



AMERICAN MEDITATION INSTITUTE

Bringing Yoga Science to Life

First-Aid Kit for Worries

From the AMI MEDITATION Foundation Course of Yoga Science



**“I am an old man
and have had many troubles,
most of which never happened.”**

Mark Twain

American Meditation Institute • Averill Park, NY • Tel. (518) 674-8714 • ©2019

americanmeditation.org/meditation

A Message from
Leonard Perlmutter (Ram Lev)
Philosopher and AMI Founder

How alluring that unending train of hypothetical “what if” situations can be! “What if this should happen? Oh, dear, what if that should happen? And what if neither happens?” And just as humorist and philosopher Mark Twain thought, so much of life is spent imagining things that never were and never will be. Because of all our concerns, we often can’t even get a good night’s sleep, and the more attention we give our worries, the worse we feel—physically, mentally, emotionally and spiritually.

But this need not be the case. Simply experiment with your worries using the enclosed *First-Aid Kit for Worries*. Then, as I’ve experienced myself, you’ll be able to quickly learn to become fearless—even in the face of fear and worry.

Change your Perspective—Change your Experience

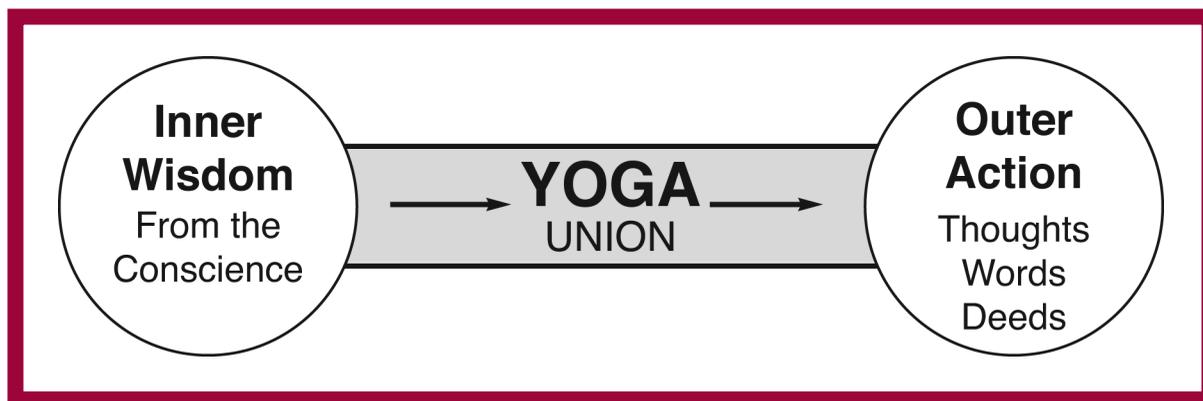
The realization of a happy, healthy and joyful life that’s free from old burdensome worries begins with the recognition that you are a citizen of two worlds. Clearly, you are a citizen of the ever-changing material world of animal, vegetable and mineral matter. In this familiar environment, the body is your vehicle for action and your mind is your most powerful instrument for evaluating circumstances and motivating your body into action. For every action your mind-body-sense complex takes, a consequence results.

You are also a citizen of the distinctly non-material, yet profoundly real world of consciousness. Within this subtle world exists an intuitive library of knowledge that unerringly identifies which of your possible actions will lead you to realize health, happiness and freedom from fear and which will lead to physical, mental, emotional and spiritual dis-ease.

When, as a citizen of the material world, your outer actions reflect the perfection of your inner, subtle wisdom, you will be led for your highest and greatest good. The choice to base your outer action on your own inner wisdom is the essence of all forms of Yoga. Yoga means union, and the **AMI MEDITATION Foundation Course of Yoga Science** provides a reliable blueprint for building a trustworthy, ever-accessible bridge to your own inner wisdom.

The Bridge of Yoga

The *Bridge of Yoga* is a very practical tool that you can easily use in every circumstance. By using it regularly, you will learn to deal confidently and skillfully with common, everyday situations. Here's a brief overview of what the *Bridge of Yoga* is, how to use it, and how it can enhance your creative ability to deal with every relationship—including worrisome thoughts.



Yoga means union. It represents a bridge between inner wisdom and outer actions. When your outer actions (thoughts, words and deeds) are based on your inner wisdom, you are always led for your highest and greatest good. There is no cause for worry.

