

# Inner Healing Academy

## Courses & Coaching

Newsletter: November 2022: #15



## A Close Look at Mindfulness Meditation

It is well established that there is a powerful link between the mind and the body. There are ways in which we can enhance this connection and use it to improve our health. One such effective modality is Mindfulness Meditation which is, essentially, a mental training practice.



### The Present Moment

It helps to bring your experience of life into the present moment. Very often people live, mentally, in the past or they are predicting into the future, so a practice which brings the thoughts to the present moment is very helpful. However, people usually find it a difficult practice to master as it can be quite challenging to quiet your thoughts.

### Thoughts

A person's thought life has very often developed a life of its own and is going on all the time with very little conscious control. So when you start to consciously control the thoughts, a lot of focus and discipline is required to take back the reins and gain mastery. Nevertheless, with time and practice, people do achieve a level of expertise and discover that their efforts were well worth while.

### Metacognitive Awareness

Mindfulness is one of the main techniques used to help people reach metacognitive awareness which is the awareness of the thought process itself. Experts agree that we typically have around 60,000-80,000 thoughts a day. This is an average of 2,500-3,300 thoughts per hour - our minds are constantly working. Unfortunately, according to the National Science Foundation, 80% of our thoughts are negative and 95% are repetitive. It follows, therefore, that as we are repeating negative thoughts, our thought life is predominantly negative. This is a huge problem when we understand the impact our mind has on our physical well-being.



## Techniques

Mindfulness techniques can vary but, in general, they involve an awareness of body and mind and, in particular, the thoughts. Via muscle and body relaxation, a calming breathing practice and mental imagery, thoughts can be brought under control. You can learn to stop the flow of thoughts or, at least, stop the attachment to the thoughts. When a negative thought appears, you can learn to be detached from it and stop the negative emotional reaction which would normally occur in response to such a thought. Then the thought passes through the mind like a wave passes through the sea; it is unhindered and viewed objectively rather than subjectively.



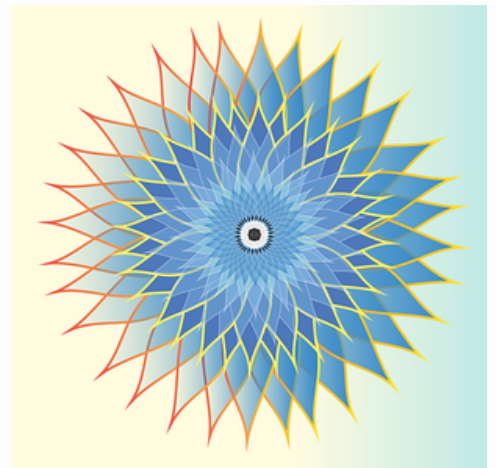
## Mindfulness and Religion

Mindfulness has its origins in Eastern philosophy and has been practised for thousands of years. It is only comparatively recently, around 50 years ago, that it has become more popular in the West. Most people associate Mindfulness Meditation with Buddhism and, indeed, it is a strong feature of this philosophy but Hinduism is where it all began in 1500 BCE when it was incorporated into yogic practices. In the 6th century BCE it was adopted by Daoism in Qigong exercise. Buddhism extended its use to incorporate a focus on breathing. As we look back through history we can also see traces of this practice in Jewish, Muslim and Christian faiths.



## Mindfulness and Health

Outside of the religious community, Mindfulness Meditation is a common feature of clinical psychology and is used with patients suffering from many ailments including depression, anxiety, attention disorders, dysregulated eating, heart disease, insomnia and chronic pain. It has also been shown to improve memory, cognition, restlessness and emotional balance. It generally results in calmness and makes one more aware and, often, more compassionate. So give it a try, be persistent, and you will certainly experience the benefits.



# NEW BOOK

## Go Vegan Successfully contents:

- 1 - My story
- 2 - How long will it take to go vegan?
- 3 - Giving up meat
- 4 - Fish facts
- 5 - Dairy products
- 6 - Eggs and honey
- 7 - Protein and amino acids
- 8 - Calcium
- 9 - Iron
- 10 - Vitamin B12
- 11 - Family meals
- 12 - Social dining and shopping
- 13 - Festive meals
- 14 - Vegan transition
- 15 - Common concerns and remedies
- 16 - More than a diet
- 17 - Interviews with leaders & visionaries
- 18 - What's next?



There are many vegan recipe books and books depicting the suffering of animals but not many that actually guide you, step-by-step, to go vegan. This book is full of practical tips and, having been written by someone who not only lives the vegan lifestyle but is a recognized plant-based diet specialist and a Dissertation Professor, with a PhD in Natural Medicine, you can be assured of expert guidance.

It's not always easy making the switch to a vegan diet. There's so much to consider: Will I be getting sufficient protein? Will my bones begin to suffer if I don't drink milk? How can I make sure I am getting all my vitamins? What will my family and friends think? How will I cope if I'm the only one in my household going vegan? This book answers all of these questions and much, much more!

The book is easy to read, well laid out, nicely illustrated and contains a wealth of information. There's also some easy recipes for you to try at home and several plant-based guides to assist with shopping and baking.

**[CLICK HERE](#)**



# Want to learn more?

*Courses*

**Go Dairy Free & Thrive**  
[CLICK HERE to learn more](#)



**Go Vegan Successfully**  
[CLICK HERE to learn more](#)



*ebook*

**Go Dairy Free & Thrive ebook**

A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

[CLICK HERE to learn more](#)



*Coaching*

Coaching by Dr Kim Benson, a recognized expert in plant-based nutrition. This one-on-one coaching is designed to meet your specific needs. You'll be educated and motivated to achieve the results you deserve and have fun along the way!

[CLICK HERE to learn more](#)

