

DR. KEESHA EWERS: Welcome back to the "Women's Vitality Summit: Caring for Yourself, Body And Soul." This is Dr. Keesha Ewers and I am your host today. And my guest for this segment is Ajayan Borys who is the author of "Effortless Mind: Meditate with Ease." He has instructed and guided tons of meditation students in North America, Australia, Europe and India, and he's the host of Mind Matters radio on alternative talk radio. He teaches workshops and retreats on meditation and spiritual relationships in the Pacific Northwest and the Himalayas.

I'm really happy to have him on this summit because we're always hearing that meditation is a really important part of stress, control, and reduction and how we deal with it. But most people, when they hear the word "meditation," their eyes just cross and they think, oh no one more thing! So I invited Ajayan onto the summit to give you a really accessible, effortless method for you to be able to control your internal alarm system so that you're not constantly stressed out. So I always start these interviews with the word "Vitality" -- this is the Woman's Vitality Summit. Vitality means the power giving continuance to life, present and all things, it's your sparkle, it's your glow, it's your exuberance. And so Ajayan, welcome to the summit.

AJAYAN BORYS: Thank you Dr. Keesha, glad to be here.

DR. KEESHA: I want to start with... What do you see as the biggest vitality sucker out there with the people that you run into that you're teaching meditation to and then in life in general? What would you say drains women's vitality faster than anything?

AJAYAN BORYS: Well first off, not only women but both men and women, nowadays, stress is a huge thing. Stress comes in all forms. Relationship stress, job stress, the stress of just running around and getting everything done. Handling kids. Preparing meals. Doing your work. Most families are a two-income family, so it is really hectic. For both men and women, but I think especially for women. Studies have shown that they are still the ones on point to keep the household together, as well as working for their careers. So that's a double whammy.

DR. KEESHA: I call this "bringing home the bacon, frying it up in the pan, and having to look hot at the same time."

AJAYAN BORYS: Exactly.

DR. KEESHA: Juggling a computer on one hip and a baby on the other one.

AJAYAN BORYS: Right. Now the good news is that I do find that women are more apt to seek a solution to this. Which I think is really wonderful.

DR. KEESHA: Now, why do you say that?

AJAYAN BORYS: In my observations, at least 80% of the people who come to my classes are women and I've talked to other teachers in the area of self-development and they experience the same thing.

DR. KEESHA: By far mostly women attend my workshops. Patients that come in are mostly women. Then they bring their spouse in and their children. But women are the healthcare consumers, the ones into transformation work, they're the ones that are saying "there is a problem, I'd like to find the solutions." I think you're right on, I just want to know how you got to that.

AJAYAN BORYS: Right, and I think it's just wonderful. I really admire that because there's something about the male ego that seems to resist that. That is why they have to be dragged around, workshop to workshop, by their wife. So anyway, when it comes to the stress that we just were talking about, obviously there's been so much scientific research that has shown that meditation is a wonderful medicine to address this problem. And it gives you a state of deep rest and relaxation, reduces anxiety, depression, all the effects of stress. Because you're basically turning on that parasympathetic aspect of the nervous system and quieting down that sympathetic aspect, the "fight or flight" aspect. The parasympathetic is just the opposite of that, as you well know.

DR. KEESHA: So to define that a little better for listeners who aren't familiar with these terms: the body has in its nervous system, the ability to either "fight" or "flee" or freeze in the face of danger or the saber-toothed tiger. Right? We're wired this way. And it also has the nervous system that will kick in to rest and digest, or what we call "feed and breed." And that's the parasympathetic nervous system. It's where the body feels safe. The mind feels safe and has told the body it's safe. So that it can actually be okay to engage in reproduction. So sex is on the table, on the menu now. Because you're in this space where you know it's safe to reproduce. You can actually sit on the toilet and have a bowel movement. If you're in fight-or-flight, it's not safe if you're a zebra being chased by a lion, to even stop and go to the bathroom. So constipation is one of the most constant effects of the internal alarm system going off over and over and over again, in that fight or flight. And so meditation, as you just noted, has a ton of research behind it for engaging this very unutilized side of our nervous system. We really don't have that many opportunities anymore, and I think in generations before us, women have had opportunities to get the kids out the door to school, sit and have tea with the neighbors, sit down and read a little bit. Really take some time off, put the feet up. Let the body know "Ok, this is rest time." But we live in this really frenetic culture now that is really reinforcing productivity. Saying that "this is what you're supposed to do." Women are known for multitasking so they do this really and you're saying this allows the body to recover.

