



peace
week 2

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

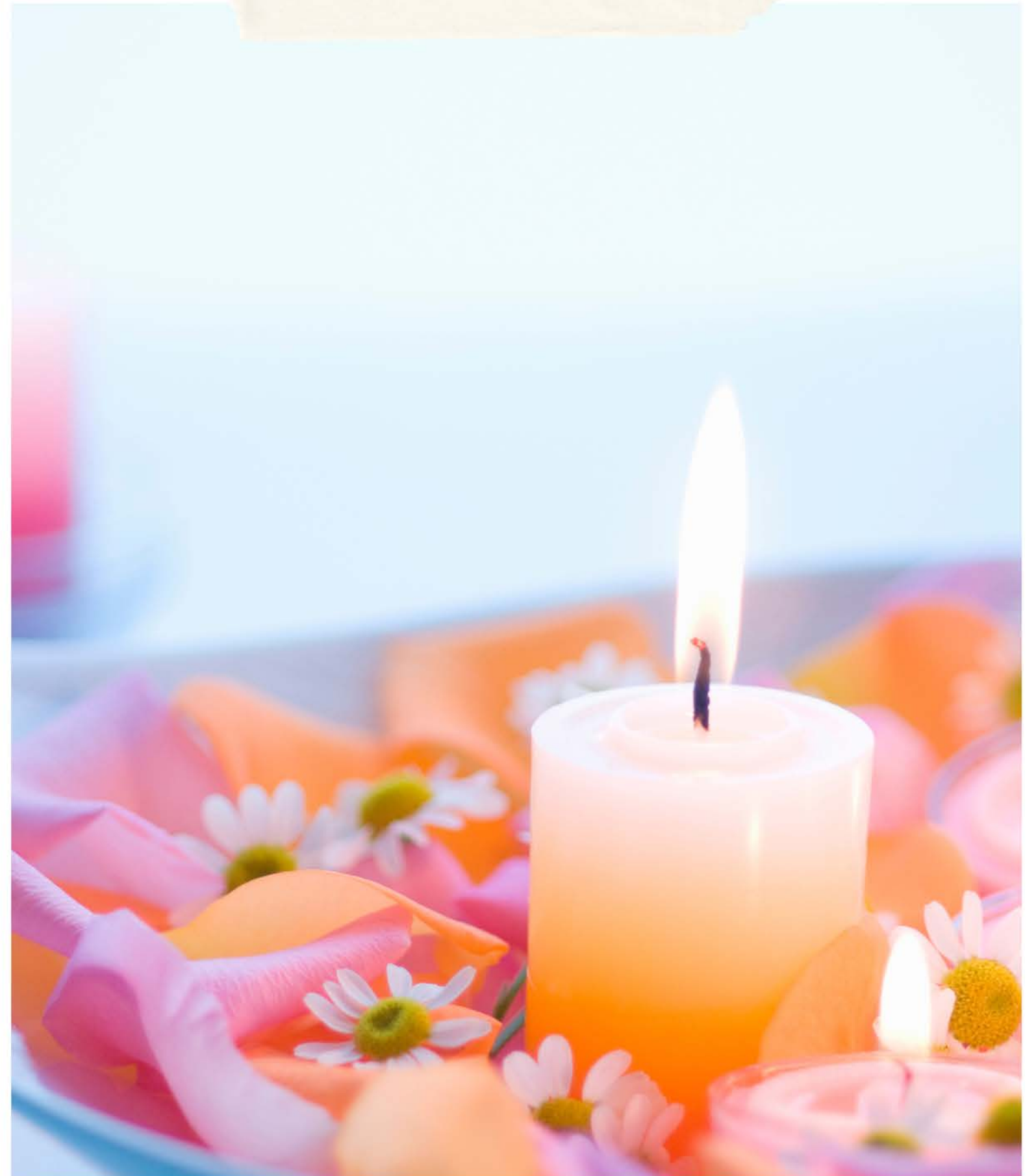
0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



my wish for you is that you continue.
continue to be who and how you are;
to astonish a mean world with your
acts of kindness. continue to allow
humor to lighten the burden of your
tender heart.

— maya angelou

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Cellular Changes



What type of
Meditation might
be most helpful
for your needs?



i've been searching for ways to
heal myself; and i've found that
kindness is the best way.

— lady gaga

3 Qualities of Meditation

- **Attitude**
- **Attention**
- **Intention**

Shapiro et al. (2006)



Mindfulness Meditation

(what we practice in the Modern Creative Woman)

-VS-

Loving Kindness Meditation

which includes Mindfulness aspects and are often taught together



1. Attitude (Same)

- **Mindfulness:** An open and accepting attitude.
- **Loving Kindness:** An open and accepting attitude.
- Both meditations have shown an increase in positive emotions.



2 Attention (Similar process)

- **Mindfulness:** training our sustained attention directed toward the contents of consciousness such as breath, movement, thoughts, sounds, etc.
- **Loving Kindness:** training our sustained attention directed toward social targets including self, friends, family, nation, world and cosmos.



