

Imagine Having **The Key** To Wellbeing,
Inner Peace And Burnout Prevention.

Wait **NO MORE**

The 5 Key Benefits of Meditation

Bernadette Sutherland



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Inner Peace And
Burnout Prevention.*

Wait NO MORE, it's here.



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“The 5 Key Benefits Of Meditation”

The 5 Key Benefits of Meditation - will enhance your lifestyle and promote a deeper sense of inner peace. We are all looking for something that will improve our life, promote our wellbeing and prevent us from burnout and support inner peace.

Living in the 21st century can take a toll on our overall mental, physical, psychological and spiritual wellbeing. Burnout in the workplace is becoming more evident. Our family life is more stressful. Raising young children appears to be getting harder. Intimate relationships are strained. It seems that life is taking a huge toll on many of us and we are all looking for some kind of inner peace and solitude. Most of us want to wake up each day and feel happy and content and satisfied with our life. I'm sure most of us want more quality time and freedom just for ourselves. We seem to be constantly searching for ways to find inner peace and I have the solution.

Our wellbeing must be nurtured to prevent dis-ease. Be assured that meditation has been assisting people with their overall wellbeing for many years. Meditation is easy and simple. **START TODAY.**

Key No 1 - Meditation Reduces Stress

Stress is the silent killer of the 21st Century, creating serious illness in men, women and children. Don't let stress kill you.

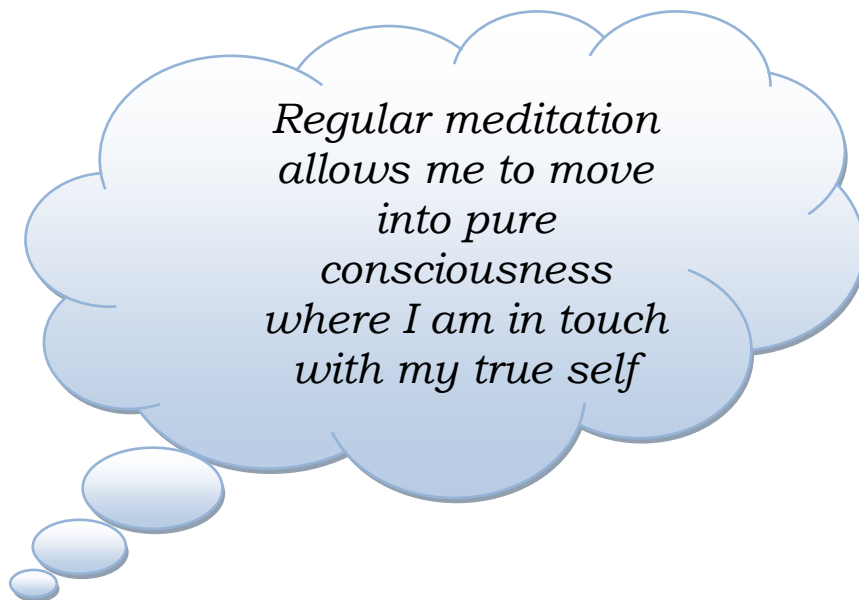
Stress can be described as a silent killer. This definition is very confronting and the medical industry is now dealing with the overwhelming health factors that men, women and children are facing on a daily basis. Clinical and medical diagnosis such as high blood pressure, heart disease, stroke, mental health issues such as depression and anxiety are all common health issues caused by STRESS.

Stress impacts the body in such a negative way that the body can only respond by shutting down and getting sick. As a therapist I observe and work closely with the body. I understand those who are under a tremendous amount of stress are those who present with physical and mental illnesses. The body can only take so much stress and we individually - and collectively - need to be aware that stress is hurting us on so many levels.

Meditation heals the mind and body. What it does - is promote inner peace, by creating stillness. When we meditate, we are making time to stop and to be present. It's as easy as lying down or sitting up comfortably, closing your eyes and resting either in silence or with soft meditation music. When we make quality time to rest the mind and body, our life will benefit in so many ways. Imagine your life as a car with the foot flat to the floor, hard on the accelerator. There is no way in the world that anyone can sustain this way of life. You would burnout very quickly and illness will set in. Don't let stress be the silent killer, make time to learn how to meditate and relax. By doing this you will gain the long term benefits of a healthy mind and body. A daily meditation practice is the healthy medicine for preventing stress and burnout.

