

The Wellness Report— Summer 2017



THE DUPUIS LANGEN GROUP
SOLUTIONS WITH CLARITY

It's Ok To Be A Head Case!

Have you ever heard the phrase “mind over matter”? How about “it’s all in your head”? Or “meditation is good for your health”? Well, maybe that last one is not an actual saying, but many sources believe this to be true.

If practised effectively and consistently, meditation can enhance your mood, reduce stress or anxiety, and even improve immune system functionality.

Does this mean you should trade in your summer dress and heels; suit and tie; or jeans and tee for a Buddhist robe? Well..if you’d like! But if you happen to love those heels, tie or dungarees; feel free to keep ‘em! Yes, meditation can be a way of life, or simply a part of your life.



Manny, a middle management, middle-aged, twice divorced, father of one, needless to say, had a great deal of stress in his life. “Am I a good Dad?”; “Why did I get passed over for that promotion?”; “Why does my daughter’s mom make things so complicated?”; “Will I ever have a good relationship with a woman?”; “How am I going to help pay for my daughter’s braces, glasses, gymnastics, summer camp, back-to-school clothes?” - these were some of the questions/issues rolling around in his head from day to day.

Credit: Success.com (<http://www.success.com/blog/i-actually-tried-meditation-for-30-days-this-is-what-happened>)

After another heart-to-heart with his younger brother, Manny decided to try something a little different. Yes, you guessed it: he decided to sit and think! Even though he was armed with a Pod Cast and some helpful pointers, this effort proved to be challenging initially, as the first thing you must make available is — time. Finishing that to-do list at work, coffee & cookie breaks, household chores, reading a book, social gatherings, surfing the Net, Netflix, sporting events, hanging out with your kid — he had many duties and distractions that made him believe he couldn’t spare 20 minutes.

After deciding to just try it for 30 days, there were still challenges. Sitting quietly, is harder than it seems. Random thoughts of Star Wars characters would fill his head. After sitting to refocus, he would think about his upcoming date with his daughter, and where he would take her—nice thought, but not meditation-worthy! But just like with anything (everything!) else, the more you practice—the better you will be.

After a couple of weeks, rather than being distracted and pulled by his thoughts, he was able to neutrally observe them. The quiet moments helped to restore or reset his psyche. Scrolling on his phone, was neither restorative, nor quiet. Was there an end goal in his journey? No. The value was in the process itself. The learning came from knowing how to un-plug for a few golden minutes.



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BREATHE!

The first stage of meditation is to stop distractions and make your mind clearer and more lucid. This can be accomplished by practising a simple breathing meditation. Choose a quiet place to meditate and sit in a comfortable position. You can sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The most important thing is to keep your back straight to prevent your mind from becoming sluggish or sleepy.

At first, your mind will be very busy, and you might even feel that the meditation is making your mind busier; but in reality you are just becoming more aware of how busy your mind actually is. There will be a great temptation to follow the different thoughts as they arise, but try to resist this and remain focused single-pointedly on the sensation of the breath. If you discover that your mind has wandered and is following your thoughts, you should immediately return it to the breath. Repeat this as many times as necessary until the mind settles on the breath.

Practice makes... umm.. better!

If we practise patiently in this way, gradually our distracting thoughts will subside and we will experience a sense of inner peace and relaxation. Our mind will feel lucid and spacious and we will feel refreshed. When the sea is rough, sediment is churned up and the water becomes murky, but when the wind dies down the mud gradually settles and the water becomes clear. In a similar way, when the otherwise incessant flow of our distracting thoughts is calmed through concentrating on the breath, our mind becomes unusually lucid and clear. We should stay with this state of mental calm for a while.

Even though breathing meditation is only a preliminary stage of meditation, it can be quite powerful. We can see from this practice that it is possible to experience inner peace and contentment just by controlling the mind, without having to depend at all upon external conditions.

When the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment naturally arises from within. This feeling of contentment and well-being helps us to cope with the busyness and difficulties of daily life. So much of the stress and tension we normally experience comes from our mind, and many of the problems we experience, including ill health, are caused or aggravated by this stress.

Just by doing breathing meditation for ten or fifteen minutes each day, we will be able to reduce this stress. We will experience a calm, spacious feeling in the mind, and many of our usual problems will fall away. Difficult situations will become easier to deal with, we will naturally feel warm and well disposed towards other people,

Source:
<http://how-to-meditate.org/breathing-meditations>