3. Intention (Different)

- **Mindfulness:** aims to observe present-moment conscious experience (directing attention to one category of experience (breath. etc.) or to an open monitoring of experience without any explicit focus.
- **Brain:** Mindfulness activates conflict monitoring, selective attention, sustaining attention, focused attention, and regions involved in interoception (senses providing information about the internal state of your body), vigilance, and disengaging attention (required for open awareness).

(Lutz et al., 2008)



3. Intention (Different)

- **Loving Kindness:** aims to cultivate warm-hearted positive emotions toward oneself and others. Less about attention and more about socio-emotional processes.
- **Brain:** Loving Kindness activates brain areas related to emotional processing (amygdala), especially for positive emotions and social cognition such as mentalizing (making sense of self & others) and empathy.

(Desbordes et al., 2012; Klimecki et al., 2014; Mascaro et al., 2012)



- **Both both improve our positive mood.**
- **Choose our focus (attention vs social cognition).**
- **So what about biological markers?**



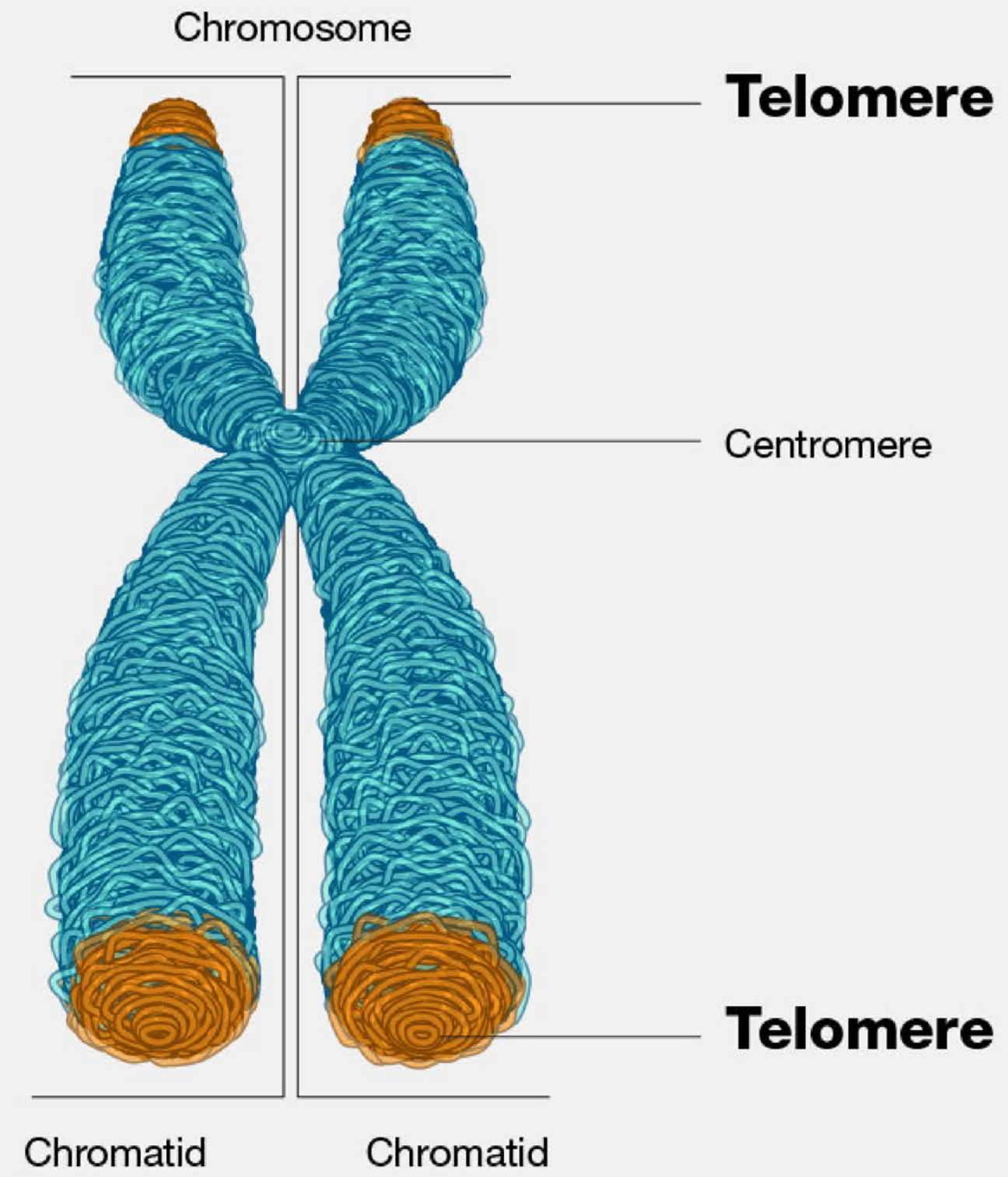
**Meditation at the
Cellular
Level...focus on
Loving Kindness**



Telomeres

- A region of repetitive DNA sequences at the end of a chromosome.
- Protects the ends of chromosomes from becoming frayed or tangled.
- Each time a cell divides, the telomeres become slightly shorter.
- Eventually, they become so short that the cell can no longer divide successfully, and the cell dies.
- Some cell types that divide a lot have an enzyme called "telomerase" adds those repeats back so the telomere doesn't get too short.





