

Columbus Polarity Center for Integrative Health and Wellness

**Monthly Newsletter: April 2006
Volume IV Issue IV**

Have you missed our newsletter?

If you have missed any of our newsletters, you can check out all of them at the [Columbus Polarity Center Newsletter Archive](#).

Please pass this newsletter on to associates and friends. This is greatly appreciated.

If you do not want to receive this newsletter via e-mail, please return with the word "unsubscribe" in the subject line. Anyone can subscribe to our CPC newsletter, which will come out monthly and include current info, articles about health and wellness, current events, classes and seminars.

Columbus Polarity Center specializes in complementary therapies and holistic healthcare.

There is a wide range of qualified practitioners available for Polarity Therapy, Cranial Sacral, Rolfing, Reiki, Herbal Therapy, Aromatherapy, relaxation massage and Massage Therapy by LMTs. Our practitioners work with an integrative healthcare focus and often will provide the client with various options that will meet their needs. Many of the practitioners work together to provide the best preventive care for the client. Please check our website www.columbuspolarity.com for more details.

Practitioners at Columbus Polarity are not Medical Doctors, Dieticians, or Mental Health practitioners, nor do they diagnose or treat illnesses or prescribe any type of medications. For medical needs consult your physician.

Healthy Tidbits

Chew That Food

Unchewed food is one of the biggest culprits in the loss of nutrients supplied to the body. Whole living foods that are not completely chewed cannot be adequately broken down and assimilated by the body. Although the nutrient density and quality of whole foods is much greater in a raw vegetable versus a cooked vegetable of the same kind, the nutrients of the raw vegetable are relatively more difficult to access unless the food is adequately chewed.

All raw food naturally contains the proper types and proportions of enzymes necessary to assist in the process of digestion. In addition, when raw food is eaten, chewing ruptures the cell membranes and releases these indigenous food enzymes, many of which survive and contribute to the digestive process.

Retrain yourself to chew your food. Spend some time at it. The rewards are numerous. If you are still having difficulty, process or blend you raw foods for easier assimilation.

Reference: chi Living Food News

NEWSFLASH: A Form of Vitamin E May Stop The Spread of Cancer

According to foodnavigator.com tocotrienols, a form of vitamin E, could stop the spread of cancer cells. There are eight forms of vitamin E. Tocotrienols, one of the eight, are only minor components in plants found in palm, rice, bran and barley oils. This form of vitamin E could be the most important form to protect us from cancer.



Japanese researchers found two kinds of tocotrienols (alpha and delta) were responsible for inhibiting DNA polymerase, an enzyme present in DNA replication, while tocopherols had no effect at all.

Scientists also discovered that tocotrienols had the same dampening effect on the spread of cancer cells. That, coupled with their ability to slow down angiogenesis (the growth of new blood vessels), hinders the spread of cancer to other parts of the body, too.

Reference: www.mercola.com

Never Too Old To Exercise: Regular Exercise In Older People More Beneficial

People in their 20s and 30s generally can perform physical tasks using less oxygen than older people. However, research suggests that people age 65 and beyond may make more dramatic strides in terms of certain fitness improvements when they work out regularly. In a study of people following an exercise program, people age 65 and older experienced on average a 30 percent improvement in exercise efficiency over the course of the study, while the people in their 20's and 30s experienced a 2 percent gain in exercise efficiency. Exercise efficiency is one marker of fitness that refers to the amount of oxygen your body uses to perform a task.



Reference: The influence of age, gender, and training on exercise efficiency. Woo, J.S., Derleth, C., Stratton, J.R., Levy, W.C., Journal of the American College of Cardiology 2006 Mar 7; 47 (5): 1049-1057. Epub 2006 Feb 9.

Miracle Food??? Chlorella

- Removes heavy metals from the body.

- Balances your body's PH
- Creates better focus
- Improves digestion
- Detoxification

Algae based, high in chlorophyll and a whole-food. Best used very slowly as it will detox the body.

