Dr. Dharma

THE DR. DHARMA LIBRARY · NO. IV



The

FOURTH STATE

Calm is a kind of medicine.

DHARMA SINGH KHALSA, M.D.

DRDHARMA.COM

BEFORE YOU SIT

Beyond waking, dreaming and sleep.

Stillness is one of the few medicines that costs nothing.

Dr. Dharma learned the power of stillness in his own life. He had struggled with focus for as long as he could remember. In 1978, after his residency in anesthesiology, he walked into a yoga class in New Mexico on a stranger's recommendation. Within weeks of a daily practice, his mind felt sharper and steadier than it ever had.

Each day we move through three ordinary states. Wide awake, dreaming, and deep dreamless sleep. There is a fourth, quieter than the rest, that you can enter on purpose. In it the body shifts out of its revved-up "fight or flight" gear and toward "rest and repair," and the mind grows calm and clear.

This book gives you four simple steps into that state, including the twelve-minute practice at the center of his work. You need nothing but a quiet chair and a few honest minutes.

> *"Your work in the field of memory loss should now be considered mainstream."*
>
> **RICHARD H. CARMONA, M.D., M.P.H., FACS**
> 17th Surgeon General of the United States, in a letter to Dr. Dharma

THE PRACTICE · ONE

01 The state we forget

Awake, dreaming, asleep, and a fourth, quieter place.

Most of us know three states of mind well. We pass through them every day without a thought. Far fewer people know there is a fourth, a state of restful awareness you can step into on purpose. You are awake, but deeply settled.

In that quiet, the body changes. The breath slows, the heart steadies, and the stress response begins to unwind. You do not have to empty your mind to get there. Thoughts will come. That is not failure. Each time one appears, notice it, let it go, and return.

> *You do not have to empty your mind. You only have to return.*

BEGIN GENTLY

- Sit tall in a chair, feet flat, hands resting on your knees.
- Close your eyes and let your attention settle inward.
- When a thought arises, let it pass and gently return.
- Start with three minutes. Let the practice grow on its own.

FROM HIS FORMULAS

Memory Caps ›

Ashwagandha (100 mg) and **rhodiola (5 mg)**, adaptogens traditionally used to help the body handle everyday stress. A natural companion to a daily practice.

THE PRACTICE · TWO

02 Begin with the breath

Slow the breath, and the mind slows with it.

The breath is the one part of your nervous system you can steer by hand. Quick, shallow breathing tells the body there is danger. Slow, deep breathing tells it, just as plainly, that all is well. The body listens.

So begin any sitting with a few minutes of conscious breathing. Breathe in slowly through the nose and let the belly rise. Then breathe out even more slowly than you breathed in. A longer exhale is one of the fastest, gentlest ways to tip yourself toward calm. On its own, a few minutes a day is already a small medicine.

> *A longer exhale is calm you can reach anywhere.*

TRY IT NOW

- Breathe in slowly through the nose. Let the belly rise.
- Breathe out even more slowly than you breathed in.
- Repeat for one to three unhurried minutes.
- Notice the shift. A little more ease, a little more space.

FROM HIS FORMULAS

Gold Multi-Vitamin ›

200 mg of magnesium each day, a mineral your body uses for hundreds of jobs, including the ones that help you rest, with a full **B-complex**.

THE PRACTICE · THREE

03 Sa Ta Na Ma

Twelve minutes at the center of his work.

This meditation, called Kirtan Kriya, is the one Dr. Dharma has studied most closely. In 2011 his foundation's work on it went into randomized trials at UCLA, the University of Pennsylvania and West Virginia University. It combines four simple sounds, a gentle movement of the fingers and the breath. The sounds come from *Sat Nam*, which means "my true essence."

1 · Touch each finger to your thumb as you say each sound

Sa	Ta	Na	Ma
Index finger	Middle finger	Ring finger	Little finger

2 · Move through the voices, twelve minutes in all

2	2	4	2	2
ALOUD	WHISPER	SILENTLY	WHISPER	ALOUD

Sit and focus

Sit with your spine straight and eyes closed. As you chant, picture the sound coming in through the top of your head and out through the middle of your forehead.

Close gently

When the twelve minutes are done, breathe in deeply and stretch your arms up. Lower them slowly as you breathe out, and sit quietly for a moment.

Practice with him. Dr. Dharma recorded free guided videos, including his twelve-minute Brain Energy Practice. Find them in the Library at drdharma.com.

