

# The Ishaya Foundation

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The mind and body are intimately connected. What we think has its affects upon the central nervous system. If we adopt habits in thought that support our mental and physical health, everything about our experience of life is filled with energy and possibility.

We teach a simple mechanical meditative technique (called Ascension), that leads the mind to greater clarity, and the body to deep rest and optimal health.

If we live a busy life with a stressful job, it is vital to our health to provide our mind and body with the time to rejuvenate itself after an active day. If we want to become immune to stress, we can prepare the mind and body by enhancing the experience of our mind and body's potential.

Live each day with greater energy and clarity of mind by adopting a simple approach to e

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