

EVANS ENERGETICS

MEDITATION

"No one cares if you're good at meditation. Everyone cares if you're good at life." Emily Fletcher

"Nishkam Karma meditation requires no effort, no focused concentration, and, thankfully, no struggling to 'clear the mind' ", explains Ziva founder Emily Fletcher in her book, *"Stress Less Accomplish More."* Instead of trying to force yourself into a cosmic abyss of black-hole nothingness, you allow the body to innocently and spontaneously access a deeply restful state."

Ferenstein, Gregory. A Look At Ziva's Approach To Meditation. 2018. <https://www.forbes.com/sites/gregoryferenstein/2018/12/29/a-look-at-zivas-approach-to-meditation/?sh=4ba333f957d0#:~:text=The%20basis%20of%20Ziva%20is,be%20as%20effortless%20as%20possible.> (Accessed 8.29.22)

Emily conveys that, "Flight or fight stress has become a maladaptive response and it is stopping us from performing at the top of our game, when we meditate, (Ziva Meditation), we start flooding our brain and body with dopamine and serotonin and which are alkaline in nature."

You need a daily practice of meditation to remove stress which impacts the body toward what is called a "deserving power" where you start to actually believe you deserve your dreams and desires. And then you can get specific about what it is that you want to create, and why you want to create it. From that place it's like the gap between your desires and your desires becoming manifest, gets shorter and shorter and it starts to feel kind of like magic, but it is not magic. It is removing the resistance obstacles (stressors) from your personal field to affect your desired change.

"The basis of Ziva [meditation] is built on an ancient "mantra" technique of **subvocally reciting a single-syllable nonsense word, like the word, "one" over and over, while letting distracting thoughts bubble up in your mind and out of your space.** The technique calls for a mental state that almost feels like drifting off into a nap. This mental state can also be referred to as a "wakeful hypnosis" state. Achieving this relaxed state is meant to make your Ziva meditation sessions as effortless as possible."



The longer you meditate, not only the amount of time devoted to a meditation session, but the number of days, months, years, you meditate, the thicker your corpus callosum becomes. When you meditate you are using a tool of that fourth state of consciousness (a superconscious consciousness) to access your bliss and get rid of a lifetime of accumulated stress. Because you give your body the rest that it needs (through meditation), and when you're giving your body that deep self-hypnotic healing relaxation, the results are 2 to 5 times deeper than sleep, the body knows how to heal itself when it is in a restful relaxing meditative state.

Emily Fletcher
ZIVA MEDITATION
<https://zivameditation.com>

The seventh chapter of her book, *Stress Less, Accomplish More: Meditation for Extraordinary Performance*, Emily Fletcher starts by highlighting the unfortunate idea, which states that contemporary culture is based on a very negative "I'll be happy when syndrome."

This syndrome is an abstract idea that defines the thought that one's happiness and mood are based upon their future achievements. This idea may seem viable at a glance but is, in fact, a rather far-fetched pursuit that can prove to be a very exhausting endeavor in the long run. However, you are not bound to these thoughts and the idea of living such a life because meditation can help you pull out of the future, and it can embed within you the fact that bliss and contentment should be the end goals for your life in the present.

Moving a bit further from the benefits of meditation, the main idea behind chapter eight, is to provide the readers with an in-depth explanation of the harmful effects that are associated with stress and how regular meditation can be a great way to eliminate all of these adverse effects. After that, the author then explains a bit about the Z-technique, providing the readers with a description of this method and Ziva itself. Ziva is a phenomenon that has been born from the concept behind Nishkam Karma Yoga (see opening explanation quote above), which is a subcategory that comes under the Indian spiritual traditions.

The great thing about these traditions is that they do not require any focus or any effort to maintain concentration to perform. Furthermore, unlike other spiritual meditation techniques, there is no need to forcibly clear your mind of any thoughts, making it a great practice for anyone facing troubling thoughts in their mind that they are not able to clear out.

The Z-technique is a combination of the three M's: "mindfulness, meditation, and manifesting." This simple but effective twenty-five-minute technique starts off with two to three minutes of being aware and completely present, which is very similar to the "open awareness and meditation" style of spiritualism.

It is then followed by a 14–16-minute duration of meditating in the style of healing from the past, which includes background concepts such as sub-vocalization, which is dubbed by the author as the "whisper of an echo." the primary purpose of this is to let your body and mind drift into a state of deep relaxation.

The chapters that follow after this, start out by explaining to the readers that the Z-technique is a meditation technique that helps the readers identify the subtleties and the different patterns during their daily lives in order to expand their level of consciousness. Moreover, the subsequent chapters follow the prospect of meditation being an incredibly useful tool that can greatly assist cognitive development and boost collective consciousness, as well.

Meditation

If one or several uses of meditation didn't release all of your tension, it will let us know by arising again.

Different Types of Meditation

- Mindfulness Meditation. ...
- Focused Attention Meditation. ...
- Progressive Muscle Relaxation (Body Scan) ...
- Moving Meditation. ...
- Loving-Kindness Meditation (Metta Meditation) ...
- Mantra Meditation.

According to the mindworks team, a key aspect of meditation is to learn to settle your mindful awareness, focus on one single thing. This might be your breath, the flame of a candle, a repeated word (chant or mantra), physical sensations, or other focal points. The breath is the most common and widely practiced object of meditation. By concentrating on one thing, it's easier to let go of distractions and embrace the present moment. It's comfortable for your mind to have an anchor such as the breath to come back to. Positive experiences that can accompany this balance of letting go and paying attention include feelings of happiness, peace, and calmness. By focusing on a meditation object, your mind can filter out the jumpy distractions that give rise to anxiety and stress and rediscover its natural spaciousness.

<https://mindworks.org/blog/5-essential-points-of-meditation/>

