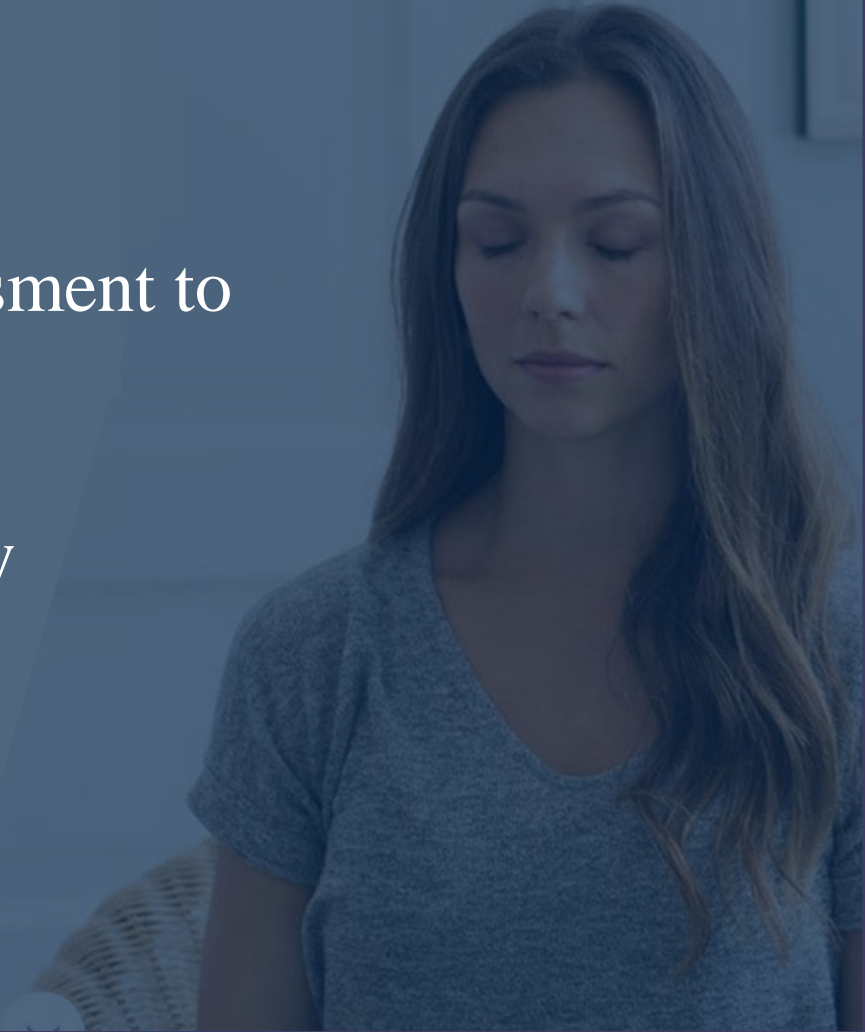




DAVID LYNCH FOUNDATION

# Easy Breathing & Pulse Assessment to Restore Mind & Body

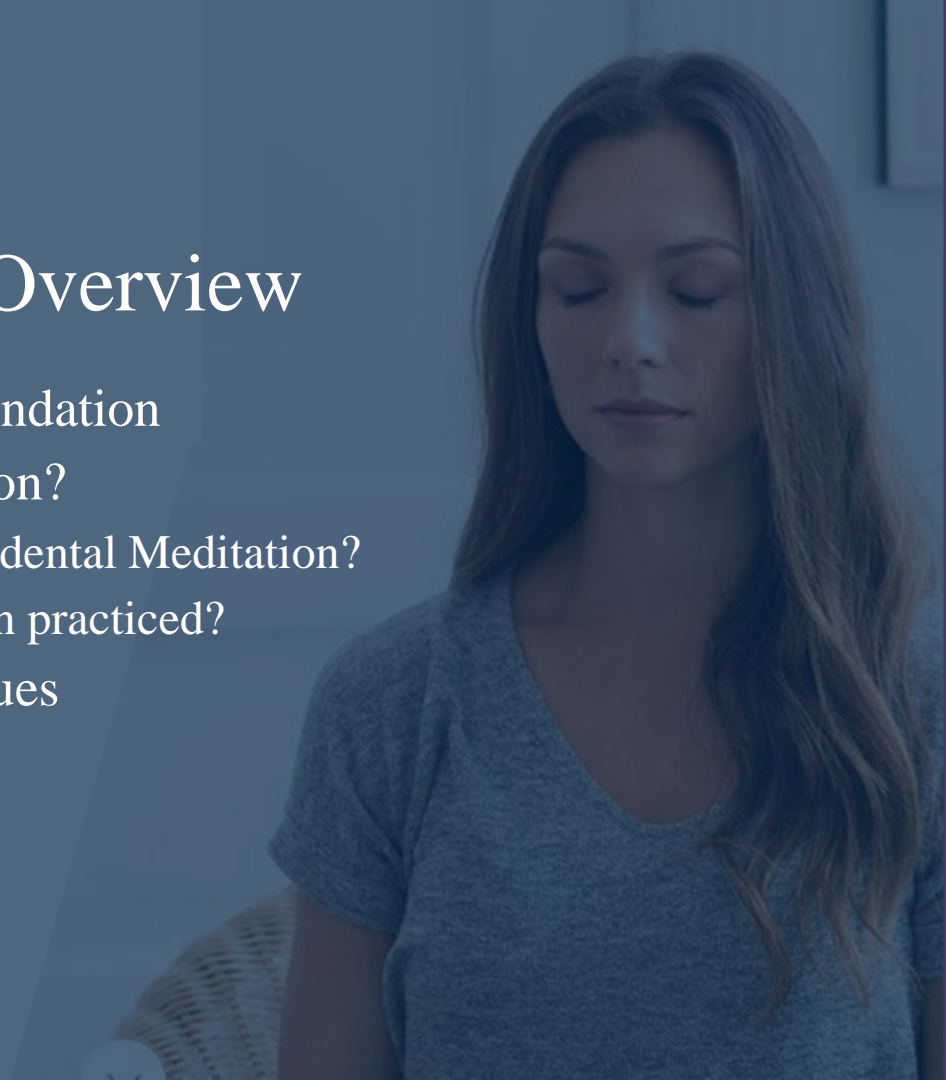
Instructor: Kelly Malloy





# Today's Overview

- Introduction to David Lynch Foundation
- What is Transcendental Meditation?
  - What are the benefits of Transcendental Meditation?
  - How is Transcendental Meditation practiced?
- Let's Practice! Self Care techniques
  - Breathing Technique
  - Pulse Assessment
- Heal the Healers Now Initiative



# Who is the David Lynch Foundation?

- ❑ Non- Profit Organization
  - ❑ 15 years old
- ❑ Initiatives
  - ❑ Veterans
  - ❑ Schools
  - ❑ Women/Children & Men Survivors
  - ❑ Heal The Healers Now



# Transcendental Meditation (TM) Technique



## TM IS

- Simple, natural, effortless technique
- Evidence-based restorative practice
- Easily added to daily routine without changes in mindset or lifestyle
- Taught by trained teachers in one-to-one instruction

## TM IS NOT

- A philosophy, religion, or belief system
- Does not involve concentration, contemplation, or mindfulness
- Mass teaching (like an app)