Reference: Check out "Chlorella: A Natural wonder food" by Dr. Mercola www.mercola.com

Stress Number One Killer! "Relaxation A New Way To Healthcare"

A documentary Wednesday March 29, 2006 called "New Medicine" presented a new view of mind/body healthcare. The actual consensus of many medical experts on the PBS special was the mind and body are connected. The root of many of our diseases and serious health issues is stress!



It was demonstrated by studies that were shown on the documentary that when stress is controlled the body heals faster, recovering from surgery is much better, burns heal 9x faster and a person can control their vital functions such as blood pressure in a positive way.

Much of the research presented in the show was to demonstrate how positive the effects are from controlled meditation, visualization, breathing exercise and clear focus and healing intentions.

There was a section on the "New Medicine" special that provided information from an insurance company that emphasized that having clients use a visualization tape before surgery help them recover more effectively. The insurance company stated by using a \$17.00 meditation tape they were saving \$2,000 per surgery on recovery costs!

East is finally meeting West. Or maybe our **Western** system is finally catching up with the **Eastern** system of "old medicine." About time!

For a copy of the documentary, please call your local PBS station. DVD's and videos are available.

Reference: Mary Jo Ruggieri

Living Pain Free

According to Susan Lark MD women are Omega-3 deficient. She believes the program is now at epidemic levels.

Below is a passage from her book *The Women's Pharmacy* that gives more detail.

Omega-3 oils cannot be made by your body, so you have to get them from food or supplements. Lack of Omega-3 has been linked to high-cholesterol, heart disease, rheumatoid arthritis, breast cancer, asthma, diabetes, insulin resistance, menstrual cramps, psoriasis, eczema and stroke!

You're short a quart of oil says Dr. Lark.

Telltale signs of Omega-3 deficiency: cracks in your heel, flaky skin, dry hair, split or brittle nails or bumpy skin on the back of your arms.

Why are women Omega-3 deficient? Omega-3 is intentionally removed from oils we buy so that they have a long shelf life. In addition, many oils today are hydrogenated to further "stabilize" them, turning healthy oil into trans fatty oils that are linked to heart disease.

A diet low in Omega-3 leaves us feeling hungry again after 2 or 3 hours, instead of 5 or 8. So these oils keep us slim. *Woman-Wise Cure*: You can get Omega-3's from fish or fish oils, but the oil is so rich in Omega-3's, a tablespoon a day is ample. This is what I recommend for you. The first thing you will notice is how great your hair looks. Then you will notice what a great mood you are in- and how cramps and joint pain have simply disappeared.

Reference: www.drLark.com

Eat Cantaloupe

Cantaloupe is packed full of potassium. Potassium is important to help keep bones healthy. Both vitamin D and potassium are essential to keep bones "fit". Do not count on calcium alone.



It is also important to eat cantaloupe alone without other fruits or food. It will digest and be used by the system better.

Breathing for Survival

Breath is our link to the miracle called life. Breath plugs us into the universe and turns us on to and tunes us into a consciousness more expanded than our limited selves. Breath is a number one survival tool, of higher rank than water, food and exercise. But we usually breathe irregularly and shallowly. We use only a tenth of our lung capacity.

When you are experiencing stress your breath rate may double from a normal 16 times per minute. If you can consciously reduce your breath rate to 8 breaths per minute, you can become master of your life, and therefore of the circumstances and situations you find yourself in.

