

# CAROLINA ARAMBURO

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 227th Newsletter, I want to give us a chance to look at Meditation, and the effects it can have on people's physical, mental, emotional and spiritual well-being. In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on meditation that you can read in full [HERE](#).

We are going to go beyond the obvious and explore the topic of meditation, including how the it affects overall wellness, and the mental, emotional and spiritual benefits of meditating so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain OPTIMAL physical well-being, emotional, mental and spiritual balance and vibrant energy.

**MEDITATION is one of the MOST amazing GIFTS you can give to yourSELF to create OPTIMAL ever-expanding Wellness!!!**

No matter how much you think you know about meditation or how little you know about meditation the wellness benefits you can expect from it, I assure you, go beyond your wildest expectations.

In this modern, fast paced world, we are constantly bombarded by information, media, and become overloaded with all there is to do, manage, and create. While the

world becomes smaller and we all become more and more connected by technology, our minds race faster and faster. The constant buzz of our electronics keeps our mind fragmented, and leaves us with a reduced ability to focus. Regardless of how advanced our technology becomes, and how much abundance we create in the physical world, the fundamental suffering of being human continues. In developed countries, we have replaced polio and malaria with depression, anxiety and heart disease.

In my own healing journey I can attribute a lot of my healing in my near death illness to a rigorous huge amount of meditation, not just any meditation. And I can say the same for my first dance with death. When I was involved in a fire accident as a 19 yr. old, which burned 33% of my skin, I also had a very awesome fast recovery where meditation played a big part in my healing. And lastly my father, dealing with an incurable, inoperable brain tumor, where doctors said that he would die in 3 months, instead lived 19 years all due to a very mindful natural diet and huge amounts of meditation.

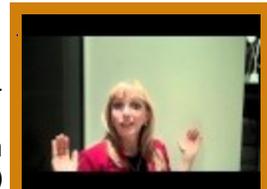
On my Life Journey since I was a Toddler, for some reason, I was called to and I cultivated all types of meditations as part of all my daily disciplines with creative types of Prayers. As a teenager I had the chance to submerge myself deeply into almost ALL types of MEDITATION and find the ones that RESONATED the most with my Higher SELF. The most effective for me are Transcendental Meditation, Vipassana and



CAROLINA ARAMBURO

Life Meditation and I gratefully and HUMBLY attribute most of my Healing and most of my Life's Blossomings to these meditation practices that allow me to on-goingly REALIGN with my HigherSELF.

There is a constant stream of new studies by Western doctors and research that continue to expand the definite mind-body connection, and the proof that the stress of modern life can manifest itself as disease. The very nature of the industrialized world is for each of us to constantly produce more, and to be more effective, and this can cause massive stress on our bodies, minds, and spirits. Stress leads to inflammation, a state linked to diseases and conditions such as heart disease, arthritis, asthma and skin conditions such as psoriasis, say researchers at Emory University. It can have a massive, negative impact on our well-being, (Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## MEDITATION is one of the MOST amazing GIFTS you can give to yourSELF to create OPTIMAL ever-expanding Wellness!!! (Cont.)

including memory loss, a degraded immune system, loss of vitality and energy, and depression.

In **indigenous** cultures, people are always moving and eating whole foods and low calorie diets. In the Western Lifestyle, not only is stress rising, but we are moving less and less to release it and spending more time in front of **televisions**, eating processed foods, and generally lowering activity levels. One of the by-products of **urbanization** is that we are exercising less as a society, and we spend more and more time in front of televisions and screens. In a 2002 study in Cameroon, 62 percent of men and 83 percent of women age 55 years or older in urban areas led a **sedentary** lifestyle, whereas this was the case for only 22 percent of men and 50 percent of women in the rural areas.

Although the world is getting more and more connected, there is a risk of becoming more and more **isolated** in our electronic worlds. The more we become

watchers of the world, the more disconnected we are from others, losing our ability to **relate**, our compassion, and even our love for others. While we become more **accepting** of other ideas and ways of life, other people become more conceptual.

**Emotional pollutants** are the negative emotions we all get affected with, and they can have corrosive influence on our bodies, our relationships, and affect not only our overall health, but our **lifespan**. This kind of pollution comes in body language, tone of voice, and facial expressions. It includes feelings of entitlement, resentment, anger, guilt, resentment, jealousy, superiority, arrogance, and self-righteousness. These feelings **infect** us from the inside out, get all over the people around us, and we absorb them from others, too.

Aristotle said, "We become that to which we give our attention." All of this together is why meditation is so important. Meditation allows us to **ground** ourselves and find

### As an ONGOING and LIFE FORCE giving PRACTICE, MEDITATION PREVENTS and helps HEAL many HEALTH conditions!

The fact that the act of meditation is called **practicing** is no accident. Meditation is a moment by moment activity, and no matter how masterful one gets, there is no level of mastery where one can perform meditation in an **automatic** way. The Dalai Lama said about meditation that "what-ever forms of meditation you practice, the most important point is to apply mindfulness continuously, and make a sustained effort. It is unrealistic to expect results from meditation within a short period of time. What is required is continuous sustained effort."