Telomeres

- **Normal Decline:** Rapid decline in childhood, levels out in mid life, increases as we age (chronologically or biologically).
- **Precision Nutrition:** Healthy lifestyle and an antioxidant-rich food intake could contribute to delay age-related diseases by keeping telomere integrity.



Why we care about Telomeres

- Telomeres affect health and lifespan. Buffering increases health and lifespan.
- Telomere shortening may indicate the pace of aging.
- Shorter telomeres associated with increased diseases and poor survival.
- The rate of telomere shortening can be either increased or decreased by lifestyle (diet and activities).
- Buffering the shortening leads to delayed onset of age-associated diseases (including cancer).





Loving-kindness meditation slows biological aging

(Nguyen, 2019)

3 groups

1. Loving Kindness
2. Mindfulness
3. Control Group
(no meditation)

- 12-week Loving Kindness
- randomized controlled trial
- beginner meditators
- 167 people (35-67 years old)
- blood test of telomere length (2 weeks before & 3 weeks after)
- NIH funded



Findings

- Loving Kindness group had statistically different telomere lengths from the control group after 12 weeks.
- Mindfulness was in the middle and not significantly different from Loving Kindness or control group.
- Significant difference between control and Loving Kindness.



Findings

- Telomeres tended to shorten in all groups, significantly so in the mindfulness meditation group and the control group.
- However, daily practice of loving-kindness meditation appeared to buffer against the shortening. There was a statistically significant difference.

Bonus

- Self-reported emotions and practice intensity (duration and frequency) did not seem to matter.
- In other words, it does not matter how long you do your loving kindness meditation each day.
- You benefit regardless of how you feel.
- Followup: I found one later study that showed 4 weeks was not long enough to see the telomere buffering.