Benefits of Long Deep Breathing

What It Will Do For You

1. Relax and calm you.
2. This relaxation is of an active rather than a passive kind. It will re-tune and re-set your brain so that correct decisions will flow automatically in a crisis situation.
3. Filling of the lungs to capacity will feed your electro-magnetic field. Revitalizing and re-adjusting your magnetic field will make you less liable to fall victim to accidents, sickness and negativity.
4. Pump the spinal fluid to the brain, giving greater energy.
5. Regulate the body's pH (acid/alkalinity), which affects your ability to handle a stressful situation.
6. Reduce and prevent toxic buildup caused by not clearing the mucus linings of the small air sacs (alveoli) of the lungs.
7. Stimulate the production of chemicals (endorphins) in the brain, which eliminate the tendency to depression.
8. Cleanse the blood.
9. Energize, give greater alertness and awareness due to the life force (prana) in oxygen.
10. Give clarity, cool headedness, and positivity.
11. Aid in releasing blockages in meridian energy flow.
12. Activate and cleanse nerve channels.
13. Aid in healing, emotional and physical.
14. Aid in breaking subconscious undesirable habit patterns and addictions.
15. Reduce insecurity and fear.

How To Do It

The lack of relaxation and peace of mind in the personal and collective consciousness of present day society inhibits proper breathing. Poor breathing increases susceptibility to stress, with all its attendant illnesses. (The American Medical Association report that 80% of diseases are stress-related.) The body's physiological response to stress, whether physical or psychological, is (among other things) to increase the breath rate. Shallow upper chest breathing with a faster breath rate leads to chronic tension and weak nerves, which set the scene for illnesses and fatal breakdown in one or another of the body systems.

Long deep breathing is simply complete efficient breathing using the body as it was made to be used. Try watching relaxed babies, animals or people in less complex societies. It is not difficult: the lungs fill up and empty very completely. Hold your two hands with fingertips touching on your abdomen. As you inhale, the abdomen should expand so that the fingers separate, and as you exhale, they should come together again.

To learn exactly how it is done, start by inhaling while relaxing the abdomen (the navel area) and even pushing it out. The muscles of the abdomen draw the diaphragm down (the diaphragm is a circular barrier of muscular tissue separating the lung cavity from the abdominal cavity.) The downward movement of the diaphragm creates a vacuum in the lung cavity, so air automatically flows into the lungs. The lowest portion of the lungs fills first. On the exhale, the abdomen should shrink back – try pulling it back. This pushes up on the diaphragm creating a pressure in the lung cavity which causes the air to be expelled.

Long deep breathing is also called diaphragmatic breathing or abdominal breathing. Practice it as often as possible for as long as you can.

Reference: Survival kit, Meditations and Exercise for Stress and Pressure of the Times by Yogi Bajan, compiled by S.S. Vekram Kaur Khalsa

Mind, Body, Spirit



Let's Meditate

We will be starting a new section this month called " Mind, Body, Spirit" which will focus on a meditation or visualization per month. It is intended to give the reader a choice of meditation techniques to help with stress reduction and disease prevention. Please try these meditations daily to see how they work for you. Always start with some controlled breathing (see breathing section of newsletter). Please remember how healing it is to meditate. For more information on meditation and visualization classes email maryjo@columbuspolarity.com

APRIL MEDITATION: Meditation for Absolutely Powerful Energy

What It Will Do For You

When you have a hard day to face, this meditation will give you absolutely powerful energy, and it will balance your most effective computer – the brain. The meditation can also be done when you can sleep afterwards. It is the best thing to do for brain drain.

How To Do It

Sit with your spine straight in a comfortable meditative posture. Place your ring fingers together and interlace all other fingers. Your right thumb goes on top. Hold your hands several inches out from your diaphragm with your sun (ring) fingers pointing upward at 60 degrees.

Close your eyes. Inhale deeply and powerfully; exhale as you chant the mantra ONG (OOOONNNNNNNNNNNNG). Keep your mouth open, but let all air flow through your nose.

The sound is far back and up in your soft palate. When chanting in a group, each person should use their own breath rhythm.

The power of this chant, when correctly done, must be experienced to be believed. Only 5 repetitions are necessary to totally elevate consciousness. Do this everyday for ten days, 10-15 minutes, do long breathing before and after the meditations.