The Powerful Force of Worrying

To one extent or another, we all worry. If the truth were known, most of us squander a tremendous amount of creative energy attending to notions of what the future might or might not hold. Just as Gulliver was hopelessly bound by the Lilliputians' slender threads, many of us are held captive by habitual thoughts generated from our own fertile imaginations.

In actuality, much of life is spent imagining things that never were and never will be. Because of all our concerns, we often can't even get a good night's sleep. And the more attention we give our worries, the worse we feel—physically, mentally, emotionally and spiritually.

What to Do When You Worry

Habitual worrying no longer needs to plague us. Simply experiment with all of your worries (one at a time) by using the following *First-Aid Kit for Worries*. Then, experience for yourself how rewarding and free of fear life can be.

When you have done all that you can do in a situation, but still find yourself plagued by worries, use this checklist to transform the power of those

worrisome thoughts into reserves of energy, will power and creativity. But remember, perennial happiness is never realized by simply dismissing your concerns for the future, nor by repressing them. Rather, when you become a Yoga scientist you can face thoughts that tempt you to worry, as they arise, by experimenting with this gentle and loving time-tested procedure.

First-Aid Kit for Worries



AMI's One-Minute Meditation — A Proven Tool for Worrisome Thoughts

1. Sit in a firm, padded, straight-back chair with your head, neck and trunk straight.
2. Gently close your eyes and mouth, and place your hands comfortably on the thighs.
3. Establish the “finger lock” position by gently touching the thumb and index fingers of both hands. This position is also known as the “okay” sign. The touching of the two fingers on each hand completes the electrical circuit in the body, and reduces the dissipation of the body’s energy.
4. Silently repeat this *Pledge of Resolve* to yourself: “For one minute (60 seconds), I will give my complete, one-pointed attention to the inhalation and exhalation of the breath. I want to do it. I can do it. I have to do it. I am going to do it—no matter what; no matter what thought, image or sound comes into my awareness.”
5. Now, while the eyes and mouth remain closed, bring your attention to the breath at the bridge between the two nostrils (where the nostrils meet the upper lip), and simply witness the inhalation and exhalation for 60 seconds.
6. Ideally, the inhalation and exhalation should be a slow, full, continuous and unbroken stream of breath—with very few jerks, pauses or sounds.
7. If any uninvited thought, image or sound comes into your awareness, don’t push it away or be upset with yourself. Simply honor and witness the distraction, gently let it go, and bring the mind back to the breath until you complete your one-minute meditation.
8. If you have the time at the end of one minute, pledge to yourself that for a second minute you will continue to give your attention to the breath at the bridge between the two nostrils.
9. When you conclude your breath awareness meditation, gently open your eyes.
10. Finally, at any time during the day, try to recognize an opportunity to engage in some selfless service. (The opportunity is probably right in front of you). This kind practice can further transform the contracting energy of worry into positive creative energy.

AMI MEDITATION Foundation Course

If you want more help overcoming anxiety and worry, consider joining us for our next **AMI MEDITATION Foundation Course**. Each week Leonard Perlmutter will not only teach you how to limit and transform your worries, he will help you create your own personal philosophy of life, and provide you 36 proven tools that will enable you to make creative choices that will positively affect all your personal and professional relationships. Here are a few examples from AMI's 2008 retrospective case study.

AMI MEDITATION: Case Study Results

AMI conducted a retrospective case study of participants who completed Leonard Perlmutter's *AMI MEDITATION Foundation Course*.

The findings included these positive, reproducible, long-term health-promoting changes:

- Significant reductions in stress and fear
- Decreased anxiety and depression
- Lowered blood pressure
- Lowered heart rate
- Improved restorative sleep
- Improved energy levels
- Increased creative capacity
- Diminishment of migraine headaches
- Heals irritable bowel syndrome
- Enhanced happiness and optimism
- Reduced cholesterol levels
- Diminished or extinguished acute and chronic pain
- Weight loss
- Increased breathing capacity

Discover More About Overcoming Worries and Living a More Joyful Life

The **AMI MEDITATION Foundation Course** taught by Leonard Perlmutter offers you a practical, modern interpretation of the world's oldest mind/body medicine and meditation tradition. When you attend this course, we promise that if you're willing to follow Leonard's clear and easy-to-understand instruction, you will live your life joyfully, free from worry and supported by an imperishable comfort and a wellspring of loving, creative, health-enhancing energy.

Find out more here:
americanmeditation.org/meditation