

CLOUD NINE



The Benefits of Floating

Homeostasis is the natural healthy state of the body and stress is the most common factor which compromises this state of wellness and contributes to dis-ease and illness. Floating elicits relaxation at the deepest levels researched. Floaters say they emerge with a greater sense of clarity and ease and feel more connected within themselves.

In our last newsletter we had an article about Epsom Salts and covered the benefits of floating for pregnancy and the amazing healing qualities of Epsom Salts. In this issue we look at more benefits of floating:

Floating unwinds tension from the body and triggers the parasympathetic response. This is when healing can occur. Research shows the following effects occur from floating:

- Slower heart rate
- Lower blood pressure
- Increased serotonin and endorphins
- Less stress hormones
- Increased digestion
- Increased focus and attention
- Stress Relieved
- Anxiety Dissipated
- Less or eliminated pain
- Physical recovery time accelerated
- Detoxification
- Improved integration and balance of brain hemispheres

How can floating provide so many benefits?

The act of floating is so fundamental and is known as a broad spectrum technique, which means it's effects are expansive. While floating, the body is virtually in a zero gravity state. With no stimulus to process and the high concentration of Epsom salts in the solution, the muscles actively relax. In this environment, the body's workload is significantly minimised and stress is released. This gives the body increased resources to process its requirements and moves into homeostasis with ease and grace to balance the system.

STRESS RELIEF

By Relieving Stress we can access deep happiness.



De-Stressing is an important part of our very busy lives. All that we bring in through our senses needs to be integrated in our bodies. When more stimulus than we have resources to process is brought into our bodies stress builds. Floatation provides an environment where the body can process this stress faster. Stimulus is screened out simultaneously, which is synergetic for releasing stress. The most profound state of relaxation ever researched is Floatation REST.

Where do you store your stress? Neck? Shoulders? Head? Stomach? An hour of REST assist you to simply float that stress away. Stress affects us mentally, physically, emotionally and spiritually and impacts our lives in so many negative ways. Regular floating can balance out stressors. The floatation tank

is a unique tool for assisting people to learn to quieten the mind and body and access deep relaxation, which is a learnt skill. When we continue to practice this skill in our day to day life we are using a powerful key for creating balance and harmony within. When our lives are in balance we are happier, more effective people and are able to extend this gift of nurturing self outward to others also.

PAIN RELIEF

Floating is a gentle therapy that enables the body to heal itself, without the use of medication to cover up pain.



One of the main reasons people float is for pain relief. Pharmaceutical drugs may offer a temporary solution to the symptom of pain. However they do not get to the root cause of the pain and can often have terrible side effects which further harm the body. Floating is a non-invasive and natural alternative which causes the mind and body to undergo remarkable transformations where healing and pain relief can occur.

Floating has been proven to be a highly effective tool for reducing chronic pain. In addition to relieving pain during the session, it has also been shown to have significant lasting effects. Because of the extremely buoyant environment, floating reverses the effects of gravity, relieving pressure, relaxing muscles and providing relief from painful conditions. Another contributor to pain relief is that floating has been shown to stimulate the brain to naturally release large amounts of endorphins: painkilling substances known to create euphoria and pain relief similar to opiates. Whilst floatation requires no effort, research has shown that there are ways to increase the effectiveness of floating through visualisation and other techniques.

Refer to <http://www.floatation-tank.com/floatation-the-best-long-term-pain-relief/> for a great article.

MENTAL & SPIRITUAL WELLBEING & SELF HEALING

Awaken the perfect healer - Your own body and mind



The benefits to mood and the mind from floating have been compared to the effects of deep meditation, without the years of practice. Since there is no external stimuli, your system can devote all its energies to restoring itself to its normal state (which is health, vitality, and joy).

Studies have shown that floating can greatly elevate moods and result in the alleviation of depression, anxiety & phobias; heightened awareness & clarity; effortless meditation; expansion of consciousness; deep sleep & restoration

Floating provides the two main criteria that the body needs to heal itself - that the environment that created the issue is removed and that the resources for dealing with the issue are provided. As the body is released from the strains of gravity, deep relaxation occurs and theta brain waves are generated. This creates a space for the body to heal. Results can show in just a few session. It's important to realise that floating is not a cure, rather the environment that is created by the tank allows the body to heal itself.

The Benefits of Floating Cont.