Reference: Survival kit, Meditations and Exercise for Stress and Pressure of the Times by Yogi Bhajan, compiled by S.S. Vekram Kaur Khalsa

Essential Herbs

Ask Charoula

Hello. I have been diagnosed with fibroid tumors, which cause me pain and a lot of bleeding. What herbs would you suggest, and how effective would they be?



Answer:

Hi, and thanks for asking.

First of all, before we get to herbs, I would like to suggest that you take a look at the foods you eat.

The research shows that dairy, eggs, red meat and fat, all are estrogen high foods and contribute to the growth of fibroids. Also, sugar, refined flour, caffeine and black tea, as well as all sodas. Cutting down, and better yet eliminating these at least temporarily from your diet will help the endocrine system rebalance itself.

Replace with lots of green leafy vegetables, whole grains such as oats and millet, and fresh fruit.

Beta Carotene or a Carotenoid complex, as well as Vitamin C would be important.

Also, since you have been bleeding heavily, you probably need an Iron supplement, because losing a lot of blood can make you anemic.

Adding a Spirulina drink to your day, first thing in the morning, may be helpful. Spirulina greens are very alkalizing. They would offset the acidity of animal products and refined foods. Thus they would begin to balance the system.

The liver would benefit from any alkalizing, detoxing foods such as Spirulina and Green Chlorophyll. You can purchase Spirulina greens at a healthfood store. Blend them in a glass of water, and drink on an empty stomach.

Working with the liver is one part of a three prong protocol. Spirulina will start the process. But then I would also suggest a combination of Liver support herbs:

- *Yellow Dock*
- *Burdock*
- *Dandelion root*
- *Oregon Grape root*
- *Milk Thistle*
- *a small amount of Goldenseal.*

(You can drink 2oz of Cassie's Tea which has these herbs also)

The other herb I would suggest is Vitex, a progesterone building herb which would hopefully balance the high estrogen content that encourages fibroid growth.

Vitex does not contain progesterone. It does contain phytochemicals which are the building blocks that make progesterone in our bodies. This means that the herb does not have the side effects which accompany synthetic hormones. Vitex is safe to take over a long period of time, up to six months.

Finally, I would also suggest an Immune Tonic, to support and enhance your immune system, which then can take over the job of fighting fibroids better. Some herbs that are Immune supporting are

- *Astragalus*
- *Reishi Mushroom*
- *Schizandra*
- *Ashwaganda*
- *Licorice*
- *Pau D'Arco*
- *Garlic*
- *Osha*
- *Ginger.*

Most of these Immune herbs are safe to take over a long period of time.

Shepherds? Purse is a good herb to take for short periods of time for controlling bleeding.

I hope the above will be of help.

Charoula

Herbal Education classes to be held Spring 2006. Go to www.OhioInstitute.com and click on current classes for information and to print a flyer.

*For more information on our herbal tinctures, got to www.columbuspolarity.com and click on online herbals.

THE ABOVE INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE CONSULT YOUR HEALTHCARE PROVIDER/PRACTITIONER! INFORMATION IN ANY PART OF THIS NEWSLETTER IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

New Wellness Classes

Energy Movement

Energy dance-fun movement to enhance flexibility and strength. **"A Healthy spirit resides in a healthy body."** Dance with your spirit. Energy movement works with the 5 basic elements of life, **Ether, Air, Fire, Water and Earth.**

Benefits of Energy Movement:

- Spinal Flexibility
- Joint balance
- Muscle Strength
- Release stress and tension
- Balances the Chakras

Join Irina Tatarintseva, MA, APP who brings this new system of energy dance to us from her studies in the Ukraine. Every Wednesday evening 7:00-8:00 at 1253 N High Street. Parking in rear of building. Cost is \$10 per class. All ages welcome and no experience is required. Polarity CEU's available.



