

# Effortless Meditation

Meditation methods that you can easily integrate into the hustle and bustle of daily life...

BY KAUSHIK CHOKSHI

There are many myths about meditation and perhaps the biggest is that it is something you get up early in morning and sit down on a cushion and do for a few minutes. Of course, meditation can be that, but you can meditate in many other ways.

So here is way to meditate which is easy to integrate into our daily busy lives:

Observe your thoughts. Witness your thoughts, quietly and passively without interfering or judging or pulling or pushing. If you observe your thoughts, you will find that most thoughts are directly or indirectly about "me", and these thoughts create a false self. This is a fantastic delusion. You are conditioned to believe a lie, to believe in something that doesn't exist. This is why most of us suffer, or are uneasy, with the feeling that life is not quite working.

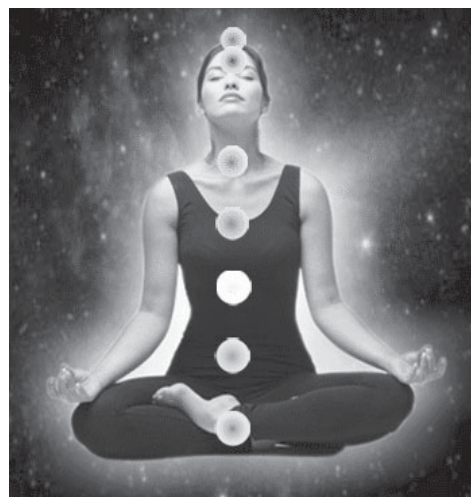
The key to seeing this is to *notice* thoughts, in the present, without analyzing or interfering or judging. If you do this you discover a few things right away. You discover that thoughts are very compelling; they pull you right in. You discover it's hard to observe thoughts. You discover that thoughts are incessant—a clackety stream of endless cacophony going on in the head. You notice you will forget to observe.

But soon you do remember and you can observe and thoughts begin to diminish. And you discover the lovely irony that it's easier when you don't put in a lot of effort. Just a little, much like a Chinese finger trap.

And here are some more methods you can easily integrate into the hustle and bustle of daily life:

**1. Learn to release hard and painful emotions.** This is a very effective technique for releasing anxiety and excessive worry. It is a matter of completely allowing and fully releasing the emotion. You can find more information on this on my website: <http://www.beyond-karma.com>.

**2. Breathe.** There are a number of simple and



effective techniques which use the breath to envelop and release the false and painful which builds up in us.

**3. Put attention in the inner body.** Start with your hands. Put attention in your hands and soon you will feel a tingling. Move attention to other parts of the body in a similar way.

**4. Use your inner stop frequently.** Your inner stop is simply stopping internally and taking a look at what's going in your head and body, without any judgment or analysis.

**5. Metta Zap.** Zap out loving-friendliness randomly to people.

**6. Eat mindfully.** Notice that we think about food all the time except when we are eating. Eat whenever hungry. Eat with full attention, attending to taste, smell, texture. A big reason for the obesity epidemic is that most of eat for emotional reasons. You may find that eating mindfully is not easy to do. It requires practice.

**7. Light up your chakras.** I have simple technique where you don't have to know about chakras and positions and colors. Stand up straight, and visualize a bright light which starts at the base of the spine, and works its way upwards, lighting up your body, and emanating outward, getting brighter and brighter. This will immediately energize you.

**8. Be present.** The only reality we can experience is the one unfolding right now. This is a powerful, opening technique which brings an dimension of consciousness which most of us have learned to ignore.

*If you are interested in more, visit Kaushik Chokshi's web site: [beyond-karma.com](http://www.beyond-karma.com).*

## Chili Peppers Can Help You Shed Weight



Washington: (IANS) Capsaicin, the stuff that gives chili peppers their kick, may cause weight loss and fight fat build-up by triggering certain beneficial protein changes in the body, says a new study.

The study could potentially open up new treatments for obesity. Lab studies have hinted that capsaicin may help fight obesity by decreasing calorie intake, shrinking fat tissue and lowering fat levels in the blood. Nobody, however, knows exactly how capsaicin might trigger such beneficial effects.