AJAYAN BORYS: Exactly, and it doesn't take a lot of time. You might think "How do I fit meditation in?" Even 10-15 minutes can give you a really deep sense of rest, relaxation, a sense of well-being that you can carry into your activity the rest of the day. So it doesn't take a huge investment, however. Knowing how to meditate well... you can say... is important. A lot of

things go by the name of meditation, you might just pick up a book and sit down or try something or in a yoga class, learn something that they call meditation. Typically those won't give you that really deep sense of rest and relaxation so it is good to get proper instruction.

DR. KEESHA: Now meditation, when I start teaching it to my patients or mention it, my patients' eyes will cross and they'll go "Are you kidding me? I have to do ONE more thing? Do you know what you're doing to me?" And I can see their stress levels go up and watch blood pressure rise in front of my eyes. And they say to me, I hear this all the time, I can't even imagine how many times I've heard it. You've probably heard it a lot, too. "I'm not a good meditator, my mind is too busy, I can't make it shut up. And I've never been good at this." So I would love for you to talk about some of the myths because I think the #1 myth is that in order to meditate there's a way to do it "right," which is to have your mind "without thought."

AJAYAN BORYS: That is probably the #1 myth. And actually, as long as you have a mind, you're going to have thoughts. This is the nature of the human mind. The way I like to explain it is, first off, let me say that thoughts are a part of the meditation. There is not a single human being on this earth who sits there and meditates in a thoughtless space for half an hour, an hour or whatever length of time. We all have thoughts, but the thing about it is that... I like to use a metaphor. The mind is like an ocean. It's an ocean of consciousness, and that is pretty accurate. And on the surface of that ocean, we have thought-waves. For the most part, we tend to live on that surface of the ocean going from thought wave to thought wave. When you start to meditate, that is analogous to diving beneath the surface, dipping into the silent depths of the mind. And as soon as you do that, you experience inner silence. You experience that relaxation, that rest that you're talking about. But it doesn't mean that the whole ocean has to become completely still.

So you will still have some thought-waves on the periphery as you take this dive deeper and deeper into that ocean, that silent ocean of consciousness. And that is tremendously restoring and energizing and relaxing. And you simply have to know that those thoughts on the periphery are fine. They're okay. And in fact, there's a lot more to it than this. I don't know if you'd like me to go deeper into this, it gets very interesting when you really look at the mechanics of meditation.

You see that it is, again, kind of analogous to the sleep state. You're tired at the end of your day, you fall asleep. It's not just that you enter into 8 hours of unconsciousness. Sleep is very complex. You go through phases of dreamless sleep, and that is where you probably get the deepest state of metabolic rest. And then you'll go through phases where there's a dream state, typically in the REM phase of sleep. Rapid Eye Movement. And both aspects of sleep are really important to the restoration of your body and mind.

Scientists have done studies and know that if they interrupt the dream state consistently so that you get no dreaming state, then you can become mentally imbalanced, even psychotic. So that deep dreamless state is for the restoration of the brain chemistry. Now, likewise in meditation, you have cycles. You will go through phases of the meditation where you feel very deep, and you're having a very deep dream experience. And then you'll have phases where you'll have more

thoughts--again just like with sleep. That rest of meditation is a whole package. The process of purification and rejuvenation is going on during both phases. And so again, you can go into this even deeper and really analyze this. That's enough for now, but the thoughts and meditations serve a purpose. Much like the dream state in sleep.

DR. KEESHA: Ok, now I'm going to back this up a little bit and I'm going to explain this for our listeners in another way. And that is what I always tell women who come in seeking hormone therapy. Replacement therapy from me. And we find out, I'll say, "Okay, let's do some testing," and we'll find out where their adrenal glands are at, where their thyroid is at, and insulin levels as well as ovarian hormones. So when you start thinking about the whole endocrine system like this, this kind of hormone is actually a messenger chemical. It's telling the body what to do. Well, where it begins is in the mind. In the mind, you have these neurotransmitters that are messenger chemicals and they alert the body what to do next. Those are started by your perceptions.

