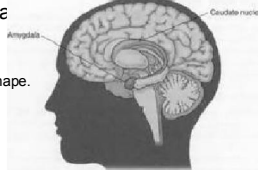
**GLANDS IN OUR  
BRAIN AWAKEN!**

**What is the Amygdale?**

**Why is this so important  
to understand?  
How does it change shape and form  
during meditation pra**

Tiny almond shape.

(Sara Lazar's work suggests long term meditation practice promotes thicker prefrontal cortex.)



**While in Meditation...**


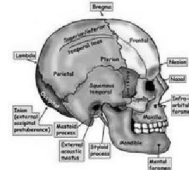
How do we use imagery to retrain our thoughts?

How do we move our thoughts from one side of the frontal lobe to the other?

Mindfulness Meditation promotes a right to left shift in the prefrontal cortex

Changes are made by visualizing moving your imagery of your thoughts from right Pre-frontal to left Pre-frontal lobe.

**(Right to left side)**





Proteins attach to receptors and create new connections from practicing mindfulness meditation.

Gaba a gooey like substance adheres to brain receptor sites thus creating new neural pathways for calming, soothing, and relaxing the brain-mind-body-system.

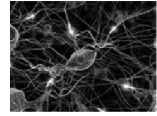
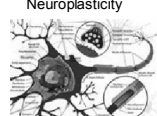
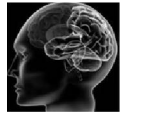
Gaba Goo is good for the brain.

**Three Factors of Mind-Roots  
of Buddhist Psychology-  
Abidharma text- all qualities of  
mind/body experience can be  
divided between.**





- 1. Wholesome (Positive)**
- 2. Un-Wholesome (Negative)**
- 3. Neutral**

**Neuroplasticity**

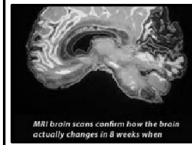
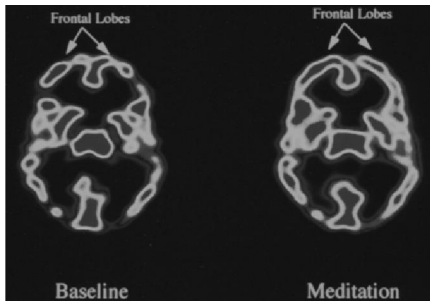




1. Mindfulness Meditation can change the Brain's structure and function throughout our life cycle!

2. Brain changes are affected by meditative & yogic experiences

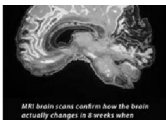
## Scan of Brain Before and After Meditation



MRI brain scans confirm how the brain actually changes in 8 weeks when



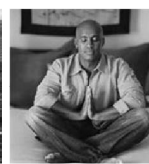
3. Your Emotions, thoughts and behavior are experiences that can be re-shape by new neural pathways. Effect changes in both the Mid Insular and Pre Frontal-Cortex Altered States of Conscious create Brain Plasticity-State dependent learning.



MRI brain scans confirm how the brain actually changes in 8 weeks when



4. Meditational and ASC experiences also alter neural pathways gene expression – Change your Mind / Change your Brain.



Think of Images of relaxing



5. The Focus Revolution integrates training in mindfulness, relaxation, somatic mind-body methods, cross cultural systems, meditation and yogic techniques



## Mindfulness Meditation & Kundalini Kriyas



Learn how to activate your psycho-physiological energies that lead to direct experience of the powerful states of 'Big Mind,' 'Open Mind' and 'Open Heart.' These states penetrate into the reality of our Core awakening healthy somatic intelligence and creative aspects of: Wise Mind-The Core of Yoga Psychology.



