

# NEWSLETTER

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your question!

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## Q & A Column

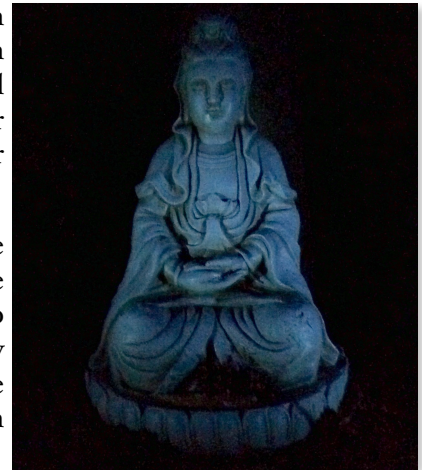
**Q:** "What happens in the brain when you meditate?" - Kathy

**A:** Kathy, a process occurs in the brain, that is scientifically observed, called neuroplasticity. With regular meditation, up to 10 minutes daily, you're able to start re-wiring your brain's neural connections in a way that positively affects your body, mind and emotions. New neural connections are made with our thinking habits, both positive and negative. If you're exposed to negative thoughts such as from news, media, TV shows that portray crimes, horrors and conflicts, your brain wires itself to send those impulses in a more effective way, making the experience of it more visceral in your body and mind which negatively affects your entire state of health. The same happens when exposed to positive stimulus that is life-enhancing. Meditation is one such stimulus that wires your brain in support of peacefulness and loving thoughts that counteracts anxiety, stress and negative thinking. So why would one not want to meditate? Blessings! - LM

## The Practice of Silence (Mauna)

Observing *mauna* is more than simply ceasing speech. It's an internal sadhana (spiritual exercise) in which we place our consciousness in the passenger seat; the seat of the 'witness'.

We become observers of the silence within by halting the sounds of the voice. We put into park, the vehicle that is used by the ego to communicate thoughts which are born from judgments.



When we are in *mauna*, we experience things through our awareness which is the silence that exists between thoughts. It is the narrow gap between one thought to the next thought that becomes bigger and bigger as we practice. Being in *mauna*, is conscious awareness of the absence of thought.

Start with 10 minutes each day dedicated to the practice of being in *mauna*, by actively observing the silence around and within you. Build this practice week after week and see the inner transformation happen!



## Second Book Almost Finished!

I'm currently in the process of finishing the revisions of my second book that I'll be sending off to my publisher by the end of May. My new book is a practical guide conceived to bring the reader to experience inner-spaciousness in 21 days! Yes, that's right, a 21 day practice of specific meditations and exercises (known as sadhanas) to bring about a profound transformation in the person performing the sadhana. The beauty in the concept of this book is that it can be approached in a very personal way and practiced at a pace that gives the reader the chance to fully experience and processes the resulting insights and breakthroughs that will arise. For example, if doing a sadhana for 21 consecutive days is too much, they can be done 21 times in varying intervals such as: one every second or third day, one per week, one per month etc... Each sadhana is associated to one of the 7 chakras, the first 7 sadhanas are for body, the following 7 are for mind and the final 7 are for spirit, which gives us our 21 days' worth of sadhanas. *Keep a lookout for more updates!*



### Book Foreword by Karen Stowe!

My good friend from the UK, Karen Stowe, is writing the foreword to my second book and I'm so thrilled and excited to be blessed with her words that will be in opening pages. It is with Karen that I travelled to India and experienced sadhanas for the very first time and I see this as a perfect match for this book. We shared a profound experience full of laughter and tears which I will forever cherish, so it is with great appreciation and gratitude that I say to Karen...*Thank you very much!*

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## Meditation Stone of the Month

### Amazonite

**Amazonite** is a useful stone to carry on you when faced with challenges that involve public speaking, answering questions or when you need to express something to someone that may be difficult to say. **Amazonite** can also benefit writers and artists in creative works that require self-expression simply by having the stone nearby. It's also a great stone to help dispel negative energy around you, both emotional as well as electromagnetic energy from cell phone, microwaves and computers. Simply place a stone between you and the electromagnetic source to give you this extra protection.




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**BLESSINGS TO ALL!**



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