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## FFSC launches meditation, mind training classes for Sailors

**Starting Jan. 24, The Fleet and Family Support Center is launching "Basic Meditation & Mind Training for Warriors" classes which provide a basic understanding of the key principles of meditation and mindfulness that have been utilized by warriors for more than 3,000 years.**

The goal of these classes, a new addition to the monthly Stress and Anger Management series, is to teach Sailors how to live more fully in each moment, to bring the best of themselves to every action, and to achieve their highest potential. The Mission: Aim to lead a life of excellence in all pursuits, under the ocean or above.

A Sonar Technician Third Class, who has been taking the classes in San Diego, Calif., said, "The [Warrior Training] meditation classes that I have been attending for just over three months have been very beneficial to improving several aspects of my life. I am able to focus on a whole new level that I have never been able to do before at work and with personal tasks. Socially, I have been able to navigate and make choices that genuinely benefit my life and the lives of the people around me. Having these meditation tools would have helped to reduce the amount of stress and homesickness that I felt [while deployed]. It also would have further advanced an already successful military career."

In these classes, Sailors will learn powerful mind-focusing techniques that will gradually allow them to stop their mental chatter at will. When that happens, a power and clarity will infuse the Sailor's attention, which he or she can then direct towards attaining almost anything. Sailors will be able to recharge when they are exhausted, make more intelligent use of their body's own natural energies, and strengthen focus, willpower and intent. Sailors will also learn mindfulness techniques to increase their level of clarity and discrimination, and explore mind training tools that they can employ throughout their active day to keep the mind focused, sharp and clear to be more effective in fulfilling their duties as a Sailor.

A key finding, made by the Special Operations community during the last 30 years, is the best way to cure stress is to avoid it in the first place. Meditation and mindfulness training techniques can have a significant impact on a Sailor's mental and physical well-being prior to and post deployment by providing two types of solutions:

1. Immunization - For Sailors before they deploy: Meditation and mindfulness are mental hygiene tools that produce on-going protection against stress, anger, and anxiety by increasing focus, clarity, and mental fortitude, which are especially critical during long deployments. We train Sailors to "find the calm in the eye of the storm" by emphasizing power, balance and clarity.
2. Decompression - For Sailors returning from deployment: These techniques enable an effective reintegration back into family and civilian life upon returning to home. Meditation and mindfulness ease the stresses of a changing daily reality. Our motto is: "Leave the battle on the battlefield."

Here's what a retired Master Chief Petty Officer said about the classes, "I find the meditation class to be very relaxing, very helpful in relieving stress and focusing."

Come to class and cultivate the warrior's body, mind and spirit in all aspects of life:

- \* Train for deployment
- \* Successfully transition home
- \* Prepare for multiple tours of duty
- \* Continue service in civilian sectors
- \* Fulfill the promise of retirement years

Classes are also taught at Fort Bragg and Camp Lejeune in North Carolina, and at Camp Pendleton, Air Station Miramar, and the Naval Amphibious Base Coronado in California. Visit the Warrior Training Web site at [www.WarriorTraining.us](http://www.WarriorTraining.us) and [www.Returning-Warriors.us](http://www.Returning-Warriors.us).

Classes are being offered in conjunction with the Stress, Anger and Communications Skills Classes at The Fleet & Family Support Center Jan. 24, and Feb. 28 from 2 to 3:30 p.m. For more information, contact Patricia Hoskins, Work and Family Supervisor at -694-4848.

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