# TM technique: Overview

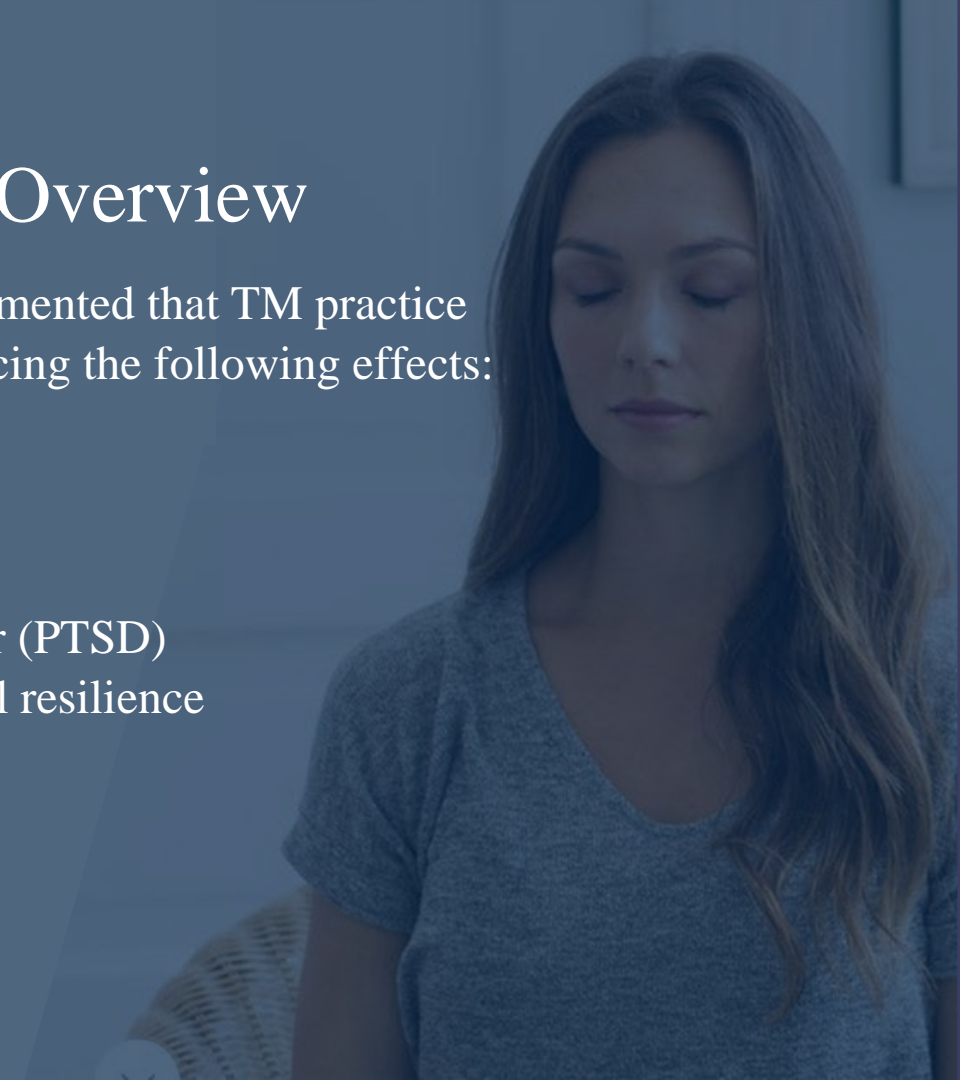
- Introduced to the West in the late 1950s
- First published studies in 1970-1972: *Science*, *American Journal of Physiology*, *Scientific American*
- Research to date:
  - Over 400 peer-reviewed published studies



# TM technique: Benefits Overview

Peer-reviewed published studies have documented that TM practice reduces the symptoms of burnout by producing the following effects:

- Reduction in stress and anxiety
- Reduced depression
- Improvement in sleep disorders
- Reduced post-traumatic stress disorder (PTSD)
- Increased psychological and emotional resilience
- Reduction in substance abuse
- Reduced high blood pressure



HOW DOES OUR MIND WORK?