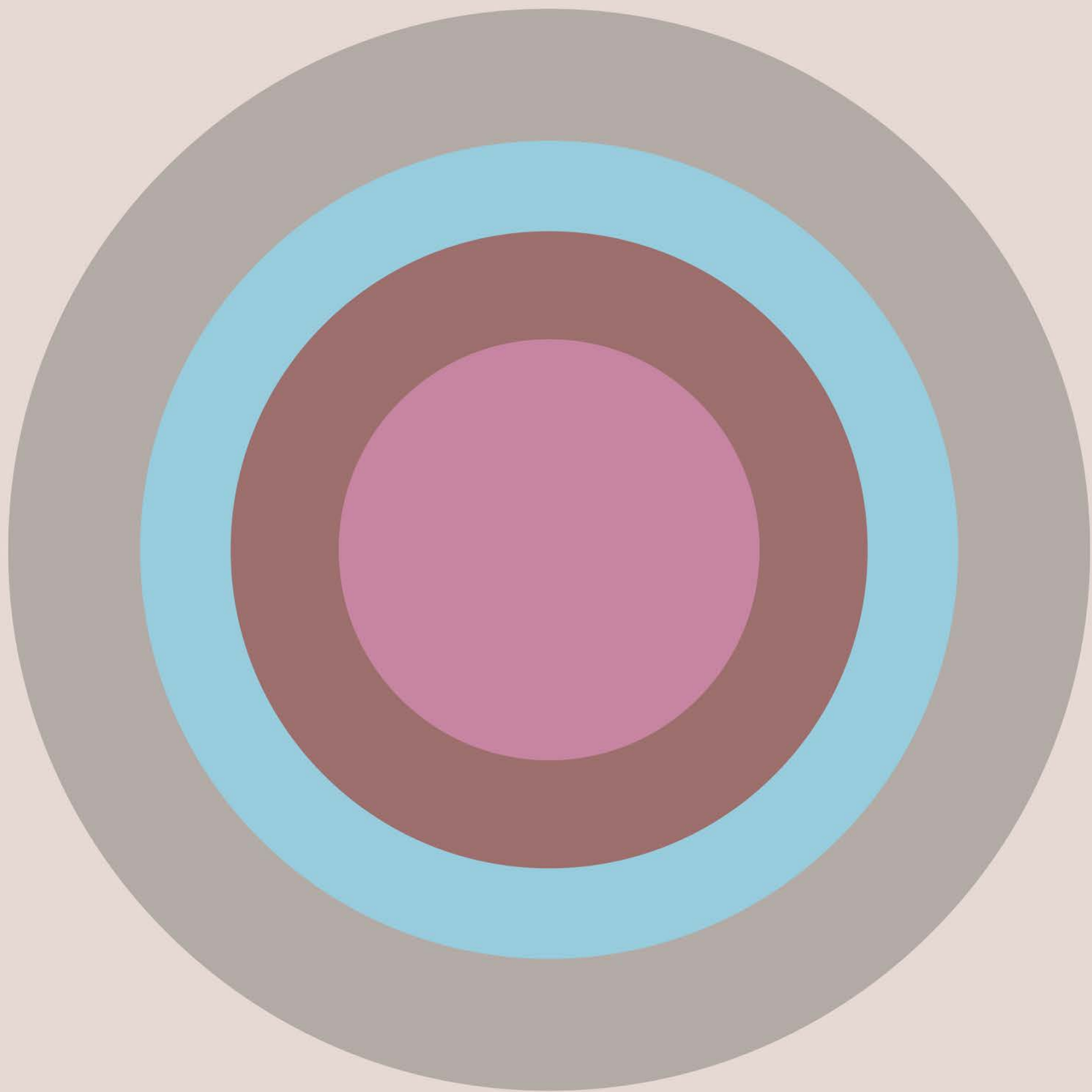
Mindful Moment





Artful Meditation

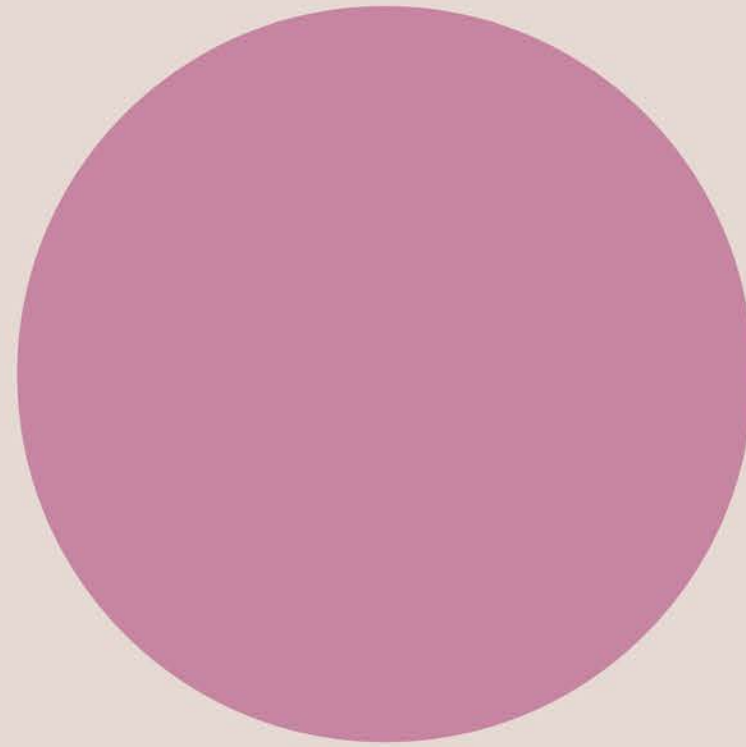
- Gather paper and art supplies (pencils, markers, oil pastels, paints, etc.)
- I will invite you to create four circles - starting with a small one in the middle and then progressively bigger ones.
- Wait for the meditation to start before you begin your art and I will tell you when to make each circle.