Educational Seminars

Polarity Classes

Join us for two great seminars at Columbus Polarity. Learn how to deal with and balance knee problems, feet and ankle problems and carpal tunnel on Friday May 19. On Saturday, join us for a day on cancer prevention and cancer care through the holistic model. See schedules below.

Friday May 19, 2006 Energetic Structural Integration

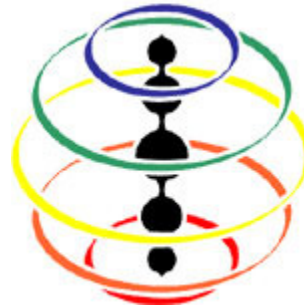
9:00 AM – 9:30 AM Energetic Exercises

9:30 AM – 12:00 PM Energetic Structural Integration I
 A. Polarity Knee Balances
 B. Protocols
 C. Exercises/Prevention

12:00 PM – 1:00 PM Lunch

1:00 PM – 3:30 Energetic Structural Integration II
 A. Polarity feet/ankle Balance
 B. Protocols
 C. Exercises/Prevention

1:00 PM – 3:30 Energetic Structural Integration III
 A. Polarity carpal tunnel Balance
 B. Protocols
 C. Exercises/Prevention
 Faculty: MaryJo Ruggieri



Cost: \$150.00 per day And \$10.00 for materials

Saturday May 20, 2006 Cancer Prevention and Rehabilitation through a Holistic Model

10:30 AM – 5:30 AM Energetics of Cancer
 A. Cancer specifics
 B. Complementary approaches to cancer
 C. Energetic bodywork protocols
 D. Lymphatic health and cancer prevention
 Faculty: MaryJo Ruggieri & Charoula Dontopoulos

12:30 PM – 1:30 PM Lunch

Cost: \$105.00 per day And \$20.00 for materials

To register please email Tami Snyder at tami.snyder@columbuspolarity.com and/or call 614-299-9438. The Deadline for registration is Friday, May 12, 2006. CEU's offered for both classes.

New Classes In Holistic Healthcare

At Cuyahoga Community College
Sponsored By The Office of Community Continuing Education
www.tri-c.edu/HHS

[VIEW FLYER](#)

Course Offerings

Reiki I

CRN# 54079 • Fee: \$159

Register by 6/3

CRN# 54157 • \$143

6:10 - 10 a.m.-5 p.m.

Learn the basics of this gentle yet powerful Japanese natural healing technique that can be used for stress reduction, relaxation and to promote healing. Receive certification to teach Reiki I.

Instructor: Marilyn del Torto

Reiki II

CRN# 54080 • Fee: \$159

Register by 7/1

CRN# 54156 • \$143

7:18 - 10 a.m.-5 p.m.

An intermediate course in the Japanese natural healing technique Reiki. Become attuned to healing on a mental/emotional level and receive Reiki II Practitioner/Teacher Certification.

Instructor: Marilyn del Torto

Advanced Reiki Training

CRN# 54081 • Fee: \$199

Register by 7/15

CRN# 54160 • \$179

7:22 - 10 a.m.-5 p.m.

Work toward receiving Usui Master Attunement & Master Symbol Certification at the end of the course. Learn advanced techniques to strengthen the mind and expand consciousness. Explore how aura cleansing can assist in removing negative energy.

Instructor: Marilyn del Torto



Reiki III/Master Level

CRN# 54082 • Fee: \$399

Register by 7/16

CRN# 54155 • \$359

7:23 - 10 a.m.-5 p.m.

This two-day intensive class will prepare the participant to become a Reiki III Master Practitioner/Teacher. Learn the Tibetan symbols and receive the complete Reiki III Master Attunement for Certification. Receive instruction on giving all attunements and teaching all elements of each class.

Instructor: Marilyn del Torto

Introduction to Complementary & Alternative Medicine

CRN# 54182 • \$159

Register by 7/21

CRN# 54190 • \$143

7:28 - 9 a.m.-4 p.m.

