



Meditation – training for the mind

Bringing calmness and balance to our body, mind and energy does however require some effort. Forceful practice takes you far from balance and not enough misses the point.

Meditation is the counter-balance to the ‘quick fix’ so prevalent in our culture today, which only brings tension and a lack of focus.

Meditation practice helps us to develop patience with ourselves and helps bring clarity and understanding to our choices. Regular practice helps to train our mind in a relaxed way so it becomes calm and flexible rather than ‘set’ or stiff and unable to consistently handle change.

It helps us to identify and release what we don’t need and to only take on what we do need. In this way you can strengthen and cultivate your mental energy while staying relaxed.

These ‘inner teachings’ offer practical and systematic practices that have been tested and refined over millennia and have helped practitioners from all corners of the earth to discover lasting peace, happiness and realise their highest potential.

Come, join us. Train your mind.

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