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Your Gateway to Peace of Mind and Resilience

“People genuinely believe that if they worry enough over their unhappiness they will eventually find a solution. They just need to make one last heave - think a little more about the problem . . . But research shows the opposite: in fact, brooding reduces our ability to solve problems; and it’s absolutely hopeless for dealing with emotional difficulties. This is the Doing, habit mode of the mind. But there is another way. Mind can be taught to step back from thinking and move into awareness. Moving from Doing mode to Being mode. Pure awareness transcends thinking. It allows you to step outside the chattering negative self-talk and your reactive impulses and emotions. It allows you to look at the world once again with open eyes. And when you do so, a sense of wonder and quiet contentment begins to reappear in your life.”¹

This is what Meditation/Mindfulness practice is all about. Whether you are seeking to manage stress, anxiety, and tension, or would like more happiness in your day-to-day life, Meditation/Mindfulness opens doors to all that and more!

WHAT ARE THE MAIN BENEFITS TO MEDITATION/MINDFULNESS?

There are a variety of reasons why a person may take up Meditation/Mindfulness and so the benefit a person derives depends on their aim going into it. For instance, some take it up to de-stress, some pursue the practice to relieve anxiety, or it could be to help manage negative thinking, or the tendency to obsess about something upsetting, while others seek out meditation as a way to help them during recovery from illness/health issues or to cope with a terminal illness, while still others take it up as a way to cultivate a spiritual life.

Nevertheless, there are some overarching common benefits to the practice of Meditation/Mindfulness regardless of an individual’s particular goals. Chiefly, the more regularly you practice, the calmer you will find yourself becoming; you’ll be able to maintain a centeredness in the face of life’s little and big annoyances or upheavals. Maintaining a daily practice, even if for a few minutes, will, over time, build a sharpening of awareness, reflectiveness, and perspective on your life experiences. A central aspect of learning Meditation/Mindfulness is building the ability to focus on the present moment you are experiencing – i.e., being fully present to whatever you are doing or whomever you are with - which ultimately leads to a deep appreciation and gratitude for so many aspects of life.

¹ *Mindfulness An Eight-Week Plan For Finding Peace In A Frantic World*
by Mark Williams and Danny Penman, 2011, Pages 30 -31.

POTENTIAL BENEFITS OF MEDITATION/MINDFULNESS		
• Improving Focus	• Reducing Anxiety	• Improving Ability to Cope with Stress
• Increasing Creativity	• Lowering Blood Pressure	• Improving Ability to Sleep
• Building Confidence	• Improving Oxygen Consumption	• Managing Chronic Pain
• Developing Resilience	• Reducing Burnout	• Managing Anger

Scientific studies using Magnetic Resonance Imaging (MRI) show that the brains of persons who meditate on a regular basis experience changes in the brain's gray matter over time. Gray matter is responsible for processing information from external stimuli and generating a response. In other words, the brain has plasticity, meaning the brain can change. Up until the latter half of the 20th century, it was believed that after early childhood the brain remained relatively unchanged and static; scientists now show us that many aspects of the brain are changeable (or "plastic") even into adulthood.

WHAT ARE THE MAIN REASONS PEOPLE HESITATE TO PURSUE MEDITATION/MINDFULNESS?

There are some preconceived ideas about Meditation/Mindfulness that can get in the way of giving it a try. Misconceptions include notions such as: that there is a steep learning curve; that a session has to be long in order to be effective; that you have to subscribe to certain philosophies/religions (e.g. Hinduism or Buddhism); that if you practice a particular religion, then you shouldn't take up Meditation/Mindfulness (when in fact they can serve as a complementary activity to any faith/religion); or that hyperactive minds/personalities will struggle with learning to practice Meditation/Mindfulness. In reality, the keys to success in Meditation/Mindfulness are: the intention you bring to it; a willingness to dedicate a bit of time each day to the practice; recognizing that the little bit of quiet time you spend in Meditation/Mindfulness is a valid investment in recharging yourself (as opposed to an indulgence); and allowing yourself to enjoy the experience.

WHERE CAN YOU FIND ADDITIONAL INFORMATION?

My website, Sublimity: Pathways to Peace (<http://sublimitypathways.com>) provides a variety of tools and resources on Meditation/Mindfulness including: books, articles, guided meditations/visualizations, and access to my You Tube Channel of Guided Meditations.

Marianne Farag, Inner-Peace Specialist is a speaker, author, and teacher on personal growth and transformation topics aimed at helping you live your most fulfilling life! For more information, see Marianne's website, Sublimity: Pathways to Peace (<http://sublimitypathways.com>).