So if you perceive something in front of you to be dangerous or stressful or annoying or frustrating or sad or hurtful, a different cocktail of neurotransmitters will be released to tell the body what to do than if you perceive something as loving and compassionate and joyful and connecting and emotionally stabilizing. Another set of neurotransmitters or messenger chemicals will be released from the brain to tell the body what to do to that perception. So everything begins in the endocrine system from your perceptions.

So when you're sitting in meditation, if you perceive a thought coming up as a bad thing. If you're going to label it and judge it as "I can't do this. I'm terrible at this. I can't make these dumb, dumb thoughts shut up, right?" you're actually sending down to the body this message that is annoying, frustrating, disturbing. And so you're going to have a different set of messenger chemicals released from your brain to respond to that and your body will be squirrely. It'll be all about getting away from this. And one of the things I love that you teach is that when thoughts come up, don't judge them. It's okay. It'll just keep on going. But if you get wound up with that and start judging yourself or having the thought that you can't do this or that you suck at this and I'll never be able to do this... anything that we do like that is going to send these hormones that try to kilter. And meditation that becomes counter-productive. That's not why you're sitting.

AJAYAN BORYS: Exactly, and not only is it okay to have thoughts, but the point I was making just a minute ago is that it actually is this sort of mental by-product of the physical purification that's happening that gives you the benefits of meditation. So you can feel totally good about thoughts in meditation. If you have a meditation where you're having tons of thoughts, you should come out of that meditation, and think, "Wow, I got rid of a lot of stuff. I released a lot of stuff." And you'll feel the benefits of that. So that's exactly what you say, and that develops a kind of dispassion towards thoughts in the meditation that allows you to enjoy your meditation and go deeper and deeper despite the thoughts.

DR. KEESHA: Now to me, meditation without integration is useless. So you have that time and

your body does calm down but then if you can't take the calm from... you just said 10 minutes is enough. So let's say that you're up for 18 hours, which is too many hours to be awake and going, but that's kind of what I see a lot with my patient population. So we can even be generous and say you're up for 12, 14, 18 hours, right? And during that time if all you got was 10 minutes of calming your body and not judging your thoughts, that's not enough. So integration becomes really powerful if you can take that feeling that you got and that non-judgmental attachment to your thoughts and say "Oh yeah, thoughts are just thoughts. I don't have to attach to them and give them so much weight." You're integrating in your upright life, the time when you're not on your cushion. And to me, you bring the presence and calm of meditation into places that are stressful, like your work environment, your home environment, your relationships. Whatever's going on... is to bring that into a stressful situation right?

AJAYAN BORYS: Right, exactly. That's why mindfulness has become so popular right now. Because people are finding that in the midst of their day, as they experience the stress of living, they can become mindful and go back to their breathing. Something like that just to detach a little bit from the stressful experience of that moment and just feel their being. And that can detach them from that, so that's perfect, yes. That integration is what it's all about.

DR. KEESHA: Alright, so I was talking to you. You were talking about what I'd like for you to cover on the summit for our female listeners. So we have all these women. It's the "Woman's Vitality Summit." And so I want you to talk to their pain. And one of the things that I hear from women often that you wouldn't normally link to meditation as an intervention is stress and urinary incontinence. So when a woman has had, like I've had 4 vaginal births. Jumping on a trampoline with my youngest daughter and all of a sudden, peeing my pants a little bit- OH NO!!! I was only in my late 30s when this happened and I knew I had decades ahead of me of having this get worse and worse if I didn't do something about it. So one of the things that you can do is enhance your sex life, help your vagina healthy, increase your vaginal wall strength. You can reverse stress urinary incontinence. All of these things are through a technique that you teach and your meditation that I started doing years ago. I am not going to say that this technique will reverse severe stress urinary incontinence if you've got organs that are starting to prolapse or fall because of lack of estrogen. There are stronger things that you can do. I'm a big fan of the Jade Egg, Ben Wah Balls, or the Kegelmaster, where you're actually taking your vagina to the gym and you're working with resistance training. But this technique that you teach is a great start towards bringing awareness to the circular muscles that are inside the vaginal wall. I mean? Who knew that meditation can be such a great thing for this? So I'd like for you to talk about this technique and I think your free gift that you're offering our listeners includes how to do this. So that's going to be a bonus. You can strengthen your vagina with your free gift.

