

ALIBREY

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MIND & BODY

MEDITATE

According to Marilyn Tam, the author of the best-selling book *The Happiness Choice*, meditation is natural. If you've ever "been in the zone," where "there is no other thought; you are fully present and immersed in whatever it is you are doing" — that, she says, is a key aspect of meditation." Here, Tam's step-by-step guide to meditating.

1. Find a quiet space where you will be undisturbed. Turn off all electronic devices.
2. Give yourself a window of open time; to start with, it can be as short as 15 or 20 minutes. You may want to set a timer so that you don't have to keep checking on the time.
3. Relax your body, stretch, move your arms and legs and gently roll your head from side to side and front to back. Sigh. Move your face muscles. Loosen the tightness in your body and mind so that you are able to be fully present.
4. Sit comfortably with your back straight in a chair or on a cushion. Let your hands lay comfortably on your knees or rest your hands on your lap, right hand on top of left, with your thumbs touching each other — this is the Samadhi mudra, the hand gesture that promotes calmness. Close your eyes or keep them half open, focusing on an object like a lit candle. Breathe in deeply and exhale slowly and gently. Repeat without using force in your inhale and exhale. Observe your breath as you breathe in and out. When thoughts come, mentally push them aside without judging them. Return to your breathing. Continue on this cycle of breathing, clearing away thoughts, breathing.
5. At the end of the meditation time, slowly bring your consciousness back to your surroundings; make note of any insights you may have glimpsed in your quiet time.

A former corporate executive, Marilyn Tam, Ph.D., is an author, speaker, consultant and certified coach. Her radio show, The Happiness Choice, on FMG Network is broadcast globally to more than 30 million listeners. Find out more at marilyntam.com.

SCENT

With rampant stress, "our bodies have lost the balance between our sympathetic (fight or flight response) and parasympathetic (repair and restore response) nervous systems," says Marc Zollicoffer, director of Aveda Spa Education. "We are in a constant state of flight or fight and not spending enough time resting and regenerating." Based on studies that show that aroma has an effect on the brain's hypothalamus, which controls the stress cycle in the body, clinical aromaologist Pierre Franchomme and Aveda created the Stress-Fix aroma. Clinical testing showed that the aroma, a combination of certified organic French lavender, clary sage and lavandin (a hybrid of true and spike lavender) essences, relieves feelings of stress, significantly increasing positive moods and feelings of relaxation.

