



## ***Meditation***

Meditation can sometimes be a touchy subject for some people. In reality, it isn't at all a difficult concept. It is just finding a way to quiet the mind that can be tricky. There are many benefits to Meditation. Starting with the Spiritual benefits; meditation helps bring us peace of mind, promotes wholeness and happiness, creates direction and inner healing, teaches one to be compassionate and forgiving, creates a deeper capacity for love, helps one discover the true power within and gain a sense of enlightenment and inner knowing and allowing one to go beyond the ego. The Physiological benefits; meditation can reduce anxiety, promote healing after surgery, reduce menstrual symptoms, promote energy and strength within, improve air flow, cure headaches and migraines, promote sexual energy, subdue muscle cramps, pain and much more. The Psychological benefits; meditation can promote focus, creativity, emotional wellness, development of inner wellbeing and power, increase vitality, heal fears and phobias, influence mood swings to become pleasant and relaxed, promote better social behavior, reduce the need for habits such as drugs, alcohol and smoking, promote sleeping, reduce worry and increase tolerance, helps promote a stable balanced personality and more.

Meditation serves as a beautiful and healing oasis. There are ways to help you meditate that will pull you through the challenges that seem to make people fear meditation. There are several benefits to meditation as a healing modality! Check out our online store to see what products are available for you today! Contact our practitioner via email on the Contact Us page for questions about your meditation practices and how to's.