AJAYAN BORYS: Exactly. What you're talking about is what's called mulabundha. Mula means 'root'. Like when you say muladhara chakra that's the "root" chakra, in Sanskrit. So 'mulabundha'; mula is root, bundha is lock. So it's a process of locking the muscles, contracting the muscles of the perineum, the perineal floor there.

DR. KEESHA: What is the perineum?

AJAYAN BORYS: The perineum is the space between the anus and the genitals, right? And this is surprisingly very much like the Kegel exercise that Dr. Kegel developed. But it was known by the Yogis for many centuries as 'mulabundha.' And this is an exercise that the Yogis do. It's considered a master key for awakening subtle energies in the body and directing them upwards to clear and open the chakras. So -

DR. KEESHA: You're going to have to define chakras for listeners that haven't heard of those before.

AJAYAN BORYS: Ok, to put it simply, a chakra is just a center of energy and consciousness in the body. And there are 7 primary chakras, and many other secondary chakras. And these are located along the spine and in the head, from the perineum to the crown of the head.

DR. KEESHA: So there are many more chakras than 7, and they're located along the spinal column. It's interesting. Chinese medicine, they have a really deep understanding of the nervous system, and chiropractic medicine also; both say that all nerves lead to the spinal cord. So if you think about this, these are big bundles of nerves with lots and lots of energy that join along the spinal column. And each area going up, from your genitals to the top of your head, has a different energy flow because different parts of your body are joining here. So that's called the chakra or "wheel" of energy.

AJAYAN BORYS: And so this technology evolved in the East as a way of deepening meditation, and so that's how I came to it. But it has these other benefits that you mention. It does strengthen the vaginal wall, and can help with incontinence and all of that and actually can increase the pleasure of orgasm. It has many benefits. But as far as meditation goes, it opens the experience of meditation to make meditation deeper and easier. And that is one other thing that we hadn't touched on when we talked about myths of meditation. I did want to mention another big myth is that meditation is somehow difficult to do.

Actually, the most effective meditation is absolutely effortless. It's when you fall into that meditative state. And so it's... I would go so far as to say that any meditation that really works well is going to be effortless because what meditation is is shifting from the waking state of consciousness into that meditative state and whenever you shift to the waking state to another state of consciousness, whether it's wake or sleep or dreaming, it has to be effortless.

DR. KEESHA: I like what you say about this because anyone that tries meditation won't succeed. Anyone who TRIES to fall asleep, or have an orgasm WON'T SUCCEED. These are all three really wonderful experiences of surrender. And I think that until you feel what surrender feels like, where you just let go and allow your body to fall into, as you said, the state of bliss and being and being really connected with your interior world. Then you don't understand what "surrender" really means. Cause often it's used in war right? "I surrender!" So you're going from

this state of war into "I surrender, but I'm not really happy about it. Right? But in this case, surrender means just letting go. Falling into. Letting your mind just stop what it's fighting against.

AJAYAN BORYS: Yeah, you're releasing something that is held more in a bound, rigid state and that actually feels good. It is a release. It's an opening. And it actually feels wonderful. That's another thing about meditation. A lot of people have the idea that it requires a lot of discipline. It does require discipline to sit down and do it but once you're doing it, it gives you that release. It feels wonderful opening that kind of blissful. There is something most definitely pleasant about the experience, and it is self-reinforcing. After you've tasted that a number of times, you'll want to meditate and it's easy to make it a priority.

