



Mindfulness Meditation: A Healer's Tool

by Ronya Banks

When I began attending Healing Touch Program™ classes, accessing information from the field and receiving divine messages from patients' angels or guides was as natural to me as breathing was to other students in these classes. My fellow classmates were curious and constantly asking me if I was born with these abilities, or if I developed them somehow. "Good question?" I thought, and scanned my memory bank for my response. Strange how I had forgotten this, but the answer was quite clear – these abilities became commonplace over 20 years ago, when I began meditating every day. Practicing Mindfulness Meditation regularly helped me experience a calmer, clearer, happier, more focused and peaceful mind. Somehow it also opened some inner channels that seem to be connected to the energy fields which contain valuable information that is at our disposal and which many believe are our birthright.

If you want to open your information channels further, perhaps practicing Mindfulness Meditation will also work for you. What is Mindfulness Meditation? It is a wide spread progressive practice for healers, self-improvement enthusiasts, spiritual explorers, and people of all walks of life who recognize the importance of stillness in a very loud world. In its simplest form, "Mindfulness" can be described as being in calm, nurturing awareness of

one's physical sensations, environment, feelings and thoughts.

Even if you are not interested in opening yourself further to the divine through such means, I highly suggest you practice daily. Why? Because it is sorely needed for most of us! As members of a chronically busy society, we are not immune to the constant bombardment of stimuli. Although we have made a special commitment to take better care of ourselves, many of us still have days wherein we are sleep deprived, eating on the run, and scrambling through endless to-do lists - without pausing to take a breath. In an attempt to survive this frenetic lifestyle, it is very easy to fall into the trap of becoming drones racing around on auto-pilot, searching for quick fixes while struggling to suppress feelings of anxiety, depression, or dissatisfaction. When we live like this, it is very easy to get stuck in our heads, disconnect from our bodies and forget to connect with, and listen to, our hearts.

Practiced regularly, Mindfulness Meditation helps us combat and break free of this drone cycle. It certainly has become an area of interest in the scientific community, with a great deal of research revealing a wealth of attainable benefits. A few of the benefits touted include: physical healing, strengthened immune system, reduction in suffering, increased grey matter in the brain, and higher dopamine levels. As the positive results of Mindfulness Meditation accumulate, the medical world and numerous businesses are beginning to offer Mindfulness trainings to their patients and staff.

Unfortunately there is no quick fix, no 3-step program, and

certainly no medication to attain Mindfulness. But, by practicing simple daily exercises, you will soon begin to experience some neat benefits.

There are literally hundreds of different ways to practice mindfulness, but here is your first and most basic instruction. Put aside 10 to 60 minutes a day from your busy life and steal away to a reasonably quiet, private space. Get yourself situated in a comfortable seated position, with both of your feet touching the ground and your hands placed softly on your knees or clasped gently together. Close your eyes and take three deep, relaxing breaths, letting go of any stress. Begin by setting the intention to open your channels to the divine realm during this meditation. Then, place your attention on experiencing your body sitting on your seat. Notice all and any heat and touch sensations - the warmth of your legs against the chair, the coolness of the floor, the vibration of your heartbeat in the chair-back. All of these things will help ground you in your physical awareness.

Now take your awareness off your touch sensations and direct it to your breathing. Notice every aspect of your breath, including the in-breaths, the out-breaths and any pauses in-between. If your mind is like that of most people, it will have a tendency to wander away, leaving the breath. If this happens, gently bring your attention back to your breath. It may help to make silent mental notes to yourself, like "In," "Pause," or "Out."

Don't force your attention. Be kind to yourself. This is a gentle, nurturing process that is different for everyone. Simply experience your breathing at a focused and intimate level.

Believe it or not, you will improve and the process will eventually come to feel easier and more natural. Do not expect too much from yourself and you will not be disappointed! All that is required of you is to be *present with* and *accepting of exactly* where you are. Soon, you will begin to feel the calming, healing effects and the beautiful heart openings of this practice. Who knows, you may even begin getting messages (auditory,

or visual, or feelings, etc.) from some pretty cool, loving divine energy.

Good luck, good healing, good health and good mindfulness!

About the author:



A 25-year veteran of a daily meditation practice, Ronya Banks is a Mindfulness Meditation teacher and facilitator for individuals and groups. Ronya is also a Healing Touch Practitioner Apprentice who sees how her Mindfulness Meditation practice has helped her improve her ability to focus, be fully present and heart-centered with her healing clients, and open fully to access divine messages from the field. Anyone interested in learning more about this type of meditation is welcome to email Ronya or drop-in to learn and practice Mindfulness Meditation with her weekly Asheville Meditation group. For more information, email Ronya at ronyared8@gmail.com or visit: www.ashevillemeditation.com.