

# LIFESTYLES

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

# Meditation safe for healthy people

[This is the second of three columns on meditation.]

Meditation is classified as a mind-body practice. It is used to move the focus of your attention away from the noise of the mind to the inner self where there is silence and peace.

The primary benefits of meditation are immediate relaxation and a better understanding of how your body, mind and spirit work together so that you can handle stressful situations. Over time, you will gain greater peace for yourself and those around you.

Meditation has been practiced for thousands of years. Most meditation originated in ancient spiritual traditions. There are many types of meditation. These include:

**Zazen.** Zen Buddhist meditation, which has been practiced for 2,500 years. Zazen is more than meditation, though; it is the study of the self. It is an intense spiritual practice that can't be summarized in a few words. In this form of meditation, you sit still and concentrate on your breathing and being in the



Fred  
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moment.

**Kinhin.** Another form of Zen meditation practiced while walking. Attention is directed at the feet while stepping slowly.

**Transcendental meditation.** By repeating a sound (mantra) to yourself, you can move your focus from your mind to the sound. This form of meditation comes from the Hindu traditions.

**Chanting.** Voiced repetitive sounds work like mantras.

**Guided meditation.** In this method of meditation you form mental images that you find relaxing such as sunbathing at the beach.

**Qi gong.** Qi gong (CHEE-gung) is part of traditional Chinese medicine.

This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance.

**Tai chi.** Tai chi (TIE-chee) is a form of Chinese martial arts. When you practice Tai chi, you assume a variety of postures in a slow, graceful manner while practicing deep breathing.

**Yoga.** In yoga, you use postures and controlled breathing exercises to calm the mind and develop a more flexible body.

**How long should you meditate?**

As long as you like. I find that 15 minutes twice a day has remarkable benefits. During the day I feel more at ease. It takes a lot to get me angry. I worry much less, especially about trivia. I think more clearly and find solutions to problems more easily.

The results of meditation seem magical, but there's no magic involved. When you get deeply into meditating, you will rediscover the person you've always been, the one

without all the baggage of responsibilities, life roles, grievances, disappointments, fears.

Researchers have found that meditation makes changes in the body. In one area of research, scientists are attempting to determine whether meditation changes brain function. Some types of meditation might work by affecting the involuntary nervous system that controls heartbeat, sweating, breathing, and digestion.

Meditation is considered to be safe for healthy people. There have been rare reports that meditation might cause or worsen symptoms in people with psychiatric problems. If you want to try meditation, you should consult a physician to discuss it.

[In our next column, we'll give you specific techniques for meditating successfully.]

If you have a question, you can write to me at fred@healthygeezer.com.

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

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### THURSDAY

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### FRIDAY

Grilled cheese sandwiches  
Cream of tomato soup  
Fresh fruit  
Cookies

## BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances.

**Born to:**  
Jennifer Tupper and Nathaniel Councillor, Devlin, Ontario, a son, Kato Scott Nelson Councillor, 2 pounds, 6 ounces, Jan. 3, 2014.

Shayna Copenace and Matthew Comegan, Morson, Ontario, a daughter, Rylee Emma Dawn Copenace, 7 pounds, 13 ounces, Jan. 27, 2014.

Howard and Sarah Teeple (nee McTavish), Devlin, a son, Neal Ronald Teeple, 10 pounds, 8 ounces, Jan. 31, 2014.

## MEMORIAM

In loving memory of **Donald Harder**, who passed away Feb. 20, 1993.

Down the path of memories,  
We gently tread today;  
Our loving thoughts are with you,  
As life goes on its way.  
The memories we have of you,  
Are something that we treasure;  
It's a way to keep you in our hearts,

And close to us forever!

Lovingly remembered by  
**Cindy and Carey Gosselin and family**  
**Dave and Gigie Harder and family**  
**Mike and Jill Harder and family**  
**Marlene and Bob McKinney and family**  
**Dean and Dawn Piekarski and girls**  
**Dennis Harder**  
**Dale Harder**



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# The Journal

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