



# Cloud Nine Meditation

## A new year, a new kind of workout

BY LESLIE KLIPSCH

Several years ago, while reading all kinds of articles and clever memoirs written by people seeking happiness, I noticed that the topic of meditation kept emerging. I was seeking a clear path on the pursuit of happiness and the more I read about the innumerable benefits of meditation, the more I wanted to learn how to implement the practice into my life.

With a deep curiosity and an intense desire for contentedness, I sought out Angela Sands (pictured), the owner of Davenport-based Cloud Nine Meditation and much-celebrated meditation coach, and asked her for training in the age-old practice.

Ms. Sands and many like her believe that as we find ourselves busy and stressed, we become more and more vulnerable to the mounting pressures of daily life. Meditation is an exercise in rediscovering the peace that's already lying within and dissolving accumulated stress. Ms. Sands began meditating at a crucial moment in her life and has since endeavored to share her profound discovery with others.

According to Ms. Sands, meditation is easy when taught correctly. "I have many students who find their way to my course who have tried learning



Anyone can learn to meditate. You don't have to change a thing; not your diet, your religion or your beliefs. If you can think a thought, you can do it.



It's important to cultivate your own happiness. Because if you don't have it you can't share it.



from a book. They all come with the idea that meditation is hard and that they cannot do it. During the course, I am able to clear up their misconceptions, answer their individual questions, and show them the proper technique. They realize that meditation isn't difficult and that they really can do it."

Meditation focuses on the peace we hold within ourselves and emphasizes the importance of compassion toward others — both are crucial ideas many of us hope to put into action within our households and lives.

Another advantage of this tool for self-improvement is that it can be taken with us wherever we go, which is something that might sound attractive as we begin the new year with a focus on increased health and happiness.

"I can meditate virtually anywhere and don't need to get to a gym or join a club or rely on someone to guide me," Ms. Sands says. "I am self-sufficient. The investment I made to learn to meditate paid for itself in a matter of weeks, no doubt. I am now reaping

all of the rewards of this amazing practice. And I actually look forward to meditating. It's easy to do and feels great."

### **Why Ms. Sands celebrates meditation**

"The reason I love meditation so much is that I have experienced and continue to experience tangible benefits on a daily basis," she explains. "I have more energy and zest for life, I am more confident, happier, calmer and don't get triggered as often as I used to." Those close to her have noticed a difference in Ms. Sands in the four years since she first learned to meditate. "My husband tells me I'm not the same person I used to be ... I'm more me."

### **Why I enjoyed my Cloud Nine instruction**

The family meditation class taught by Ms. Sands several years ago has proven to be a long-lasting and impactful gift for our entire family. One benefit of my sporadic practice has to do with self-care. The way

you treat yourself in meditation, Ms. Sands taught me, is the way in which you will treat yourself all day long. Studies have shown that meditation boosts compassion towards others, and I've found it to also nurture self-compassion. By being kind to myself, I feel more able to exhibit kindness to those around me.

## Why you may wish to explore the benefits Cloud Nine Meditation

Ms. Sands has learned that everyone comes to meditation for their own reasons — reasons like reducing stress, overcoming an addiction, improving performance at work or improving relationships — and people who meditate on a regular basis find that meditation does in fact help with all of those things. However, she believes that the underlying reason that people meditate is the same: to know yourself better. “Once you realize from direct experience that meditation helps you know who you really are ... not who you think you should be or who the world tells you you are,” she said. “The possibilities for how that can improve your life are endless.”

## The details

The Cloud Nine website highlights the many scientifically-proven health benefits of meditation, as well the spiritual value of the practice. Learn more about instruction at Cloud Nine Meditation online ([cloudninemeditation.com](http://cloudninemeditation.com)) or follow along on Facebook where Ms. Sands frequently posts inspiring quotes, thoughtful articles and

beautiful images. Ms. Sands will conduct her next SEED Meditation Course on Jan. 31. For more details and to register, contact Ms. Sands through her website or at 563-275-6463.

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Each month in The Gold Standard, Leslie Klipsch, a freelance writer and editor based in Davenport, shines a spotlight on the gems of the Quad-Cities area — for Gold Book readers. She enjoys reading, cooking, spending time with her husband and three young children and exploring all that the Quad-Cities has to offer. Read more of Leslie at [leslieklipsch.com](http://leslieklipsch.com).

