

LUTHERAN HEALTH MINISTRIES of the FOOTHILLS

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If someone told you that, in just 10 or 15 minutes a day, you could do something painless and completely free that would:

- Help to clear your mind and make you more alert;
- Help you cope with worry and stress;
- Lower your blood pressure and help protect your heart; and
- Possibly help to prevent other diseases as well -

Would you do it?

Meditating can have positive effects on your body and mind, as well as on your soul. Scripture says, “Be still, and know that I am God” (Psalm 46:10). Being still helps us to be available and attentive to the Word of God.

Meditation is a simple process if you make it a routine part of your day. Practice in a comfortable, uncluttered place where you can have some privacy.

And if you just can't sit still, try involving your body, too. Swimming laps or walking can help to quiet the mind. Many people enjoy walking a labyrinth (try the Taizé Labyrinth Walk at Christ the King Lutheran Church in Torrance, on the 2nd Wednesday of each month, 7-9 PM), but any rhythmic activity, including swimming laps, can help to quiet the mind.

Books on the subject are readily available, but just trying this simple approach will produce great benefits:

- Set a kitchen timer for 3 minutes at first, and work up to 10-15 minutes.
- Sit, kneel, or lie on the floor – whatever is comfortable.
- Begin the process with physical stillness.
- Become aware of distractions.
- Gently bring yourself back to stillness.
- Systematically call attention to the muscles in your face, head, neck, and back.
- Allow all the muscles to relax.
- Bring awareness to your breath, breathing regularly and rhythmically.
- Become aware of distractions.
- Gently bring yourself back to your breath.
- Repeat.
- Be aware of realizations.
- Be still and know the process of letting go, and becoming aware.
- Be still and know calmness.

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