Course of action:

1. Meditate or do a daily relaxation, to prevent dis-ease.
2. Develop stress prevention strategies such as meditation, good sleep, healthy eating and time out - to promote good health.
3. Learn to reframe the stress in your life. A healthy constructive reframe will change your emotional state immediately.



Key No 2 - Meditation Increases Self Awareness

Self awareness is the only way we discover our true inner being. Meditation is one of the key ingredients for developing a strong inner-self and self-awareness. If gaining control of your life is paramount then meditation is essential, for it is the key to activating pure awareness.

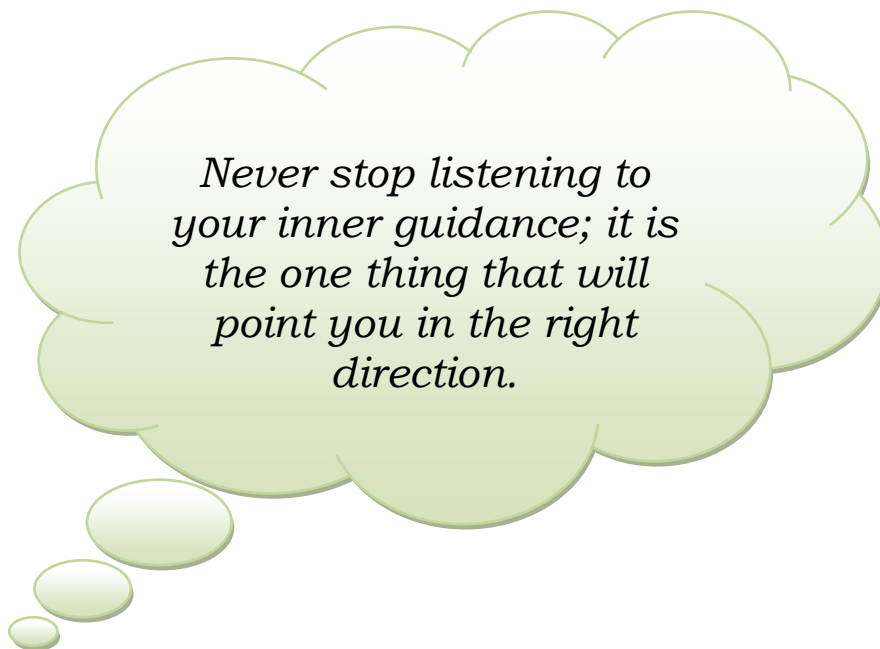
My interpretation of awareness is when one brings to the conscious mind what has been dormant in the subconscious mind for a very long time. When one becomes aware they are in the presence of a unique energy. The energy can be described as a “*clear understanding*” of the self in the events of life. Awareness can also be described as “*light bulb moments*”, where something becomes clear in the mind's eye and a deeper level of understanding is present. When one becomes aware of their thoughts, feelings and actions then an opportunity for change is present.

When we meditate on a regular basis our awareness is activated. It is like a light switch being turned on. Symbolically - it is like moving out of the darkness and into the light. It is here that our conscious mind becomes aware of internal suffering and aspects of self that require change. It is only when awareness is obtained that we discover an aspect of self that requires a deeper level of understanding. It is in this moment we gain new meaning to an event, a situation, thoughts, feelings or actions.

Don't underestimate the power of meditation; if gaining control of your life is paramount then meditation is necessary, for it is the key to activating pure awareness.

Course of action:

1. Self awareness is developed through regular meditation, so meditate as much as you can.
2. Take responsibility for your thoughts, feelings and actions and embrace change.
3. Light bulb moments are the redefining moments that change your life forever.



Key No 3 - Meditation Promotes Mindfulness

Imagine living life from one moment to the next moment. Every moment in your life is experienced fully in the now. Every breath counted, every experience mattered, every emotion was worth feeling because it meant that you were living in the now. “Now” is the key moment of living mindfully- Love it, experience it and live it. Every moment matters.

Research suggests that mindfulness is a practice of living in the present moment, in the now. One of the best ways to life fully; is to live in the now. When someone lives in the now, they experience life abundantly. In my experience of mindful meditation, it is a state of being present in mind, body, spirit, with sound, smell and vision. We allow our entire being, including all of our senses, to be set in motion during meditation and we avoid all judgements of any kind. Mindful meditation captures the now, like no other moment. Everything is absorbed and fully experienced in the now. Mindful meditation and mindful living will bring such joy to your life. Just remember - every moment matters.

