

WELCOME TO THE INNER THEATER

Here's the deal – meditation just works. It works now just like it has for over 5000 years. And it's not hard. You just start meditating and you commit to doing it every day. Sounds simple right? Turns out to be not so simple for a lot of people. That's why you need an experienced and creative coach to help keep your practice lively and enduring.

Here's another thing – many people don't know that you can use mindfulness meditation to help with specific issues – bad habits, relationship problems, work issues, anxiety, OCD, test anxiety and all the rest. We successfully use meditation to help clients with all these things. Did we make them magically disappear? Nope. We just adjusted the focus!

We at The Inner Theater are certified mindfulness meditation teachers as well as hypnotherapy practitioners. We draw on ancient and contemporary teachings culled from lifelong study including Ram Dass, Eckhart Tolle, Jon Kabat-Zinn, and a whole host of other mystics and tricksters.

Of additional interest to some is our integration of years of Enneagram study into our meditation coaching. If you have not heard of the Enneagram, an ancient Sufi personality system, be prepared to have your eyes opened about some of your more curious behaviors.

We promise never to bore or patronize you. We promise to listen to you and create a customized training that addresses your problems in ways that make sense for you.

Many people today know about mindfulness meditation. It is all over the news, folded into everything from sports and entertainment to education and medicine. The advantages of mindfulness are much touted and rightly so – its benefits to both mind and body have been thoroughly researched and documented. What many people may not know is that mindfulness meditation, in addition to providing relaxation, can be used for specific purposes. In fact, UMASS Medical School's ' Jon Kabat-Zinn famously used it for patients in chronic pain whose conditions could no longer be helped by traditional medicine. And it works great for aging! Here are some thoughts on benefits and potential offerings for the senior center.

We plan to use this opportunity to de-mystify mindfulness and explain how it can be used effectively to:

1. Sharpen mental alertness and ward off cognitive decline. Help people cope better with the anxiety, stress and depression that often accompany memory loss.
2. Increase energy and improve immune system functioning by reducing stress hormone levels in the bloodstream
3. Reduce and control blood pressure
4. Manage moods and emotions. As we grow older, physiological changes may impact mood stability and make it difficult to control our emotional reactions. Add to that the difficulty of adjusting to the loss of independence and, often, the passing of people and pets who are near and dear to us, and it's no wonder that experiences of loneliness, sadness, and even despair are prevalent among seniors.

5. Reduce risk of suffering stress-related diseases (diabetes, hypertension, high cholesterol)
6. Improve memory. Meditation stimulates the memory centers within the brain.
7. Promote calmness. Mindfulness for seniors has a calming effect that can't be achieved by prescription drugs. Meditation helps seniors relax, organize thoughts more efficiently, and maintain a clear perspective.

Mindfulness re-sets the way you experience the world and yourself in the world. result of the re-set is you are more relaxed, less at odds with the world and everything in it. You can find joy again. The world becomes an interesting place – one worth your close attention.

My Coaching Story

I have spent my life chasing calm. After years of cobbling together a half-assed meditation practice backed up by obsessive reading about eastern mysticism, I finally committed to daily practice. I won't bore you with the details of the many personal and professional issues this decision helped me to finally tackle. Suffice to say that I stopped my own bad habits, made a radical career change and repaired many broken relationships in my life. In short – I am just like you: a person with problems that seemed overwhelming and permanent. Let me assure you that no problems are overwhelming or permanent. We at The Inner Theater can help you.