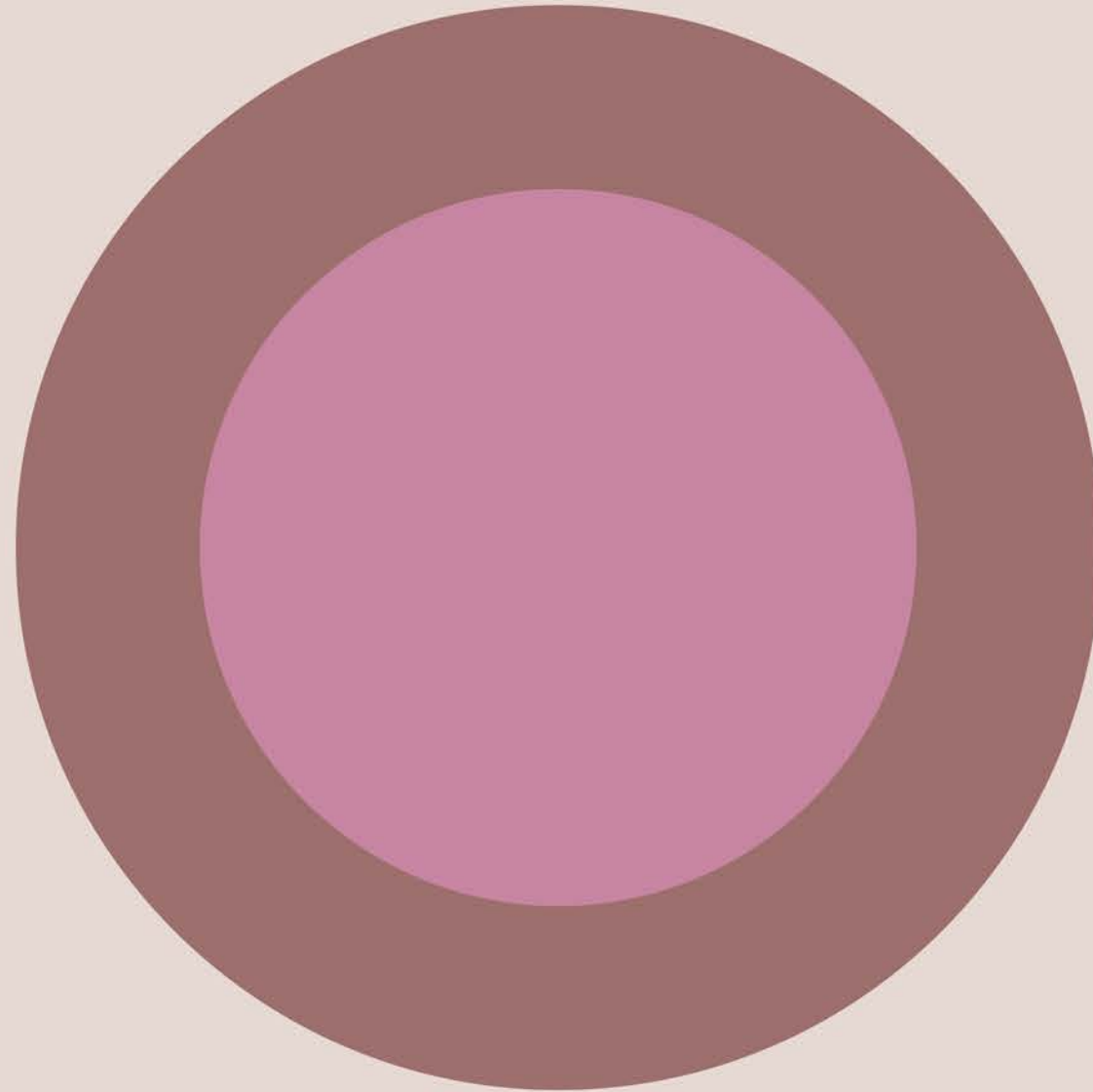
Getting Centered

- Bring your attention and awareness to the breath at your belly.
- Inhale, noticing sensations of breath.
- Exhale, noticing sensations of breath
- Notice your belly rise and fall.

