

Meditation

Josiane Schuthof – June 2009

Why Meditation?

Starting the day with a meditation gives a sweet flavor to the day. We feel open, connected to the world around us, happier, freer with a sense of purpose and direction.

Why Group Meditation?

Meditation in a group amplifies the energy, the synergistic experience being so much more powerful than meditation on our own.

As an added bonus, knowing that people are present and waiting for us to meditate and share the experience with us is a great incentive to get out of our warm and cozy bed early on a winters morning.

What is Meditation?

Meditation is the practice of quieting the mind with the assistance of conscious breathing which helps to go beyond the reflective 'thinking' mind into a deeper state of relaxation or awareness.

Experience the benefits of Meditation

Meditation is widely recommended as a healthy way to manage and reduce symptoms of stress and anxiety, relieving physical complaints like headaches and even enhancing immunity to illness

The cornerstones of Meditation

- **Quiet the mind** you stop focusing on the stressors of your day, your life problems and trying to resolve these problems. We do this with gentle breathing techniques. When a thought creeps up you let it go instead of giving the thought attention and creating a story around it bringing our attention back to our breath. With a little bit of practice this is a pleasurable experience.
- **Being in the now** This means bringing our attention back to this moment in time. Every time the mind wanders we bring it gently back only experiencing this present moment.
- **Altered state of consciousness** This happens automatically when we are concentrated or absorbed by what we are doing in the moment. We experience an altered state of consciousness when we are focused watching a movie, are absorbed reading a book we love, or any activity that takes all our attention. Being fully in the moment, with full awareness, we are in control of body and mind.

References:

<http://stress.about.com/od/lowstresslifestyle/a/meditation.htm>
<http://www.yoga-mind-control.com/forms-of-meditation.html>

Guided Group Meditations in Botany

Gentle and deep guided meditations relaxing body and mind, opening to spiritual guidance and protection.

Guided group meditations **every Wednesday and Friday morning**

Facilitated by **Josiane Schuthof from Soul Directions**

Where: **Botannix Yoga Studio** www.botannix.com
25 Swinbourne St, Botany

Time: 7 – 8 am

Cost: \$15, however, when you mention “PowerBuzz Newsletter” to Josiane upon booking you only pay **\$10**

Easy to find, easy parking

For more information about the meditations or to secure your seat call Josiane 0400 125930 or visit www.souldirections.com.au

For more articles from Josiane about Soul, Meditation, Tarot, Astrology and Spirituality, please visit her blog: <http://prosperity4yoursoul.wordpress.com/>