## Mindfulness Meditation & Kundalini Rising

Feel radiant in your practice



Mindful Meditation combined with particular Yogic Kriyas /Asana's help to coordinate and repair the nervous system by stimulating the heart center as well as the parasympathetic system. It will help you balance your individual psychophysiological -electromagnetic field. Proper maintenance of the nerves depends on the basic elements and hormones in the constitution of the blood. This set we will be practicing will balance the blood, thyroid, parathyroid, and naval center.

## Prepare for Mindfulness Meditation



Step 1. sit up with spine straight feet flat on floor  
Step 2. focus your eyes on your third eye point  
Step 3. focus your attention on the in and out breath  
Step 4. focus your thumb and first finger lightly touching hand mudra  
Step 5. On the in breath silently repeat arising on out breath silently repeat falling away, repeat in breath arising, hold the breath 3-5 breaths silently repeat existing on the out breath silently repeat falling away on the relaxed breath breath in and out 5-7 breaths silently repeating and resting in SPACIOUSNESS of pristine non dual awareness.

WE Meditate TO AWAKEN and BRING THINGS ALIVE  
WE Meditate TO CREATE PEACE AND CALMNESS  
WE Meditate TO CONNECT TO OUR INTUITION  
WE Meditate TO ACCESS OUR CORE CREATIVITY



Mindfulness Meditation & Kundalini Yoga : both use Kriyas with the breath. In Hindu, Buddhist, or Tibetan cultures, they practice, meditation using a sacred word as a mantra or sanskrit word or sound frequency that is repeated during meditation to facilitate a meditative state that enables one to transform consciousness.

## WHAT IS A MANTRA?



## WHAT IS A MANTRA?

How is it connected to our Meditation?

Why do we REPEAT A MANTRA?

All mantras and chants come from the back of the throat, to stimulate your upper palate, therefore awakening the sound vibration frequency which stimulates the amygdale, pituitary and pineal gland.

WE REPEAT A MANTRA TO AWAKEN and TO OPEN  
WE REPEAT A MANTRA TO CREATE ENERGY  
WE REPEAT A MANTRA TO CREATE INNER STILLNESS  
WE REPEAT A MANTRA TO DEVELOP CALM ABIDING!



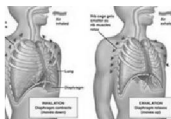
Awaken your intuition & inner healing through breathing exercises, yogic kriyas, Mindfulness Meditations and Kundalini Kriyas state of the art visualizations & yogic healing exercises.



Kriyas: Action of the Soul=Breath

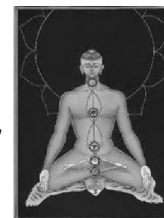
How is Breath connected to our Meditation  
Why do we Meditate?

## The Four types of Yogic Breath Work



## The Medullary Sushumna Center

Which interpenetrates the cerebrospinal axis at the lower spine (perineum) 1st chakra to the junction of the Lamboid and sagittal suture of the cranium, It is associated with both nostril's being open and free for the passage of air.



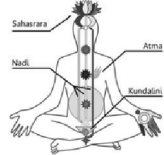


## Left Side

Ida  
Negative polarity  
Feminine attributes  
Open left nostril  
The Lunar serpentine

## Right Side



Pingala  
Positive Polarity  
Solar Serpentine

**Pranayama Breath: facilitates**  
Detox, Balance & Clarity  
 Balance the Ida and Pingala  
 Place your finger on left nostril, Inhale right side then cover nostril, Exhale left side  
 Inhale left side, cover left, Exhale right  
 Repeat 1-3 minutes  
**NADIS:**  
 Ida, Pingala and Sushumna






**BREATH OF FIRE**

Pump the stomach in and out.  
 Using your breath through the nose quickly!






Clearing, detoxifying, builds up heat for the practice!



**Ujjayi Breathing**


Sometimes called **Ocean Breath**  
**Ujjayi breathing** is a diaphragmatic breath, which first fills the lower belly at naval point, activating the first and second chakras. Rises to the lower rib cage the fourth chakra and finally moves into the upper chest and throat. The length and speed of the breath is controlled by the diaphragm, the strengthening of which is, in part the purpose of Ujjayi breathing. The inhale and exhale are the same in length and are not forced but done with focus and intention.