Course of action:

1. Living moment to moment is the only moment that is important. So live in the moment.
2. Practice mindful meditation regularly.
3. Create moments that are memorable. Memorable moments make us happy and content.



Key No 4 - Meditation Develops Intuition

Want guidance that you can trust? Then listen to your intuition. The most effective way to pay attention to our intuition is in the practice of silence meditation. Close your eyes, listen intently and trust the guidance.

Most of us are uncertain about our intuition and don't know what to do to develop our intuitive side. Intuition is a kind of inner wisdom which springs up on its own. It is not created by any rational effort of the mind. It is our inner voice of wisdom showing us the way. Intuition has been given several names such as gut feeling, hunch and a sixth sense. Intuition may manifest itself in the language of silence, symbol or imagery and pushes us to pay attention to it. It is like a loud inner voice that is guiding our path, yet the words spoken are soft, so we must listen carefully.

Meditation activates our intuitiveness. The deep inner silence experienced in meditation enables us to quieten the mind enough to listen for our inner voice. Listen out for your inner guidance; is the path to peace and creative living. Live abundantly, live mindfully, live fully and know that anytime you need guidance, all you have to do is go within and listen.

Course of action:

1. Intuitive living is true living, start living intuitively TODAY.
2. Let your intuition guide your creative side. Being creative feeds the soul.
3. Meditate daily and listen to your inner voice, it is the best advice you will ever get.

Key No 5 - Meditation Develops Emotional Maturity

Emotional maturity is developed over our entire lifetime. Meditation supports emotional maturity by developing our awareness of self, others and life.

Emotional intelligence is developed over our lifetime. We don't just become emotionally intelligent. It is a process of learning and developing our conscious mind; seeking information from our sub-conscious or our higher self; or it can be as simple as reading a book that taps into our inner world forcing us to change.

Our emotional intelligence can be developed from many experiences, including the most difficult of our life experiences. When we meditate we gain emotional intelligence by becoming insightful and gaining awareness. Insight and awareness are a true gift to developing not only ourselves, but our life. Moving forward is important, because standing still stunts our personal development and growth. Emotional intelligence is necessary if happiness is part of your life path.

Course of action:

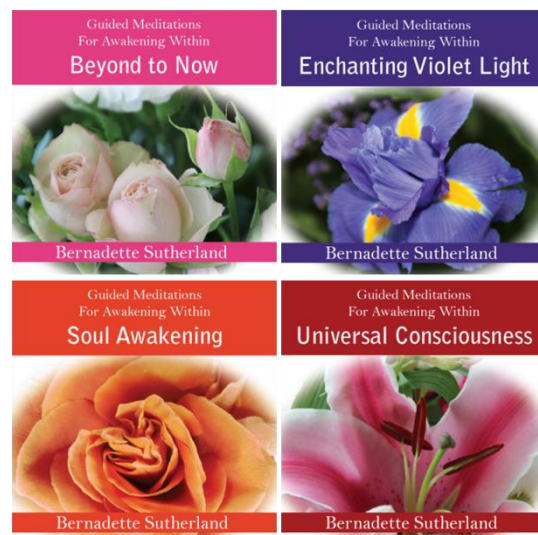
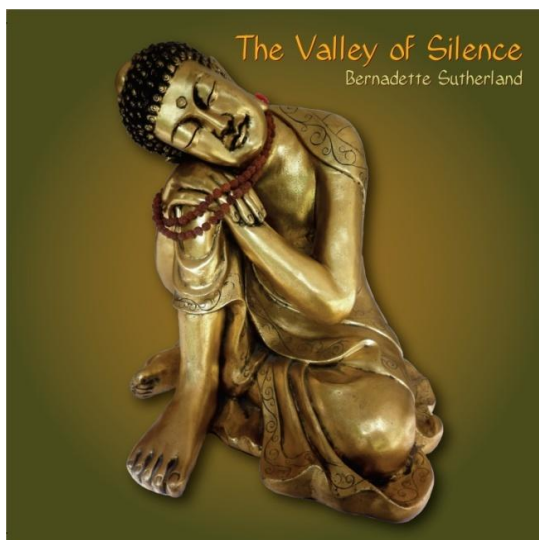
1. Develop your emotional maturity by being a good observer. When we are able to observe our life fully, change automatically occurs.
2. Emotional maturity develops when we practice regular meditation.
3. Let all of your life experiences including the difficult ones enhance your emotional maturity. See your life challenges as an opportunity to learn and grow.



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