

Meditation with Marilyn

Feel free to email me with any questions

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Remember that meditation is a practice, meditating daily will bring the best results.

Meditation will help you with the 7 pillars of Health a Joyful living, the pillars are: Sleep, Meditation, Movement/Yoga/Breathwork, Emotional Regulation, Nourishment, Grounding/Biorythms, Self Awareness & Self Realization. Notice how a meditation practice effects all 7.

There are plenty of studies showing the benefits of meditation, a few easy resources are: PubMed, Google Scholar, Cochrane Library, NCCIH(National Center for Complementary Integrated Health) and PsyNET

Youtube is a wonderful place to find guided meditations or music to settle your mind, some of my favorite folks are:

Louise Hay, Roger Gabriel, Deepak Chopra. A quick search and you will be amazed what is available out there.

Some books that I have found very interesting and would suggest for anyone looking to improve the quality of their lives are: 7 Spiritual laws for Success by Deepak Chopra; The Yoa sutras of Patanjali by Alistair Shearer; The Seat of the Soul by Gary Zukav. Many inspirational readings, podcasts and films are also available and easily accessible online.

Lastly, I would encourage everyone to take time when they can to embark on a multiday retreat, whether in your area or outside, these times give you the peace we are looking for and shows us the benefits of daily rituals and practices.

Colorado is a destination for many of these outings and such a beautiful place.