

Remember to breathe

Meditation helps you ease stress and live in the moment

LLANOR ALLEYNE
llanor.alleyne@metro.us



PROFILE. In the book "When Things Fall Apart" (Shambhala, \$13), respected Buddhist teacher Pema Chodron writes about spinning off — the act of constantly engaging emotions, activities and perspectives that in the long run lead to dissatisfaction with our daily lives. This spinning can come in the form of obsessively thinking about a broken love, mapping a quicker route up the job ladder or worrying about the next mortgage payment. While many of us can think of myriad ways to quell this dizzying cycle of thinking and operating in the larger world, meditation offers one of the healthiest approaches to quieting the mind to better handle difficulties and challenges.

"One of the things I talk about in [my book] 'Radical Acceptance' is the



You don't even have to be in the classic lotus position to benefit from taking a timeout in your day.

sacred art of pausing," says psychologist and meditation teacher Tara Brach. "We are such a speedy culture. In Chinese, the word for "busyness" is "heart-killing." We are always on our way to something else, and we often miss out on what's right here. We miss out on the beauty of winter, the silhouette of branches against the sky,

our breath or the look in our child's eye because we are so busy planning and worrying."

MEDITATION IS, at its core, a timeout of the hustle and bustle by spending time on yourself. For practitioners, the reasons to meditate and goals of meditation can vary widely, but the underpinning act of relax-

ing the mind to achieve a greater connection with the self and, in turn, make better choices in how we engage the world is deeply underscored.

"The reason I practice meditation is because I find that taking some time to connect with the present moment allows me to connect more with my life," says Lodro Rinzler, director

of Shambhala Meditation Center in Boston. "When we call it meditation practice, it is the sense that we are practicing being present with our breath, being present with our body. And that applies direct to our life, so it is practice for our daily life — the fact that we can be present with other people, in conversation, food, lovers."

THE CRITICAL WORD often partnered with meditation is practice. Like with all things that bring great benefits to both body and soul, meditation takes willingness and time. While we are familiar with the posture — crossed legs and closed eyes — associated with meditation, Brach says meditation can simply begin with pausing, if only for a few moments to breathe and let go of the tension.

"Consciously relax the parts of our body that we can relax and let our attention rest gently with the

Resources

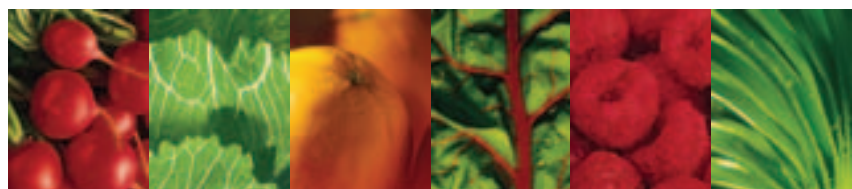
Where to go

- Jivamukti Yoga School: 841 Broadway, Second Floor, 212-353-0214, www.jivamuktivyoga.com
- Shambhala Center of New York: 118 W. 22nd St., Sixth Fl., 212-675-6544, www.ny.shambhala.org

What to read

- "Radical Acceptance: Embracing Your Life with the Heart of a Buddha," Tara Brach, Ph.D. (Bantam, \$16)
- "Lovingkindness: The Revolutionary Art of Happiness," Sharon Salzberg and Jon Kabat-Zinn (Shambhala, \$17)
- "Ruling Your World: Ancient Strategies for Modern Life," Sakyong Mipham (Morgan Road, \$13)

breath and relax when the breath comes in and relax when the breath goes out," Brach offers. "Simply notice what is happening, let our senses be awake. Listen and smell and feel the moment. Even taking a few minutes with this pause, where we come into stillness and feel our breath and have the intention to relax is incredibly rejuvenating, and we can re-enter the day with some clarity, some spontaneity. We remember what really matters to us."



Professional Training Program in Integrative Nutrition & Health Counseling

Our Professional Training Program enhances your life and helps you turn your passion for healthy eating and holistic living into a satisfying and meaningful career.


- become a Certified Health Counselor, qualifying for national certification from the American Association of Drugless Practitioners (AADP)
- qualify to receive a Certificate and 15.5 Continuing Education Units (CEUs) from Columbia University's Teacher College
- study with Dr. Andrew Weil, Dr. Walter Willett, Deepak Chopra, David Wolfe, Dr. Barry Sears, Cathy Wong ND, and many more
- world-class curriculum held on weekends approximately once a month in NYC
- discover the foods and the lifestyle that nourish your body and soul
- establish a professional practice through our business support, including marketing materials and business coaching

If you are interested in living a long and vibrant life, while pursuing your dreams, we are the place for you.

Call (212) 730 5433

to speak to an admissions advisor today to enroll and discover how our program can support you

www.integrativenutrition.com

 **Institute for Integrative Nutrition**

INSTITUTE FOR INTEGRATIVE NUTRITION LEADS CHANGE TO IMPROVE THE HEALTH AND HAPPINESS OF AMERICANS

by Joshua Rosenthal

Food-related disease is the #1 cause of preventable death in America. In 1980 50% of American adults were overweight. Today that number is 65%. Experts predict 75% of Americans will be overweight in just a few years. But it's not just weight. There are more people sick today than ever: more on anti-depressants, more with headaches and insomnia, more children with asthma and ADD.

People somehow think this is normal. They think that if they just take a prescription they'll get better. When that doesn't work, they have no idea what to do or where to go for help. 90% of them are eating fast food, junk food and supermarket food, and not understanding why they are sick and depressed. They are suffering needlessly.

We desperately need individuals who can go out and teach their families, friends and the general public about healthy diet and lifestyle in an effective way. We need people to be educated to go into schools, hospitals, corporations and government agencies and say, "Enough! Stop

feeding people poor quality food. It's time for a change." That is where Health Counselors come in.

Every year we welcome hundreds of individuals from around the world into our Professional Training Program. We teach them fundamental and practical knowledge on nutrition, and empower them to spread this important, life-changing information. Working together as Health Counselors, these individuals become part of a transformative ripple effect that is changing how Americans eat and live.

Each year seeing our community of unique, vibrant, intelligent students reinforces my belief that we can create a better, healthier future for this country and the world. Accomplishing that mission requires active participation from people like you. If you'd like to play a role in the future of nutrition, we could be the place for you.

Are you ready to join the future of nutrition? Simply call (212) 730 5433 x 1 and speak with an Admissions Advisor today to help you figure out how our program can take you one step closer to greater health and happiness.