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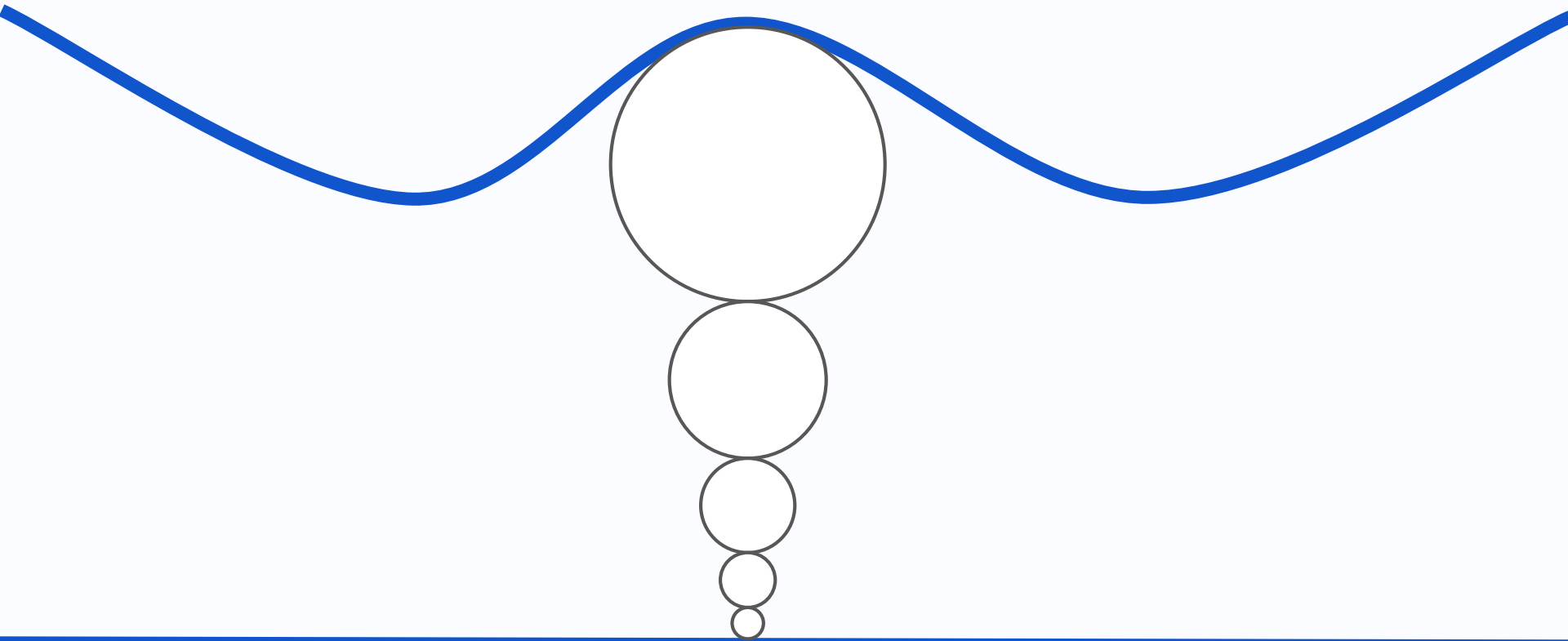