DR. KEESHA: I think one of the things that gets in the way of that is the ego's drive to have to perform and achieve and do and take care of or do or get your task list done. I know those from personal experience. For me, meditation is a luxury. For you, meditation is breath. Right? And so I make sure... it is a discipline for me to carve out that space and time and not think about the encroachment of all of the things that have to get done. And the way that I explain this to my patients and the women I work with is, "If I were to diagnose you with breast cancer tomorrow, all of the things that you think are so important and are giving so much priority to, that you think are more important than this kind of work, would go away..." You re-prioritize instantly when you have a diagnosis like that. All of a sudden, all of the things on your task list, all of the things that you thought were so imperative to get finished, they go away. You suddenly understand they're not priorities, they're not that important, and they're not going to feed your spirit and your soul in the way that meditation can.

AJAYAN BORYS: Wow, beautiful. I love that. I've never heard that expressed that way and that's wonderful.

DR. KEESHA: So, don't wait till you get diagnosed, you guys! Please! This is my way of doing things I call "hot stove person," where you have to actually get burned before you'll stop. So [Laughs] I had to get ruined and fried before I learned how to meditate and I don't think that's REALLY necessary.

AJAYAN BORYS: Beautiful, right. One other thing I was going to say is I find, and the people I've talked to will find, that meditation is a wonderful source of... wonderful way to find your own inherent vitality. Because what obscures that oftentimes is stress, that's the first thing. So if you can dissolve that stress, you can access your own inner energy and the pure motivation, your own creativity, that then you can start to express. And that energizes you, expressing creativity, experiencing that. And of course a deep rest, very energizing. So it is a wonderful way to revitalize and connect with that vitality.

DR. KEESHA: Well, to revisit your ocean metaphor. I don't know who counts these but I've heard a statistic that says 94% of all thoughts are recycled. You've had them a million times

before, they're just cycling through once again, and you're spending energy and time on them. And 6% of these new thoughts may not have any gems or pearls in them. But if the ocean floor is calm enough then you can allow the 6% to rise through the garbage that keeps on going. And in that 6% that can come up into your awareness, there might be something very useful in there. And that's why meditation is so important for creative endeavors. If you're always on the hamster wheel and you're just going and your heart rate's up and you're breathing and you're sweating and you can't think really clearly, then you're not going to be creative. Actually, it's shooting yourself in the foot to try and "get things done" in this way. If you take that time and allow yourself to sit and percolate and let these new thoughts come up, you may as well just have discovered your newest mission in life. You may have written your new book. You may have "solved the problem" that you've been chewing on for the last month, right? And you have the solution presented in front of you in what's called an "epiphany."

AJAYAN BORYS: Exactly. And so many, in the literature on the creative process, there's many accounts of people having their biggest revelations, scientists, artists, having their biggest insights, when they were in a state of relaxation, not *trying* to solve a problem. And I can tell you, from personal experience, I've written a number of books, and I find by far the most creative time of my day is when I'm meditating. And I hate to say it... I get so many ideas that sometimes I've even had a notepad next to me.

DR. KEESHA: Why do you hate to say that?

AJAYAN BORYS: It sounds kind of contradictory with the idea that you should have a quiet mind and I'm having all these great creative ideas. But actually, it's absolutely true. It's very interesting... your mind at the deeper layers of mind, that's where there's much more creative juice. And there's much more, a kind of holistic level of thinking at those subtle layers, because the thoughts are not so rigidly bound as they are at the surface of the mind, so they're more expansive, more abstract, more all-encompassing, so you start to see how things relate and interconnect. You get these creative juices flowing.

DR. KEESHA: So as Ayurveda says in "The Sister Science of Yoga" that came from India, many thousands of years ago, the rishis, who wrote about Ayurveda over several hundred years. They just sat. They sat and observed humans in their interaction with the universe that they lived in with each other. Plant material, animal life... and they wrote about it. They saw patterns as they emerged. Well, one of the things that they talked about are called the Pancha Koshas or "5 layers" of your body. 5 sheaths. And so we're really connected to and very aware of our physical body, it's the one that can taste, feel, smell, touch, hear, right? And we believe the information that comes in through those 5 senses and we tend to kind of link to that and say "this is real." But the problem with that is that you actually have 4 more layers to you. And cryllian photography has picked up the second layer and we call it your "electromagnetic energy field" in Western science. Ayurveda yoga calls it your chronolayer, Chinese medicine calls it your Chi. It's that energy layer that's the next layer to you.