In an effort to find out, the scientists fed high-fat diets with or without capsaicin to lab rats used for the study. The capsaicin-treated rats lost eight percent of their body weight and showed changes in levels of at least 20 key proteins found in fat, said a release of the American Chemical Society (ACS).

The altered proteins work to break down fats. "These changes provide valuable new molecular insights into the mechanism of the antiobesity effects of capsaicin," the scientists say.

## Heartburn Pills May Cause Osteoporosis



London: (IANS) Drugs used by millions of patients to treat indigestion and heartburn have been linked to an increased risk of the bone disease osteoporosis. Research shows that long-term use of indigestion drugs, called proton pump inhibitors (PPIs), is linked with broken bones later in life, reports [express.co.uk](http://express.co.uk).

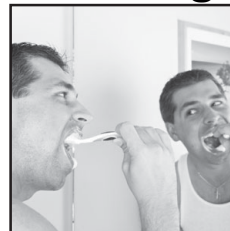
The National Institute for Health and Clinical Excellence recommends patients use PPI drugs for two to four weeks for indigestion. They work by blocking the action of cells called proton pumps, which produce stomach acid.

Although they are very effective, they should only be used for a short time to get the condition under control. But patients with chronic heartburn have to take them daily for up to two months.

The problem is many patients end up staying on the drugs permanently to keep symptoms at bay.

It is not clear how the drugs might damage bones. But one theory is that by blocking acid production they stop the body from absorbing calcium.

## Brushing Twice Can Prevent Heart Attack



London: (IANS) Brushing your teeth twice day can help protect against heart attack, reveals a new study. According to scientists, those who fail to keep their teeth clean have a higher chance of suffering heart problems. The study found that those who never or rarely brush their teeth were 70 percent more likely to suffer heart disease.

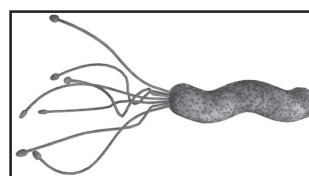
During the study, researchers from University College London analysed data for more than 11,000 people with an average age of 50 taking part in the Scottish Health Survey.

The findings revealed that 62 percent visited their dentist every six months while 71 percent said they brushed their teeth twice a day. Over the next eight years, there were 555 cases of serious heart problems, of which 170 were fatal. The experts found that those who never or rarely brushed their teeth were 70 percent more likely to suffer heart disease than those who brushed twice a day.

"Our results confirmed and further strengthened the suggested association between oral hygiene and the risk of cardiovascular disease," [dailymail.co.uk](http://dailymail.co.uk) quoted researcher Professor Richard Watt as saying.

"Future experimental studies will be needed to confirm whether the observed association between oral health behaviour and cardiovascular-disease is in fact causal or merely a risk marker," Watt added.

## H. Pylori's Shape Allows It To Infect Gut



Washington: (IANS) The bacterium *Helicobacter pylori's* twisted shape like a corkscrew or helix allows it to live in the human stomach and cause ulcers. It has also been linked to gastric cancer.

For the first time, researchers at Fred Hutchinson Cancer Research Centre (FHCRC) proved that at least when it comes to *H. pylori's* ability to colonise the stomach, shape indeed matters.

Nina Salama of the FHCRC and colleagues are the first to demonstrate that the bug's helical shape helps it set up shop in the protective gelatin-like mucus that coats the stomach. Such bacterial colonisation - present in up to half of the world's population - causes chronic inflammation that is linked to a variety of stomach disorders, from chronic gastritis and duodenitis to ulcers and cancer.

"By understanding how the bug colonises the stomach, we can think about targeting therapy to prevent infection in the first place," said Salama, study co-author.

Using a mouse model, the researchers found that lab-engineered mutant strains of *H. pylori* that are deficient in a group of four proteins fail to twist properly and, consequently, are unable to colonise the stomach.

"Having these mutant strains in hand allowed us to test whether the helical shape is important for *H. pylori* infection, and it is," Salama said according to an FHCRC release.

"All of our mutants had trouble colonising the stomach and were out-competed by normal, helical-shaped bugs," she added.

Mutant forms of *H. pylori* that lack these proteins are misshapen, ranging from rods to crescents, which hampers their ability to bore through or colonise the stomach lining.

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