**Active Mind**

**Calm Mind**



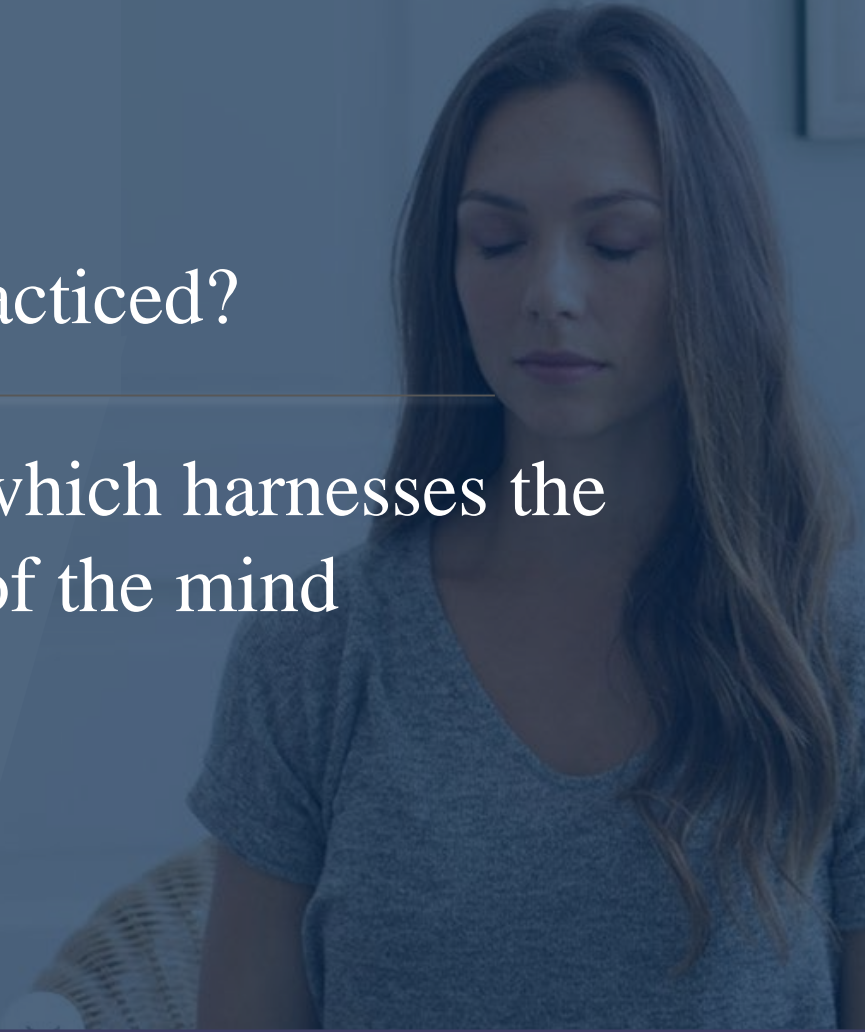


**Source of Thinking**  
**“Creativity”**  
**“Energy”**

## How is TM Practiced?

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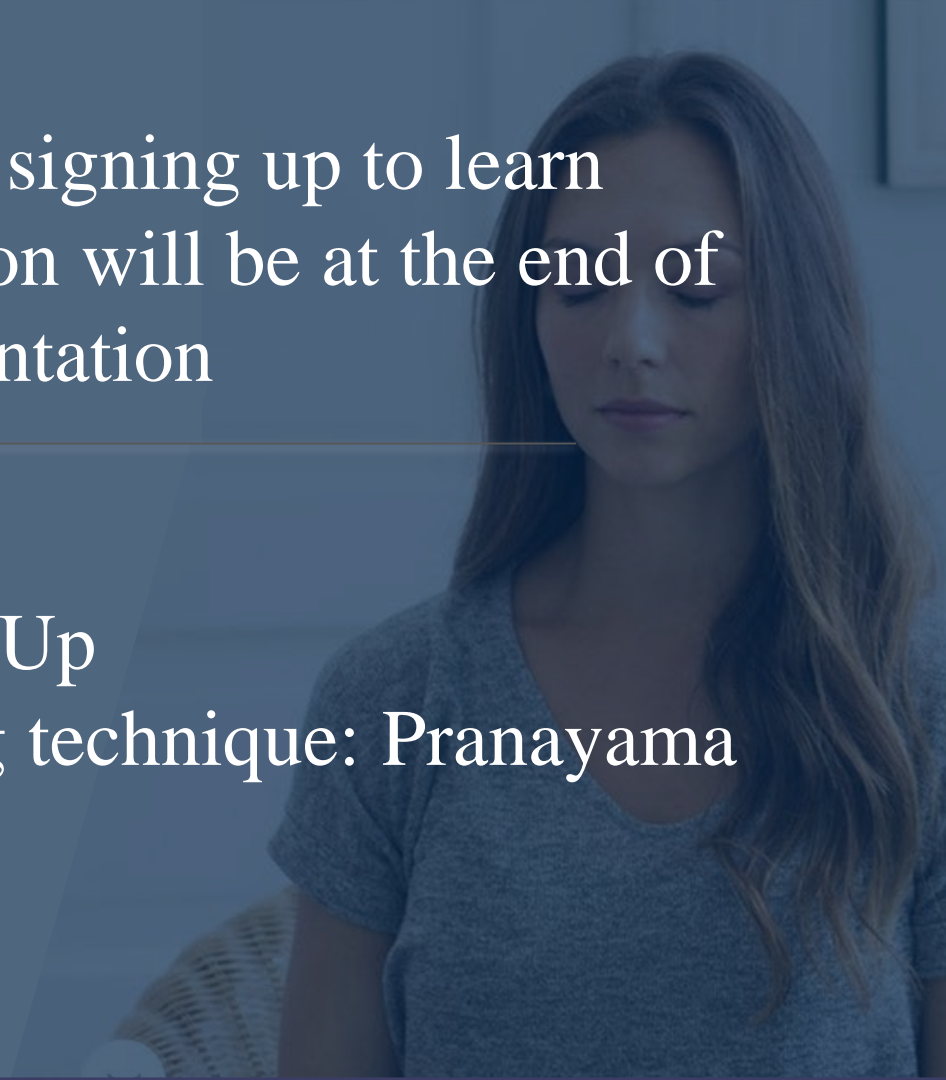
Mantra based meditation which harnesses the natural tendency of the mind



More information on signing up to learn  
Transcendental Meditation will be at the end of  
the presentation

