



Save A Warrior™

"One Week Changes Everything"

Post-Traumatic Stress Education and Warrior Meditation™

It is important to understand that our brains must work in a balanced way to stay healthy. Normally, the prefrontal cortex, which controls logic, reason, decision-making, and compassion is the most active part of the brain. However, when a person goes to war, the limbic system (which controls the fight or flight response) is constantly under stress and becomes hyperactive. When the limbic system activity increases, it forces the balance to be thrown off and the prefrontal cortex cannot function as it needs to.

Increased limbic system activity and decreased prefrontal cortex activity causes a person to experience anxiety, fear, panic attacks, outbursts of anger, irritability, and difficulty sleeping. The effects can be debilitating if not treated. The good news is that meditation is proven to reverse the effects of PTSD and actually change the brain. Like lifting weights can build muscles, meditation can strengthen certain parts of the brain. In a matter of weeks, meditation can begin to heal the amygdala while the prefrontal cortex activity becomes stronger.

Save A Warrior™(SAW) teaches veterans and First Responders not only how to meditate, but also how to train others to meditate as well, so that they can 'pay it forward.' In experiencing the benefits, they are ready to teach others what they have discovered and help save others' lives.

Twice daily 20 minute sessions are divided into 3 equal phases. Cell phone Apps (such as Insight Timer) are available to use and free of charge.

Phase 1: Nullification Phase

- In the first phase, the amygdala is reacting to every noise, every sensation, and trying to label those as threats.
- We use finger movements and a mantra ("ah" "vah") to calm the parasympathetic nervous system and strengthen the anterior cingulate.
- By using our fingers on both hands simultaneously, we force the anterior cingulate to engage and both parts of our brain to function.
- Focusing on the mantra helps us to reduce the mental phenomena that trigger traumatic sensations.
- As we notice thoughts, feelings, and sensations, we name them for what they are (acknowledge them) and dismiss them - returning to the "finger tapping" and Ah-Vah.
- Numerous studies have shown that repetition of a sound, phrase, and/or finger movements over a period of time significantly reduces symptoms of stress, anxiety, depression, and anger, while improving perception of quality of life and spiritual well-being.

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Phase 2: Awareness Phase

- Stop the finger tapping, but link the mantra with breathing. Guttural breaths (not short choppy chest breaths). In through the nose on Ah and out through the mouth on Vah.
- Helps with chronic pain and increases your awareness of yourself, which is the key to long term happiness. You become aware of yourself despite all of the stuff that is going on around you.
- Now, our parasympathetic nervous system can do its job because the first phase has calmed it.
- By breathing and continuing with the mantra, we reintegrate the insula, which tells us what is good and what is bad. The insula is magnified when the amygdala is hyper-aroused. As it calms down, they begin to learn the truth about our experiences.
- When we focus on breathing, we combine self-soothing with somatic awareness and we believe the truth, which is that things are okay.

Phase 3: Metacognition Phase

- Thoughts, Feelings, Sensations, Phenomenons.
- We stop our mantra and witness thoughtlessness. As thoughts arise, we continue to acknowledge them and let them pass.
- Now, we need to forward engage with life and change our cognition.
- We train the prefrontal cortex by dropping the mantra and noticing the feelings and sensations we have.
- When you engage in insight oriented meditation and nullification, we separate sensations and feelings from yourself.
- We begin to see our identity is not our feelings or sensations.
- As our brain balance returns, we begin to experience empathy and compassion again.

For more information on meditation, please read:

How God Changes Your Brain, by Andrew Newburg, MD

PS. Need some assistance with this simple process? Email Brad Gallup at brad@saveawarrior.org with your phone number and he will call you from an 720 phone number (Colorado). It's easier than this document makes it sound.

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