

# Inner Healing Academy

## Courses & Coaching

Newsletter: February 2023: #18



## SILENT MEDITATION



Silent Meditation has been a routine part of many people's lives for thousands of years. Its primary aim is to help you to connect with the sacred, the Divine, which is your source of being and your source of power.

Meditation is able to create a deep state of peace and relaxation and helps to calm an overly active or troubled mind.

This mind-body-spirit connection fosters health and wholeness and many studies have shown conclusively that it improves your physical and emotional wellbeing.

### Learn to Meditate

Did you know that meditation is a skill and, just like any other skill, it takes time, dedication and commitment to succeed? This is especially true of Silent Meditation since the mind is often like a runaway train, with thoughts racing through our minds continually. We need to get the train back onto the tracks and take control. This takes practice.

Meditation should be considered an essential life skill as it improves all areas of your life. Once it becomes a habit, you will reap the benefits every day.

Paramahansa Yogananda, a spiritual adept who mastered the art of meditation, said:

Do not say: "Tomorrow I will meditate longer." You will suddenly find that a year has passed without fulfillment of your good intentions. Instead, say: "This can wait and that can wait, but my search for God cannot wait."



# The major benefits of Silent Meditation

- It allows your meditation to intensify on a deep inner, sacred level
- It is an effective means to tune into your Source of Being and enhance the communication
- It provides the means to gain insight into the true nature of reality
- It enhances the connection with your True Self as opposed to your ego-driven self
- It fosters inner peace and clarity of purpose
- It enhances your physical and mental wellbeing



## FREE Meditation Sessions



We offer a free, 30-minute, group meditation session every week. If you would like more information, please visit: <http://www.innerhealingacademy.com/meditation>

Complete the Contact Form at the above link. In the Message section of the form, mention that you are interested in the FREE meditation sessions. We normally respond within 24 hours.

## Are you ready to go deeper?

Silent Meditation requires a certain amount of discipline and many people find it helpful, especially in the initial stages of learning to meditate, to have some personalized support.

Dr Kim offers one-on-one meditation support sessions. She has many techniques to share that can help keep your meditation focused and reduce unnecessary frustration. Since our minds are often like runaway trains, it is nice to have a little help to stay on track.

A one-on-one session typically takes around 30-40 minutes and includes:

- deep breathing relaxation exercise
- 5-minute Silent Meditation with regular reminders to return to stillness
- Q&A session to discuss the connection and/or lapses during the Silent Meditation
- Explanation of techniques to help with your particular issues and help minimize lapses
- full body relaxation exercise
- 10-minute Silent Meditation with reminders to refocus the mind to silence

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# 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](#)