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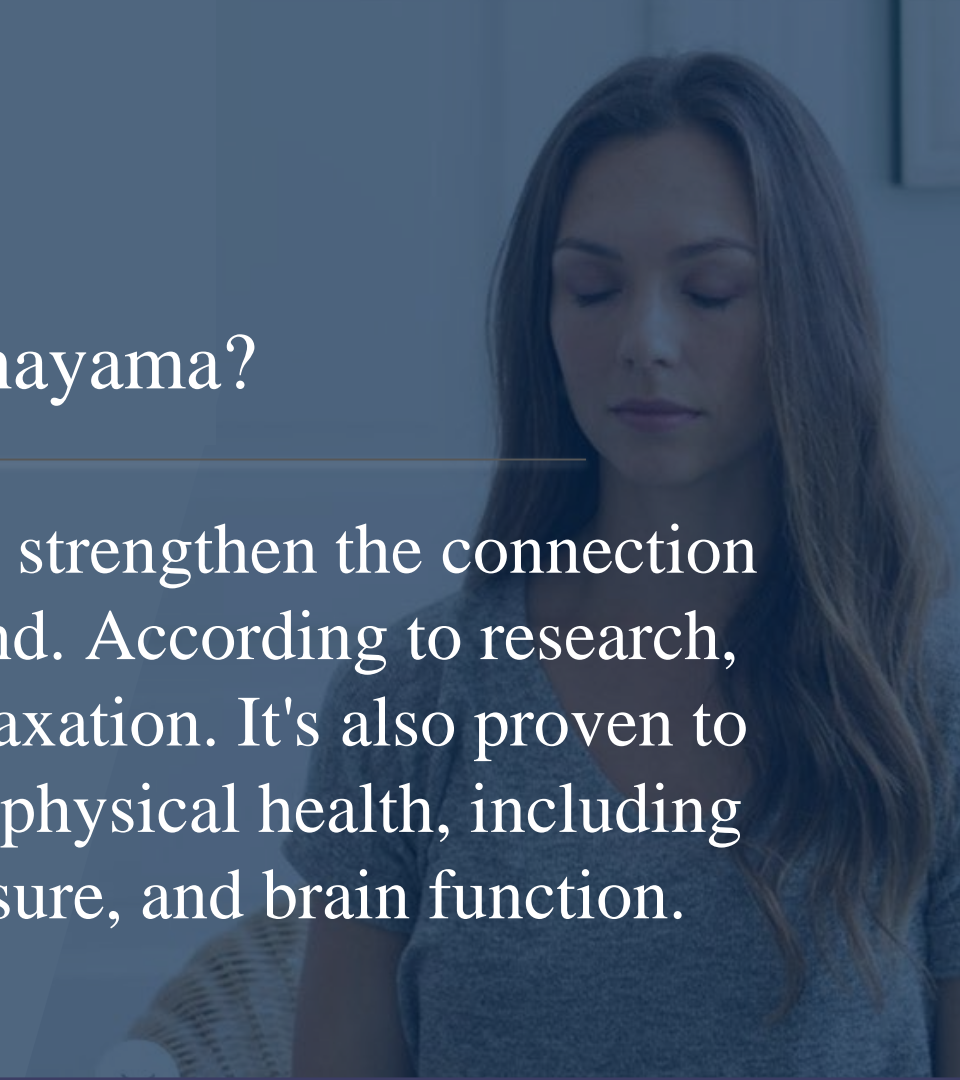
Next Up  
Let's Practice! Breathing technique: Pranayama



