

MeditationPLUS



An opportunity for a healthier,
happier, more peaceful **You**

MeditationPLUS

**A Journey To
A Healthier, Happier, More Peaceful
ME**

**After a diagnosis of Fibromyalgia,
2 Motor Vehicle accidents, family trauma and divorce in the 1990's
I was living in a world of physical pain and
mental/emotional suffering.**

**After 10+ years of this pain-filled lifestyle,
learning Meditation and additional tools was the most helpful way
that I transformed my life
from surviving in pain to thriving in happiness.**

Benefits of Meditation

- Are you feeling stressed?
- Do you often worry?
- Do you have trouble falling asleep?
- Would you like relief from pain?
- Would you like to feel more relaxed?

**MeditationPLUS helped me and the people
who have taken my courses
in all these areas and more...**

Benefits of Meditation

There are
Physical
Mental
Emotional
and Spiritual
Benefits.

Physical Benefits

Neutralizes the effects of **STRESS**

Stress is suggested as the cause of 80% of all chronic diseases, according to the National Institute of Health in the USA.

On most of the following slides is a link to a web page with more information. The first link on each slide is an article on my Blog. I found that sometimes people remove their web pages so I saved their content for you. The second link is the **original web page** (which may include other helpful information and will include advertising).

<http://meditation-plus.com/meditation-a-way-to-reduce-stress/>

<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Physical Benefits

Meditation

Lowers Heart Rate

Improves Digestion

Lowers blood pressure

Decreases muscle tension

Improves Relaxation Response

Wouldn't you like more relaxation in your life?

<http://meditation-plus.com/meditation-stress-and-your-health/>

<http://www.webmd.com/sleep-disorders/meditation-natural-remedy-for-insomnia>

Physical Benefits

Helps the Immune System

Would you like less colds and flus?

<http://meditation-plus.com/can-meditation-help-keep-you-from-getting-sick/>

<http://www.theglobeandmail.com/life/health-and-fitness/health-advisor/meditation-on-this-to-jumpstart-your-immune-system/article21702573/>

Physical Benefits

**Improves your body's
natural ability to
Heal**

“The mind can actually enhance the healing process by a factor of four.”

Dr. Jon Kabat-Zinn Author of Full Catastrophe Living

<http://meditation-plus.com/mindfulness-meditation-and-healing/>

<http://www.mindful.org/the-healing-power-of-mindfulness/>

Physical Benefits

Improves Sleep

Over 30% of adults suffer from Insomnia and have trouble falling asleep or staying asleep



<http://meditation-plus.com/meditation-for-a-good-nights-sleep-2/>

http://well.blogs.nytimes.com/2015/02/23/meditation-for-a-good-nights-sleep/?_r=0

Physical Benefits

Regenerative for the entire body

**Meditation may reverse the effects of aging,
especially in the brain.**

<http://meditation-plus.com/anti-aging-benefits-of-meditation/>

<http://www.more.com/health/wellness/anti-aging-benefits-meditation>

Physical Benefits

**Increases
Energy
Levels**

**And who doesn't want more energy to do the
things they love?**

Mental Benefits

Understand the Power of Thought

Our thoughts have POWER!

Think of a lemon.

Taste the lemon.



I am guessing you might have a sour taste in your mouth right now - even though there is no actual lemon.

Mental Benefits

Awareness of Thought Patterns

**We tend to think the same way
and even the same thoughts each day.**

What are you thinking? Do you know?

Do you know that your thinking affects your quality of life?

Mental Benefits

**Release Stressful
Thoughts**

Yippee!

Mental Benefits

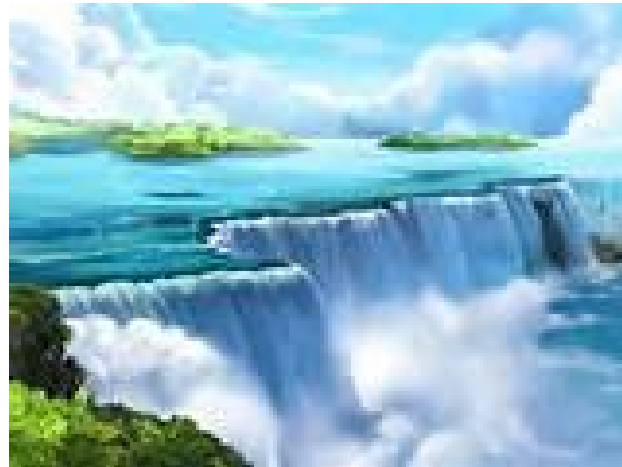
**Our thoughts are neuro-chemical.
Thoughts affect our neurotransmitters.
Neurotransmitters control virtually all
of the body's functions,
from **feeling happy** to dealing with
stress.**

<http://meditation-plus.com/body-mind-connection/>

<https://www.psychologytoday.com/blog/in-the-face-adversity/201207/thoughts-neurotransmitters-body-mind-connection>

Mental Benefits

Meditation and awareness help you to “catch” your thoughts before they create an emotional and neuro-chemical reaction in your body.



Mental Benefits

**Meditation increases
Focus
Concentration
and Clarity**

<http://meditation-plus.com/meditation-increases-focus-and-clarity/>

<http://www.cfauk.org/media-centre/practising-mindfulness-increasing-focus-and-clarity>

Mental Benefits

Meditation Improves Creativity and Intuition

<http://meditation-plus.com/meditation-makes-you-more-creative/>

<http://meditation-plus.com/ways-to-develop-intuition-with-meditation/>

<http://www.sciencedaily.com/releases/2012/04/120419102317.htm>

<http://www.wakingtimes.com/2012/09/04/easy-ways-to-develop-intuition-with-meditation/>

Mental Benefits

**It brings the mind to the
Present Moment**



**Too much of our day is spent thinking about the past
and worrying about the future.**

Meditation helps you BE HERE NOW

Emotional Benefits

E motion

**Emotions are
Energy in Motion**

Emotional Benefits

Meditation
allows emotional energy to
pass through us
more easily.

