

Reduce Stress and Anxiety

Why do anxiety, stress, or negativity arise? Because you turned away from the present moment.

And why did you do that? You thought something else was more important.

One small error, one misperception, creates a world of suffering.

Meditation is a technique designed to relax the body quickly and calm the mind. This restores to the body to a state of balance, and the resulting mental clarity prepares us for whatever we plan to do next. It not complicated to understand or do. Children get it quite easily. It actually works because it simplifies our mental activity. It requires no special props or beliefs. It can be done for a minute or for an hour, at any time we are alone. Most people get good results from their very first attempt, although improvement only comes with practice.