And we're pretty familiar with that now, too. Because we've actually seen it documented and photographed. So again, coming through the 5 senses, now we can prove it. But then after that, we also have an emotional and a mental layer. A wisdom-body. And that access to all of the knowledge that's out there is a collective human unconsciousness. Right? And I call it your connection to the "divine." It's that access to the epiphanies, to the inspiration, to the great ideas. And if you're toxic in any of those other four layers before that portal where you can reach that space, then you're not as likely to get a good consistent flow of ideas and the solace from your connection to God. So that being said, meditation is a great way, as you said, you're purifying your thoughts. Great way to detox these other layers, so you can then have that access of the collective consciousness of humanity. There's no new idea, no new ideas out there. They are the ideas that come from your own context, your own life. And the wisdom that we've all got access too. So meditation is the space to gather that in.

AJAYAN BORYS: Beautiful. I like the way you said that. In fact, that's the way that Yoga philosophy expresses it. That we already have everything within us. We have the infinite within us. We don't have to lift anything, other capacities, it's all there. What we do need to do is clear the obstructions that keep that infinitude from shining through our personality, our mind, our heart. And so, that's what all the spiritual practices exist for: to clear those obstructions. To purify. And so we reveal our true self.

DR. KEESHA: Now we're talking about words that can make some people uncomfortable. So it doesn't matter what word I choose, if I say the divine, or if I say God, or if I say energy, or if I say collective unconsciousness. Someone out there is going to not resonate with those words. And is meditation a religion? Does it go against religious beliefs? No matter what your religion is?

AJAYAN BORYS: Well, it certainly doesn't go against religious beliefs because if you look at all the major religious traditions of the world, especially those that have some sort of mystical component, you see that meditation is really at the heart of those spiritual traditions. And in every major tradition, there are the so-called "saints," the mystics who have related their experience of higher consciousness, divine union, and so on. And so that, for them, the experience of the divine, of higher power, whatever you want to call it, is an actual living, vital experience. And the way they got to that point is through spiritual practice. This purified, made their mind and heart very subtle, to the point where they could experience the divine right here on this earth. And so it's actually not only against religion, it's absolutely for religion.

DR. KEESHA: Yeah, it's not against religion.

AJAYAN BORYS: No.

DR. KEESHA: Which is what you just said [Laughs] Meditation strengthens whatever religious path or spiritual path you're following and the contemplative traditions, which are done by the mystics of every spiritual path, exactly what you just said. Find their source inside of them.

They're connecting from them into that divine source, and that's the "feeding yourself," taking care of yourself, really understanding that you're a spirit on this planet having a human experience. And if you can get into that perspective and that paradigm of being in your life, you don't get so wound up with stress. And I think that is such an amazing solution for increasing vitality, to really come back to the fact that the divine lives inside each one of us and meditation is a pathway into that. And that we are each a part of God. Whether we consider ourselves children of God, or a part of a "light" of the divine. Whatever the language is, it's all inside of us. And I think that's such an important piece that meditation allows us to find and discover for ourselves.

AJAYAN BORYS: I love what you said, in a way, we become MORE stressed when our perspective becomes smaller. Like when we get caught in the small tiny boundaries of paying this bill and that bill and whatever else is on our plate in our life. But when we expand our perspective to the point that, "yes I am a spiritual being having a human experience," that somehow connects us back to something larger. Ironically, as you also said, that larger perspective comes about as we go within. So you might think going within is taking it smaller but actually within you is the infinite so that actually expands you. Within your core, with your source, you become larger and your perspective becomes bigger and your stress in life starts to melt away.

DR. KEESHA: Beautiful. So I would love for you to give our listeners a taste. Do you mind doing a little guided meditation? Then your bonus that you're giving them is a guided meditation that they can then have. So they just go to your website and we'll give all of this information on the speaker's page where you'll be highlighted. And I know you have a membership site where people can actually study with you and go as deep as they want to with their meditation practice, having video guidance and more. Do you want to talk about that?