<http://meditation-plus.com/meditation-effect-on-emotions/>

<http://psychcentral.com/news/2013/06/23/meditations-effects-on-emotion-shown-to-persist/56372.html>

Emotional Benefits

**Increases Endorphins
and Serotonin
our “happy”
neurotransmitters**

<http://meditation-plus.com/natural-ways-to-increase-serotonin-endorphins/>

<http://healthyliving.azcentral.com/natural-ways-increase-serotonin-endorphins-8991.html>

Emotional Benefits

**Brain waves are enhanced
in areas of the brain
where you process pleasant
and happy thoughts.**

<http://meditation-plus.com/happiest-man-on-earth-is-a-buddhist-monk/>

<http://www.bbncommunity.com/happiest-man-on-earth-is-a-buddhist-monk/>

Emotional Benefits

**Reduces Anxiety
and Depression**

<http://meditation-plus.com/meditation-for-anxiety-and-depression/>

http://www.hopkinsmedicine.org/news/media/releases/meditation_for_anxiety_and_depression

Emotional Benefits

Eases feelings of loneliness

especially in Seniors

<http://meditation-plus.com/meditation-reduces-loneliness/>

<http://newsroom.ucla.edu/releases/meditation-reduces-loneliness-237463>

Spiritual Benefits

Connection and Oneness with Your Divine

**God, the Universe, Nature, Divine Intelligence, Source, Creation –
whatever you choose to name this force within
and surrounding us all.**

Spiritual Benefits

**Develops
intuition to hear
guidance**

**"You are loved and supported more than you know
always and in all ways." MeditationPLUS**

<http://meditation-plus.com/develop-your-intuition-through-meditation/>

<http://eocinstitute.org/meditation/develop-your-intuition-through-meditation/>

Meditation Opens Your Heart



Love is Everywhere Photo © Deb Smith MeditationPLUS

**“Take some time each day and be
...with yourself.
If you don't, you may miss meeting
the most important person in your life.”** **Innerspace**



YOU!

**So with ALL these Benefits
of Meditation (and many more) -**

**Why isn't everyone
meditating?**

**And more importantly,
Why aren't YOU meditating?**

support@meditation-plus.com

www.facebook.com/MeditationPlus

**Send me an email or a Facebook message.
I can help you gain the many benefits of**

**Meditation
to become a
Happier,
Healthier
YOU!**



Upcoming



Meditation Group

**WOULD YOU LIKE TO MEET WITH OTHERS
who are interested in weekly guidance?**

A weekly Meditation group meeting on Wednesdays at 7:00pm EST/EDT. Approximately 1 hour long, presented Live by Zoom on your Computer or Phone. Audio recordings will be provided if you are unable to attend for whatever reason. Cost is \$10.00 payable in advance by Paypal or Etransfer.

First time is FREE.

Email me or Facebook Message me for link to Meditation Group or for more information.

www.Facebook.com/MeditationPlus

support@meditation-plus.com

Upcoming Course



Begin/Deepen A Meditation Practice **WOULD YOU LIKE TO ADD THE MANY** **BENEFITS OF MEDITATION TO YOUR LIFE?**

Meditation practices will be learned and experienced in a supportive manner. Tools will be presented to help you maintain a Meditation practice.

4 weekly classes, approximately 1 hour long, Presented Live by Webinar on your Computer or Phone. Audio recordings will be provided.

For more information visit Meditation Plus

<http://meditation-plus.com/product/module-one-beginning-to-deepen-a-meditation-practice/>

[Or contact me on my website for price and dates being offered](https://meditation-plus.com/contact/)

<https://meditation-plus.com/contact/>

Upcoming Courses



Meditation Intensive

WOULD YOU LIKE TO INCREASE THE HEALTH AND HAPPINESS IN YOUR LIFE?

7 weekly classes, approximately 1 hour long, presented Live by Webinar on your Computer or Phone. Audio recordings will be provided.

For more information visit my Facebook Page.

This course truly is intensive!

<https://meditation-plus.com/product-category/7-week-meditation-intensive/>

If you are looking for a course to help you establish a successful meditation practice choose the Slow and Steady course, a weekly class for approx. 6 months.

<https://meditation-plus.com/product/slow-and-steady/>

Contact me for prices and dates being offered.

<https://meditation-plus.com/contact/>

Thank you for watching!

Here's a tip for you – Watch the Free Gift again and on a Post-it note, **jot down** which **Benefits of Meditation mean the most to you in your life.**

Perhaps it was releasing stressful thoughts,
or improving sleep, or

Put this Post-it note with **your** choices on the bathroom mirror or wherever you will see it during your day to **remind you to Meditate.**

Happy Meditating!

SO MANY Benefits of Meditation

**Yes, there are even MORE
Benefits of Meditation!**

**Click on the link below for 20 scientifically validated reasons
why Meditation can help.**

<http://meditation-plus.com/does-meditation-work/>

<http://www.emmaseppala.com/20-scientific-reasons-to-start-meditating-today/#.VNGEzMvwvIU>



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**An
Opportunity
For A
Happier, Healthier,
More Peaceful
YOU**

Presented By Deb Smith

Contact me for information on courses and individual coaching

support@meditation-plus.com

www.Facebook.com/MeditationPlus

Please share with friends and loved ones.

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