

# NEWSLETTER

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your questions!

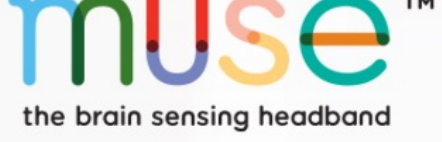
[lmblanchard\\_website@outlook.com](mailto:lmblanchard_website@outlook.com)

## Q & A Column


**Q:** "I lose sleep at night thinking about life-situation that may or may not come to pass. How can I stop worrying about those things that I have no control over?"  
- Ginette

**A:** Ginette, you're already on the right track! Your awareness of what's going on is step #1 in finding a solution to your sleepless nights. Step #2 will be about becoming aware of the **attachements** you have to your expectations. So examine those expectations and see how they're attached to your past and the impact such situations have on you. Your attachment to a desired outcome arises from programs instilled within your consciousness. As you identify the nature of your attachments, you will be able to surrender them and with this surrender, your worries related to outcomes will dissipate leaving you with more restful slumber.

Blessings! - LMB



**MUSE** Back on Boxing Day, I purchased a new 'toy' called MUSE. It peaked my interest since it was described as a brain sensing device used to monitor brainwaves whilst in meditation...right up my alley! It proved to be a simple device to use that works in conjunction with a free App that's downloaded on your iPad or smart phone. The App is so simple to use, intuitive, clear and has yet to falter. The MUSE device is basically a headband that collects data from your brain and relays it to the display on your tablet or phone. Not only are you able to see your brain activity in meditation, but you are coached along the way in various techniques to help quiet the mind and train yourself to consciously become aware of the present and what's going on in your head as you meditate. I just LOVE the device and found it to be very useful and motivating to use in meditation. I recommend this to anyone wanting to engage in a regular meditation practice in order to reap the benefits of a more peaceful and quiet mind. I believe it will prove to be of significant benefit to those needing a bit of motivation to keep at building on a consistent meditation routine.



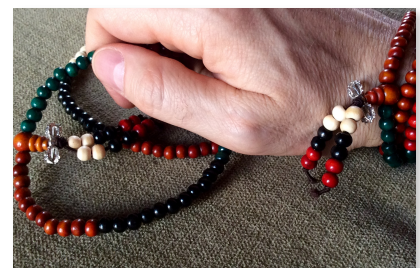
Muse is your personal meditation assistant

Visit my website to link to MUSE



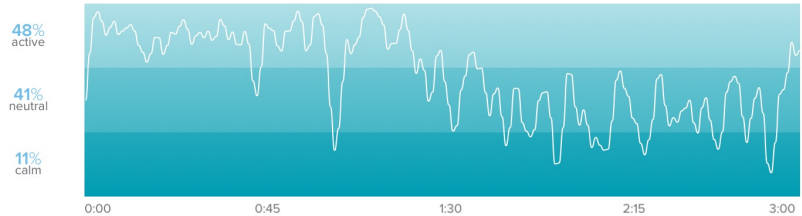
Contact me via my website or email if you want to know more about MUSE. **Links to MUSE can be found on my website so click away!**

**NEW** - Mala Beads now for sale on my website. 108 Sandalwood beads multi-coloured, 6mm. **\$8.99**



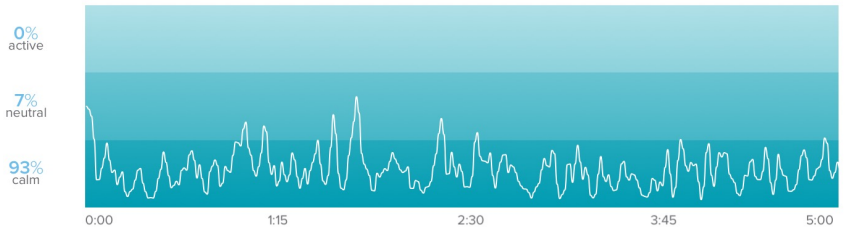
## Brain Waves, MUSE my Personal EEG Sensor

I've been experimenting with Muse and testing it out on various meditation techniques to see what happens in the brain. Below are two sessions. The first graph, I deliberately let myself think about the past and future for the first minute and then I let go and began to focus on the present moment. As you can see, my brainwave patterns were in the "active" zone, then fell into a neutral state with a few peeks in the calm state.



## Deep Meditation Focused on Breathing

The second graph shows very different brainwave activity where I let myself go into a deeply state of meditation as I focused on my breathing, letting myself experience each breath as they occurred in the present moment. You can see my brain activity was in the calm state at 93%, in a neutral state at 7% and no brainwave in the active state.



## Result?

When you focus on the present moment you're creating a peaceful mind. Thinking about the past and future you're getting away from a calm state and creating active thought patterns that are known to bring about thoughts of anxiety, distress and worry. So is meditation good? Would you benefit from meditation? Could you use a bit of inner-peace? The decision is up to you...

## Meditation Stone of the Month

### Turquoise

**Turquoise** has always been regarded as a master healing stone throughout the ages, from the Egyptians to the Native Americans, this gem has had a significant place in ritual and ceremony. A good stone to use for balance and harmony, **Turquoise** is also known as a friendship stone. Either gifting it to someone dear or purchased and worn by yourself to bring about a feeling of "friendship" with a part of you that you may feel disconnected from. In meditation, use this gem to soften your thoughts and energy and to allow more positive energy to radiate from you and to permeate your body, mind and spirit.



**BLESSINGS TO ALL!**



Follow me at <https://www.facebook.com/TheGoldenLinkToOneness/>