AJAYAN BORYS: Sure, yes. For years I've taught meditation in person and live classes and I've done it all over the world. And that's pretty limiting in a couple ways. One, you can only teach the people who are right in front of you and distinctly present, and two, once they're done with the course, they go off with their lives and that sort of support that I would like to keep giving, I can't give. So it's kind of hard for them to keep connected and on track.

DR. KEESHA: Well, I hear this from my patients with their diets too. Right? When they go on vacation and there's a birthday or there's a holiday then they get off the wagon so to speak, and they say, it made them "bad." Please, I resist this so much... Please never judge yourself as "good" or "bad," that's just a trap! So when they're "bad," they'll also stop their spiritual practice. Anytime when they're going within meditation, contemplation, prayer, whatever it is that they're doing that's bringing them some peace, that also seems to go out the window along with the healthy diet and the exercise program. Anything that's self-care-oriented, right? And the byline of this summit is caring for yourself, body and soul. Which is exactly -- meditation takes it through body, mind, heart and spirit. Right? Go ahead, let's talk how the membership site works a little, and then I'll take you through a guided peace.

AJAYAN BORYS: Okay, so I just recently filled up this membership site where I teach with video courses so you can learn at your own pace in the comfort of your home. Not only the basic course but if you want to then you can go onto a more in-depth course. And you can get the daily support for your practice that I've always wanted to get. So guided meditations for different purposes, like for abundance, for healing, for developing compassion. That kind of thing. Many different guided meditations. But also really solid just... instruction. That teaches you, gives you the really thorough understanding of your meditation. And the mechanics of meditation, so you can have a solid practice. So I'm really excited about that, and the nice part about it is the membership... the cost of it... for a year is less than what my live single course would be. So it's actually much more economical and it gives you much more support and instruction. So I'm pretty excited about it and that's at ajayan.com Alright, so as far as a guided meditation, sure, I'd be happy to. How long do we have?

DR. KEESHA: Why don't you do a chakra opening meditation since we talked about that? And then the guided meditation that you're giving as a gift includes... how do you take your vagina to the gym? We won't do that part with this, we'll do some chakra opening.

AJAYAN BORYS: Alright, beautiful. Okay, so first I want everyone who's listening to sit comfortably, that's really important, don't think you have to... in fact, you can be in a chair. No problem if you have back support. Sit comfortably. Close the eyes and begin by just being aware of your breath... as you breathe naturally through the nose. So just feel the breath as it passes in and out.

Notice any movement in your abdomen, your chest, as you breathe naturally in and out of the nose.

And now allow your awareness to rest in the area of the perineum. And that's again the area between the anus and the genitals, this is the site of the muladhara chakra, the root chakra. And now gently think the mantra "Iam." It's a faint idea in the area of the perineum. So you can think it. As you breathe in, as you breathe out. Do that for a few breaths... Now just Be and feel the light in silence in the perineum.

Now moving your attention to the base of the spine. This is another chakra, the second chakra svadhisthana. And here on the in-breath feel vam... and on the out breath again vam... vam... And now just be and feel the light in silence, there, at the base of the spine.

Now with an in breath... draw your attention up the spine to the level of the navel. And here again, the same, the mantra is ram... so with the in-breath feel ram... with the out-breath ram... just a faint idea.

And now with another in breath, draw the attention up the spine to the level of the heart. The anahata chakra, that's the heart chakra. And here the mantra is yam. Yam. So on the in-breath

feel yam... On the out breath... yam. It's a faint idea. For several breaths. And then feel the light of Being in the silence there.

Now with an in-breath, draw the attention up the spine to the level of the base of the throat, and here the mantra is ham. Ham on the out-breath, just a faint idea. For several breaths... And just Be... and feel the light in the silence there...

And now with another in breath, draw the attention up into the point between the eyebrows. The ajna chakra.. here the mantra is Om.... Om on the in-breath, Om on the out-breath... Just a faint idea. And just Be... feeling the light and silence there.

Now feel the attention going up to the crown of the head. And here there is no mantra, just transcendent silence and the clear light of consciousness... Feel that clear light. Feel yourself becoming absorbed in that light, merging in that light. Just Be...

Take a few more minutes, sitting with your eyes closed... to come out slowly.... Notice the peace and relaxation. This is just a taste of what meditation can bring.

