

Additional Meditation Seminars

Mindful Eating

Eating with Peace, Pleasure and Purpose

Meditation for Pain Management

Making Peace with Pain

Creative Visualization

Discovering the Mind's Creative Power

Mindfulness Meditation

Non-Reactive and Empowered Living

Loving-Kindness Meditation

Love and Acceptance of Self and Others

The Many Faces of Ego

Moving Beyond Fear

Meditation for the Workplace

Strategies for a Productive and Creative Workforce

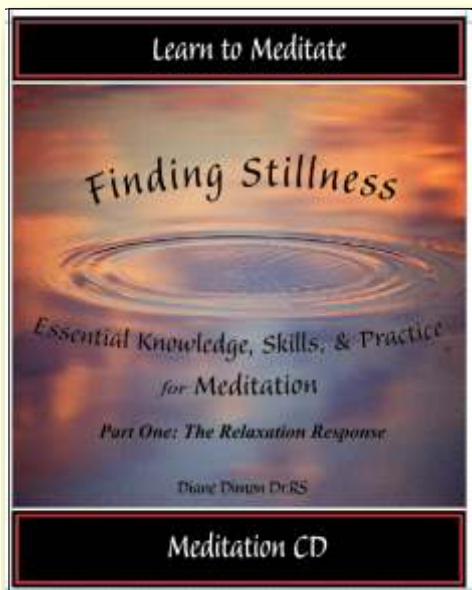
Restoring Purpose and Passion

Bringing Qualities of Soul to Life and Work

Meditation for Youth

Skills for Self-Esteem and Learning

Meditation CD



Welcome to Matters of the Mind

Diane Dimon, Dr.RS, is director of *Matters of the Mind*, a California-based company that teaches a full range of meditation techniques for stress management, self-awareness, and health. She conducts seminars, retreats, private instruction, and personal coaching. She has trained thousands of people to meditate since 1991, including businesses, universities, hospitals, healthcare providers, youth, and individuals from all walks of life. Dr. Dimon is author of the Meditation Training CD *Finding Stillness*. She has practiced the many varieties of meditation for 35 years, and she holds a doctorate in Religious Studies, specializing in the study of consciousness, the mechanics of stress, and the mind-body connection.



"Meditation is a mind-body health practice that harnesses the vital role the mind plays in health and well-being. Healthcare professionals are recognizing its impressive benefits and prescribing it for their patients and for their own self-care."

Diane Dimon, Dr.RS



Meditation for
Healthy Living

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Meditation

An Antidote to Stress

A Simple, Natural, Cost-Effective
Complement to Medical Treatment



Matters
OF THE
Mind
Meditation for
Healthy Living

Meditation as a Health Practice

Extensive research has proven meditation to be an effective complement to medical treatment. Stress compromises health, and meditation successfully counters stress in a natural, powerful, and cost-effective way. Meditation is recommended by the NIH, AMA, APA, and the American Cancer Society.

Matters of the Mind specializes in helping patients participate more fully in their own health care. We teach a full range of meditation techniques to harness the power of the mind for stress management and improved health and well-being.

How does Meditation Work?

Relaxation Response

This classic technique activates the parasympathetic nervous system and elicits a unique state of deep relaxation. This is an innate physiological response that reverses the fight-or-flight response, and it is created by the simple act of regularly quieting and focusing the mind.

Mindfulness Meditation

This cognitive technique identifies and alters thinking patterns that cause stress. It develops awareness that is calm and focused, and cultivates the ability to respond to life's challenges with increased balance and ease.



Who should Meditate?

Meditation is for patients, healthcare professionals, and anyone else who wants to decrease stress and improve their quality of life. It is a simple and natural process that is practiced by people of all ages, faiths and backgrounds.

Benefits of Meditation

The NIH estimates that 80-90% of all illnesses are linked either directly or indirectly to stress. Meditation is used effectively to help treat a wide variety of stress-related medical conditions:

- Strengthens Immune System & Speeds Healing
- Reduces Anxiety, Depression and Addictions
- Eases Chronic Pain, Migraines and Insomnia
- Reduces Hypertension and Heart Disease
- Aids in Weight Management
- Relieves Asthma, Skin Problems, Chronic Fatigue, Irritable Bowel, Fibromyalgia, and many other stress-related conditions
- Relieves Symptoms of Cancer & AIDS Treatment
- Improves Energy Level and Mood
- Helps in Coping with Trauma, Grief and Loss
- Improves Self-Esteem and Relationships
- Improves Concentration, Memory and Productivity
- Increases Ability to Enjoy Life
- Promotes Self-Awareness and Self-Acceptance

For Patient Referrals

We invite you to prescribe meditation to your patients. *Matters of the Mind* offers classes and a training CD:

Finding Stillness – The Class

- Group or private instruction
- Four 2-hour sessions
- Reasonable rates
- Postcards are available for easy referrals
- Patients learn Relaxation Response (to reverse the stress response) and Mindfulness (to retrain thinking patterns that *cause* stress)

Finding Stillness – The CD

- Abbreviated training in Relaxation Response
- Includes a 20-minute meditation experience for ongoing support
- Ideal to use before and after surgical procedures

For Health Professionals

Meditation is an excellent self-care practice for health-care professionals. *Matters of the Mind* offers individual and medical group training. Options include:

- *Finding Stillness*: Half-Day Seminar
- 55-Minute Introductory Presentation
- Continuing Education
- Full-Day Company Retreats
- Conference Workshops

Call for details: 559.447.5850

Email: Info@MattersOfTheMind.net

Visit our website: www.MattersOfTheMind.net

“Meditation is not held out as some kind of magical cure, but a sensible and straight-forward way for people to experience and understand the mind-body connection first hand and use it to better deal with their illnesses and their lives.”

Jon Kabat-Zinn, PhD., University of Massachusetts Medical Center