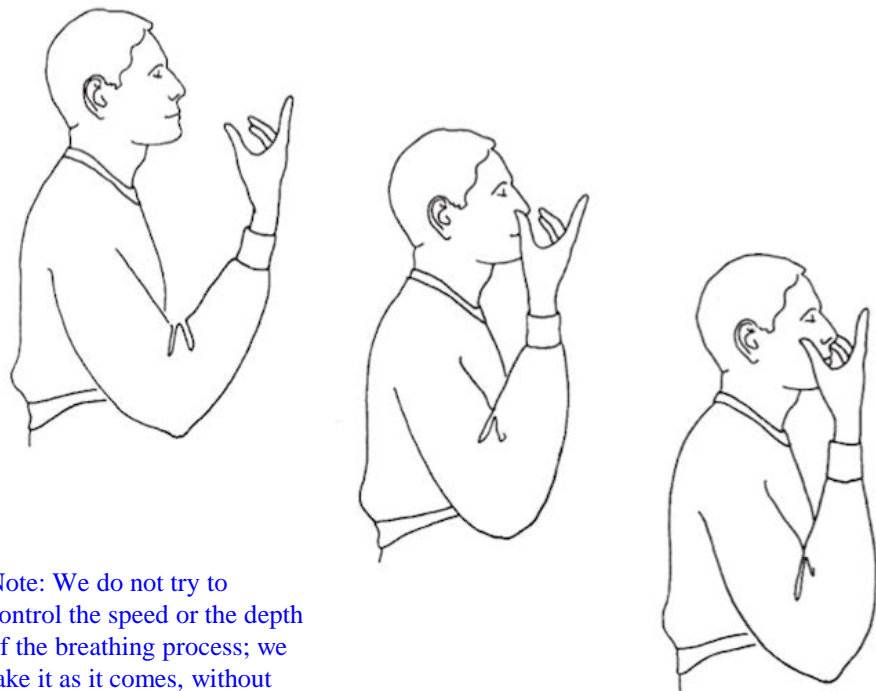
## Why Pranayama?

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The goal of Pranayama is to strengthen the connection between your body and mind. According to research, Pranayama can promote relaxation. It's also proven to support multiple aspects of physical health, including lung function, blood pressure, and brain function.



## Pranayama: Comfortable Breathing Exercise



Note: We do not try to control the speed or the depth of the breathing process; we take it as it comes, without effort or strain

## How To Do

1. Sit in a comfortable upright position
2. Place the right thumb over the right nostril and close it.
3. Breathe out through the left nostril—slowly and completely.
4. Noiselessly breathe in through the same (left) nostril.
5. Now close the left nostril with ring and middle fingers of the right hand while
6. Open the right nostril to breathe out.
7. Breathe out noiselessly, slowly, and completely with the right nostril.
8. Noiselessly breathe in again with the right nostril.
9. Repeat steps 2 to 8, and practice for 4 to 5 minutes.


### Effect:

Should strengthen lungs and heart, improve digestion, purify the nervous system, and conserve energy—therefore Pranayama will be helpful for meditation.

Anyone want to share their experience?

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Let's Practice!  
Pulse Assessment

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Pulse Assessment is a branch of Ayurvedic Medicine.  
It is a way to check in with your body to detect early imbalances.

## Guided Video

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<https://ayurveda-courses.org/pulse/>





