



Unfold the New Normal with Peaceful Meditation and Movement

Americans, to include our legal community, are experiencing three pandemics right now! The first is the Covid-19 pandemic, loss of life and health associated with the virus, autoimmune diseases, and unhealthy lifestyles. The second is the concurrent financial crisis. The third pandemic is stress and anxiety which can be harmful not only to your mental health, but also to your spiritual and physical wellness.

Let's unfold the New Normal and embrace peace, joy and who we truly are as we learn and experience presence with self, full and gentle breathing, meditation, and seated yoga practices.

Meditation is a simple yet powerful tool that takes us to a state of profound relaxation, dissolving fatigue and the accumulated stress. During meditation, our breathing slows, our blood pressure and heart rate decrease, and stress hormone levels fall. By its very nature, meditation calms the mind, and when the mind is in a state of restful awareness, the body relaxes too.



Research shows that people who meditate regularly develop less hypertension, heart disease, anxiety, and other stress-related illnesses that speed up aging. Furthermore, new studies are finding that meditation literally restores the brain. A groundbreaking study conducted by Massachusetts General Hospital found that as little as eight weeks of meditation not only helped people feel calmer but also produced changes in various areas of the brain, including growth in the areas associated with memory, empathy, sense of self, and stress regulation.



As you enter Meditation, understand that sitting or lying in a comfortable position is key. Many options are open to us such as Quarter, Half and Full Lotus, Burmese, Sukasana, Seiza, Virasana, Vajrasana and sitting in a chair with your feet flat on the floor.

Next, allow your hands to rest them on your lap. Let the muscles in your shoulder and back relax. Slightly tuck in your chin. Bring a sense of relaxation to the muscles in your face so that your jaw hangs open. Relax your gaze two to four feet ahead of you on the ground in an unfocused manner or, if more comfortable, gently close your eyes.

LET'S BEGIN

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- 🧘 *Begin by sitting in a comfortable position and gently close your eyes* 🧘
- 🧘 *For just this moment, let go of your thoughts and the outside world.* 🧘
- 🧘 *Observe your breath, bringing your mind to a quieter place* 🧘
- 🧘 *Focus your attention on your spiritual heart center, in the middle of your chest* 🧘
- 🧘 *Let your breath go in and out, and as it does, ask your heart what it needs to say* 🧘
- 🧘 *Engage with your Mantra ... So Hum ... I am* 🧘
- 🧘 *Breathe gently and sense your breath flowing into your heart* 🧘
- 🧘 *Breathe in through your nose for 4 counts* 🧘
- 🧘 *Hold your breath for 2 counts* 🧘
- 🧘 *Exhale through your mouth for 6 counts* 🧘
- 🧘 *For the next 5, 10 or 15 minutes, sit and listen. As you repeat your mantra* 🧘
- 🧘 *Your heart will begin to release long stored stressful emotions, memories, and fears* 🧘
- 🧘 *As your time with you comes to a close, send your mantra off for the time being* 🧘
- 🧘 *Gently blink open your eyes or widen your glaze* 🧘
- 🧘 *Bring small movements into your body* 🧘
- 🧘 *Extend your arms, straighten your legs move pleausrably* 🧘
- 🧘 *With gratitude, acknowledge the beautiful, stress-reducing GIFT you provided* 🧘

YOUR AMAZING SELF

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