

# HealthWyze Newsletter

## The Benefits of Meditation



The importance of meditation for creating and maintaining health cannot be overemphasized. Meditation is not simply relaxation. It is a tool for developing higher states of consciousness and enabling us to develop awareness. Increased awareness allows us to become more tuned in to our internal environment. And ultimately, it is the awareness that heals us.

Meditation is an act of doing nothing. All it requires is your willingness to sit comfortably for 15-20 minutes once or twice a day. It can be practiced anywhere and anytime. Experiences of meditation are as varied as its practice. So, there are no predetermined goals to achieve. You simply experience what you experience. There are only positive results to be gained.

The scientific research is filled with the benefits of meditation. Just a few of the most compelling reasons for you to learn meditation are:

- Decreases muscle tension and pain
- Enhances the immune system
- Enhances energy, strength and vigor
- Helps with weight loss
- Lowers risk of cardiovascular disease
- Decreases the aging process
- Reduces pain from chronic illnesses
- Uplifts mood and behavior
- Reduces conflict by aligning you with your purpose
- Deeper understanding of yourself and others
- Brings ease and effortlessness into life

Some of the common concerns we hear are that it is difficult to quite quiet the mind, or to sit still for that long seems impossible. We would like to address those concerns.

Meditation is not about forcing the mind to do anything other than it already is doing. ( → )

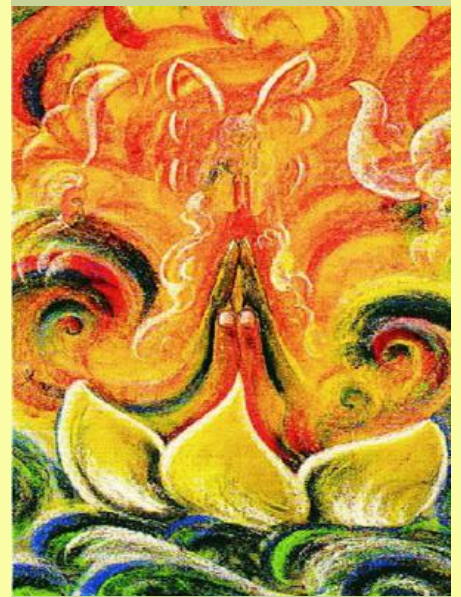
## Join us for Meditation

**HealthWyze guides  
Meditation sessions the 1<sup>st</sup>  
Thursday  
Each month  
7 -8 PM**



**Note: NEW  
Location**

**→ The Yoga School  
Of Milford  
851 Barberry Circle  
Milford, MI 48381  
248-685-3489**



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Based on the meditation technique, whether it is visualization, repeating a mantra or bringing your attention to the breath, we simply bring our attention back to that technique as often as necessary. In this process, we begin to understand the nature of the mind. In observing its nature, we allow it to settle much the same way sand particles settle to the bottom in a glass of liquid once we stop shaking the glass.



As for the second concern: We do not force ourselves to be still. We can sit in any comfortable position; on a chair, lean against a wall, sit on a pillow, or prop up our feet. Sometimes the agitation in the body is due to the body's need to simply move it. Perhaps, do some yoga stretches before the meditation for 5-10 minutes. This will help you get grounded in your body. Remember this is a practice. The more we practice our concerns simply

melt away because we experience the stillness in the mind and the body.

Meditation slows down the respiration, induces the relaxation response, which in turn slows the heart rate down. This gives the body and mind a break allowing the nervous system to process our daily activities. Stress is released from the nervous system. This is how many illnesses of the nervous system and the heart – such as anxiety and depression, migraines, neurosis, insomnia, cardiac arrhythmia, hypertension – are cured and prevented. The inner workings of the body are complex, yet this practice remains deceptively simple. Understanding the workings of the process is not necessary to experience its benefits.

The stress relieving effects of meditation take the relaxing quality of sleep one level deeper as meditation allows you to delve beneath the surface of your feelings and thoughts to connect with that part of you that is always still and peaceful. Regardless of the cause, stresses of all kinds can be ameliorated through consistent and deliberate meditation.

*HealthWyze* comprises three healthcare therapists in the Milford area. Their vision is fueled by the belief that optimal health is more than chance, it is a choice.

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*HealthWyze believes that the strength of a community depends on the health of its residents, and is committed to providing education and support in this area.*

*HealthWyze also conducts corporate educational programs in health and wellness.*

For more information on HealthWyze, please contact Meena, Terry, or Gretchen.