

# meditation

More than  
what you think

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*expect nothing,  
you may find everything...*

So...  
You picked up my leaflet.  
*Congratulations!* You have taken your first small step.  
Most people I meet would like to be calmer and more focused on what matters in the moments of their lives. But the more stressed we are, the less open we are to creative ideas and the more prone we are to procrastination. Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is straightforward, and the benefits can come quickly. In these classes we offer basic tips to get you started on a path toward greater equanimity, acceptance and joy. Take a deep breath, and get ready to relax. mindfulness meditation appears to be a safe and sensible health promoting practice to improve sleep quality.”

While mindfulness is something we all naturally possess, it's more readily available to us when we practice with an experienced teacher  
Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

### Who should practice mindfulness?

Anyone can do mindfulness practice. There are no barriers. It doesn't matter how old you are, what your physical ability is, if you're religious or not...  
Mindfulness is not obscure or exotic. It's familiar to us because it's what we already do, how we already are. It takes many shapes and goes by many names. We all already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit us in many ways.

### How do I practice mindfulness and meditation?

Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it.

### Five Science-Backed Reasons to Meditate

**Understand your pain.** Pain is a fact of life, but it doesn't have to rule you. Mindfulness can help you reshape your relationship with mental and physical pain.

**Connect better.** Ever find yourself staring blankly at a friend, lover, child, and you've no idea what they're saying? Mindfulness helps you give them your full attention.

**Lower Stress.** There's lots of evidence these days that excess stress causes lots of illnesses and makes other illnesses worse. Mindfulness decreases stress.

**Focus your mind.** It can be frustrating to have our mind stray off what we're doing and be pulled in six directions.

**Meditation hones our innate ability to focus.** Reduce brain chatter, that nattering, chattering voice in our head seems never to leave us alone. Isn't it time we gave it a little break?

Some of the most popular ideas about mindfulness are just plain wrong.

When you begin to practice it, you may find the experience quite different than what you expected. There's a good chance you'll be pleasantly surprised.

### The Five Myths of Mindfulness

Mindfulness isn't about "fixing" you.

Mindfulness is not about stopping your thoughts.

Mindfulness does not belong to a religion.

Mindfulness is not an escape from reality.

Mindfulness is not a panacea.

### Is Mindfulness and meditation for more than just stress reduction?

Stress reduction is often an effect of mindfulness practice, but the ultimate goal isn't meant to be stress reduction. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.

### Mindfulness trains your body to thrive:

Athletes around the world use mindfulness to foster peak performance.

Mindfulness boosts creativity.

Mindfulness strengthens neural connections. By training our brains in mindfulness and related practices, we can build fresh neural pathways and networks in the brain, that can boost concentration, flexibility, and awareness.

Wellbeing is a skill that *can* be learned.

### Here is a ten-second practice that I invite you to try

Use it a few times each day and you will become aware of its power.

It will help you to focus on what matters in *your* life, moment-to-moment.

**Pause –** This is the initial step that helps break the auto-pilot stress cycle.

**Relax your body –** When we're stressed, our muscles get tight which sends signals back to the brain to freeze, fight or flee, making thought processes more disrupted and chaotic. Relaxing the body does the opposite.

We can then begin to open our mind again, making it much easier to focus.

Be open to what matters in the moment.

As the body is relaxed we have a greater chance to be more aware of creative ideas or simply the ability to focus clearly on the task at hand.

The practice of meditation will change you.

*If you just keep doing it!*

In three or four weeks you can be a fresh and different person. Be warned though... ***It works!*** and the effects may surprise you.

**Every Monday except Bank Holidays 6.30pm till 7.30pm £5.00 per session**

For more details and to ensure a place contact me direct anytime.

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