

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 33rd Newsletter, I want to give us a chance to consider how meditation can play a role in our physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

RELEASE STRESS AND HARMONIZE YOUR MIND, BODY AND SPIRIT WITH EVERY BREATH!!!

Stress can be so easy to come by, but so difficult to get rid of. Without a proper outlet, it becomes trapped and brings about extra strain on you and your body. Meditation, which is known to be a practice that we can use to train our minds and to realize our current mental state, is one outlet you can use for stress. With different techniques of meditation, relieving stress and calming the mind and body will become easy and extremely worthwhile.

This week on our Fan Page, we have included articles that will offer you information on the multiple ways to meditate and the positive effects that it has on your body. These articles will cover the physical, mental, emotional and spiritual effects that meditation provides.

It is so very easy for stress and tension to take over your body. Everyone wants that terrific feeling

of less worry and tension, but it always seems so far away. The effects that stress places on your heart and body are extremely damaging and can increase your heart rate to a deathly rate. The increasing of your heart rate could result in high blood pressure or even a stroke. By using meditation techniques, though, you can begin to promote a healthier heart! Studies show that practice of Transcendental Meditation can provide stress relief along with many other beneficial improvements to your body.

With the addition of meditation to my regular schedule, I have been able to create a more calm and stress free way of living! Meditation has become an art that I enjoy doing and has made me realize the importance of knowing myself, inside and out. Meditating every day after waking up gets my day off to a fantastic start! Before going to sleep at night, I chose to meditate because it empties out my mind and helps me to sleep better! It has also balanced out my chemicals and reduced the impact of my acute post-traumatic stress disorder. I have balanced myself and my way of living with the meditating practices that I have engaged in and now know that it allows for a more peaceful, stress free me! I encourage all of you to find and practice one or more of the many meditating techniques that are available out there. That will most likely improve your health in many different ways. As it helps you to become healthier—mentally, physically, emotionally, and spiritually—you may begin to find meditation very enjoyable as you master it day by day!

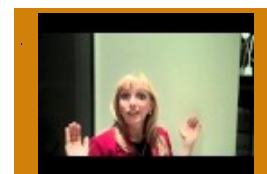


CAROLINA ARAMBURO

Practicing various meditation techniques has led to a positive mental effect in those who engage in it. By indulging in the art of meditation, you will be able to build up your self-confidence, develop will power and improve your relationships at work and at home! In addition to those awesome benefits, meditating is said to provide you with these benefits:

- Better, more sociable behavior.
- Less aggressiveness.
- More accurate judgments.
- Greater tolerance.
- A quicker and more effective reaction to a stressful event.
- A stable, more balanced personality.
- Development in emotional maturity.

(Cont on next page)



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RELEASE STRESS AND HARMONIZE YOUR MIND, BODY AND SPIRIT WITH EVERY BREATH!!! (Cont.)

- Needing less sleep to **re-cover** from sleep deprivation.

Meditation not only benefits you by reducing your stress and boosting your characteristics, but it is also a healing transformation. By meditating regularly, **you will see positive results in yourself!** For example, if you have a habit of responding to situations in a negative manner, regular meditation will probe you to respond to those same situations in a better way! Who wouldn't want to channel their energy in a more positive

way? **Meditating allows you to transform your mind, emotions and body** and leaves you with an awesome feeling!

Meditation can be used to impact us spiritually as well. Regular meditation will help us increase the acceptance that we have for ourselves and the synchronicity of our lives! We will be able to **attain enlightenment, keep our thinking in perspective, gain a deeper understanding** of others and ourselves and provide ourselves with peace of mind and happiness.

The spiritual benefits that meditation can have for us are many. They can include:

- **Discovery** of the power and consciousness beyond the ego.
- Bringing body, mind, and spirit, in **harmony**.
- A growth in wisdom.
- **Increased** compassion.
- Helping us to **learn and practice** forgiveness.

I encourage you to engage in meditation to improve your health and well-being—physically, emotionally, mentally and spiritually.

IN WHAT WAYS WILL YOU USE MEDITATION TO CREATE INTEGRAL WELL-BEING AND PURPOSEFUL JOY???

It has been proven that people who meditate are much happier and healthier than people who don't! These people may have also extended their life span. There have been numerous studies showing that **meditation dramatically reduces, and even reverses, disease** of all types — including cancer.

Meditating can bring about many physical benefits. These benefits could include:

- **Decreases** in respiratory rate.
- **Increases** in blood flow and a slower heart rate.
- **Increases** in exercise tolerance.
- A **deeper level** of physical relaxation.
- **Advantages for people** with high blood pressure.
- A **reduction** in anxiety attacks by lowering the levels of blood lactate.
- **Reversal** of tumors.
- **Decreases** in muscle tension.
- **Help** in chronic diseases like allergies and arthritis.
- A **reduction** in Pre-menstrual Syndrome symptoms.
- **Help** in post-operative healing.
- **An enhanced** immune system.
- A **reduction** in activity of viruses and emotional distress.

