

This Free E–Book is brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**5–Minute Meditation: Light–Song**

**By Avalon De Witt**

**5–Minute Meditation: Light–Song by Avalon De Witt**

Sit quietly in a comfortable place with your eyes closed. Take a few deep breaths, in through your nose and out through your mouth. Listening to the rhythm of your breath, feel your body relaxing from the top of your head, all the way down to the tips of your toes...

Begin to form a vivid picture in your mind. See before you a large golden chalice, spilling over with a pale green light. The soft glow of this light is calming to look at and seems to emanate a sound like a thousand angels singing...

Let this light–born music become clearer and more vibrant. Notice how the light–song harmonizes with your heart beat. You can sense a healing power in the lilting melody that is already making you feel lighter...

Visualize yourself reaching out with your hands cupped together and dipping into the green light as though it were a pool of cool water...

Now ease your hands toward your your heart center and let the green light gently penetrate you there. Allow this gentle green light to expand in your heart and throughout your body filling you with immense joy, bringing a smile to your face...

Feel the song of this light dancing within you, moving through your bloodstream, washing away all your stresses and worries. Observe the way your body responds to the comforting, harmonious music freeing your mind, balancing you...

Spend as long as you like reveling in the relaxation of this tender light–song. Hear it flowing through you, cleansing you completely. Enjoy the feelings of peace and contentment, and remember that you can take in this beautiful light song any time you wish...

Gradually deepen your breath and return to the moment. Bring your attention back to the room. Gently move your fingers and toes and slowly open your eyes. This is a wonderful way to release anxiety and

lift your spirits any time of day.

~~~~~

You have permission to reprint what you just read. Use it in your e–zine, at your website or in your newsletter. The only requirement is that you include the following footer...

This 5–Minute Meditation by Avalon De Witt. Visit <http://www.PsychicAvalon.com> for more original content like this. Reprint permission granted with this footer included

Avalon De Witt has practiced as a professional psychic and spiritual counselor for over 10 years and

has studied the Tarot and other forms of divination for over 21 years. She has worked successfully with thousands of clients world–wide. Avalon believes that the Light of Divinity resides in us all, and she is devoted to revealing that Light in your life. Her focus is to show you how to tap into that source of unlimited power and knowledge within YOU.

## **Use Meditation To Relieve Stress**

**By Chris Impeterelli**

Meditation is a form of alternative medicine that promotes relaxing and mental calmness through the use of controlling or suspending thoughts for a certain period of time. Since meditation involves physical and mental relaxation, it's a great way to relieve stress.

When some people hear about meditation as a way to relieve stress, they laugh and think it's a bunch of baloney. They think that meditation is not a viable solution to eliminating stress. But research has shown that meditation works and is a practical technique for stress management.

The most notable research on meditation's usefulness in relieving stress was done in 1968 by Dr. Herbert Benson of Harvard University. He conducted a series of experiments on popular meditation techniques and published his findings in the book "The Relaxation Response." He discovered that meditation has a "real effect on reducing stress and controlling the fight–or–flight response." Dr. Benson wrote that meditation increased the skin's resistance to damage or infections, slowed the heartbeat and breathing rate, and reduced oxygen consumption.

Meditation is all about consciously relaxing your mind and body for a period of time. Meditation means that you need to focus inwardly so that your mind is basically so busy concentrating on breathing and body form that there's no time to think about the events that are causing you stress.

The act of meditation is actually quite simple to do. Meditation does not require you to be a mystic or to be very spiritual. Meditation is something that anyone can do almost anywhere.

When you prepare yourself for meditation, be sure to set aside a certain amount of time where you're

## 5–Minute Meditation: Light–Song

guaranteed not to be interrupted. Meditation doesn't require hours of practicing at a time for it to be effective in reducing stress. Practicing meditation in ten– or twenty–minute time slots is definitely good enough.

Effective meditation requires that you're in a comfortable, quiet environment. This means that when you practice meditation, you should make sure that you're wearing comfortable, unrestrictive clothing. The atmosphere temperature (whether you're indoors or outdoors) should also be comfortable for you in order to make your meditation session as stress fighting as possible.

Stress–relieving meditation is all about concentration. Once you're fully comfortable (you can sit or lie down) close your eyes. Focus your attention on your breathing throughout your entire meditation session. Count your breaths. You can even say the numbers out loud to discourage your mind from wandering to other thoughts.

Another way to control wandering thoughts when you're in a meditation session is to use imagery. Imagery is very popular in meditation. All you have to do with imagery is focus on something you consider refreshing or pleasant. Music is also a popular way to help mind concentration during meditation. You can do a monologue hum. Or you can use some soothing music that features plenty of nature sounds.

The key to meditation is mind control. When you learn to control your mind, you can control your

thoughts, and you'll be able to better control the functions of your muscles. Sometimes it takes a bit of time to learn not to let your mind wander to other thoughts while you're in a meditation session. But once you've mastered meditation, you'll discover you'll be able to do it almost anywhere to relax when you're feeling overwhelmed with stress.

Meditation Hub is an information site that contains articles, a directory and other Meditation Resources. It can be found at:



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**