Zen Den: Upskill While You Chill
Audree Tara Sahota

Energy Medicine Since 1997
Executive Coach Since 2011
Consciousness Trainer Since 2013
CSM, Agile Since 2017
Rev. B.Msc. Metaphysics, 2018
What is Zen?
Zen is a State of Calm

To be “Zen” is to live in a Peaceful State

To be able to Flow with Life, no matter what happens...

“All is Well”

“Everything will be okay”
How Can I Feel Like This, All the Time?
Science of Meditation

Sahrah Lazar, Neuroscientist

Brain Research and the Effects of Meditation

Brain Changes from Meditation

Volume Changes in Key Areas:

• Slows Aging (50 year old has 24 year old Brain)
• Learning & Memory Increase
• Emotional Regulation
• Decrease in Amygdala - Flight or Fight Response
Grief
Anxiety
Phobia
Stress
Post-Traumatic Stress
Shame
Depression
Panic
Benefits of Meditation

Living the Agile Mindset

A New Way Of Working Requires a New Way Of Being

To Consciously Lead Change = To Be “Agile”
Zen = The Agile Mindset

People, Collaboration, Respond to Change

To navigate the complexity of a VUCA world, the Zen state will support “showing up” in an Agile Way
How to Be Zen

Remain Calm while the chaos of Life is swirling

Listen to Others

Being and Doing, get the work done without resistance and drama
Shift & Clear Your Consciousness
Your Zen Practice
Centering Mediation - Pranayama

Controlled Breath or Alternate Nostril Breathing

Benefits:

• Balances: Moods, energy, Brain Hemispheres
• Reduces: Anxiety, Stress, Depression, Migraines, Asthma
• Experience: Stillness, Quick Meditation
Meditation #2
Emotional Clearing
Emotional Science

The Key to Unlocking High Performance

Audree Tara and Michael K Sahota

What's Taking You Out of Your Game?
Emotional Clearing

Get Clear Technique - Emotional Science

Benefits:

Reduces and Removes:

Emotional Charges, Stress, Anxiety

Quickly puts you in a Resourced State

Experience: Freedom from Emotional Triggers
How To “Get Clear”

Three Steps

1. Find the Body Sensation
2. Breath into the Uncomfortable Feeling in Your Body
Meditation # 4
Shifting Consciousness/Mindset
Sri Yantra Meditation
Programs from the Subconscious

Benefits:
Removes Subconscious Behaviour Programs
• To Stop Reacting Impulsively or Emotionally
• End Stress in Relationships
• Stop Unintentionally Repeating Mistakes
Sri Yantra Meditation
A New Way Of Working Requires a New Way Of Being

Thank You~ Audree Tara
Detailed Slides & Guided Meditations

https://continuum.mn.co/courses/1400938?autojoin=1