

“Once you gain access to this silent realm of your mind, you achieve freedom from all those random images that trigger worry, anger or pain”

—Deepak Chopra

What is meditation?

Meditation is a highly rewarding discipline that can have a positive impact on all areas of life, from increased concentration at work to more fulfilling relationships with own selves as well as others. On a concrete level, meditation is the term that defines a collection of practices where one places attention inward. By doing so, brain waves are shifted into an alert but more peaceful state. Here mental chatter quiets down and our emotional state moves into its true nature, which, believe it or not is a state of calm.

As one gets more experienced with meditation, even when disturbing thoughts arise; it becomes easier to experience them more objectively and to be impacted much less negatively by the fear and anxiety that those thoughts tend to invoke. This helps us to meet challenges with greater clarity, effectiveness and even creativity.

Meditation can be done as a sitting practice or one where movement is involved such as Tai Chi or yoga. Again, the idea is that attention is focused solely on the inner experience of being in the here and now. While different practices of meditation are a part of religious and spiritual practices, meditation can also be learned without any attachment to a particular set of beliefs or customs.

One of the most important aspects about meditation is to know that it will likely help you gain compassion for yourself. This is because meditation is not about doing it perfectly or even with a goal in mind other than just allowing you the experience of self-discovery.

What are the benefits of mediation practice?

Research from the National Institute on Health indicated that meditation could help decrease:

- anxiety
- depression
- obesity
- stress
- chronic pain
- symptoms caused by AIDS or cancer
- pre-menstrual symptoms
- insomnia
- high blood pressure
- migraine headaches

That research along with other studies yielded that meditation can help increase:

- immunity
- energy levels
- calm brain-wave activity
- speed of recovery from illness
- concentration & productivity

When and where are the classes held?

Ongoing Monday evening classes are held from 6-7 pm. Classes are at Full Spectrum Wellness LLC located at the Langer Place mill building at 55 South Commercial Street, Manchester, NH. Classes will be taught and facilitated by Debra LeClair Psy.D., experienced meditator.

What is the structure of a class?

Classes will begin with some basic information about a topic related to mediation. Such topics will include but are not limited to the following: the steps of meditation, dealing with intrusive thoughts during mediation, finding a way to be comfortable in order to meditate, cultivating a meditative practice at home and the different types of meditation. After a period of questions and answers, the

participants will be guided through an actual mediation session. This structure is appropriate for beginners as well as those more experienced with mediation.

What is the cost and how does one participate?

In order to make the program accessible to participants, the cost has been kept affordable at \$8 a class or \$25 for a block of 4 classes. Pre-registration is preferred but not necessary. Payments can be made online or prior to class by phone or in person. All participants are asked to wear loose, comfortable clothing and to bring any cushions or mats that are used, if they already have a meditation practice in place.