

Benefits

Meditation is a scientific process and has been proven to enhance overall wellbeing and functioning.

It decreases stress, anxiety, tension, negative mood, fatigue and depression. Meditation removes negative energy and energizes the body. No judgmental assignment is given to thoughts, energy is concentrated in the central nervous system and not utilized to fulfill the need of the senses; this stops the flow of energy and disconnect the ego and feeling centers. Thus stabilizing mental health. Physical health is improved by effective use of the breath. Energy is distributed throughout the body and toxins are removed through exhalation.

Meditation also improves IQ, cognitive functioning, concentration, personal effectiveness, and emotional awareness. Through the practice of yoga the mind, body, and soul function harmoniously with new insights and awareness of the inner self.



Doing less is MORE.

In the current day and age, people have busy schedule and stress naturally occurs. Our brains are continuously active and our bodies always on the go. We need to slow down; take a break; spend time with our inner selves. Meditation offers the body, mind, and spirit a time for relaxation and connection. Therefore during meditation, doing less is actually more. The key to meditation is your focus, single point concentration. As always, be cool, calm, and collected. ;-)

-A message from the
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Meditation

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Meditation Defined.

Meditation is the act of participating in mental exercise in order to reach a heightened level of consciousness. It is not contemplation or reflection.

Yoga came from the Sanskrit root "yuj" meaning union; the coming together with the spirit. Therefore by practicing yoga the connection between the mind, body, and soul is strengthened. Raja Yoga is the highest form of yoga; it utilizes simple body discipline with deep meditative techniques to attain union. Although meditation is associated to various types of religion, it is also a scientifically proven process.



Pranayama.

Regulation of the life force.

Atoms are basic building blocks of life, atoms vibrate combining itself to the energy present in the universe, and all living things utilize that cosmic energy to carry out their necessary functions. Energy flows throughout the body with the assistance of the respiratory system. As we inhale energy, oxygen, and nutrients are taken from the environment, filtered into usable energy, and distributed throughout the body. The energy first passes through the central nervous system (spinal cord and brain, the control center) and then spread to the peripheral nervous system in the blood stream. Energy will then be used in thoughts, actions, body functions, and the senses. Lastly through exhalation carbon dioxide, waste, and toxins are removed. Although breathing restocks the used energy, it is not sufficient to reestablish the depleted amount, thus sleep is needed at the end of each day.

The importance of breathing has often been overlooked due to its unconscious nature. However when breathing is used effectively the body's adverse affects of poor diet, body posture, and various life style activities are minimized. Pranayama works on the principle that action follows thought and therefore thought direct energy. Pranayama teaches how to regulate the breath by conscious breathing techniques to distribute energy evenly throughout the body, even in areas where energy was disengaged or impacted. Pranayama brings in an extra amount of energy, concentrates and stores usable energy in the central nervous system. This process restores the depleted energy similar to the sleep process however it also supplies the control center with an extra amount of readily available energy. Pranayama strengthens all the neuronal connections in the body; by continuously practicing pranayama the mind, body, and soul will be brought into one accord and will function harmoniously.