

Meditation-2\_1993.txt

Msg # 9461  
Date: 14 Oct 93 18:57:00  
From: Bob Johnstone, moderator  
To: Infomom  
Subj: MEDITATION?

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> I want to learn to meditate but with the type of problems I have in my  
> life I find the time is never there to do this. I need some relief and  
> want to try something to get away from using pills for my stressed life.

You have to make a decision about what is most important. Being healthy or being busy doing other things. In my practice I have found thousands of individuals find time for TV, but they say they have no time. Many sit thru show after show, they are bored with, HOPING something more interesting will come on the set. If just doesnt happen many times. Sure, they watch TV because they want to have some relaxation, and get rid of some stress by watching mindless programs. BUT, by doing this, they deprive themselves of the ability to learn a much more effective method of ELIMINATING that stress.

Doctors have been saying for over 100 years, that over 80% of all illness is caused by stress. Why? Stress consumes nutrients which could be used by the immune system to protect them from the illness. Over time, the body breaks down more rapidly as the years pass, and many apparently age more rapidly than is necessary. At almost 64 years of age, I have been carded in resteraunts when I ask for senior rates, because no one believes that I am more than 45-47. Even those in the amusement parks who "Guess your age" with all their experience believe I am about 45. Why do I look almost 20 years younger than I am? Because all my life, since about the age of 7, I have been meditating.

In addition, many times a month I will work from 5 am thru the day, all

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night, all day the next day, and still stay up until 1am many times. How can I do this, by meditating for 10 minutes about every two hours. Ten minutes of meditation when you have become proficient, can be as effective as one to two HOURS of sleep.

When a person is stressed, they also do not work efficiently. When you get rid of the stress, thousands of individuals have told me they accomplish over 20% per day, in LESS TIME... because of this people really cant afford NOT learning how to meditate. Within a very short period of time, if you practice in the manner that I have explained, you will begin to SAVE more time than it takes you to meditate daily. You will accomplish much more than you would have if you had not taken the time to do so, even if you practice three times per day for 10-20 minutes.

Some feel they are selfish to take this time for themselves. It is actually SELFLESS, for unless you take care of your own health, you will not be able to take care of others.

"Think about the Possibilities!"

Dr Bob

--- TMail v1.31.5

\* Origin: Ask the Sysop For PUBLIC\_PSYCH or Call 714-952-2110 (1:10/227)

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