



FENG SHUI
CONSULTING SERVICE

Ageless Mind



As you know, I have been a proponent of mindfulness training for a long time. Although it has been the foundation of Feng Shui for millennia, more and more individuals and organizations are discovering the stress-reducing powers of basic meditation techniques to improve concentration, productivity and contentment.

Now new scientific studies are also demonstrating the power of mindfulness training to fight the aging process. Harvard University researcher Sara Lazar reports that the pre-frontal cortexes of 50-year-old meditators had the same amount of gray matter as people half their age.

She also found that the portion of the brain that is known as its "panic button" (i.e. the amygdala) is smaller in those who practice mindfulness meditation. In fact, meditation has been shown to benefit several areas of the brain, including those that affect learning, memory and even compassion and empathy.

Imagine: all those benefits without the need to take a pill or invest in expensive therapies!

Are you curious? **Contact me** today to learn more about how meditation and the principles of Feng Shui can help your brain fight Father Time while providing you with the tools to gain greater happiness and prosperity in your life today.

Learning new skills also improves the mind! We still have spots left for the **July Writer's Retreat** <http://www.maine-retreats.com/>) so **sign up today** ([http://www.hellebrisson.com/Events US.html](http://www.hellebrisson.com/Events_US.html)) to secure your spot.