Meditation
Why It Works
And How To Do It
There have been over 1,000 scientific papers written about the benefits of meditation in the past twenty years.
These benefits include:

- Lower Blood Pressure
- Reduce Anxiety
- Alleviate Depression
- Diminish Sleep Problems
- Balance Body Chemistry
- Improve Brain Function
- Enhance Immune System
- Decrease Stress Hormones
- Increase Beneficial Hormones
- … and more!
Researchers have found that Meditation improves mental, physical, emotional and spiritual health.
But the #1 reason most people try meditation:
STRESS

Work
Pressure
Tired
Frustration
Anxiety
Mental health
SADNESS
Depression
Migraine
Pain
Emotion
Worry
44% of Americans feel more stressed than they did 5 years ago.

Stress is the basic cause of 60% of all human illness and disease.

3 out of 4 doctors visits are for stress-related ailments.

- The American Institute of Stress
Harvard researchers have found that 8-weeks of meditation appears to make measurable changes in the brain, improving memory, sense of self, empathy and stress.
When you practice meditation, you create space in your head.
There is nothing in that space but RELIEF and ENDLESS POSSIBILITES

- Internal Peace
- Limitless Potential
The mind rests.
The body comes into balance.
There are 3 basic parts to meditation:

Breathing
Relaxation
*Detachment

*Unplugging from habitual, looping thoughts.
Detachment leads to:

- Awareness of Self
- Neutrality
- Non-Judgment
- Full Acceptance
- Stillness
- Inner Peace
Guided Meditation
Take a few deep breaths.
Scan and relax the body.
Now just sit there.
(It’s really this simple.)

3 Techniques to Try
Breath Awareness
Counting Breaths
Mantra Meditation
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