

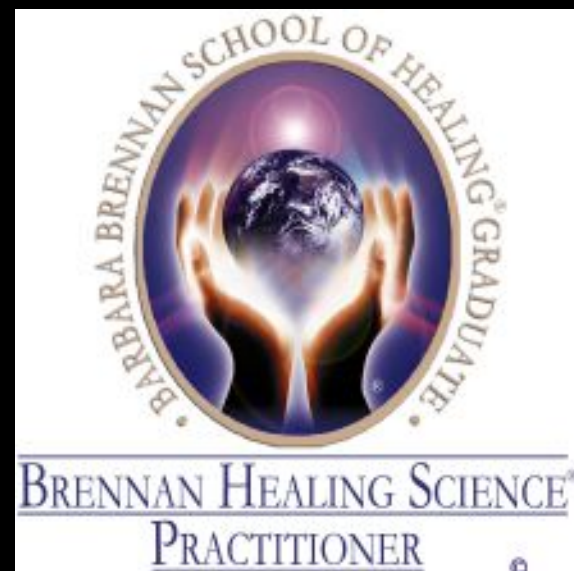
Zen Den: Upskill While You Chill



Audree Tara Sahota



Chief Metaphysics Trainer & Consultant



Audree Tara Sahota



Energy Medicine Since 1997

Executive Coach Since 2011

Consciousness Trainer Since 2013

CSM, Agile Since 2017

Rev. B.Msc. Metaphysics, 2018



AGILITRIX
HIGH PERFORMANCE REDEFINED



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

POST-TRAUMATIC
STRESS

STRESS

Shame

DEPRESSION

PANIC

Benefits of Meditation

Improves: empathy-learning and memory-emotional regulation-concentration and attention-improves mood-focus-self compassion-pain-disease-depression-anxiety-quality of life-insomnia-stress-aging-blood circulation-asthma-migrains-relaxation-energy- Brain neruplasticty-heart rate

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 navigation 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

Mediation #1

Centering

Centering Meditation - 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

Whats 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
3. Keep Breathing For 10 Mins.

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>

