

## Reduce stress through breath, focus on present

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by Sharon Dargay  
O&E STAFF WRITER

On the rare occasion Kathy Henning begins to feel stress, she nips negative thoughts in the bud, quiets her mind and focuses on the moment.

"It's important to stay present in the moment because the mind can get carried away thinking about the past and worrying about the future. We can become fearful, overwhelmed and feel powerless," said Henning, a Livonia resident and meditation teacher. "Utilizing simple tools to stay present helps manage the challenges we're facing; when we turn our attention within and meditate, we often come up with creative ideas we may not have thought of otherwise."

Henning, who teaches classes in Livonia, Dearborn and Royal Oak, guides listeners through meditation tools on her new CD, *Living in the Present Moment: Everyday Tools & Practices*, (\$15.95) available from Amazon.com and Henning's Website, [www.LivingInThePresentMoment.com](http://www.LivingInThePresentMoment.com).

"Meditation is beneficial on many levels. We're engaged in the world all day long and our energy and senses are pulled outward. If we don't take time to replenish and become quiet, we feel fatigued and exhausted. Meditation is an opportunity for the body, mind and senses to rest and rejuvenate."

Focusing on breathing and quieting the "chatter" in the mind are among the tools she teaches both on the CD and in classes. Henning said that meditating just five minutes daily - "while waiting in line at the post office or waiting for your computer to boot up" - can help reduce stress.

"Stress can have an impact on our physical well-being...blood pressure, immune system," she noted.

Her new CD represents more than 30 years training

in meditation. It combines soothing music with Henning's voice as she guides listeners through tools they can use to stay present and peaceful, as well as through an actual meditation.

Henning, who grew up in Berkley and attended school at Shrine of the Little Flower in Royal Oak, began learning about meditation after moving to California in the mid 1970's.

"Life was great. I had a wonderful job at CBS (as an usher) and my own place, but I still felt that something was missing," said Henning, who is married. "I was in my early 20's. It was as though I had a sense come from deep within. I could see down the future of my life...if it was just about the material world, I knew it wouldn't fulfill me."

She began studying at meditation centers - often serving as a staff member - and for six years devoted herself to the

study of self-discovery and meditation.

"It's something I weave into my daily life," Henning said. "I would still feel that emptiness if I hadn't heard about the importance of knowing our inner self. When we sit for meditation and turn our attention within, we come to know that self that lives inside us."

Henning's meditation classes meet from 7-8:15 p.m., generally twice monthly. Sessions are \$12 each and are aimed at all ages, both men and women.

\*March 3, 23 and 31 at The Sanctuary Chiropractic & Wellness Spa, 35275 Plymouth Road, Livonia.

\*March 2 and 16 at Holistic Healer & Wellness, 21194 Van Born, Dearborn Heights.

\*March 11 and 25, Center for natural Healing, 1103 S. Washington, Royal Oak.

A special "for women only" program runs March 4 and 18 at All About Women's Health, 31209 Plymouth Road, Livonia.

Register for classes by calling (734) 674-6965.



The cover of Kathy Henning's meditation CD.