Meditation.

Research from University of Wisconsin has shown that in scanned brains of practicing Buddhists, the part of the brain associated with HAPPINESS showed more activity than that in a control group of people who did not regularly meditate.

Benefits:

- **Stress Release** - returns stress hormones back to normal. relaxes muscles. slows heart rate. induces relaxation that reduces mental anxiety & physical tension.
- **Calmness and inner quiet** - appreciate special or sacred quality to things.
- **Reduced Negativity** - increased self-awareness: rid yourself of non-serving habits.
- **Focused Concentration** - Clear the mind of clutter, and rest the brain allows for sharper thinking and concentration.
- **Instant Energy** - Refresh the brain and body.
- **Living in the Present** - Experience life to the fullest, relax and allow clarity, calm and focus.
- **Freedom for all** - Liberate yourself from worry, fear and attachment. Many techniques show ways to extend clarity to help others: develop compassion, love and kindness and help others.

People, who are HAPPY, spread happiness.
The Basic Minute.

1. Find a place of solitude.
2. Sit down.
3. Place your legs in a relaxed but fixed position.
4. Sit up.
5. Set your alarm for exactly one minute.
6. Place your hands in a relaxed but fixed position.
7. Close your eyes.
8. Focus on your breathing.
9. When the alarm sounds, stop.

Timing is important; it helps you to let go of your own anxiety about time; to stop “holding” time for yourself, to prove to yourself that this actually takes only one minute. You can tap into a deep peaceful experience in a very short amount of time.

Be aware that you may not have complete enlightenment, or perfect peace but if you manage to “turn down the volume”, or reduce your stress even a little...isn’t it worth it?

Each time you do it, you will drop into a state of peacefulness more quickly and more deeply. The more you settle into the minute, the more space you will find there.

You can experience peacefulness wherever you are and stillness even when you are on the go.

The word “moment” comes from a Latin word meaning “a particle sufficient to turn the scales”.

A Moment can change everything.