



The “I Am at Peace” Meditation

This meditation is a process of biofeedback or self-hypnosis. It trains you to reach a deeper, slower brainwave state, where you become aware that all the cells of your body are in communication with you. When you become good at this meditation, it is the equivalent of two hours of sleep in fifteen minutes. It’s great to use mid-day to get reenergized when you are feeling tired, or just before you go to bed. This meditation can be used before performing the Rehearsal Technique.

This meditation was invaluable during my education process. When I was in chiropractic college, classes started at 7 a.m. and went to 3:30 p.m., which means I was up at 5:30 a.m., got home at 4:15 p.m., ate something, studied from 5:30 p.m. to 9:30 p.m., relaxed for an hour and then went to bed by 11 p.m. I did this five days a week, for 3½ years, and then I would work at the law firm 20 hours on the weekend, not to mention attending additional anatomy labs and weekend seminars. Needless to say, I should have been exhausted. I would use this meditation twice a day to recoup my energy, once at lunch and once before I would study at night. It worked great. I always felt revitalized and more relaxed! It was great for relieving stress!

Then in my fifth semester, I really put it to the test. I got severe food poisoning from brown rice the weekend before finals. There are many types of food poisoning, but this was the worst I had ever experienced. Poison was being deposited in all my joints, so it felt like knives were being stuck into every spinal segment, in my knees and hips, besides the other usual symptoms. That



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semester we had 12 different classes, each with its own final to take. I missed my Monday finals, which I had to make up on Thursday.

Meanwhile I had lost three days of studying because of being sick. Even though I had learned the material, I still needed to review all of it. The only way I could catch up was to not sleep for the next four days. I don't recommend this, but here is how powerful this meditation can be when practiced regularly. Every night, when I should have slept, I would study for 45 minutes and then meditate for 15 minutes. I would do this cycle about six times a night until it was time to take a test at 7 a.m. We would take three to four finals a day, and each had a two-hour time limit.

After four days of not sleeping, my energy still felt pretty good; however, by the last test, in neuroanatomy, it was getting a little hard to focus and because of the volume of questions, I had to race through the exam. I was afraid I was going to fail the last exam. When I got home that day, even though my energy was good, I saw my bed and lay down. I found myself crying for no apparent reason. I thought, "This is weird," but I then realized I had experienced dream deprivation. Even though my energy was good, my mind hadn't a chance to dream and reorganize my mind during sleep. We all need our dream time. In the end I got straight A's on all my exams without any sleep, which is a testament to how energized and focused you can become using this meditation.



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“I Am At Peace” Meditation

Close your eyes and begin with the phrase “I am at peace.” Once this meditation is practiced correctly several times, it works as a type of biofeedback mechanism. The phrase “I am at peace” signals your body to return to the state of relaxation previously developed by your use of this technique.

Step 1

Say the phrase “I am at peace” to yourself three times while taking deep breaths. Realize that at this moment you are more at peace than you were just five minutes ago. Let your body relax and begin to feel heavy but comfortable.

Step 2

Focus your attention on a part of your body, have the intention to allow that part to feel heavy and relaxed, when you have a sense of feeling heaviness and relaxation, say to yourself, “My body is heavy and relaxed.”

Step 3



Begin with your right hand. Keep your mind focused on the feeling in your right hand, saying to yourself that your hand is heavy and relaxed. Intend to feel it become heavy and relaxed. When you feel your hand becoming more heavy and relaxed, move your attention to your wrist and repeat Step 2. After you feel the heaviness of the particular body part you are focused on, move on to the next adjacent body part and repeat Step 2. The order I follow is: right hand, wrist, forearm, arm and shoulder, and then the left side. Then move to behind the neck, the back of the head, your forehead, eyebrows (these hold a lot of tension), the front of your face, the front of your neck, down the front of the chest and abdomen, down the front of the thighs, the legs, the tops of the feet; then move down the upper back, lower back and buttocks; then the back of the thighs, calves and the soles of your feet.

Step 4

Next, repeat Step 3 but instead of focusing your attention on heaviness and relaxation, feel the particular body part being warmed and relaxed. Follow the feeling throughout your entire body.

Step 5



Focus your attention on your breathing. Feel it slow down and become steady and effortless.

Step 6

Focusing on your body, maintain the intention to slow your heart rate and other body systems so that you are deeply and completely relaxed.

Once you get tood at his whole process, it should take 10-15 minutes and leave you feeling relaxed and rejuvenated. In the beginning, you may only get to feel the one arm relaxed in your 15-minute meditation, but you will eventually find that it gets easier and easier to let go and relax. You may also find that you fall asleep shortly after practicing the technique of saying “I am at peace,” which is okay.

Your body has learned to quickly tap into the biofeedback mechanism and bring you to deep relaxation.

You may want to set a timer in case you fall asleep, but even if you do fall asleep, most people tend to wake up in approximately 15 minutes because the body is trained to do so.



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