There are five **main** categories of meditation:

- **Concentration Meditation** – While this is a critical element of all meditation, some disciplines focus on concentration. This is the skill of focusing on an object or nothingness until all **distractions** are removed and the mind is calm. It is useful for enhancing mental focus.
- **Reflective Meditation** – This practice involves putting full attention on a question or theme without allowing the mind to **wander**. When focusing on questions such as "what is the purpose of my life" or "How can (Cont. on next page)

peace in a hectic world. It is a way to reduce stress and increase our health, and it is even part of the path to how the human race will evolve into a world of peace and abundance for all. Living a **mindful** life, along with lifestyle choices like exercise and eating a Balanced Raw Living Foods Diet, will give us the best opportunity to support our bodies in achieving and maintaining **Optimal** Wellness!!!



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## As an ONGOING and LIFE FORCE giving PRACTICE, MEDITATION PREVENTS and helps HEAL many HEALTH conditions! (Cont.)

I be of service to others,” we can support our personal evolution.

- **Mindfulness Meditation** – This practice provides increased awareness and self-observation, and can involve breathing practices and visualizations.
- **Heart-Centered Meditation** – This practice provides deep emotional healing, the release of fears and negativity, and the enhancement of kindness and compassion.
- **Creative Visualization** – This practices focuses on the cultivation of mental qualities like joy, compassion, patience, empathy, love, gratitude, humility, and forgiveness.

There are hundreds of **disciplines** of meditation. Here are a few of them:

- **Vipassana** - This Buddhist tradition is about allowing your mind to wander wherever it goes while practicing being **detached** from your thoughts. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.
- **Qi Gong** - This Taoist meditation uses breathing to circulate energy through the organs of the body. It is a Moving Meditation, consider by some as a form of exercise or peaceful martial art, but it is much more. It is a Taoist moving meditation that cultivates mindful energy circulation through conscious breathing in order to circulate our energy throughout the organs of our bodies.
- **Transcendental Meditation** - This practice comes from the Hindu tradition and involves the repetition of a mantra, therefore putting some of our attention on the MANTRA, which is re-

peating a SANSKRIT sentence with deep Spiritual MEANING that allows for the mind to spot hyper reflect activity. We focus on deep MINDFUL breathing and FOCUS on the Source of LIFE; the breath.

Over 359 research studies on the TM technique have documented its EFFECTIVENESS for STRESS REDUCTION and impressive improvement on stress related conditions, ENHANCED BRAIN FUNCTIONS and massive and diverse amount of Wellness and Health BENEFITS.

• **Zazen** - This is the kind of meditation that many people think of: long periods of sitting still. It is very unstructured, and requires **high** levels of discipline. Its roots are in Zen monastic traditions.

• **Kundalini** - Another Hindu tradition, the intention of Kundalini is to connect to the energy stream in the body through breathing techniques.

• **Guided Imagery** / Guided Visualization - This is a more “mainstream” form of meditation, often done while listening to a recording, and sometimes involves imagining oneself in a calm, **peaceful** setting. This is not a formal discipline, and many times contains elements of hypnotic suggestion.

• **Sahaja** Meditation - Involves the practice of "Mental silence" or "thoughtless awareness," a state where we have emptied our mind of all thought. This practice was developed in the 1970's, and has been taught to **prisoners** in the United States to help them manage the stress of incarceration.

• **Ho'Oponopono** - This meditation involves continuously repeating four phrases: I'm sorry. Please forgive me.

Thank you. I love you.

There are many of types of meditation practices that span around the **world**, including holosync, lifeflow, concentrative meditation, and many more. Some types of meditation **connect** us to our higher purpose, some remove our stress, some relieve physical pain and some have allowed people to find **enlightenment** or even have out of body experiences. It is certainly valuable to DEEPLY Experience every different kind of meditation to be able to make an informed, but, most important, fully experiential CHOICE .. and more than anything a choice guided by one's HigherSelf. In developing a meditation practice, it's important to be willing to try different things until you find the one that is a match for you.

