

Meditation – An essential ingredient for a happy life.

In today's high pressure, results-focussed world, the need to excel mentally, physically, creatively & financially is producing an epidemic of stress and self esteem related disorders including depression, drug abuse, eating disorders and coronary disease. The need for a practise effective in restoring mental, emotional and physical equilibrium has never been greater.

People the world over have discovered the amazing benefits of regular meditation practise. Ten million American adults say they practise some form of meditation regularly according to Time Magazine. Celebrities including Sting, Clint Eastwood, Richard Gere and Al Gore all extol its value.

Medical doctors frequently recommend meditation to promote rapid healing. Countless studies detail that patients who meditate can reverse heart disease, strengthen their immune system, reduce artery clogging, lower levels of the stress hormone cortisol and manage pain better.

Chronically depressed patients, after a few weeks of meditation, report being less anxious, calmer, peaceful, energized and engaged.

Master Choa Kok Sui's guided Twin Hearts Meditation is simple, effortless and effective for gaining deep relaxation, eliminating stress, promoting health, increasing creativity and intelligence, and attaining inner happiness and fulfilment.

Research on practise of TWIN HEARTS MEDITATION has documented:

- Significant increase in Serotonin and Melatonin (up to 300%).
- Decreased heart and respiratory rate of up to 15-50% and increased oxygen saturation.
- Increased synchrony (alpha-delta-theta waves) between the brain hemispheres.
- A dramatic transition from beta waves to alpha waves and delta-theta waves was observed using EEG.

TWIN HEARTS MEDITATION is a guided meditation practised both in groups and individually. To experience the transformative effect of TWIN HEARTS MEDITATION come to Prana House weekly on Thursdays @ 6.30 pm for this FREE planetary healing service. You can contact Sharon on 0412 507 521