

# Meditation for Beginners Class Set for Lotus Center



Photo: Jay Hemphill

SILVER CITY - A series of introductory meditation classes will be presented at the Lotus Center at 211 W. Broadway Street in Silver City. The first "Meditation for Beginners" class is Monday. The classes, which will be from 5:30 to 6 p.m. on the third Monday of each month, are free to the public.

"We're launching 'Meditation for Beginners' for folks who may want to learn how to meditate, but don't know where to begin," says Lotus Center director Jeff Goin. "In fact, we thought about naming the class 'Meditation for People Who Don't Know Anything About Meditation,' but that would have been too long."

"Over and over, I hear people saying that they're stressed and can't turn their mind off. They can't stop the internal chatter," Goin says. "Meditation is a really effective tool for quieting the mind. With a quiet and peaceful mind, everything works better."

A Yale University study has revealed that meditation can promote improved brain functioning.

An article in Yale News ([news.yale.edu](https://news.yale.edu)) by Bill Hathaway notes, "The Yale team conducted functional magnetic resonance imaging scans on both experienced and novice meditators as they practiced three different meditation techniques. They found that experienced meditators had decreased activity in areas of the brain called the default mode network, which has been implicated in lapses of attention and disorders such as anxiety, attention deficit and hyperactivity disorder, and even the buildup of beta amyloid plaques in Alzheimer's disease." The article further notes that this "was seen in experienced meditators regardless of the type of meditation they were doing."

"I've been truly amazed at the level of interest in meditation, not just locally, but nationwide," said Goin. "It was on the cover of Time magazine, and was also the topic of a feature on "Sunday Morning" on CBS. Lots of people are starting to see the benefits of meditation."

A growing list of celebrities, corporate leaders and everyday people from around the world are turning to meditation to improve their lives, but there are still those who are hesitant to meditate, largely due to myths that have arisen about the practice.

In an attempt to dispel some of these myths, famed spiritual author and physician Deepak Chopra posted an article on his website ([deepakchopra.com](https://deepakchopra.com)) about meditation myths. One myth is the notion that meditation requires an inordinate amount of time, so busy people can't do it.

"There are busy, productive executives who have not missed a meditation in 25 years, and if you make meditation a priority, you will do it. If you feel like your schedule is too full, remember that even just a few minutes of meditation is better than none," Chopra writes.

Goin says it is a myth that meditation requires embracing Eastern religious practices.

"A lot of people think meditation is necessarily part of Eastern religion, but this isn't the case," Goin says. "I've pretty much dedicated my life to making meditation accessible to everyone, regardless of their spiritual inclinations. The truth is, a person doesn't have to be spiritual at all to benefit from meditation practice."

"We typically attribute happiness and unhappiness to external conditions. But actually, happiness and suffering depend on our perception of a particular situation," Goin notes. "One person may perceive a situation as being dreadful, while another might say, 'This isn't so bad.' Another might even perceive that same situation as being pleasant. Since perception is a state of mind, it's really our mind we need to work on, not controlling external situations. Meditation is the only method I know of for changing one's state of mind, and therefore our perceptions."

"Instead of mentally replaying regrets from the past and worrying about the future, meditation helps me enjoy what's happening in the present moment. The natural outcome is that my stress is relieved, and I feel at ease," says Lotus Center yoga instructor Becky Glenn.

Information: [lotuscentersc.com](http://lotuscentersc.com), or 575-388-4647.