



**For many of us, the idea of meditation is associated with sitting crossed legged for hours, trying to empty your mind, only to find yourself thinking about what's for dinner.**

How many times after reading an article in a magazine, have you thought about giving it a try, but found yourself bored and uncomfortable after 5 minutes?

Meditation is an important part of creating peace and harmony in your life and can help the healing process for the body as well as the mind.

Many of us crawl out of bed in the morning, grab a coffee and a slice of toast or skip breakfast altogether. We work in busy offices, rush lunch while working at our desk, rush to collect the kids, dash home, put the dinner on and crash out in front of the TV, only to repeat the whole process all over again tomorrow.

When do we give ourselves time to reflect, to develop our intuition and just take time out for ourselves?

Meditation allows you to refocus. It can lower blood pressure, help people with asthma breathe more easily, relieve insomnia and reduce stress.

Meditation techniques are very simple but reading about them is no substitute for learning from an

experienced teacher. A teacher will be able to offer you guidance, encouragement and inspiration.

There are many classes where you can share and learn meditation techniques but if you're unsure about joining a class why not try a meditation CD.

These can be bought from local bookshops, or online [www.soundtherapy.co.uk](http://www.soundtherapy.co.uk) [www.newworldmusic.com](http://www.newworldmusic.com) [www.naturalthinking.co.uk](http://www.naturalthinking.co.uk)

**Stress reduction and relaxation**

Take Time out and experience a different you. A new CD from natural Thinking combines the power of binaural beats with Neuro Linguistic Programming.

This is a CD that you play through headphones to enable the Binaural beats to be sent to the right and left side of the brain. Certainly not one for the car as having played this CD a number of times after a hard days work, I found myself fast asleep before the end of the CD, the sounds are beautiful and relaxing and a great way to relax and unwind after a hard day in the office.

This CD can be purchased for the special Wellbeing price of £11.99 at [www.wellbeingmagazine.com/readeroffer](http://www.wellbeingmagazine.com/readeroffer)

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