



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Meditation is a practice in which an individual trains their mind and induces a state of consciousness in which the person focuses their attention on one single thing. When the person's mind, or attention, naturally wanders to another thought, the person brings their attention back to their original focus. This process of "mindfulness" is both simple - anyone can do it - and difficult, because one's mind *a/ways* wanders. It is the process that provides the benefits, so the first and foremost lesson in meditation is to not judge one's success or failure at maintaining singularity of thought. One just practices.

Practicing meditation offers many health benefits. It improves one's sense of well-being, lessens the need for pain medications and reduces the frequency and severity of chronic headaches. Recent research also confirms that meditation helps reverse the process of central sensitization which accompanies many chronic pain syndromes including chronic low back pain, chronic neck pain, chronic headaches and fibromyalgia. Central sensitization contributes to hypersensitivity to pain, cold temperature and other sensations including touch.

Online Meditation Resources

How to Meditate

Website: <http://www.how-to-meditate.org/>

Free Guided Meditations - UCLA

Website: <http://marc.ucla.edu/body.cfm?id=22>

Website: Guided Relaxation, Meditation: <http://www.getselfhelp.co.uk/gallery1.htm>

Main website for additional **free** Self-Help courses: <http://www.getselfhelp.co.uk/>

Local Meditation Resources

Art of Living

Address: 3133 Ponce de Leon Street (Upstairs) New Orleans, LA

Tradition: Hindu Meditation

Website: <http://www.artofliving.org/us-en/neworleans>

Blue Iris Zen Sangha

Address: 5212 South Claiborne Ave. New Orleans, LA

Tradition: Zen Buddhist Meditation

Website: <http://www.blueirissangha.org>

Dhongak Tharling Dharma Center

Address: 3621 DeSaix Blvd., New Orleans, LA 70119

Tradition: Tibetan Buddhist Meditation

Website: http://www.quietmountain.org/dharmacenters/dhongak_tharling/source.htm

Mid City Zen

Address: 3248 Castiglione St. New Orleans LA

Tradition: Zen Buddhist Meditation

Website: <http://zmcneworleans.org/>

New Orleans Insight Meditation Group

Address: 2134 Magazine St., 3d floor, New Orleans, LA 70115

Tradition: Theravada (Vipassana) Buddhist Meditation

Website: <http://noimg.org>

New Orleans Zen Temple

Address: 748 Camp Street New Orleans LA 70130

Tradition: Zen Buddhist Meditation

Website: <http://www.NOZT.org>



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Acadiana Shambhala Meditation Group

Address: 118 San Carlos Dr. **Lafayette**, LA

Tradition: Tibetan Buddhist Meditation

Website: <http://groups.yahoo.com/group/AcadianaShambhala/>

Refuge Meditation Group

Address: 622 Jordan Street, **Shreveport**, LA 71101

Tradition: Non-Sectarian

Website: <http://refugegroup.googlepages.com>