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A stressed mind is not a happy mind and a stressed body is not a healthy body.

– Narjes Gorjizadeh

found wisdom of meditation with others and impact the world. I started expanding my life beyond myself and this brought meaning and a sense of fulfillment. I am now writing my first book about the life-changing wisdom that transformed my life. Once I started living with wisdom and training my mind to be happy, everything in my life changed; and healing was a natural outcome.

As disease starts from the mind, healing starts from the mind as well. A happy mind is healing and happiness is a skill everyone can learn. As neuroscientist, Prof. Richard Davidson, says, “happiness can be trained because the very structure of our brain can be modified.”

The 3 wisdom secrets of mind-body healing

Secret 1 - Train the mind to heal the body

Your body is a chemical soup, you are the chef and your mind is your tool. You can alter the chemicals in your body by your thoughts. Every thought that you have in your mind affects the chemicals in every cell in your body. When we have positive thoughts —thoughts of love, kindness, gratitude, etc.— our body produces a range of different chemicals than when we have negative thoughts—thoughts of grudges, anger, resentment, etc. Chemicals associated with positive thoughts are healing and chemicals associated with negative thoughts slow down your body's healing.

SPIRIT, MIND & BODY

Here are 3 ways you can train your mind to heal your body.

1. Meditate

Meditation is a mental exercise that calms down your mind and relaxes your body. Just as physical exercise makes our body stronger and healthier, meditation makes our mind stronger, healthier and happier. Harvard neuroscientist, Dr. Sara Lazar, showed that meditation literally changes the size and function of your brain and promotes the generation of new cells in certain parts of your brain that govern higher level thinking, such as creativity, attention, memory, and decision making ability. **Meditation also improves immune system**, lowers heart rate, improves memory, improves focus and improves sleep, to name a few. **Schedule time for meditation everyday**, choose a meditation technique that you like, practice it every day, and be ready to be surprised by its wonderful effects.

2. Breathe

Our breathing is deeply connected to our mental, physical and emotional state. **We can change our emotional state by changing our breathing pattern.** If you breathe slowly and deeply it will bring your mind to a calm state and will relax your nervous system and promote the production of healing hormones in your body. Take small breaks during the day, close your eyes and focus on your breath for a couple of minutes. Simply pay attention to your breath and stay with your breath as you inhale and as you exhale. This simple technique will bring you to the present moment and relax your nervous system.

3. Be grateful

Gratitude is a very effective technique to train your mind to hold onto correct thoughts and to heal your body. Gratitude is recognizing and appreciating the good things that are in your life rather than the things that are not as your liking. With the conscious practice of gratitude, you train your brain to hold onto positive thoughts rather than the negative. You literally reshape your brain and strengthen the part of your brain. Research shows that gratitude reduces stress, expands happiness, improves sleep and increases mental strength.

Secret 2 – Travel light

Recently I traveled to the UK to attend a high-level mastermind class. While I was in the airport, I noticed that some people had small luggages, they could move very fast and they were not tired. Some other people were carrying a lot of luggage, carrying more than what they needed. Those people were weighed down and they were traveling heavy. Seeing this, I had the realization that **the wisdom of life tells us that we must go through life traveling light.**

We must travel light on different levels:

- 1- We must travel light in our mind. We should not carry negativity. We should not carry grudges, anger, frustration and things like that. Get rid of negative emotions to lighten your mind.
- 2- We must also be light in the external world. Today we are living in the societies of overconsumption. We want bigger homes, bigger cars, bigger bank accounts. We want more and more. That literary means adding too much weight onto our life. Just as human body suffers when it is loaded with excess weight, our life also suffers when it is loaded with heavy weight.

The Japanese movement of tidying up and decluttering your home and Kondo's minimalist approach is very on point. Living a simplistic life makes us live a happy and healthy life. Be simple.

- 3- Choose the companion you are traveling with. Your relationships and your associations are a defining factor in your life. **As Vikas Malkani says, "people who you are travelling with will affect you or infect you."** Choose your relationships carefully because that will affect your health and your happiness.



Secret 3 – Choose work that brings joy to your soul

Ancient wisdom tells us that we must find work that comes from place of love and joy, which is in complete alignment with Kahlil Gibran's statement, “work is love made visible.” Research shows that people who are stressed out and frustrated with their work or feeling unfulfilled and unworthy tend to suffer from more stress, burn outs and breakdowns. When I found the work that made me happy, my life transformed. I found joy and fulfillment. And now I inspire people all around the world to do the work that gives them joy, happiness and fulfillment. **Find work that brings you joy and sense of fulfillment.** Living a happy and healthy life is simple and easily accessible once you apply these wisdom secrets. Happiness is a skill everyone can learn, and healing is a skill everyone can gain. ■



I became happier, healthier and more positive and I finally could sleep well. The most amazing part is that I found my life purpose.

– Narjes Gorjizadeh



ABOUT THE AUTHOR

Dr. Narjes Gorjizadeh, PhD is a research scientist and a certified teacher of meditation and mindfulness. She has trained with internationally renowned master Vikas Malkani, founder of SoulCenter Academy, Asia's premier personal development center.

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