Meditation has been proven in study after study to provide real and **tangible** medical outcomes on a variety of conditions in the body. There are literally tens of thousands of pages of studies, dissertations, and papers that show the benefits of meditation. Here are some of the **results** of research and studies you may not know about:

- **Nervous System** - Dr Herbert Benson and Dr Sarah Lazar of the American Mind and Body Medical Institute found that slowing down brain activity through meditation affects the nervous system and creates an anti-stress mechanism within the body.
- **Severe Anxiety** - According to a report published in the Journal of Alternative and (Cont. on next page)

## As an ONGOING and LIFE FORCE giving PRACTICE, MEDITATION PREVENTS and helps HEAL many HEALTH conditions! (Cont.)

Complementary Medicine, a meta-analysis of Transcendental Meditation analyzed 16 trials and 1,295 participants. The conclusion was that TM worked better in **reducing** severe anxiety than psychotherapy or other relaxation techniques. It also produced lower blood pressure, better sleep, improved family life, less substance abuse and a better employment situation.

- **Heart Disease** - In the American Heart Association Journal - Cardiovascular Quality and Outcomes, 2012 - African Americans with heart disease who practiced Transcendental Meditation were 48 percent **less likely** to have a heart attack, stroke or die compared with African Americans who attended a health education class. They also had lower blood pressure, stress levels and outbursts of anger.
- **Blood Pressure** - According to Dr. César Molina, Medical Director of the South Asian Heart Center at El Camino Hospital in Mountain View, CA, practicing transcendental meditation can cause "a drop in cholesterol and a drop in blood pressure." Some research has shows that people who practice this method have less angina (chest pain), and increased capacity to exercise.
- **Immunity** - Two different studies at the Ohio State University found that daily progressive muscular relaxation practices **lowered** breast cancer recurrences and that the practices boosted natural killer cells in the elderly, providing a greater resistance to tumours and viruses.
- **Memory** - A study in the Journal of Alzheimer's Dis-

ease in 2010 of 15 subjects with no experience with meditation demonstrated they had **reduced** memory loss by doing Kirtan Kriya mantras over eight weeks for 12 minutes a day.

- **Fertility** - At the University of Western Australia, it was found that conception rates in women are **higher** when they are relaxed instead of stressed. A study at Trakya University in Turkey found a correlation between sperm count and stress.
- **Irritable Bowel Syndrome** - The State University of New York now recommends meditation as an effective treatment for IBS. Patients who practiced a **relaxation** meditation twice daily has a significant improvement in symptoms of bloating, diarrhea and constipation.
- **Inflammation** - A study published in the medical journal PLoS One showed that one session of relaxation response practice was enough to enhance energy metabolism and insulin secretion and **reduce** inflammatory response and stress. There was an effect even among novices who had never practiced before.
- **Obesity** - In a study at the University of California, San Francisco, mindfulness meditation and eating practices had a **demonstrable** effect on eating habits among obese people, as well as a measurable reduction in abdominal fat.
- **Pain Relief** - Literally hundreds of studies over the century have demonstrated that meditation is more powerful than many medications for pain relief, even for people with no experience with meditation. Fadel Zeidan, Ph.D., of the Wake Forest Medical School, used brain scanning equipment before and after

meditation and found that meditation significantly lowered activity in the part of the brain that creates pain. Pain was reduced between 11%-93% for the participants.

Dr. O. Carl Simonton, of the Simonton Cancer Care Center in California, has been treating cancer with **holistic** methods for over 10 years. He said, "Although meditation and visualization are used for releasing tension and attaining spiritual fulfillment, they can also be used as a first step to setting up changes in one's life and health, starting with the determination to change our beliefs about illness and treatment, and about the ability of the body to cure and treat itself." In other words, the **mindful** choice to live a healthy lifestyle can be the catalyst for the body to heal.

**Eating** can also be a meditation, and is a very accessible practice of mindfulness for people. By eating fresh, raw whole foods and **juicing** organic produce, we can allow our bodies to unclog from the various toxins that get in the way of total mindfulness and focus. Here is a mindful eating meditation you can do: (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## As an ONGOING and LIFE FORCE giving PRACTICE, MEDITATION PREVENTS and helps HEAL many HEALTH conditions! (Cont.)

1. Say a **blissing** or a prayer of gratitude prior to eating your food. Thank the Earth for providing this bounty, and thank your body for being able to digest and **absorb** all the vitamins and nutrients from the food. Be creative and come up with your own gratitude or blessing.
2. **Consume** the food with your senses. Become enchanted by how it looks, how it feels, and how it smells.
3. **Listen** to your body. Does it want the food? Is it hungry? If you take a moment to connect, your body will actually send you **signals** of how it relates to the food. This practice has had some people report that their body can react to how it will feel from eating a food just by touching it.
4. Consider all of the **people** involved in this food making it into your hands: the farmers and truck drivers and cashiers and corporate people.
5. Get connected to the expansiveness of **Nature** to have brought us this food. The sunlight, the moon pulling tides, the mineral complexity of soil and winds and rains.
6. When eating the food, allow yourself to **experience** it fully. The many textures and flavors, savoring every moment it is inside your mouth. Notice if the flavor changes after several chews.
7. After **swallowing**, allow yourself to be mindful of the experience inside your mouth and in your body.

