

NEWSLETTER

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your questions!

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Q & A Column

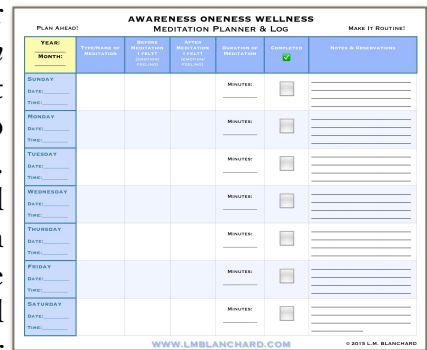
Q: "I try to meditate but find myself unable to sit still for 30 minutes without my mind going off in every direction. It's so frustrating! What can I do?"

- Karine

A: Karine, it's normal to experience frustration when you try to control the mind. First off, know that your mind will wander off with multiple thoughts each and every moment of your existence; that is the nature of the mind. Be at peace knowing that you cannot stop the mind from thinking, but you can "lower the volume" of your thoughts. Rather than struggle trying to control the thoughts, let the thoughts come and observe them as if watching a movie. See what they do from a distance...then let them go. Also, try shortening your meditation sessions down to 5 or 10 minutes. Take small steps and build on those till you become comfortable with the process. Blessings! - LMB

New Year's Meditation Resolution!

It's my great pleasure to offer you my **FREE Meditation Planner & Log**. I've created it as a tool to help you keep to a regular meditation practice. It's also a great motivational tool to help keep you on track. The more you practice meditation the easier it will become part of your regular routine.



How to Use it? Simply print copies, write down the meditations you want to do for the week (tip: start simple and small), indicate how long you want the meditations to last (starting with 5 minutes is okay), follow your schedule, fill out how you feel before and after the meditation and any other observations or insights you notice, then check the "Completed" box when done! As you use the log you will notice a pattern that will start to emerge. This will help to show you what works for you and what doesn't. Make changes as needed and keep it up! Remember to experiment and have fun with meditation. Not all techniques will resonate with you, so best you try various methods till you find the ones that work for you!

Get your Meditation Planner & Log FREE!

Download and print the Meditation Planner & Log from my website at:

WWW.LMBLANCHARD.COM

Available in English and French!

The Science of Meditation - Why Would You Not Want to Meditate?



Meditation Improves Sleep Quality – Reducing disturbances in your sleeping period, meditation has been found to give you improved sleep.

Meditation Can Help You Better Manage Daily Stress – Helping improve the psychological response to anxiety and stress, meditation can be a valuable tool in your stress-reduction strategy.

Studies Show that Meditation Gives Lasting Improvements in Dealing with Anxiety and Depression – Meditation is shown to be effective in treating clinical anxiety and depression as documented by the Beck and Hamilton Inventories.

Meditation Helps in Dealing with Chronic Pain – Mindfulness Based-Stress Reduction meditation techniques has been shown to positively contribute in pain management programs.

Meditation Increases Compassion and Improves Reaction to Social Stressors – Mindfulness-Based Cognitive Therapy has been shown to increase stress coping abilities and to enhance emotional awareness and empathy.

Published by Muse. To see the full document with related scientific studies got to: https://storage.googleapis.com/ix_choosemuse/uploads/2015/07/the-science-of-meditation.pdf

Meditation Stone of the Month

Clear Quartz

Quartz is a powerful amplifier of energy, used with other healing stones; quartz can increase the potency of other stones when used together. By itself, **Clear Quartz** can be used in meditation when seeking clarity in your thoughts, emotions or in your life in general. Sit with a piece of **Quartz** and focus your attention on a spot inside the stone. As you meditate, see your concerns becoming as clear as the crystal itself. After your meditation, revisit the issue at hand and observe any changes in your thoughts or emotions and see if any new insights or revelations have risen to the surface.



BLESSINGS TO ALL!



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