THE PRACTICE · FOUR

04 Make it a habit

The gift is not in one sitting. It is in the returning.

One calm sitting feels good in the moment. The real reward comes from returning, a few quiet minutes most days, ideally early in the morning before the world asks anything of you. The old teachers called this daily practice *sadhana*.

Choose a time and a chair, and let the practice become as ordinary as brushing your teeth. Some mornings will feel deep and clear. Others will feel restless. Both count. Dr. Dharma teaches that it takes about forty days for a new habit to settle into who you are. The next page gives you forty boxes to fill.

> *Showing up is the practice.*

MAKE IT STICK

- Choose one time each day. Early morning works beautifully.
- Use the same chair or corner, so the habit has a home.
- Keep it small. Even five minutes counts.
- On scattered days, sit anyway. Returning is the point.

FROM HIS FORMULAS

His Regimen ›

The other half of his morning. Dr. Dharma began his daily practice in 1978, and he has taken his own formulas every day since 2002. **Brain Caps**, **Memory Caps** and **Super Rejuvenation** together.

FORTY DAYS

Your forty-day practice

Each day you sit, check a box. Twelve minutes of Sa Ta Na Ma, or even a few minutes of slow breathing, counts. If you miss a day, do not start over. Simply sit again tomorrow.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40

WRITE IT HERE

My time: _____

My chair or corner: _____

Day I began: _____

HALFWAY NOTES

At day twenty, write down one thing you have noticed. Sleep, patience, focus, mood. You may be surprised by what you find.

THE WAY HE TAKES THEM

His Regimen

Five formulas, paired the way Dr. Dharma takes them himself every day.

Patients used to arrive at his office carrying bags of bottles. A dozen brands, no plan. He made his formulas to be the opposite. Five of them, every ingredient and amount printed on the label, no proprietary blends. He has taken them every day since 2002. Begin with the Core Regimen.



Core Regimen

Brain Caps + Memory Caps. His foundation pair.

$85.95

or $79.95 a month
about $2.67 a day

Free bottle of Inner Healing in your first box

HIS CHOICE



Dr. Dharma's Regimen

Brain Caps + Memory Caps + Super Rejuvenation. The three he takes each morning.

$149.95

or $139.95 a month
about $4.67 a day

Free bottle of Inner Healing in your first box



The Complete Regimen

All five formulas, including Gold Multi-Vitamin.

$254.95

or $232.95 a month

Free bottle of Inner Healing in your first box

- ✓ Free shipping on every Regimen
- ✓ No proprietary blends
- ✓ 60 days to decide. Return the bottle, even empty, for a full refund
- ✓ Monthly delivery you can change or cancel anytime
- ✓ Made in the USA, GMP certified
- ✓ 2% of profits fund brain research

★★★★★ *"I have been taking Dr Dharma supplements for at least 15 years and I wouldn't go without them."*

Diane S., verified buyer. Quoted word for word from Judge.me.

Start with the Core Regimen

drdharma.com/products/core-regimen

Rather talk it over?

(800) 651-5650

A person answers, Mon to Fri, 9 to 5 Pacific

THE DR. DHARMA LIBRARY

Keep reading

The Fourth State is number four in a small library of free guides from Dr. Dharma. Each one takes a single part of his work and makes it practical.

NO. I

The Four Foundations of a Sharp Mind

His whole-person method: nourish it, calm it, train it, and nourish the spirit.

NO. II AND NO. III

Your Brain Is Still Changing & The Brain Kitchen

Lessons from his career, and his way of eating with recipes from his table.

Find them all at drdharma.com, in the Library, along with his free guided videos.

Dharma Singh Khalsa, M.D. · Board-certified anesthesiologist · Chief resident at UC San Francisco
Author of *Brain Longevity*, *Meditation as Medicine* and *Food as Medicine*

A note from David, Customer Care. I look after Dr. Dharma's customers, and I read every reply. If you have a question about this guide or his formulas, write back to any of my emails or call me at (800) 651-5650. I am glad you are here.

Please read. This book is for education only and is not a substitute for advice from your own doctor. Please talk with your healthcare provider before starting any supplement or a new practice, and stop any exercise that causes discomfort, especially if you are pregnant or nursing, take medication, or have a medical condition. Memory Caps is not for women who are pregnant, may become pregnant, or are nursing. If you take a blood thinner or a medicine that affects acetylcholine, or have surgery scheduled, check with your doctor before using it.

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