



Using RevInMo as your Meditation Practice By Dr. Edythe Heus

It is well documented that Meditation improves our physical, mental, and emotional health, sleep, and well-being. As a healthcare practitioner, I wanted this for my patients, myself, and my family.

I began a meditation practice at the age of 27.

The following year, I met a spiritual teacher that led meditation classes at the UN from 1970 until his death in 2007. He guided weekly meditations for the public, which I attended.

Discipline and wondrous guidance did not stop my self-judgment of failure as a meditator. I could not still my mind as I sat before a candle, a flower, a picture, a symbol, open eyes, closed eyes, chanting. The longest my mind did not wander was just under 1 minute, and it was probably the counting that kept me focused that long.

I went to self-judgment, I'm not very spiritual, not succeeding in my soul's progress, blah blah blah.

When I started to develop Revolution In Motion, I would spend hours on movement, figuring out exercises and sequences. I finally found what I was looking for during those years of sitting meditation. I felt the stillness, the centering, the in-body, out-of-body experience, the oneness with all that is, and I felt at peace. What I had sought, what I had practiced sitting for hours and years, was realized when I added movement but not just any movement, RevInMo movement. I had tried walking, running, yoga meditations, but they did not convert, RevInMo did.

RevInMo has made it possible for me to meditate in the standing horse stance when a ball is not available, and I can sit and meditate but not cross-legged; it has to be in a chair. While in those positions, I am going through and mindfully exploring the Essentials of RevInMo in my body.

RevInMo has not only made it possible for me to meditate; it has changed my body and mind supporting and creating the vessel that serves me physically, mentally, emotionally, and spiritually.

Join me in RevInMo's website Resource Page (<https://revinmo.com/resources>), as I take you through the frog rock with the intention of how it can be used as a meditation practice.

Warmest regards,
Dr. Edythe

