Mindful Meditation and Your Health

January 17, 2019 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

I'm so convinced that meditation is a huge part of my health success, that I'm going all in to share it this year! For many, the word meditation has kind of a bad reputation. Maybe it was left over from the 60s scene. Some of you may imagine a spaced out person curled up like a pretzel on a cushion. (Cue incense, religious chanting, and oversized tunics.) While you can have all of those things if you want..... maybe you can begin to think of it in terms of being aware of your own mind. It could also be considered a spiritual discipline. It's also good to think about mindful meditation and your health. I'm posting meditations for you to follow on my soundcloud for free right here.

New evidence even points to health benefits

Body
When stressful events occur, our body takes a hit. The brain sends out chemicals in response to stressful or busy thoughts. Our blood pressure rises, and our heart rate gets faster as a result of the fight or flight syndrome. Over time, we get addicted to those chemicals and have ptsd. You may have been in situations where you need to calm down your mind, but your body is holding tension. Relaxing isn't always easy. Mindful meditation and your health go hand in hand.

Mind
Mind chatter is always with us. Technology today has us thinking, checking, reading, and listening to something nonstop. Not only that, but our thoughts can go back into the past, and forward into the future. It can lead to worry and anxiety. If your brain is so busy that you're having a hard time de-stressing, being mindful can be a cure. It brings you into your life right now with peace and serenity.

Click here to read the rest of this blog, and learn more about the benefits of meditation.

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