

Meditation Groups

- Monday's, Sept. 11th and 25th from 6:30-7:30pm.
- Wednesday, Sept. 20th from 6:30-7:30pm.
- Purpose of this group is to relax, rejuvenate and renew your mind, body and spirit.

What is meditation?

Meditation is relaxation. It is not about concentration, it's truly about de-concentration. It's not about focusing one's thoughts on one thing, but instead on becoming thoughtless.



What are the **benefits of meditation?**

1. A calm mind
 2. Good concentration
 3. Better clarity
 4. Improved communication
 5. Relaxation and rejuvenation of the mind and body
- Space is limited so reserve your seat today!
 - 1 session = \$20
 - 3 sessions = \$50

To Sign Up:

Email: lauralynncassidy@gmail.com

Phone: (330)-518-0925

Location:

4735 Southwestern Blvd. Suite 102
Hamburg, NY 14075
(Next to Southcommons Chiropractic)

5 Health benefits of meditation

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, enthusiasm as the level of prana in the body increases.

On a physical level, meditation:

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood and behavior
- Improves the immune system
- Increases the energy level, as you gain an inner source of energy

11 Mental Benefits of Meditation

Meditation brings the brainwave pattern into an alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. It cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down. With regular practice of meditation:

- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gain clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by gaining focus and expands through relaxation
- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to lack of action/progress
- The balance of a sharp mind and an expanded consciousness brings perfection

Meditation makes you aware - that your inner attitude determines your happiness.

3 Spiritual benefits of meditation

Meditation doesn't have a religion and can be practiced by anybody regardless of the faith they follow.

- Effortless transition from being something to merging with the infinite and recognizing yourself as an inseparable part of the whole cosmos
- In a meditative state, you are in a space of vastness, calmness and joy and this is what you emit into the environment, bringing harmony to the Creation/planet.
- Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself.

How to get meditation benefits

To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of your day!

Meditation is like a seed. When you cultivate a seed with love, the more it blossoms.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself and enrich your life.

5 Benefits of meditation for students

- Greater confidence
- More focus and clarity
- Better health
- More mental strength and energy
- Greater dynamism!