



HEALTHY LIVING INCLUDES

Meditation

Another healthy living article by **JENNIFER FARMER** – Intuitive, Medium and Spiritual Teacher



I am a testament to how meditation can successfully serve as a coping technique to manage daily chronic pain.

In my early 30s, I was diagnosed with degenerative disc disease, stenosis and sciatica leg pain. I underwent back surgery, and within a few months, I was on my way to great health. Then to my surprise, I suffered a fall and re-injured my back. The pain level was more than I could stand. And, once again, physical back pain became my companion. After a second back surgery, my recovery time was severe. I was still dealing with nerve and lower back pain. The surgery was in February and by Fall, I was left feeling hopeless. I turned to more spiritual solutions to cope with the realities of my life. I started to use guided meditations with visualizations that focused on the outcomes that I was desiring – a strong healthy back and living a life pain free without medication. I practiced consistently for over a month and to my surprise, I was able to move through my days with less pain and less medication. It has been four years since my last surgery, and I am pain free. I can walk everyday, enjoy light yoga and enjoy my life. I can relate to pain both physical and emotional because I have walked through it. From my own experience, I am convinced that meditation is one of the most powerful tools that we can use to change and heal our lives. And, meditation and teaching people how to meditate is now my passion.

THE PRACTICE OF MEDITATION IS SIMPLE, EASY AND AVAILABLE TO EVERYONE

It can begin as a process of merely breathing in and out. Spending time everyday connecting to your breath reduces stress, restores emotional balance, provides clarity and can act as a catalyst for healing in your life.

Meditation is the passageway to retreat from the stresses of everyday life. With dedication and a time commitment, the positive benefits of mediation will cross over into your life, so that you become more relaxed and calmer when you go about your daily activities.

Meditation is a powerful tool that can be used to resolve anxiety, physical pain, stress, depression, dealing with grief, insomnia, physical symptoms that may be associated with chronic illnesses and improve overall wellness.

Research has shown meditation is growing in popularity and is becoming a compliment to other methods of healing. A CDC National Health Statistics Report concluded in a 2007 governmental survey that 9.4 percent of respondents (representing more than 20 million people) had used meditation in the past 12 months. This study was done to learn more about complementary and alternative medicine and used a sample of 23,393 U.S. adults.

PHYSICAL AND EMOTIONAL STRESS MANAGEMENT IS A PRIORITY IN PREVENTING HEALTH ISSUES

Medical experts have associated several illnesses to our state of mind and poor emotional stability. Research has proven that certain diseases have been caused by mental stress, emotional issues or depression. As we become more stressed and despondent, we are at a higher risk of catching a disease because our ability to keep our immune system healthy is compromised. In a 1996 speech given by Sant Rajinder Singh Ji Maharaj, of the Science of Spirituality Center, it was made clear that certain diseases such as heart disease, digestive problems, breathing problems, and migraine headaches, to be linked to abnormal amounts of stress. He suggested that spending regular time in healing meditation would have a calming effect on stress. Today, hospitals and large medical groups are making meditation classes available to patients as a way to reduce stress and help heal some ailments. Committing to a regular meditation schedule can help people heal their physical bodies by first healing the mind and then balancing emotional states.

PRAISE FOR JENNIFER'S WORK

"I have used the meditation CD for Healing. It is GREAT! I actually could feel the healing light in me – awesome feeling. I slept peacefully last night – first time in a week. No neck pain. I will continue to use it.

PATTI B.

"Jennifer's CDs have given me a great sense of peace, stress relief and healing. Her guided meditations helped my husband and I navigate through our grief and move forward in a healthy, spiritual way. Jennifer truly is a benefit to anyone who is seeking healing from grief, illness, physical pain and emotional struggles."

KIM T.

"Listening to Jennifer's Essential Meditation alleviates anxiety for me, reduces tension and lightens my load. Her voice is soothing, peaceful and calming, and the background music makes me comfortably at ease and leaves me in a relaxed, calm disposition..."

PATTI S.

According to Holistic Nursing Practitioner, Bonadonna R.'s article "Meditation's Impact on Chronic Illness", dated November/December 2003, the beneficial effects of meditation can include reduced anxiety, depression, less physical pain, balanced mood swings, increased self-esteem, and decreased stress. Meditation studies have been done with patients dealing with fibromyalgia, cancer, hypertension and psoriasis. This research concludes that a faithful meditation practice can positively affect the outcome of chronic illness and can serve as a major component of one's healing and recovery. Today's health care professionals are demonstrating a commitment to holistic practice by asking patients to utilize meditation on their paths to recovery.

HOW TO GET STARTED ON A MEDITATION PRACTICE?

Meditation has been incorporated into the daily lives of people from all walks of life, faiths, religions and belief systems. There is no need to change your religious beliefs to take up a meditation practice. In fact, it can often lead to a high spiritual awareness. While the motivation behind starting a meditation practice is different to everyone, the benefits for everyone will include:

- Improving overall health by reducing stress and stress-related ailments
- Increasing happiness that will lead to a calmer, more peaceful demeanor
- Helping deal with grief over losing loved ones
- Strengthening concentration and focus attention spans for more productive use of time
- Gaining an outer peace to share with families, communities and neighbors

Getting started with meditation can be confusing because there is so much information available via the Internet. I recommend that people get started by using some kind of guided meditation CD. Spend at least five minutes connecting to your own breath, and keep your practice on a regular schedule if possible. It is important to "show up" for meditation practice with an open mind. This accelerates the effects and experience.

For those in search of healing, my CD, "Healing Meditation Practice" will be a good place to start. This CD was designed to assist you in connecting to and activating your own healing and should complement any healing efforts in your life. It includes a short, five-minute preparation and offers a 45-minute guided meditation to activate your healing power, connect to your Spirit within and bring in what you need in your life.



Both guided CDs are available online at www.butterflyspiritconnections.com. Also included on the web site is a detailed schedule of my meditation classes. These classes offer a safe environment to learn more about meditating and are a wonderful place to grow, share and to make new friends! All levels are welcome, but seating is limited and reservations are required.

Butterfly Spirit
CONNECTIONS

To register for classes, purchase CDs or contact Jennifer:

www.butterflyspiritconnections.com

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