This course will introduce you to some of the many healthcare choices available to Americans today. You will explore options for health and wellness that are non-invasive and drug-free, as well as preventative. Alternative modalities will be discussed as well as the underlying theories and techniques for different practices. The focus of the course is understanding complementary healthcare and

alternative therapies as new approaches to health and healing. Instructor: Mary Jo Ruggieri and a panel of experts

Introduction to Complementary Alternative Medicine (CAM) vs. Western Allopathic Medicine (WAM)

CRN# 45183 • \$79 plus \$10 materials fee

Register by 8/9; CRN# 54189 • \$71 plus \$10 materials fee

8/16 • 6-9 p.m.

Complementary Alternative Medicine (CAM) is being used

by Americans in record numbers.

Western or Allopathic Medicine (WAM) is practiced by M.D.s and it

is the practice that dominates in U.S. hospitals. So what exactly are the

differences between CAM and WAM?

What is their historical relationship

with each other? And why is the U.S.

National Institute of Health

conducting CAM clinical trials?

These questions will be the focus of

this course. Practical and

philosophical differences will be

explored as will the consumer

benefits of both systems.

Instructor: Mary Jo Ruggieri and

panel of experts



How to Afford Holistic Healthcare

CRN# 87217 • \$79

Register by 9/1; CRN# 87220 • \$71

9/8 • 1-3 p.m.

"Holistic healthcare is for rich people." Who else can afford it? Is

massage a luxury or a therapy? Can

we stay well and stay financially

solvent? In this course, you will

understand how you can make your

holistic lifestyle affordable. Include in

your monthly budget the joys of yoga

classes, visits to a naturopathic

doctor, acupuncture, organic food

and herbal remedies. Find out how to

structure your health insurance, make

effective use of Health Savings

Accounts (HSA), and put alternative

medicine comfortably into your

healthcare plan for you and your

family. Find out that holistic

healthcare is not just for the "healthy

and wealthy," but it can be easily

affordable to us all.

Instructor: Daryl Kalak

Herbal Medicine I & II

CRN# 87212 • \$159 plus \$10

material fee • Register by 9/8:

CRN# 87222 • \$143 plus \$10

material fee

9/15 • 9 a.m.-4 p.m.

An overview of herbal medicine,

herbal therapies, and their use and

benefits for health and wellness.

Definitions and purposes of specific

herbs will be given and participants

will learn how to be good consumers

of herbal remedies.

Instructor: Charoula Dontopolous

Managing Migraines

CRN# 87211 • \$79 plus \$10

material fee

Register by 10/6; CRN# 87218

\$71 plus \$10 material fee

10/11 • 6-9 p.m.

This presentation is for the general

public and will help participants

learn techniques to alleviate

headaches and migraines. This

session will highlight alternative

healing modalities that have been

successful at helping pain sufferers

find lasting relief. Thousands are now

finding that drugs and medications

are not the only options available.

Instructor: Shila Wilson

Complementary Approach to Cancer Rehabilitation I & II

CRN# 87213 • \$159 plus \$20

material fee • Register by 10/7:

CRN# 87221 • \$143 plus \$20

material fee

10/14 • 9 a.m.-5 p.m.

This course will explore options for

cancer care and cancer prevention

using an integrated and holistic

approach to cancer rehabilitation.

Classifications and specific uses of

complementary and alternative

therapies useful to cancer prevention

will be discussed.

Instructors: Mary Jo Ruggieri and

Charoula Dontopolous

Dealing with Depression

CRN# 87216 • \$79 plus \$10

material fee • Register by 10/11:

CRN# 87219 • \$71 plus \$10

material fee

10/18 • 6-9 p.m.

How can you understand depression

and the physical, mental and

emotional factors surrounding the

onset of depression in terms of

complementary and alternative

medicine practices? Methods of

using non-drug interventions such as

dietary changes, herbal therapies,

exercise, vitamins, minerals,

meditation and various methods of

bodywork will be explored.

