

+tryitout

serenity now

It is possible to learn how to meditate, and get benefits quickly and easily. **Domini Stuart** is living proof.

Everyone from the Dalai Lama to your GP will tell you meditation is a great way to relieve stress. But you're not going to hear that if you're worrying that you're not going to do it properly or you can't get tomorrow's deadline out of your mind.

Don't worry. Everyone can meditate effortlessly, says stress counsellor Rodney Stoddart. And with his CD-based Breakthrough Meditation program, he adds, you can't get it wrong. The program is also a tool for personal growth, and 15 minutes a day is all it takes to benefit, he says.

"You learn to manage your emotions positively, challenge negative beliefs and feel more confident. You'll start noticing differences from the first day."

A big promise? Stoddart is so sure of the benefits that his program comes with a money-back guarantee.

inner journey

Module one is the Personal Power Meditation. As instructed, I relax, close my eyes and breathe gently, allowing Stoddart's voice to guide me through the visualisation. Along the way I identify my personal power centre and meet my inner self, taking mental note of what I see and messages I receive.

I'm then led gently out of the meditation with music. To my surprise, while everything seemed to happen quickly, I feel just as relaxed and "spacey" as after longer meditations.

The next step is a note-taking exercise. At first I'm not comfortable with it, as I feel self-conscious, but I do as I'm told. "It's a training program, and that's why

it's important to make notes," Stoddart says. "Even if you think you're imagining your experience, it's just as meaningful." And don't worry about feeling distracted, he adds. "You'll get results whether your conscious mind is there for it or not."

He recommends starting by listening to all of the six modules six times in sequence. I've now completed this cycle and am listening alternately to the module I most enjoy and the one I least want to do. This, apparently, is likely to be the one I most need.

While it's impossible to quantify the effects, I've noticed so many significant changes that it's hard to imagine they could all be coincidence. I've found myself responding calmly in situations where, in the past, I'd have shed tears of frustration or erupted with rage. I've been sleeping like a baby. And I've even managed to unlock the emotional

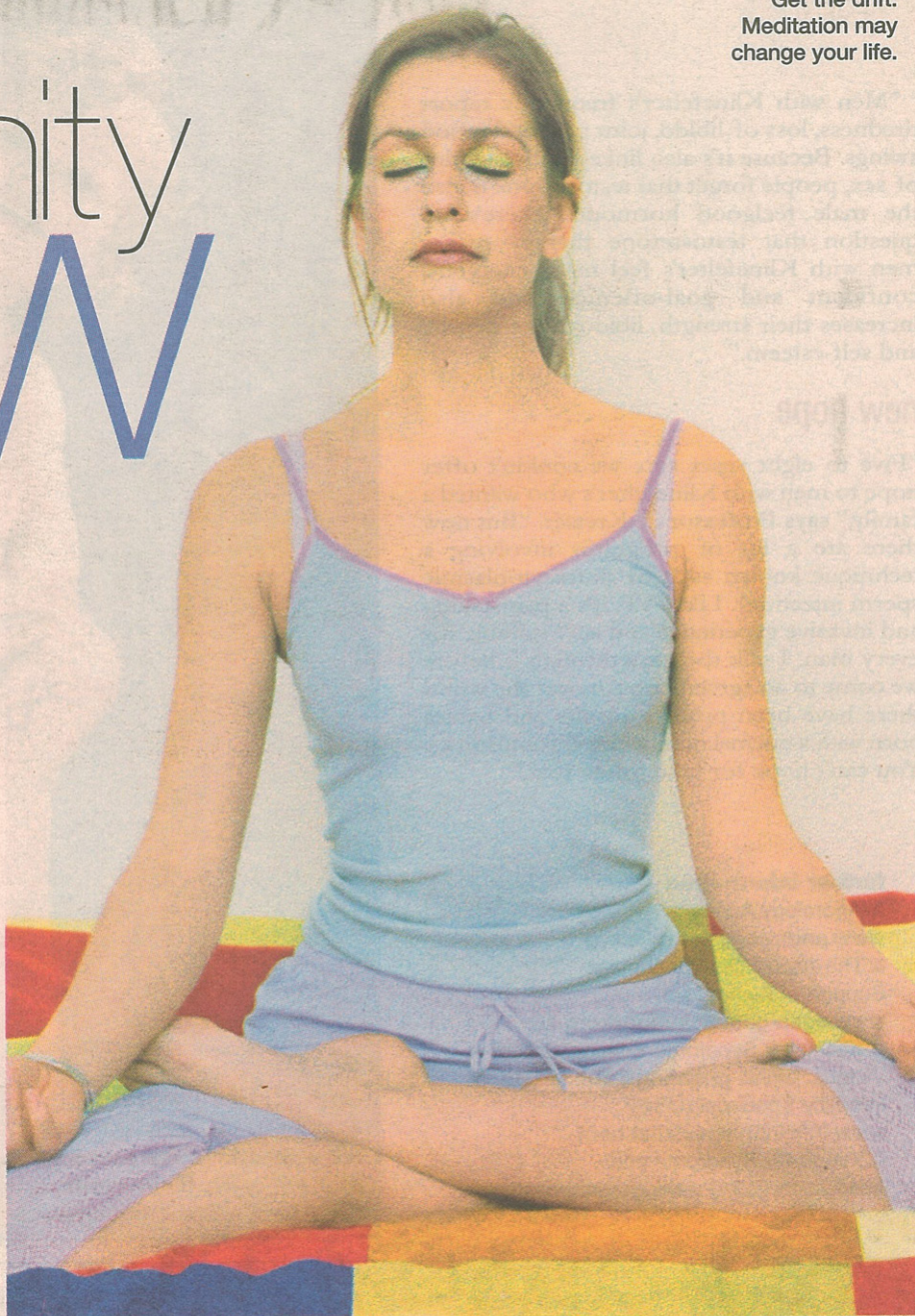
shackles that, for an embarrassingly long period, had been chaining me to a dead relationship.

then there's chocolate

Chocolate has long been the most accurate measure of my emotional health. The more I'm eating, the worse I'm feeling, and I can't remember a day when I chose not to eat it at all.

Then, suddenly, I found I just didn't feel like it anymore. It's not that I'll never enjoy chocolate again, but I no longer need it as an emotional crutch. As far as I'm concerned, change doesn't come much bigger than that.

The **Breakthrough Meditation kit** costs \$330 including postage. See www.rodneystoddart.com.au or call **1800 647 523** for details.



Get the drift:
Meditation may
change your life.