

How to Meditate

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Meditation has become a practice available to all that can help to reduce anxiety, stress, increase mood and memory, while promoting lifelong happiness. Benefits of meditation can be almost immediate—and last a lifetime. The newest meditation studio opening in the Valley, Current Meditation, was founded by two Scottsdale-based families with one mission: to create a meditation space that is accessible, authentic, and would bring the practice of meditation to a wider audience so that they live healthier, happier, and more fulfilling lives. The Weisman family and the Brovitz family became inspired to launch Current Meditation after discovering that they each had a different experience with meditation; however, the one thing they had in common was difficulty accessing and keeping consistent with their meditation practice. Their inconsistent experiences moved them to create a concept that was warm and welcoming to demystify the practice, and that was consistent and convenient to simplify building a steady meditation routine in the busy modern world.

We teamed up with Jennifer Martin, the instructor of Current Meditation to bring you some advice on how to meditate.

AFM: Who can benefit from meditation?

JM: Everyone can benefit from meditation. Meditation is simply a practice to relax and calm the mind and body by focusing on the present moment. Current Meditation in Phoenix was launched to help educate people that anyone can—and should—meditate. No matter your experience level, comfort level, goals, obstacles or personal challenges, Current Meditation's team encourages you to seek out the world from within yourself and gain control of your own thoughts and feelings, and help focus on meditation as part of a regular routine.

AFM: What are some benefits of meditation?

JM: There are many benefits of meditation, and these can differ with each person. It is a powerful practice in that it can affect all measures of health in a positive way. Meditation allows us to develop a greater sense of compassion, love, patience, generosity and forgiveness toward ourselves and others. The practice of regular meditation can even influence our minds in extraordinary ways. Significant benefits such as enhanced creativity, increased strength of memory, reduction of stress, fear, anxiety, and depression, along with healthier relationships and improved communication have also been recorded.

AFM: How would you recommend meditation for those who are busy?

JM: Start off by simply bringing mindfulness into everyday activities. Always bring full attention to anything that you are doing. This will bring you into the present moment. This is a simple form of what would be considered an informal meditation. After this, try to practice in a supportive group, as opposed to sitting alone.

AFM: How often should one Meditate?

JM: It depends on the person and where they are in their life. You get out of your practice what you put into it. The longer you are able to commit to your meditation practice, the more benefits you are going to experience over time.

AFM: What makes meditation so important?

JM: In today's fast-paced world, the demands on our time and the stress in our lives make meditation more important, now than ever before. It allows you to be aware and enjoy each moment despite the stress. Overall, Meditation can empower you to discover your own inner stillness for an overall happier and healthier life.

Current Meditation, based in Phoenix, is a meditation studio for the modern world. Current Meditation has taken a different approach to the design of both its space and curriculum to make meditation more accessible to a wider audience. Skilled meditation and mindfulness instructors guide each class and its members through practices that embrace and celebrate life as a journey, helping people connect with their authentic selves to lead more fulfilling lives and achieve mental fitness. Current Meditation will open Nov. 21 and will be offering complimentary classes that are open to the public in celebration of its grand opening. To reserve a spot for a complimentary Current Meditation class during Current Meditation's Sneak Peek Week Nov. 16-20, visit www.becurrent.com.