Instructor: Dr. Tanya Edwards

(Continued on next page)



Health Freedom Comes to Ohio

Protect your rights as a consumer to choose the type of healthcare you want. For more information please visit our website at www.ohiohealthfreedom.org, call 614-841-7700 or email pamopper@msn.com.

* [See the new video on Health Freedom.](#)

ARTICLES

Stress Away: Get Rid Of Mind Clutter **A little meditation goes a long way toward inner peace**

by MaryJo Ruggieri

Consciously or unconsciously, we all at some level are seeking peace of mind. Turmoil, confusion and anger present obstacles that affect a person's inner being. Constant obsessing about details and not being able to quiet the mind creates chaos in our lives. We attract into our lives that which we focus upon. Whatever we give energy to flourishes.

One way to alter the outcome of what we will call "mind clutter" is to learn the fine art of clearing space or finding a reasonable distance away from unwanted feelings. The practice of meditation, the "healing silence" as called by some, is the opportunity for us to calm the mind and bring a sense of awareness to our body. In many cultures, meditation is considered an essential part of life.

Meditation has been around for centuries. Meditative practices have their roots in many of the far Eastern traditions, such as Buddhism, Indian yoga and Zen meditation. Concentration, essential to all forms of meditation, is basic to such disciplines as tai chi, gigong, karate, aikido and judo. It is the power within!

How does meditation work? In essence, it trains many parts of the brain to make positive changes in various systems of the body. The brain has the capacity to adjust physical functions such as blood pressure and heart rates, and meditation can restore balance to those functions.

Some medical researchers also believe that meditation retrains some of the neurotransmitters in the brain. This concept can be useful when trying to change habits not beneficial to our health. By changing the "key codes" in our brain we learn that if we have a desire for something we want and should not have, we do not have to act on our desire. This would certainly help chocolate addicts—or could be the demise of the dieting industry. Other research indicates that

meditation could well replace some medications that help in areas as panic disorders, anxiety attacks and attention deficit disorders. It is time to learn more.

Transcendental meditation was introduced to North America by Maharishi Mahesh Yogi. For those who can remember, recall the transcendental meditation movement during the Beatles years when John Lennon spent time in India learning to meditate with the Maharishi. Transcendental meditation quickly became a popular pastime for the Beatles followers.

Meditation should be approached with a willingness to explore and change some preconceived ideas. For instance, do not think that you couldn't possibly sit long enough to meditate or that you can't sit in a crossed leg position to begin with. To ease your mind, the traditional cross legged position, called lotus, is not a prerequisite. The only truly known essential for beginning meditation is breathing.

Many meditate sitting comfortably, feet firmly on the floor, with the back straight resting against a wall or self-supported with the eyes closed. Conscious breathing begins with slow, easy and long deep breaths.

To try a conscious breathing meditation, begin by bringing your awareness into your body. Follow your breath in and out, allowing your focus to be directed towards the breath. Become aware of energy and any body sensations. Continue to breath as you try to identify where in your body you are feeling these sensations.

Breath awareness develops meditative skills and creates the capacity for listening to your mind/body. Inhalations and exhalations should be even while using the diaphragm to breathe deeply, relaxing the abdomen. You master breathing when you become constantly aware of your breath even while talking in a group, brushing your teeth or driving your car. Are you aware of your breath as your read this article?

As you begin to connect with the "healing silence" within, a state of peace emerges similar to having run a great distance. Meditating brings about a state of consciousness where true healing begins. The potential for rejuvenating and repairing the mind/body during the conscious breathing and meditation process is limitless.

Carving out a special time for yourself daily to consciously breathe and meditate should be a priority. Anne Morrow Lindbergh has often said: When assessing the need for quiet and alone time, what matters is that one be, for a time, inwardly attentive. Learning to get in touch with that silence within gives your life a plan. Prioritize yourself – meditate!

May the longtime sun shine upon you.