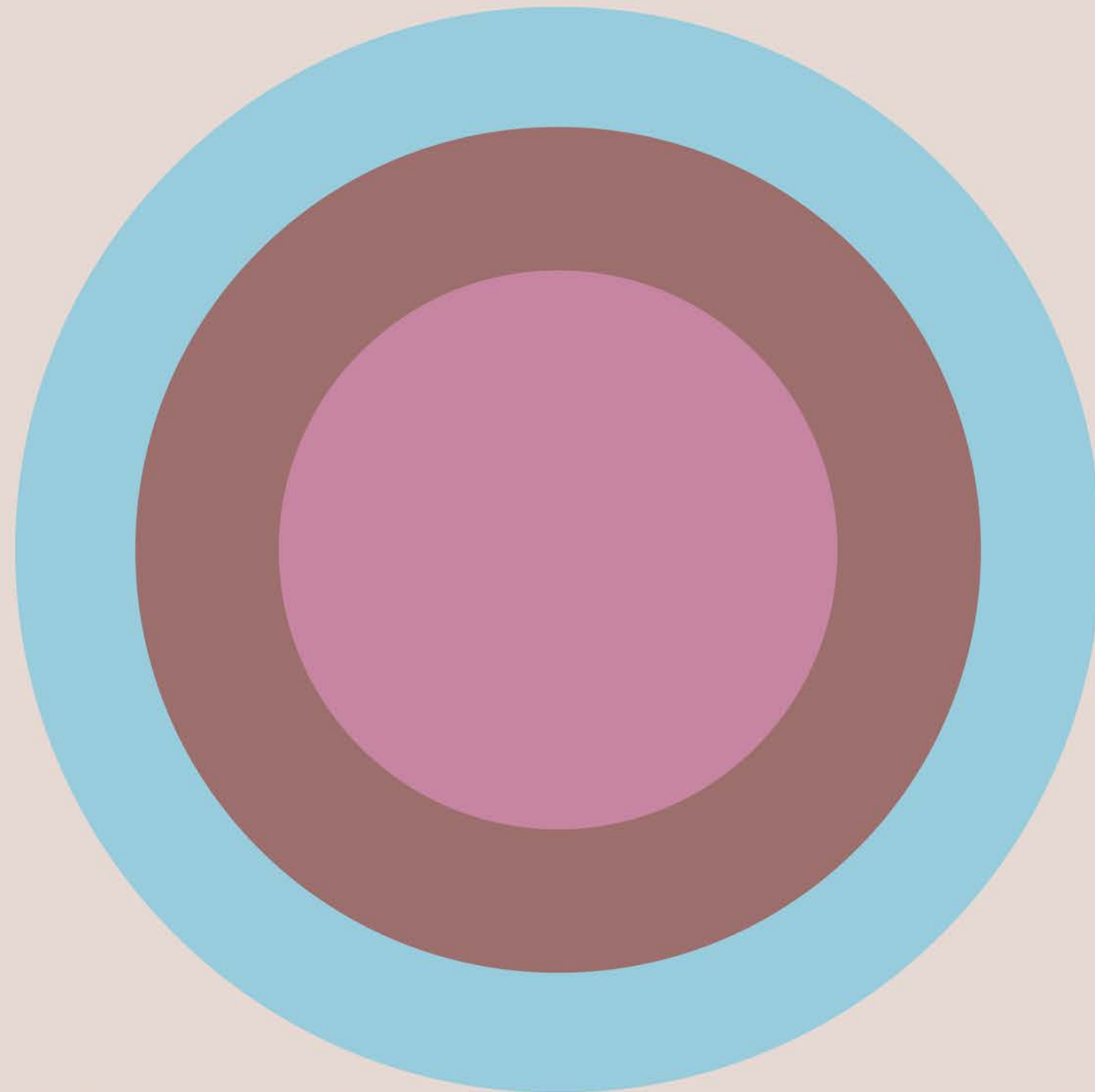




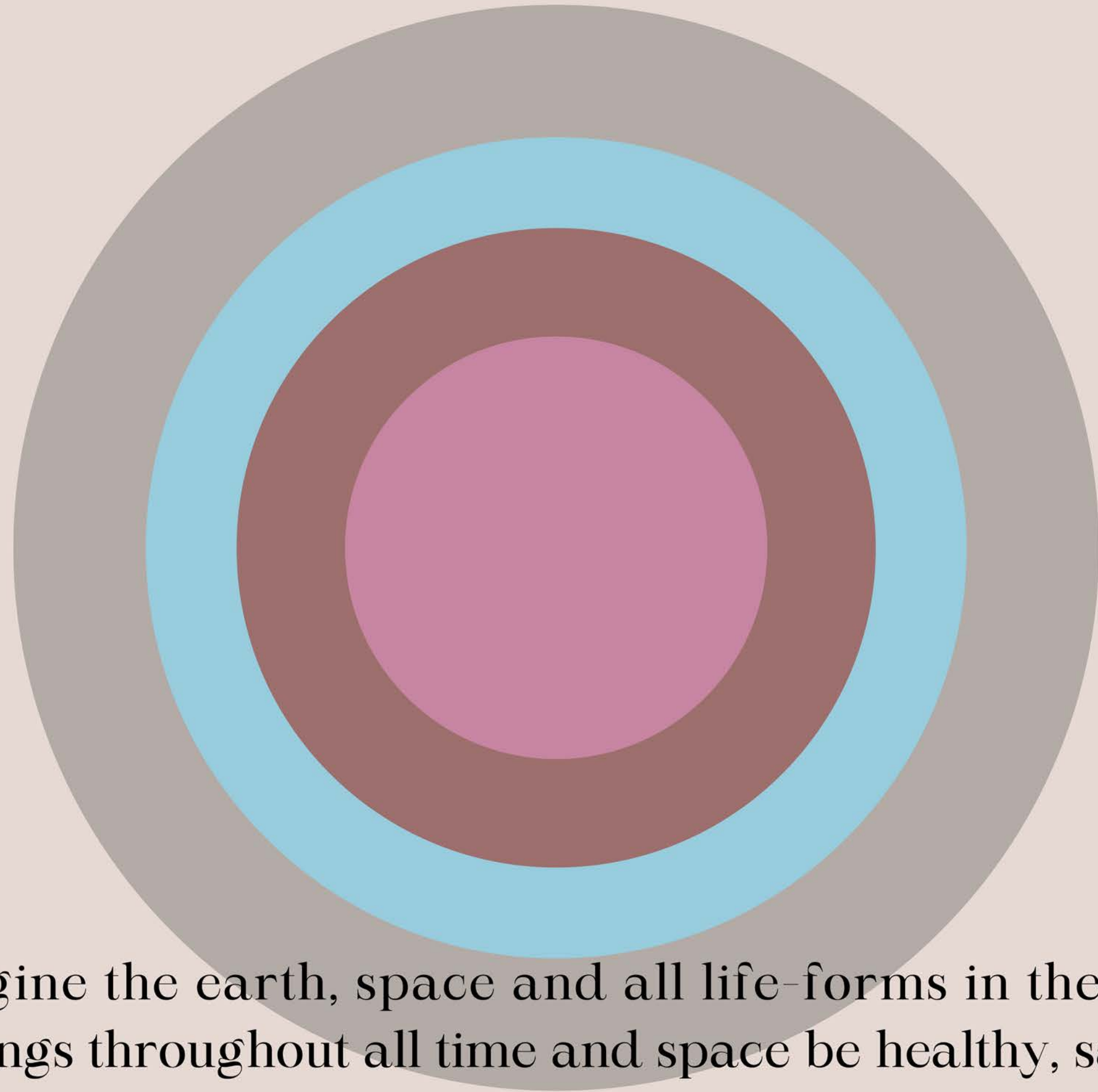
Notice Yourself.
May I be healthy, safe and strong.



