

## MEDITATION AND ITS BENEFITS

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Meditation can be useful as an antidote to stress. Stress being experienced as in encountering obstacles to the fulfillment of our needs and desires and/or a perceived threat to our being. Our body then responds aggressively with the following physiological changes: increased heart rate; increased blood pressure; increased breathing; sweating; weakened immunity and clotting of blood platelets. During meditation the body shifts into a state of restful awareness in which we experience decreased heart rate; normalization of blood pressure; quiet breathing; reduced stress hormone production – strengthening the immune system; reduced sweating and blood flowing more freely throughout the body.

Stress buildup inhibits the free flow of energy and synchronistic cellular information throughout our physical/bio system rendering our mind and body less efficient. Meditation provides deep rest and helps the physiology to support greater balance and vitality. It helps us to express our creativity and enthusiasm for life that derives from our soul/authentic self. We spend most of our lives looking outside of ourselves for happiness, fulfillment and approval. Through meditation, we turn our attention inward to re-discover our authentic self which is the source of all our creativity, peace and joy and then bring that back out into our daily lives. Meditation takes our awareness from activity to quieter and quieter levels of the thinking process until you slip beyond your thoughts, into the silence of your Spirit and bump into your authentic self. It is a technology that can teach us how to learn how to just let go and enjoy being.

Meditation is very simple. It only requires that you be in a quiet safe place sitting comfortably with your eyes closed focusing first on your normal pattern of breathing and then add a mantra – a meaningless sound such as SOOO as you breath in and HUUUM as you exhale. After a few minutes, slow your breathing down further into diaphragmatic breathing. Inhale slowly on SOOO to capacity hold the breath for five seconds and then release it slowing through your lips on HUUUM until completely exhaled and then slowly continue for seven of these breaths and then allow yourself to fall back into normal rhythm of breathing on SOOO, HUUUM. Sit comfortably for a moment before opening your eyes and then allow your body to gently stretch as it directs and feels. You might also use OM or one of the Chakra mantras. These are vibrational sounds of the universe that have no meaning and do not require mental processing thus allowing the mind and body to relax promoting health and wellbeing throughout your physical/bio system. Try this every day for two weeks for five to ten minutes twice a day and note how you feel.