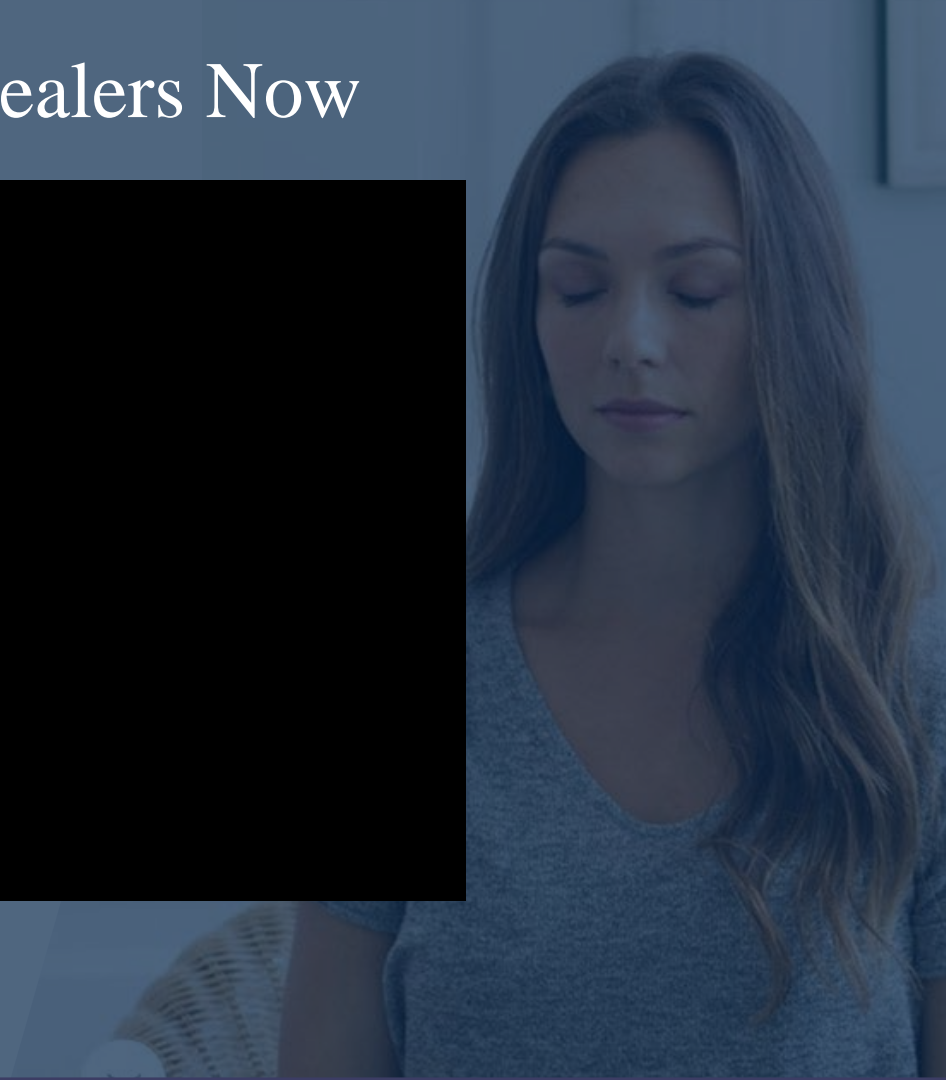
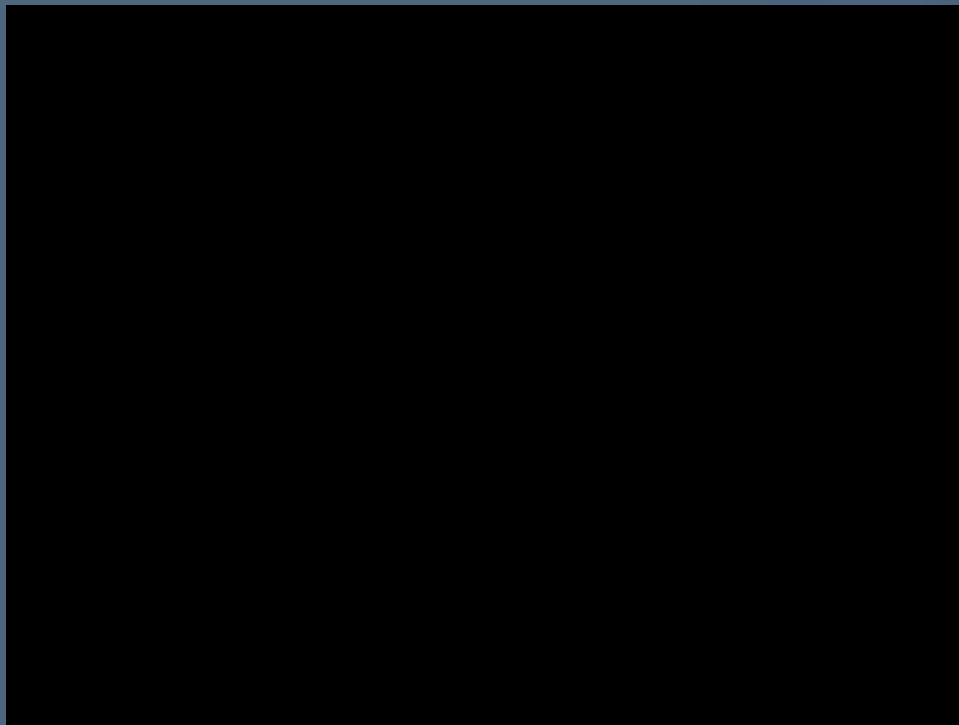
Anyone want to share their experience?

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# Heal the Healers Now



# Questions?

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<https://healthhealersnow.org/>

<https://www.davidlynchfoundation.org/>

<https://meditateamerica.org/>

<https://tm-meditate.org/>

