

Name Nicholas Pell Course HLTH 1240-002 Date 30 November 2011

HLAC - Lifelong Wellness Application Paper:

Write a **paragraph** on each of the following:

1. What did you learn about “lifelong wellness” from taking this meditation class?

By taking this meditation course I learned about the importance of incorporating exercise and spiritual meditation in my life. School can be hard at times, but made more manageable with the integration of physical exercise and movement of prana through breathing exercises. I have learned about the chakra systems and about certain breathing techniques that facilitate the flow of prana (life energy). I have come to understand the importance of staying dedicated to a meditation practice. When one gets out of the habit, maintaining sanity is made more difficult.

2. How would you apply this information to your life?

I will apply the techniques I have learned in meditation class to assist me in the flow of prana between and among chakras in my body. I will use meditation as a daily practice to help me reduce stress and center my mind on the present moment. By doing these things, I will become much less stressed and more able to focus on other important areas of my life. Because I took this meditation class, I have become better able to center my mind on my intentions and focus my mind on tasks I have to do, even though there is a lot of chaos around me.

3. What is your intention to continue to meditate in your life and why?

I intend to continue meditating even after this meditation class because I have experienced the power and real energy in meditation practice. I especially like the use of mantras like, “Om gum ganapatayei namaha.” This particular mantra evokes the power and energy of the Hindu deity Ganesh and helps to remove obstacles from one’s life. Being a college student and working full-time, I know all about obstacles. It has been especially useful for me to use mantras to bring power other than my own to assist me in meeting my goals. Although I really only meditate randomly, I have noticed that it really helps me to relax and “uncloud” my mind. After taking this class, I realize that I have yet another tool in my academic “tool box” which will assist me now and in the future to better manage stress and assist in my overall spiritual and physical health.

4. General ideas for improving this course?

I suggest incorporating the use of more visual aids and communal mantra recitation during meditation practice.