**BENEFITS OF SITALI BREATH**

- Regulates digestive and sexual energy
- Relaxes the body and mind
- Cools anger
- Detoxifies the body
- Brings concentration and clarity to the mind
- Brings oxygen to you and baby during labor
- Increases oxygen to the brain
- Cools out negative fire energy.

•Opens throat center for creativity and improved communication.  
 •According to historical yoga information The center line of the tongue relates to the shushuma, the central energetic pathway of the spine. When energy enters this particular pathway a spontaneous healing occurs.



Do at least 26 repetitions of this breath in the morning and 26 later on for best results.



**Preparation for Mindfulness Meditation**  
 Expand your Magnetic Field & Heart Center

Repair of nervous system, expands magnetic field, stimulates heart center

1. Electromagnetic Field  
 Open your Heart  
 Think about expanding your heart space.




2. Begin breath of fire for 1-3 minutes

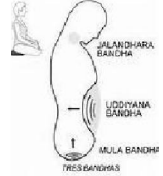






Stimulate complexion, heart thyroid, parathyroid naval center.





**BANDHAS=Body Locks**  
 Mula Bandha



**Classical Bandhas**  
 Mula Bandha: Muladhara Chakra (Brahma Loka)  
 Uddiyana Bandha: Manipura Chakra (Vishnu Loka)  
 Jalandhara Bandha: Vishuddha Chakra (Rudra Loka)  
 Traya Bandha (Maha bandha)  
 Utilizing the Three Basic Bandhas with the Breath, Pranayama and Advanced Mudra Practice








  
 When doing yoga always  
 take care of yourself,  
 this is your practice!

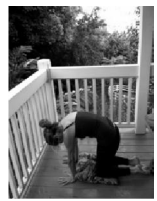
  
 Relax in Savasana

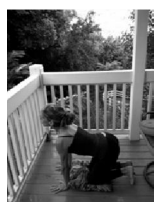
  
 Child's pose

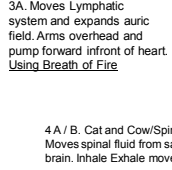
Rest  Restore  Relaxation




  
 Sitali Breath  
 3. Moves Lymphatic system and expands Auric field. Balance right and left hemisphere Twist right, Twist left.  
Using Sitali Breath.  
 1- minutes

  
 3A. Moves Lymphatic system and expands auric field. Arms overhead and pump forward in front of heart.  
Using Breath of Fire

  
 4A.

  
 4B.

  
 4 A / B. Cat and Cow/Spinal flex. Moves spinal fluid from sacrum to brain. Inhale Exhale move slowly.








5a. Slowly open arms further away from body.

5. Opens Heart, stimulates Thyroid, parathyroid and naval center.




6. Lean forward putting forehead on ground, helps move spinal fluid do up to ...2 minutes using long deep breathing

7. Lean forward stretch legs straight out in front, hold onto big toe with two fingers squeeze Pituitary glands meridian. 1 minute

8. **Back Platform:** Arms behind you lift hips hands flat on mat, legs straight in front of you, toes pointed flat towards mat.  
Stimulates thyroid (neck) opens heart.  
 Breath of fire for 30 seconds




9. **Maha Mudra:** Sit on Left heel, stretch right leg forward and hold big toe. Grab heel with the left hand.  
**Breath of fire**  
 Pull up in your Bhand. Mul

10. Lie on back. Balance Prana / Apana Stretch arms over head. Raise leg up 90 degrees. Begin **Breath of fire.** 1 minute. Switch to other leg.

