

## **Benefits of Meditation & Relaxation**

### **Detox, De-Stress & Deeply Relax with Eva/Dharamjeet!**

Yoga & meditation is simply the best way to detox your mind & body from the on going bombardments of toxic thoughts, food, and electronics! In this day of surviving on cell phones, emails anywhere and double espressos, the constant stimuli never allows life to slow down. Our bodies are simply NOT made to withstand so much toxicity. That's why the increase in Cancers and other health related diseases! Multi-tasking is our middle name and this leads us to feeling overwhelmed and stressed, over working ourselves and immune system. Our organs simply wear down from the over work it needs to do to keep us healthy! Of course, regular detox cleanses, colonics and massage help a great deal, but we still need to learn to practice some form of meditation every day. The good news is, its accumulative so the more you do, the easier and deeper it gets. You will become very aware & intuitive, with time, and so life's decisions will not weigh so heavy, but rather come in intuitive and empowering flashes. So, how can one relieve stress and replace it with balance and well being? It begins with small steps. One of those steps is dedicating a small amount of time every day to meditation & relaxation with a qualified teacher. That would be me!

### **What are some forms of Meditation you will use?**

**Breath, (Pranayama)**- Operating under the understanding that breath is the source of life, by learning to control the breath, we learn to control ourselves. We use pranayama in preparation for--and often in conjunction with—meditation, as well as during asana or kriya practice.

Breath was the first action we ever took in this life, and our last breath will be the last thing we will ever do in this life. So, just how important do YOU think breath is?? Very! And most of us do not breathe properly at all. We have been taught paradoxical breathing in our culture.

Perhaps why all the disease in our otherwise abundant and technologically advanced society!

**Visualization**-Guided visualization is important, especially when we first learn to meditate.

The mind is so strong for most of us, that it is often helpful to have a guided tour outside the confines of your critical mind. It is also an extremely helpful tool in relaxation.

**Mantra** (with or without music)- Mantra is a steady & repetitive vibration or beat that corresponds with the vibration or "beat" of the universe. It facilitates the quick alignment of your own personal vibration, getting you "in sync" with your true self. The most common mantra in Kundalini Yoga is "Sat Nam" meaning True Identity

**Chanting**-Chanting is not religion specific. Most yogic chants are in either Sanskrit or Gurmukhi, both ancient languages of the yogis. But there are some beautiful English chants that I like very much. The shape the mouth makes and the placement of the tongue as the words are spoken actually stimulate pressure points in the mouth, bringing about a meditative state of mind by shifting energy in your brain. We use the body as musical instruments, to affect a change in our brain and blood chemistry on a cellular level.

### **Why should I practice meditation & relaxation?**

Maybe you are thinking: how can fifteen minutes of trying meditate or relax do me any good? But the truth is, the simple act of dedicating a small piece of each day to meditation can pay

back in huge dividends, once practices properly. The space and calm achieved by the pause of mind & body, is where all the answers are for you. Once comfortable & given personalized meditation instruction, you can find a quiet place for a minute or two to get right back on track with your day. Many of us don't relax even when sleeping, so to learn how to relax is extremely important in order to give your organs a break.

### **Creating some space between you and YOU**

Each of us come into this world with X amount of Prana, or energy, period! Our body is just like a reservoir. Life presents us with many different conditions that can affect our reservoir's "level." For example, stress-free, sunny days, along with a healthy diet, keep us well below our dam's breaking point. But gloomy, stress-filled days surviving on junk food can quickly fill us to the brim, where it takes just one little thing for the dam to break. And when the dam spills over, the symptoms we manifest might be an emotional outburst, a physical pain or worse. This is how we burn out our Adrenals and increase the Cortisol (stress hormone) in our bodies. This also is one reason why it may be difficult to lose weight.

So, we need to replenish each day by yoga, meditation and knowing what foods heal and what cause irritation, and by regular internal detoxification and cleanses, to help our divine Self live a long, prosperous and happy life!

### **Living in a place of abundance**

Become aware of ways you "lower" your own personal reservoir, or staying in a place of capacity. You can create a buffer around yourself, allowing room to maneuver a little more gracefully through life. This is called expanding your aura. The aura is for protection & attraction. The ultimate, natural "Law of Attraction". Keeping some space in our reservoir leaves room for the "unexpected" and therefore keeps us physically and emotionally in a good, healthy place.

One step in raising your "reservoir" is learning to relax your body. When we relax our body, our mind begins to relax and let go. In small steps and with regular practice, our mind begins to learn how to create a quiet still space. In this quiet still space we become closer to our true nature... Our "Sat Nam", Sat=truth Nam=identity or name. As in Namaste, which means "I acknowledge your identity or being. Nam is the root of the word. As in Kundalini Yoga is the original form of yoga, before it was westernized. It is a place where our body recharges, renews, and self-heals. It is a place where we gain insight, clarity and can experience a very secure, interconnected, spacious, peaceful feeling. Our body is amazing. It knows what to do; sometimes it just takes someone to show you how...

I would love to show you the very easy and simple ways to meditate, and release yourself of unnecessary stress.

**Please call or email for more info or a class at your home or mine**

**Sat Nam and Namaste!**

**Eva Michel/Dharamjeet**