



Know the Facts

Mind & Spirit



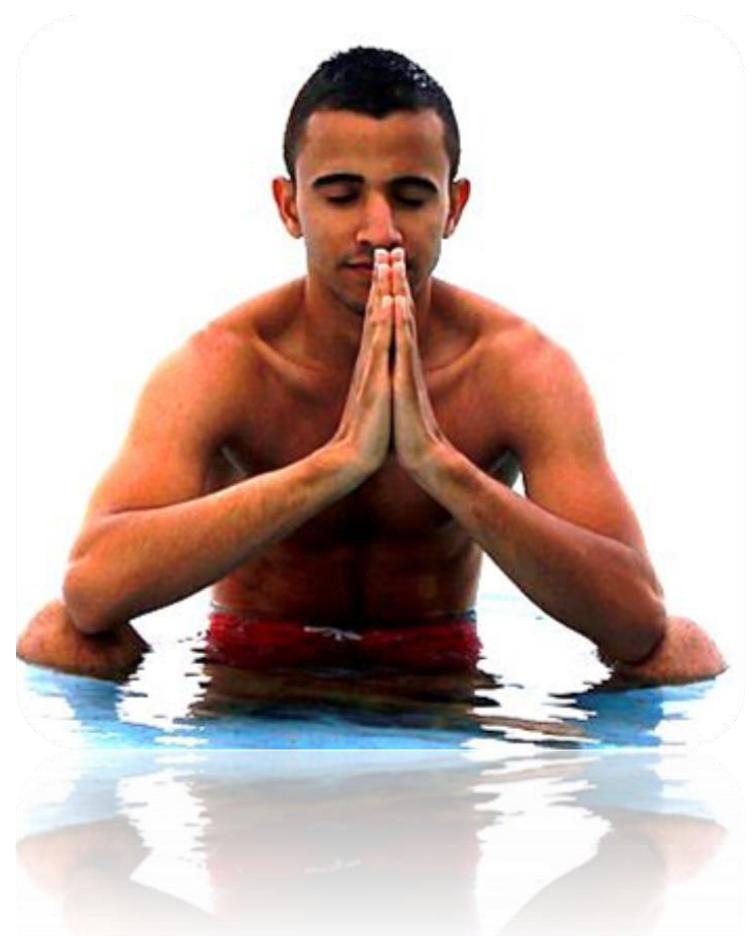
Find Your Inner Peace

We know stress, anxiety, anger, hate, fear and other similar emotions create negativity. This duplicates and spreads easily causing strong negative energies at an individual and societal level. The result is insecure individuals and an unstable environment.

We also know meditation can help overcome this negativity and replace it with calm, tranquility and peace. Daily practice over time will result in an unshakable personality. An increase in those who are calm and peaceful will mean a social transformation and a society that is trusting, happy and content.

What you may not know is that meditation is easy and only takes a few minutes during your day. Stop what you are doing, wherever you are, slow down and focus inward.

That is MEDITATION.





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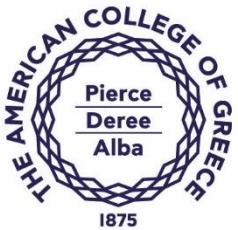
Benefits of Meditation

1. Meditation balances your mind, body and spirit. Physically, it lowers the heart rate and relaxes you. Mentally it gives you peace of mind. Spiritually, it connects you to your higher self: Pure bliss!
2. Meditation raises your awareness of nature and the environment.
3. Meditation improves your concentration, attention, creativity.
4. Meditation enables better interaction with friends and colleagues without aggressiveness and shouting, leading to better communication.



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move from form
to freedom,
from stillness
to outward expressions
of joy



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Preparation

1. Make sure the room temperature is suitable for you, open the window for fresh air.
2. Empty your bladder, wash your hands, remove your shoes, drink some water.
3. Sit on the floor (lotus position) or on a chair (with your feet centered, shoulder width apart) with your spine straight; close your eyes and take 3 deep breaths. Cliché? Not really, you'll be surprised what happens when you stop what you're doing, close your eyes and breathe. Notice how wonderful your back feels when you sit straight and tall.
4. Do some stretching exercises as movement may help you "be in the moment" more than just breathing. Keep movements gentle and unhurried and repeat 1-3 times depending on how you feel. Example: head stretches, shoulder rolls, torso rotations, wrist and ankle rotations.
5. Go back to focusing on your breathing moving in and out. In through the nose and out through the mouth. Come back to your center. If you are having trouble, work on 'being in the moment', without judgment.
6. Now, close your eyes and continue breathing evenly in and out such as this: counts 1, 2, breathe in through the nose; counts 3, 4 breathe out through the mouth; continue for around a minute, letting stress melt, and connection begin to awaken. At this point stop worrying about your breathing and let it happen naturally "in and out" this time through the nose only, half smile and . . . voilà!

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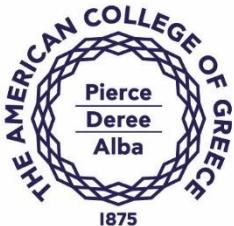


... and silence is the mother of all skills.
Silence this chattering mind with a few
minutes of deep meditation then you
will see
everything changes.

Sri Sri Shankar,
Humanitarian, Spiritual leader,
Ambassador of peace



Congratulations. You Are Meditating.



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Experiment with the body energy centers known as the Chakras



1. Root/Base Chakra: I am disciplined. I am safe.

Represents our foundation and feeling of being grounded and rooted. The root or base is the center for the discipline of the mind, body and spirit.

Location: Base of spine in tailbone area

Issues: Survival issues such as financial independence, money, and food.

2. Sacral/Identity Chakra: I am balanced.

Represents our identity and balance. As you hold a deeper level of sustained emotional balance, you'll find yourself responding to circumstances rather than reacting. When you respond, rather than react, you will make wiser choices and be better able to bring your best self forward.

Location: about 2 inches below the navel & 2 inches in.

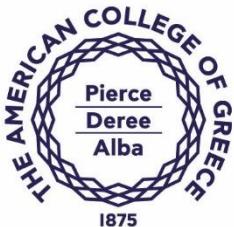
Issues: Sense of abundance, well-being, pleasure, sexuality.

3. Solar Plexus Chakra: I accept myself. I am confident.

Our connection and ability to accept ourselves, others and new experiences. We all have strengths, we all have weaknesses and we are all learning and growing. Practice acceptance and you'll have more compassion and understanding for yourself and the human condition. With that comes confidence.

Location: Upper abdomen in the stomach area.

Issues: Self-worth, self-confidence, self-esteem.



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4. Heart Chakra: I am a radiant being of light and love.

Our ability to love. See yourself as a shining, radiant sun. Allow the light and love of your true spiritual nature to shine freely. As you radiate out you will become a beacon of light for many.

Location: Center of chest just above heart.

Issues: Love, joy, inner peace.

5. Throat Chakra: I am fully expressive.

Our ability to express and communicate.

Location: Throat.

Issues: Communication, self expression of feelings, the truth.

6. Third Eye Chakra: I am wise.

Our ability to focus on the big picture and see clearly and make wise decisions. As you step into your wisdom you will become more clear about your true priorities.

Location: Forehead between the eyes.

Issues: Intuition, imagination, wisdom, ability to think and make decisions.

7. Crown Chakra: I let go and I trust the process of life.

Our ability to let go and trust. Practice letting go of your attachments, a natural knowledge about what you need to do next will arise.

Location: The very top of the head.

Issues: Inner and outer beauty, our connection to spirituality, pure bliss.