10 A. Balance Begin **Breath of fire.** 1 minute. Switch to other leg.

10B. Arms over head. **Breath of fire.**

**Prana and Apana:**

The generative and eliminating energies, during the practice of Kundalini Yoga. The blending of these two energies opens the flow of energy into the central energy channel along the spine, the sushumna, which gently awakens the kundalini energy in a controlled manner.

## Cool Down



11. Heart center cool down.  
Sit up in easy pose.  
Cross arms over chest and heart.



## Prepare for Meditation



## Prepare for Mindfulness Meditation



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### Ong

(The Primal Vibration from which all creativity flows)

Om is considered to be the first sound of creation...

## Closing Prayer or Mantra

**OM** (AUM)  
Shanti Shanti Shanti (Peace, calmness, tranquility, or bliss)  
OM (AUM)  
Om or Aum is frequently chanted before, after and/or during yoga classes and its symbol is a popular icon for yogis every where.  
Om is considered a sacred sound, so it doesn't have a definition in the traditional sense. However, it certainly carries with it a lot of meaning.



(Chant for 2 minutes)  
**Ra Ma Da Sa/ Sa Say So Hung**  
(repeat)

Meaning:  
**Ra** = sun energy  
**Ma** = moon energy  
**Da** = earth energy  
**Sa** = infinity, universal energy  
**Sa** = infinity, universal energy  
**Say** = the personal embodiment of Sa  
**So** = the personal sense of merger with Sa  
**Hung** = the Infinite, vibrating and real  
This mantra literally means: "I am Thou." It can also mean, "the service of God is within me."

Sit in easy pose with your legs crossed and spine straight.  
Focus: Eyes are closed and focused at the third-eye point.

The mantra should be sung in one complete exhalation.

As you chant the first Sa, your navel point is pulled in so that this syllable is abbreviated.  
You should also pull your navel point in as you chant Hung.

Hung should be vibrated at the root of the nose.  
The rest of the syllables are drawn out in a strong, powerful chant.  
Strive to keep your chant at full volume (loud but not raucous) throughout the meditation.



**ONG** - The sound of Infinity as it relates to Creation. **NAMO** - I name **GURU** - That which takes you from dark to light, **DEV** - Unbounded Light of the Highest Consciousness **NAMO** - I name" or I identify

**ONG NAMO, GURU  
DEV NAMO, GURU  
DEV NAMO, GURU  
DEVA**

I bow to (or call on) the infinite power of the universe. I call on the teacher within us all.  
(Protection Prayer)



**SATA NA MA** In the Panj Shabad expressing the five primal sounds of the universe.  
**"S" is Infinity.**  
**"T" is life.**  
**"N" Means Death**  
**"M" is Rebirth.**  
(The 5th sound is "A".)  
This is one of the most frequently used mantras in Kundalini Yoga.

**Sat:** Means the Truth  
**Nam:** Means to call upon, name or identify  
Sat, Ta, Na, Ma  
Sat, Ta, Na, Ma  
Sat, Ta, Na, Ma  
(repeat)

SAT NAM: Is the Seed Mantra

**SAT NAM:** Is the Seed Mantra!  
Sat means the Truth;  
Nam means to call upon, name or identify with.  
Sat Nam means Truth is my identity and I call upon the Eternal Truth that resides in all of us.  
Chanting this mantra awakens the Soul.

## Kundalini Rising



## Mindfulness Meditation Kundalini Kriyas



## Process of Clearing:



- A. Core → Identify negative thought, feeling, belief, sensation, energy, symptom or complex.
- B. Create a bridge to a healing space / cultivation of the safe state.
- C. Enter an Altered State of Consciousness –meditation or relaxation state
- D. Identify the Negative afflictive emotion or Mind or Body – Positive Antidote – Remedy – Create a positive healing state, Think, Feel, Image and Cultivate a positive Sensation in the body and anchor it in the body at a specific place.
- E. Process of embodying the antidote remedy. The antidote remedy must be embodied via the breath as well as imagined in the mind and then connected and grounded in a specific place within the body.