One of the most extraordinary cases of healing through meditation is currently being studied at New York University. A Tibetan Lama appears to have **cured**

advanced gangrene using Tsa Long meditation. Gangrene in advanced stages can only be removed from the body through **amputation**. The man, a highly respected religious teacher, consulted the Dalai Lama directly. The Dalai Lama told him to look **inside** himself for healing, and then teach the world his method. His regimen consisted of an ordinary diet and almost **constant** meditation, and within a year his leg went from black and dead to completely alive.

In curing any disease, there is a critical factor of the person **wanting** to help themselves, and their willpower and intentions is one way to create optimal healing.

## SIMPLE SPIRITUALITY AND SUSTAINIBILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
  - My passion for **spirituality**.
  - My passion for our **earth/environment/plants/animals** and the future of them/us all.
  - My passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



[CLICK HERE TO VIEW VIDEO](#)

## CONNECT WITH ME



## The non-obvious **SPIRITUAL, MENTAL, EMOTIONAL** and physical **BENEFITS** of meditation go **BEYOND** what can be communicated in a short newsletter!!

We can become **overwhelmed** by our emotions sometimes, and many meditation practices are intended to give us the opportunity not to repress them, not to control them, nor to express them but to simply be **aware** of the emotions when they are there. While we cannot prevent ourselves from experiencing negative emotions and emotional **pollution** (that is part of the Holistic Human Journey), we can MINDFULLY learn to Evolve through our wiser ways of dealing with them through LIFE Meditation (a Meditation technique only for VERY Advanced Meditators) that can be learned through guidance of an Advanced Spiritual Mentor or Coach.

And even though that Journey may seem unaccessible for most of us, it actually starts very simply by **cultivating** any ONE TYPE of MEDITATION daily ...as little as 5, 10, 15 mins a DAY!!!!

Meditation can TRULY ENHANCE, ELEVATE and ALL-THE-WAY to EVOLVE our Emotional **Balance**, Mental Equanimity (a Practice MASSIVELY missing especially these days), Physical WELLNESS and Spiritual **Connectedness** and allow us to THRIVE as Holistic Beings, as we were designed and meant to do.

Meditation can have a profoundly positive effect on **anxiety**, according to Dr. Elizabeth Hoge, a psychiatrist at the Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital and an assistant professor of psychiatry at Harvard Medical School. She says, "People with anxiety have a problem dealing with distracting thoughts that have too much power." Her studies have shown that a **mindfulness** based stress reduction program helped people overcome general anxiety disorder

more effectively than other stress management techniques.

Some of the mental and emotional **benefits** of meditation include:

- **Anxiety** decreases
- Emotional **stability** expands
- **Creativity** increases
- **Intuition** strengthens
- Clarity and **peace** of mind are attained more often
- Our **problems** appear much smaller
- Our minds **sharpen**, focus and expand
- **Happiness** increases

Meditation can also provide us greater **connection** to others, and enhance our relationship without our closest friends and family and casual acquaintances. Richard Davidson, Ph.D., a neuroscientist at the University of Wisconsin, conducted studies that demonstrate that compassion and **love** are skills that can be developed and expanded through regular meditation practice, and that these meditative states contribute to happiness and health.

Meditation may be one of the most powerful ways to heal **depression**, too. Madhav Goyal, M.D., M.P.H., an assistant professor in the Division of General Internal Medicine at the Johns Hopkins University School of Medicine, led a study that found that "meditation appeared to provide as much **relief** from some anxiety and depression symptoms as what other studies have found from antidepressants." He went on to say, "Meditation programs appear to have an effect above and beyond the placebo."

When our consciousness evolves and **expands**, the stress and problems in our life begin to diminish. Our anger, disappointments, and resentments become fleeting emotions that pass quickly. We begin to experience that

the world around us and other people are not **separate**, and experience a connection to the universe as a part of us, and us a part of it. Meditation can help us to discover and align with our Major Life's Purpose, and to experience what came to this world to do.

Meditation is essential for a **balanced** and fulfilled life, and mindful living practices can be done in both formal and informal way. A Balanced Raw Vegan **Living** Foods diet and practices that include mindful breathing, meditation and prayer, yoga, QiQong, exercise, connecting to nature, journaling, and time alone to nurture and love your-self all give YOU the BIGGEST chance to CREATE not only OPTIMAL health, but also adds Holistic **balance** to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!! I invite you to take on this deeply healthy, **nourishing**, and truly spiritual gift for yourself. Take it on with me ... let's gift ourselves the greatest **gift** we can give ourselves: a temple for our **souls** to live in that is as healthy as it can be, as alert, as connected, and as thriving as it can be!!

If you would, please go to this link and give us/me your feedback:

([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.