In our ever-increasingly hectic and stressful world, where input seems come at us from all directions, finding balance and peace in our daily lives can seem next to impossible. This stress has led to record levels of dis-ease in our society, from depression and anxiety, to relationship problems, lack of purpose and illness.

Mindfulness and meditation, originating from ancient Buddhist practices, have been practiced for thousands of years by various cultures, religious sects and those seeking their higher wisdom, as a pathway to inner peace, self-awareness, and transformation. It allows us to connect with our inner selves and the universe, fostering a sense of unity and tranquility.

The practice of mindfulness involves being fully present in the moment, aware of where we are and what we're doing. It helps us to avoid being overly reactive or overwhelmed by what's happening around us by observing our actions & reactions, and inquiring as to *why* we have these experiences. Being mindful has been linked to improved mental health, increased focus, and better decision-making abilities because we are no longer a slave to our conditioned reactions.

Meditation, which is, at it’s core, simply about quieting the mind in order to give space for revelation, insights and new downloads, has been scientifically proven to have significant health benefits. Research shows that it reduces stress, anxiety, and depression by lowering cortisol levels. It also improves attention, memory, and cognitive function. Neuroimaging studies have revealed that meditation can even change the physical structure of the brain, enhancing areas associated with emotional regulation and self-control.

Integrating meditation into a daily practice can be as simple as dedicating 10-15 minutes each day to sit in a quiet place, close your eyes, and focus on your breath. There are also numerous guided meditation apps and online resources available to assist beginners.

Adam and Salisha have been practicing and teaching meditation and mindfulness techniques for more than 20 years. It is an essential practice for anyone looking to “activate their alchemy” and step fully onto the path of self-awareness and transformation.

We teach simple and effective techniques, drawn from a variety of modalities, that anyone can learn and practice themselves. These techniques will help you to:

* Relieve stress
* Regulate your nervous system
* Experience a deeper connection and understanding of yourself
* Release suppressed emotional, energetic and physical blockages
* Help with better sleep, focus & concentration

We offer these practices both live and online. To book a private session, or to inquire about setting up a workshop or event for your group or community, please reach out to us!