

## **Becoming Conscious, *One Meditation at a Time***

Increasing awareness through concentration enhances all levels of well being and improves an overall quality of life. Through Concentration Meditation, awareness is trained to be focused and present. Within this kernel of experience, lies a whole spectrum of awakening. Expanding awareness provides unlimited opportunities to observe, reflect and gain insight into who we are and the essence of growth and change.

Many of us are confused about our identity and the reality of our lives. We may be uncomfortable with certain aspects of our personality, or how we act, or react to what surrounds us. The pace of our lives does not foster reflection, synthesis or wisdom; our thoughts race, our emotions overwhelm us and our senses are on overload. Throughout our daily routine, we feel drained and we are convinced that something is missing from our lives.

Concentration Meditation fosters going below the surface to experience how we perceive ourselves and our everyday world. It allows us to truly assess what is going on inside us. Applying an engaged awareness, opens up resources and energies to expand and redefine our day-to-day experience. Taking an inner assessment makes it clear how to direct life-energy for healing, nourishment and a balanced life-style.

Concentration Meditation encourages becoming more conscious. Developing a concentrated focus supports mental, emotional, and physical wellness. Directing life-energy tools increases calm, harmony and restores balance. Experiencing a deeper, truer self establishes energy reserves and a freedom to solve problems, make new decisions, and strengthen our discipline and endurance. Concentration Meditation provides an understanding of our inner nature and the potential for discernment, growth and change.