



TLC Services

Everyone needs a little TLC

www.reikiandyoga.com

Depression Relief

A simple meditation that can help relieve depression and any underlying unhappiness is the use of abdominal breathing.

Close your eyes and bring the attention to your breath.

Inhaling and exhaling through the nose.

Inhale and visualize beautiful light energy filling the body, exhale and see all pain leaving you.

Try it for a month at least 5 minutes per session.

Please note: if you are having some larger issues with depression or illness practice longer time periods; i.e. 10-15 minutes/daily.

An excuse I get from many clients is "I don't have the time." This is one of the largest misconceptions. There is no need to schedule separate time for this concept.

This simple technique can be practiced anywhere - anytime! And no one knows what you are doing!

A few places to practice:

- In the shower
- While driving
- Walking
- Working.

There are endless possibilities.

And if you want your life to change are you not worth the work?

Notes on Meditation:

- Allow the experience to unfold organically; do not force it to happen.
- Meditation takes time to learn, do not grow angry with yourself if you lose focus; simply bring the awareness back to the present moment and continue where you left off.
- Visit the Meditation pages at www.reikiandyoga.com for more information on meditation or sign up for a Meditation class
- Meditation is not about having a clear, empty mind. It is about becoming more mindful. As you continue to work with the practice you will see its benefits in your everyday life.

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