



Try Mindful Meditation

One simple change this week might be working on relieving stress, and quieting your mind. Meditation can help with not only stress reduction, but also a myriad of other issues.

“The practice of self-healing meditation is just this: resting the mind in silence and space, allowing it time to recover and rejuvenate. Meditation does *not* mean sitting in a perfect state of peace while having no thoughts. Big misconception! Instead, meditation is about establishing a different relationship with your thoughts, just for a little while”. Dr. Andrew Weil

"Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders." Andrew Weil.

To see more from Dr. Weil about mindful meditation and the 3 step breathing technique, click on the link below

<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>