DR. KEESHA: Well, vitality enhancer!

AJAYAN BORYS: Yes, I love it. That's a very simple meditation but it does the trick.

DR. KEESHA: Thank you very much. So I would like to have you tell our stories about how you came to this point. You had a lot of anxiety when you found meditation, isn't that right?

AJAYAN BORYS: That's true, I was in high school, I had experimented with drugs. This was way back in 1970. So somehow I came out of that experience with a lot of anxiety. And I had insomnia even when I was a little kid. So some tension was there from early on. But at the same time I had some very deep spiritual experiences in high school so I was searching and seeking, and in fact, I was very interested in meditation, but I didn't know how to meditate.

I went to college and in my first quarter of college, I saw a poster of the founder of the Transcendental Meditation® program. I was intrigued so I went to that lecture and what they talked about really spoke to me, so I started meditation. And that was the beginning. From there, I went to learn to teach TM® and I taught that for 10 years, studied in person with Maharshi for a number of years. I was on his personal staff over in Europe. I really dove into it, intensely. And after about 10 years of teaching that I began to explore other forms of meditation. I ended up living in India in Ashram. So I did the whole thing, I went up and lived in caves in the Himalayas and just did long retreats there.

Studied with some of the...yogis that are up there. So what I teach now, Effortless Mind® meditation is the best of what I've learned over these 46 years of exploration. And so it's the most accessible. It's the easiest, it gives you the deepest experience. So that's what I call Effortless Mind® Meditation.

DR. KEESHA: And you have a book by the same name, I want to reiterate. "Effortless Mind: Meditate with Ease." Now you and I have had discussions about this before, where one of the things I think we both agree on is that it's very easy to get into a peaceful state when you're out in nature, in a cave or in a church or at a retreat. And you can get into that space. I've done ten-day-long silent retreats where I don't speak and it sounds so terrifying when you first start and you go "This is great, I never want to speak again." You find that internal groundedness and such a deep peace that you don't want to come out of it again. But in reality, finding that peace in the face of stress is the biggest growth edge, right?

AJAYAN BORYS: Totally. Totally. You need both because you do have to train your -- mind and body to go into that state of being. You have to touch that potential.

DR. KEESHA: You know where to go.

AJAYAN BORYS: Exactly. But then you have to come out and you have to bring that into your life. And that is the challenge, I will say. It's easy to meditate. Integrating is another story, it takes a lot of life experience honestly.

DR. KEESHA: I've heard you say that marriage or partnerships or relationships are actually the fastest tracts of growth that there are, but bringing meditation into that brings you what?

AJAYAN BORYS: Well, as you just said, that brings you the reset and a touchstone. It's like what you're doing when you meditate, you're drawing back into that state of pure potentiality. But then it's only in bringing that out into your life, your actions, where you're engaging with other people, that you grow. And especially with an intimate partner, that's a wonderful arena for all kinds of growth and self-discovery. The growth of self-awareness. So that's where the real growth takes place. Coming out, there's an expansiveness, a connecting with yourself, with your source, with your spirit. And realizing that you are indeed a spiritual being. That's what can give you that experience. But then you have to come out into having the human experience. And bringing that spiritual touchstone to the human experience, that's what makes you really whole.

DR. KEESHA: The reason I'm ending with this point is so that the peace and the vitality that our listeners felt during that very small demonstration that you just did, I would ask that ladies, you now take this into whatever you're doing for the rest of your day and really bring that as a focus of "Okay, I'm going to bring this peace into my marriage or into my relationship or parenting or to my work." Whatever it is that you're doing for the rest of your day, make that your focus and you'll find that your vitality meter will be off the charts. It'll go way, way up and so much faster than doing it with supplements or medications or other things that are not that "surging" vitality that you can get when you actually meditate. Thank you so much for joining the Women's Vitality Summit, Ajayan.

AJAYAN BORYS: Thank you for having me Dr. Keesha.

DR. KEESHA: Again it's ajayan.com and the book is "Effortless Mind: Meditate with Ease" and the membership site can be found at ajayan.com. Everybody be the most fabulous version of yourself that you can be and remember to take your vitality into the rest of your day.