Imagine specific people you know.
May she/he/they be healthy, safe, and strong.



Imagine your neighborhood, country, continent, the world, all life-forms.
May all beings on planet earth be healthy, safe, and strong.



Imagine the earth, space and all life-forms in the cosmos.
May all beings throughout all time and space be healthy, safe, and strong.

A decorative header featuring a close-up of pink, textured fabric, possibly a curtain or a piece of clothing, with soft folds and a subtle pattern.

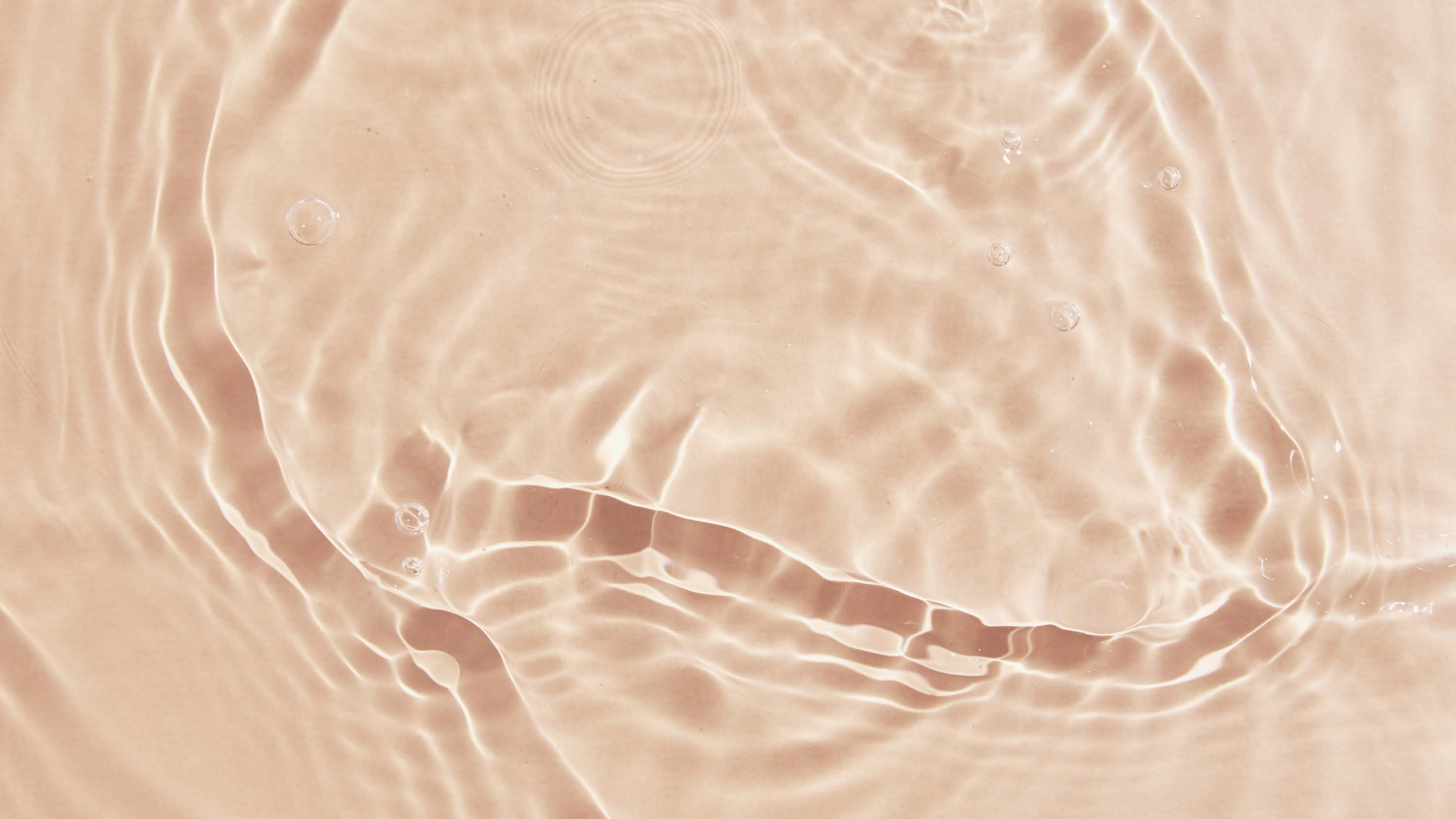
Response

- Add color, lines, texture, and words to your circles.
- Give your picture a title.
- Write three words or phrases to describe the art or how you feel about it.
- 10 minutes.



