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Mindfulness - Meditation

Swami Antar Khirad



“Meditation is a state of no-mind. Meditation is a state of pure consciousness with no content. Ordinarily, your consciousness is too much full of rubbish, just like a mirror covered with dust. The mind is a constant traffic: thoughts are moving, desires are moving, memories are moving, ambitions are moving — it is a constant traffic! day in, day out. Even when you are asleep the mind is functioning, it is dreaming. It is still thinking; it is still in worries and anxieties. It is preparing for the next day; an underground preparation is going on.” -- Osho

“Let the fragments of the mind dissolved in to nothingness. Realize what remains” – Swami Antar Khirad



Mindfulness is the act of being consciously aware of your thoughts. You can practice mindfulness while walking, talking or eating. It is a practice of creating inner attention, that is silent, calm and relaxed, which helps in dealing with chaos that our lives have become.

It is where we learn to pay attention to and understand all the various levels of ourselves—the body, the breathing process, our emotions and our trigger points.

In the modern world, most of the diseases can be psychosomatic up to some degree, having their origins in or being influenced by our mind, thoughts and emotions

Meditation makes us self-reliant and helps us to attain the inner strength necessary to deal more effectively with all that goes around us.




Benefits

Mindfulness can bring improvement in both physical and psychological issues and can bring positive change in health and behavior.

- Mindfulness Improves wellbeing
 - Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.
- Helps create deeper connection with self and others
 - By being present in the moment, we tend not to focus on future worries or past regrets, hence improving our self-esteem and forming deep connections.
- Improves mental health
 - In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder.
- Improves Physical health
 - Mindfulness techniques help improves physical health in a number of ways. Mindfulness can: help relieve stress, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.





Come Join Swami Antar Khirad for
powerful mindfulness sessions.

Contact us for more details!!