

*Ease is that incredible quality
That enables us to deal equally
With disaster and success.*

Ainslie Meares M.D. *Let's Be at Ease*, 1987

STILLNESS MEDITATION THERAPY (SMT™) **– living calm, living ease, living well**

- History:** Stillness Meditation is the original form of therapeutic meditation, developed by the Australian psychiatrist, Dr Ainslie Meares. A man of wisdom and insight, Meares saw the need to assist people in managing stress, reducing anxiety and relieving pain. From his expertise in medical hypnosis, he set about discovering a natural and effective form of meditation as a solution. Meares was a prolific author and his books and poetry have inspired many; *Relief Without Drugs* remains a classic today. In time this remarkable man courageously began to work with Stillness Meditation as a means of influencing the growth of cancer once more leading the field in that challenging area of health and healing.
- Uniqueness:** Stillness Meditation differs significantly from other forms of meditation primarily because it is not related to culture, philosophy or religion. Physiologically based, this form of meditation is directed only to the experience of natural calm. It is characterised by its absence of structured technique and its very simple objective of experiencing *ease in the face of discomfort*.
- Method:** Stillness Meditation is taught as an uncomplicated, natural mental function. It is simply an *experience* where the mind is free of anxiety while over-riding discomfort or disturbance of any kind. The SMT teacher initiates its therapeutic influence and personal practice ensures lasting self-therapy.
- Outcome:** Anxiety reduction and loss of related symptoms, an on-flow of personal calm and the ability to live productively with ease – all of which result in a gradual process of positive change and general wellbeing. Further benefits include stress management, pain management, better health and all the advantages of meditation recognised today, such as confidence, energy, resilience, vitality, creativity, insight and personal and spiritual growth.