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Laissez Faire

Fashion
Arts
Culture
Entertainment

FEATURING:

Bellviso Global

Air-brush make-up

Lomography

Devastating Camera Effect

Brooke Fraser

Multi-platinum singer / song writer

Anthony Vrahimis

Leather architect specialist

Tony Buzan

Mind Mapping

MEDITATION HAS BEEN PRACTICED FOR THOUSANDS OF YEARS ESPECIALLY WITH THE EASTERN TRADITIONS OF BUDDHISM AND HINDUISM AND IN MONASTIC SETTINGS IN THE WEST. PEOPLE OF ALL AGES AND ALL RELIGIONS ARE NOW REALISING THE BENEFITS IN TERMS OF OVERALL WELL BEING, BLOOD PRESSURE, BRAIN FUNCTION AND THE REDUCTION OF THE EFFECTS OF STRESS ON HUMANS AND THERE HAVE BEEN THOUSANDS OF STUDIES THAT HAVE CORRELATED THE EVIDENCE.

There are both physical and spiritual benefits. Through meditation you are able to access your subconscious and you get to connect to the infinite universe, the universal mind, the matrix of life all around you. You reach a higher place where you can go beyond your limiting beliefs and behaviours.

You get to access the realm of possibilities and miracles, and you start to change the vibration within and around you, you start to understand that you aren't your thoughts or even your feelings you are an infinite being of consciousness not limited by anything and you can attract to you great opportunities. You are a divine being in human form.

You get to see your story as a story and not align your self with any of it. We all go through pain and suffering and we all feel joy. You get to be more present, more in the moment and are able to understand that all pain passes but so does all joy too, and you learn to align yourself to the middle of the road. You get to see the cycles in life and you start to change your whole perception of the world and how you fit or don't fit into it.

You can learn to meditate just by sitting in a quiet space. Your body has to be comfortable you need to sit up straight and lengthen your spine. By learning to slow your breath you slow your mind and you can release your negative thoughts. This takes practice but with persistence it is well worth it for the benefits.

Just focus on your breathing, focus on breathing in and out and the air going into your abdomen. Breathe in and let your belly swell like a balloon and breathe out and pull your stomach as far back to your spine as possible. I find it useful to focus on my hands and move them in and out at the same time as my breath. Observe as you can lie down on the floor and just focus on the breathing. To be honest people think they have to spend a lot of time doing it but even 4 minutes can be useful.

You can even learn to draw your consciousness back to the centre of your brain rather than the front of the brain, where all the constant chatter goes on. You start to view life differently, you get out of your own way and you start to flow with life rather than resist what doesn't serve you.

When you get to feel that place where time literally stands still you get to arrive. You get to be in the watcher state with all the things you say and do, you start to see life differently through a new pair of glasses.

You get to see the day to day stuff and watch the drama, you may feel the pain and get the joy and excitement, but you also get to realise that nothing lasts forever. You start to see beyond that this life as we know it is just a series of events that happen and the value of it all is just the value that you give it.

Meditation changes the "neuroplasticity" of the brain it changes the very structure of the brain and it's function. You can actually rewire the hard-wire of your brain and create new neural pathways. People who meditate daily often feel and look physically younger. People are often happier and feel more joyful and their stress hormones are reduced. The melatonin and serotonin levels increase as they often sleep far better.

Like brushing your teeth, you can soon reset your inner dialogue, power and strength in an instant.

We all have life stuff happen to us we are all humans but the degree to which we take things personally will be radically altered. With meditation you get to be the master of your mind and are able to train your thinking like a muscle, you learn that you are controller and you can consciously learn to have the good thoughts when you watch carefully.

You don't have to sit on a mountain and sound as "Ohm" or even join a yoga class you can just take some time consistently every day to check in and just come yourself. By knowing that you are not your thoughts you can watch the negative ones float away on clouds and start to choose the great ones.

I wish you great peace and re-connection to your higher self, the one who knows exactly what to do and re-connection to your inner joyful being. This is a special moment in time don't waste it you can be or do whatever you like -- the whole world is out there for you.

I wish you great joy, abundance and miracles until we meet again.

Love Kelly xx

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“Meditation practised everyday consistently gets you in touch with your inner power your inner strength, it reconnects you to yourself and your inner joyful state. Once you start to spend even a few minutes connecting with yourself, just like brushing your teeth, you can soon reset your inner dialogue, power and strength in an instant.”



True Volunteer Foundation

Tackling Unemployment Together

There has been a noticeable increase in the number of unemployed young people in London and this has become one of the major talking points over the last two years. Now you, together with True Volunteer Foundation (TVF), Soho's newest charity, can do something about it!

TVF is an educational charity which has a number of projects aimed at getting young people back to work. These include the creation of social enterprises, mentoring and 'up-skilling' programmes. According to MP Eric Ollerenshaw, OBE, TVF provides an "excellent example" of the Big Society and is now arranging for the charity to formally present its unique model to the Government.

The charity has received rave reviews as it is run by True Volunteers who Pay to Work; no one gets paid or even claims back expenses. Since there are a number of ambitious projects in play, TVF is looking for more True Volunteers as it aims to increase its 108-person organisation. Vacancies exist across a number of departments including Advertising, IT, Graphic Design, Mentoring and Operations. Please get in touch to see how YOU can make a difference.

You can True Volunteer from as little as 5 hours a week, from home or at TVF's Poland Street offices.

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Let's tackle London's unemployment together!