SLEEP & JET LAG RECOVERY

Floatation is an effective sleep recovery technique



It is often said that one hour of floating is equivalent to four hours of deep sleep. Whilst floating the brain produces theta waves which can only be experienced during deep relaxation. Theta waves are found sporadically during REM sleep and in states of deep meditation, which would usually take years of practice to achieve. When the mind reaches the theta state, it begins to generate healing in the body/mind system.

People with jet-lag express feelings of relief and improvement. Some believe this is due to the improved circulation, lower breathing rates and the movement of floating that helps to realign the body clock more easily. As a result of floating, you will start experiencing more beneficial sleep. The relaxed state that you enter while floating continues well after your session and helps you fall asleep and stay relaxed during sleep. You will awake more energized. After floating people often say that it feels like the best rest of their life.

WEIGHT LOSS & BREAKING ADDICTIONS

Free yourself from unhealthy habits



It has been documented that floating is an effective tool in a weight reduction program, as well as for the treatment of addictive behaviors such as smoking and alcohol consumption. Especially when used in combination with other supportive actions, floating has been shown to improve results and help sustain the positive benefits. One specific factor related to weight loss, is the recently studied link between the stress hormone cortisol and weight gain. There is conclusive evidence that cortisol is reduced by floatation R.E.S.T.

Another way that floatation is an effective treatment for unwanted behaviors is because of its positive influence on the production of endorphins. These natural opiates decrease withdrawal symptoms of addiction and replace the need for addictive substances with the pleasurable feelings produced while floating.

In addition, relaxation with focused attention can be very powerful tools for motivating oneself to accomplish specific goals and be free unwanted or stressful behavior. Floating produces a deep relaxation that allows you to be open to suggestion and positive thoughts. It also eliminates distractions so you can explore issues with more clarity, and focus.

PHYSICAL RECOVERY

Floatation literally supports the mind and body during the Recovery process.



Floatation accelerates recovery from surgery and physical injury. When stress is released floating, the body has more energy available to flow into areas of the body which need healing. Free of gravity muscles, tendons and ligaments are given relief. At the Australian Institute of Sport and many other world wide sporting facilities athletes use floating to recover from vigorous training and events. Some hospitals offer or recommend floatation to assist recovery, and to ease stress for post surgery patients.

It has become common knowledge that the effects of the mind cannot be separated from the health of the body. They are linked beyond our current scientific understanding and their relationship is the topic of much research and discussion. Floating has the unique quality of effecting both body and mind in a positive way. A healthy mind-body relationship and attitude facilitates a speedier recovery from both physical and emotional trauma.

ENHANCED CREATIVITY & VISUALISATION

Strong mental imagery comes spontaneously & effortlessly during Floatation.



Floatation allows the right and left brain to be balanced, and releases the hold of the logic oriented left brain that our daily life tends to over develop. This gives access to unusual powers of creativity, imagination, visualization and problem solving. Similar to hypnosis, floating activates deeper levels of brain waves such as alpha and theta. Theta brainwaves are experienced during those fleeting moments when we drift from consciousness into sleep. This state is often accompanied by vivid mental images and has been found to be a rich source of access to the subconscious and creative inspiration. The brain can go into hyper-imaginative mode to make up for the lack of stimulus.

Research shows that during this state of deep relaxation the body and mind are very receptive to positive thoughts and imagery. The introduction of suggestion through audio tapes or visualization can enhance the effects of floating, particularly when you desire improvements in activities such as sports, public speaking or learning....

SUPER LEARNING

Learning was never easier or more fun.



Because your mind is freed from all external distractions during floating it can absorb new information quickly and on a very deep level. The learning process is accelerated by the theta state and by increased access to the efficient, large-scale learning abilities of the right hemisphere of the brain. In the theta state learning abilities are at their highest and powers of visualisation and auto-suggestion are dramatically increased. Whilst floating you can regain these latent abilities and put them to use.

To fully exploit this mental potential, the modern float tank is equipped with underwater speakers and video facilities. Any skill or information can be learnt more effectively and efficiently in this way while the floater is in a deep state of relaxation. Sophisticated audio or video based programs can be used to guide the floater to peak performance in anything from language skills to golf swings.

This information is by no means an exhaustive collation of the benefits of floating and has been compiled and edited by Deanne of Lotus Floating.

Our thanks and acknowledgement goes to -

**floattank.com.
floatmatrix.com
atpeacefloatationspa.com**