



Time For a Tune Up?



If I asked you one hour from now about the things that ran through your mind in the last 60 minutes, do you think you'd remember most of them? Some of them? Hardly any of them?


Russell Hurlburt, a psychologist at the University of Nevada-Las Vegas, has conducted research that reveals that most of us are utterly unaware of what runs through our minds during any given period of time. Yet we can be taught to "tune in" to what's happening in there.


Mindfulness meditation is a perfect way to do that. It encourages us become more consciously aware of what we are thinking and feeling. It provides greater clarity to our actions and emotions. It is a "fine tuner" for the brain. You can even get an extra boost from Hurlburt's IPromptU smartphone app, which randomly reminds you to take notice of what you are thinking about.

Meditation is an essential element of many Eastern philosophies, including Feng Shui, where it has long been recognized for its power to elevate our moods, lower our blood pressure, improve our sleep and decrease muscle tension.

Daily meditation is one of the most popular aspects of our Maine **retreats**. Join us at our September retreat to learn more about how meditation, Feng Shui and Crystal Healing increase your concentration, productivity and creativity for greater success in your personal and business relationships. Our retreats sell out quickly, so **reserve** your spot today!

Lusti

 [Join Our Mailing List](#)

 [Send to a Colleague](#)