



Meditation

has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction and is considered a type of mind-body complementary medicine. Meditation produces a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being. Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. Meditation can help carry you more calmly through your day and may improve certain medical conditions.

The Center for Spiritual Living Midtown, a new thought spiritual center in midtown Atlanta, offers a guided meditation service each Sunday beginning at 10:30 a.m. followed by a New Thought message at 11:00 a.m. This service is free and open to everyone.

We are located in the beautiful Academy of Medicine on the S.E. corner of 7th and West Peachtree Streets:

The Center for Spiritual Living Midtown
875 West Peachtree Street
Atlanta, Georgia 30309



Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. When you meditate, you clear away the information overload that builds up very day and contributes to your stress. The emotional benefits of meditation can include:

- **Gaining** a new perspective on stressful situations.
- **Building** skills to manage your stress.
- **Increasing** self-awareness.
- **Focusing** on the present.
- **Reducing** negative emotions.

For more information and directions, please visit our website at: www.cslnmidtown.com