What did you notice about the
loving kindness art?

Raise your Zoom hand or put your answer in the chat.



spread love everywhere you go.
let no one ever come to you
without leaving happier.

— mother theresa

Affirmation





**I am a Modern
Creative
Woman
who...
is healthy, safe,
and strong.**

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you
more than enough time to
complete tasks this week.

1

Acceptance

2

Mindmap

3

**Neurographia
&
Peaceful Mindset**

4

Reflection

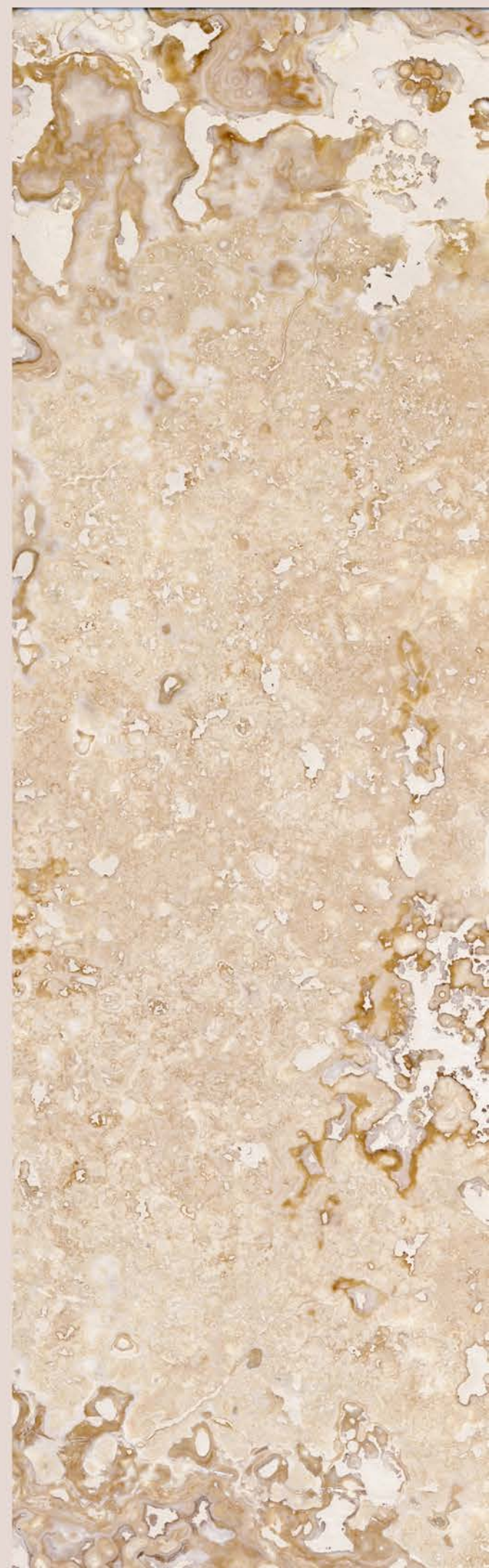


Acceptance

- Choosing a mindset of Loving Kindness is a choice regarding acceptance.
- Can you imagine feeling this deep level of acceptance towards yourself?
- What would you do differently if you fully accepted yourself?
- What new or different feelings would you have?

Mindmap

- We meditate on peace when it is still and quiet and then we practice peace when inner and outer worlds are stressed, confused or in turmoil.
- The more we practice in silence, the better prepared we are for our thoughts and situations throughout the day.
- Complete the mind map with thoughts and attitudes you wish to cultivate for your inner and outer peace.





Quick Neurographic Lines

- First, practice the Loving Kindness Meditation.
- Make Neurographic lines inside the four circles as you meditate on loving kindness for yourself and three other people.
- Loving kindness towards people you dislike/distrust can give you peace of mind and help you be non-reactive.

Peaceful Mindset

- Write about a situation where you are struggling, having a difficult time, feel confused or frustrated.
- Now read the loving kindness meditation for yourself and again for any of the people in the situation.
- How do you feel? What do you notice?



Reflection

- Reflect on your new perspective with loving kindness.
- What did you notice? What was it like?
- Where do you feel good and where are you still fused with old thoughts?
- What were you aware of during the process of making art?





**BREATHE IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New trip planned!
Paris Retreat - September 8-14
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.

A bouquet of flowers is arranged on a rustic wooden surface. The bouquet features a large pink daisy with a dark red center, clusters of small white baby's breath flowers, and various green foliage including small green buds and feathery greenery. A light brown, rectangular paper tag with a torn edge is placed in front of the flowers. The tag has the words "Thank you!" written in a dark brown, cursive script. A small, circular, maroon-colored patch is attached to the right side of the tag, and a piece of light brown twine is threaded through a hole in the patch, looping around the tag and extending towards the right.

Thank
you!