



## "Un-Meditation" for the Skeptic in You

What a winter, enough snow already! Way I see it, every day that goes by, is one day closer to spring - March 20th can not come fast enough! Aww, spring...birds chirping, yellow daffodils, blue crocus, melting snow filling brooks and streams...and new green baby leaves on the trees. Everything smells so fresh! So, during my snowed in time, I dreamed about spring and read a great little book - [Un-Learning Meditation](#) by Jason Siff.

You know, one of those short easy-to-read books to curl up with all wrapped up in your blanket with some hot chocolate and maybe a warm fire? Jason Siff says we need to unlearn what we have been programmed to think, or expect meditation to be all about. So many potential meditators shy away from it as they perceive it to be too hard to stop thinking. They are skeptical, may try it once or twice, and usually complain - "I just don't have time to just sit there. Do you know how much I have to do? I can't make my mind stop thinking."

Jason Siff says to try this - get comfy in a seated position, close your eyes, take a few deep breaths, and imagine what spring feels and smells like to you. Really smell your favorite flowers, see the colors, hear the birds, and imagine your favorite place in nature. Maybe even put on some soft music to drown out any distractions. Now move your mind/intention to the folded hands in your lap with one hand lying on top of the other both palms facing up. How do they feel? Are your hands heavy, or light? Are they soft or dry? If your mind wanders off, just let it...and if you want, and just if you want, gently come back to your hands and just be aware of how they feel. Breath in - I am... exhale... relaxed. Do this a couple more times. Now, travel up your arms

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### Winter Special - Gift Ideas

*Give the gift of Qigong and Meditation with Debi's popular Qigong for Everyone DVDs and Tranquil Journey's Meditation CD! Gift Certificates are available!*

Buy all three in a set -

[Qigong for Everyone: The Basics,](#)



to your neck and shoulders and notice if they are tight. If so, breathe in and out and think - I am...relaxed. Try and be aware of how your body feels and let your mind wander if it wants. There are no rules, no special breathing, just sit still...for a minute...or two. Now travel back, in your mind's eye, to your hands. How do they feel now? One of my new students popped open her eyes and said in amazement, "Look, look, the hand on top has floated up above the other one. How did that happen?"

Unlearn what you think meditation is all about. Don't worry about following the breath in through the nose and out. No worries. No rules. Let your mind wander at will with no need to "come back to the breath"...or your hands...just go with whatever the flow seems to be for you. Just sit, be aware, be quiet...but do remember to breathe.

Debi



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## Announcing a New Location and Professional Affiliation!



**JENKINTOWN  
PSYCHOLOGICAL  
ASSOCIATES**

Debi is now teaching Meditation, Qigong, T'ai Chi at the [Center For Integrative Health](#), affiliated with Dr. Mike Montanaro's Jenkintown Psychological Associates practice.

Dr. Montanaro has a personal passion for integrative health modalities. His dream has been to offer services to his patients, and the public through his private psychological therapy practice. He opened the Center for Integrative Health late this fall which is a separate building located right behind his office space, click [here](#) for directions. The Center offers - acupuncture, massage, yoga, qigong, t'ai chi, meditation courses, workshops, and much more! Classes are forming this winter/early spring. Check [Debi's website for her classes](#), and [his website](#), for the entire menu of classes and services. Call Debi at 484-431-1270 for more information. *Tell a friend!*

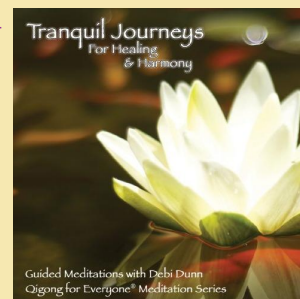


[Qigong for Everyone: Designing Your Own Practice](#), and

[Tranquil Journey's Meditation CD](#) -- for

just \$50 for all three! (Normally priced at \$60, you save \$10!)

The set makes a great gift, or separate them, and you have three gifts! Note, Tranquil Journey's is also available for [MP3 Download](#).



## Menu of Therapeutic Healing Treatments

Valentine's Day is just weeks away. Give a gift certificate for a wonderful, rejuvenating treatment to that special person...or treat yourself!



*Give the Gift of Relaxation & Well-being to Yourself, Family, Friends and Colleagues!*

### Special Winter Offers:

=> **Ultimate Healing Treatment** - this is Debi's signature blend of Reiki, Acupressure, Reflexology, Thai Stretching all while relaxing on an amazing, detoxing, and healing [amethyst-filled far-infrared heated BioMat](#). This treatment has to be experienced to believe how wonderful you will feel!

\$80/1 hr. session (normally \$85, save \$5)

Gift Package: \$300 for four (4) treatments (save \$20)

=> **Beyond Belief Foot Reflexology & Detox Aromatherapy bath** - this is especially for those who want their tired feet to feel fabulous! This begins with a detoxing foot bath (30 min.) and is followed by 30 minutes of a foot reflexology treatment using healing oils. Feet feel brand new. Ahhhh!

\$70/one hour session (normally \$75, save \$5)

=> **Rejuvenating Reiki** - Reiki is a universal healing energy, or qi, that is transmitted through the practitioner's hands to the client. You rest on the wonderful heated and relaxing [BioMat](#) while receiving Reiki Energy from Debi, a Usui Reiki Master/Teacher.

\$70/one hour session (normally \$75, save \$5)

=> **Ultra-Healing with BioMat** - Simply relax, detox, and rejuvenate on an amethyst-filled, far infrared heated Biommat while listening to tranquil music from BOSE headphones. Foot and hand reflexology included for 30 minutes of the full hour treatment. The ultimate in relaxation!

\$70/one hour session (normally \$75, save \$5)

## Qi-ocola-Tea & Thee Workshop



This two-part workshop is offered on two afternoons, **Sundays Feb. 27th and March 20th (first day of Spring!) 1:00-4:30pm each day**. Pick one or the other, or both! I will feature different chocolates, tea and surprise events each afternoon. Click [here](#) for the full description.

- Shiba Luohan Qigong - an 18-motif ancient Shaolin ancient qigong form - fun to learn! We'll learn the first six "motifs".
- "Un-meditation" techniques - those who'd like to learn how to meditate but don't know where to start. So easy, anyone can do it!
- Chocolate tasting from a wonderful company called Xocai the first afternoon; and the next time from

Oasis, a local chocolate shop owned by Tiffany Watts, a talented chocolatier.

- Self-acupressure massage - learn ways you can improve your own health in just a few easy movements.
- Qi Healing - receive one-on-one extraordinary energy work.

**Location** - Phoenixville, PA ([Contact me](#) for directions.)

**Dates** - Sundays, February 27 and March 20th, 1:00-4:30pm

**Fee** - \$75 for each date, or \$125 for both (save \$25!)

**Registration/Deadline:** *Act fast as workshop is limited to 10 people each day.* Payment is due to Debi (check, cash, credit card) by **February 18th**. Call 484-431-1270 or [email](#) today.

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