

Meditation

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Have you ever wondered what meditation is? And why is everyone doing it? Meditating 20 – 30 minutes every day makes a difference in the brain. The neural pathways grow and strengthen with direct benefits: lowers blood pressure, manage anxiety, lift depression and think creatively, more focused, manage pain and generally feel better and happier.

The serious science of studying meditation began in 1970 and the amazing scientific study was published in the prestigious journal of the American Association for the Advancement of Science. By 1976 a seven-hundred page volume of papers from fifty-one institutions in thirteen countries had been published. Most recently intense studies led by Neuroscientists show numerous health benefits that strengthen the immune system. In fact meditating for half an hour provides more psychological rest than a full night's sleep and you have greater energy. Modern scientists attend meditation retreats to improve cognitive and emotional skills.

November 2013 survey in Scientific American proved the effects of meditation and cited the following: Meditation not only changes brain neuronal interconnections but it also increases brain tissue volume, decreases the volume of the amygdala, increases telomerase activity and diminishes inflammation and other biological stresses that occur at the molecular level.

Rhona has experienced, shared or taught the teachings of many different meditation offerings: Mindfulness Meditation, Sound Meditation, Guided Imagery Meditation, The Basics of Meditation, Mantra Sound Meditation, Chakra Meditation, Silence Meditation, Listening Meditation, Primordial Sound Meditation, Transcendental Meditation, Reiki Meditation, and Time Line Meditation.

Rhona has graduated from the Chopra University (Deepak Chopra) studying the ancient language of the Vedas, called Sanskrit. Rhona has joined the global teacher's path as Primordial Sound Meditation Instructor for Deepak Chopra and the Chopra Center for Wellbeing.

Rhona offers one hour, free group meditations at 11:00 AM the first Thursday of each month at Womanology by Hoag, 500 Superior, 3rd floor in Newport Beach. Please hold your space and register by calling (949) 764-7277 or (714) 974-4094