The benefits don't stop there. Studies show that those experienced in meditation are able to reach the deepest levels and are able to tap into dormant levels

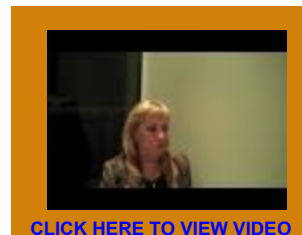
of brain function. With closer examination, it was shown that the **brain of a person who meditates tends to work on a more superior level** than the brain of someone who doesn't meditate.

Meditation, apart from being good for our physical system, is even better for our mental system. It gives our nervous and mental system many benefits. For example, it:

- **Builds** self-confidence.
- **Increases** serotonin levels and influences mood and behavior.
- **Resolves** phobias & fears.
- Helps **control** thoughts.
- **Helps** with focus and concentration.
- **Increases** creativity and brain wave coherence.
- **Improves** learning ability and memory.
- **Increases** emotional stability.
- **Improves** relationships.
- Helps your mind **age** at a slower rate.
- Makes it easier to **replace** bad habits.
- **Helps you develop** intuition.
- **Increases** productivity.
- **Improves** relations at home and at work.
- Helps you to be able to **see** the larger picture in a given situation.
- **Helps** you ignore petty issues.
- **Increases** your ability to solve complex problems.
- **Purifies** your character.

- **Develops** will power.

With all these exciting benefits of meditation, are you ready for integral well-being and purposeful joy?



Learning to relax is more impactful to our physical, mental, emotional and spiritual health than we could ever imagine. Through meditation, we can impact our health, thinking, and the way we feel. The second health proposal is about **listening** to your body. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants.

Listen to your body to tell you when meditation would be beneficial and how long to do it for, so that you can support yourself physically, mentally, emotionally and spiritually. You may notice **massive changes** in your emotions, your physical health, the power of your mind, and your ability to connect with Source/God/The Universe by making small changes. I invite you to go on this **captivating journey** with me!!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

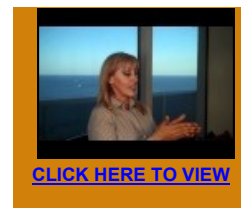
our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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GIFT YOURSELF WITH THE ASTONISHING BENEFITS YOU CAN UNCOVER WHEN YOU FREE YOUR MIND THROUGH MEDITATION!!!

Meditation is a practice in which we can train our minds and ourselves. It is a mode of consciousness that helps us realize our current state, whether this is physical, mental, emotional or spiritual. **Meditation is considered a personal practice** that you can do by yourself; this practice may be done using prayer beads or rituals. You can use guided meditation tapes during meditation or even concentrate on a specific focal point.

Meditation means: transforming the mind. The techniques used **encourage concentration, clarity, emotional positivity**, and a calm seeing of the true nature of things. By meditating you learn your brain's patterns, habits, and how your mind actually thinks and works. With regular work and patience, these nourishing, focused states of mind can deepen into profoundly **peaceful and energized states of mind**. Such experiences can have a transformative effect and can lead to a new understanding of life.

There are hundreds of meditation techniques available, many of which have **evolved** into newer ones over the years. For starters, here are some types of meditation methods that you can try out:

- **Mindfulness meditation:** this meditation type is called vipassanna, or insight meditation, used by the Buddhists as a self-awakening. This meditation technique is about focusing on what is happening in the environment around you and being aware of your thoughts and feelings

during the process of meditating. During the practice you need to open your true feelings and have no second thoughts.

- **Breath watching:** this method is about concentrating on your breathing during meditation. The best way is to find a comfortable position then close your eyes and pay close attention to your breathing. Start by **breathing slowly through your nose**. While your mind wanders, re-focus on the air going in and out of your nose and through your body. This is considered one of the best meditations of all.
- **Transcendental meditation:** involves a continuous chanting of a mantra until you reach a dream-like state of mind. This is **useful for those who are easily distracted** and it stops your mind from wandering. You can either repeat it in your mind, or in some cases, the master will choose a phrase for you.

Now that you have understood the basics of several types of meditation methods, you may start practicing the one you feel most comfortable with. Meditation can be **used for brain health, mental fitness and energy**. To address issues like anxiety, pain or stress, meditation has been used and can be seen as the ultimate brain workout. The ultimate goal of meditation is to not interact with the thoughts that occur and to free your mind. **Breathing slowly** throughout your meditating exercise will help control your thoughts.

Wisdom traditions around the world have used meditation for spiritual transformation. The spiritual effects of meditation include growing compassion, a decreased sense of ego, closeness to the divine, an emergence of consciousness, clarification, and for some, self-realization and enlightenment. Meditating also **helps you on a spiritual level with self discovery and living in the here and now**. It helps you to stop identifying yourself with your mind, body and emotions and find the joy that you may be searching for. Discovering who you truly are and your true nature is another spiritual benefit of meditating.

Meditation can be a very important practice for our lives and health. I recommend that you choose the practice that is most comfortable for you and, most importantly, your body. **Start meditating two or three times a week. Listen to your body and let it guide you** on how often and how long. Meditation can absolutely impact your health and your way of seeing life!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.