



Q&A Love your work

Meditation teacher Senka Pupacic, 42, from Grafika Creative Meditation, draws enormous satisfaction from seeing her students become healthier, sleep better and look younger.

How do you put yourself in a meditative state?

I talk my students through it in a quiet room with soothing music and candles. But you can meditate anywhere, even at your office, by visualising golden light and your feet growing roots into the earth.

How long do you need to meditate to experience a positive change?

It need only be five minutes. I do it for 30 minutes each night and my classes run from 60 to 90 minutes.

What does it do for you?

Physically, it regenerates cells in your body, makes you healthier and slows down ageing.

It slows down the ageing process?

In meditation we connect to our soul. Negativity is peeled away. You become unblocked so you become healthier, your mind is clearer and your skin shines.

What sorts of changes do you see in students?

They begin to let go of the negatives in their life. They become strong, positive, happy people.

Can you give me an example?

One woman recently lost her father, lost her job and was attracting the wrong guys. She went from being distressed to finding a job, looking radiant and dating.

So it's a long-term effect?

People in my classes say they sleep better and have a lot more energy. But as it dissolves tension, it helps them improve their lives in general.

Does it help with specific medical issues?

Yes. I've had a few students recovering from surgery. Their doctors said they healed surprisingly quickly.

Is it difficult not to fall asleep during meditation?

Some do and I encourage them not to worry about it. It allows a deeper healing process. *Chris Sheedy*