

The Business Force for Doral

Doral Business Council ■ 2315 NW 107 Avenue ■ Doral, Florida 33172 ■ Tel. 305-470-9597 ■ Fax 305-591-8431 ■ www.doralbusiness.com



MEMBER PROFILE

A Simple Way to Have Peace of Mind

Standing Meditation is a profound and meaningful exercise that individuals can learn to help them clear their mind, become more peaceful, healthier and powerful. However, to quiet your mind on a consistent basis so it easily focuses on the desired results takes more than just knowledge.

According to Chinese philosophy, attaining Wuji or absolute quiet, void of any movement, thought or activity is a very important factor for improving health and clarity.

Standing Meditation, a Wuji exercise, immediately reduces tension (stress), even deep unconscious tension, which usually goes undetected. These tensions contribute to discomforts like headaches, stiffness and other ailments common in our high-stress world. When these deep tensions continue unchecked they can eventually result in injuries, illnesses or

even bad business decisions.

Stress blocks the continuous smooth flow of chi (energy, life force). Good chi and blood flow enables the body's system to be fluid and soft, therefore, successfully functional. With good chi/blood flow, the total body will be in natural harmony contributing to a more effortless walk, conversation or business task.

Practicing standing meditation for 15

minutes or more a day will add to your well-being and your ability to create and fulfill your life intentions with ease. You will experience deep levels of relaxation and therefore, peace of mind.

Fell free to call me for a complimentary consultation as a pathway to having a peaceful mind. Phone: 786-556-2494. ■

Submitted by Roberto Suarez

Roberto Suarez is CEO and Founder of **Biz Champions** - an executive, leadership training & coaching company based in Miami, FL. **Biz Champions** mission is to connect business professionals and organizations to their inner power and desired outcomes. Roberto has studied Tai' Chi and standing



meditation for ten years and is an avid golfer. He is committed to supporting global awakening by having 10 million people practicing standing meditation by the year 2020. He can be reached at rsuarez@bizchampions.com or www.bizchampions.com.

DBC Joins Efforts with City of Doral for Hurricane Relief



The Doral Business Council has joined efforts with the City of Doral and other community partners in the Hurricane Relief Drive for non-

perishable goods, clothing and first aid supplies, as well as monetary donations to help victims of the past few hurricanes that devastated Haiti among other countries in the Caribbean.

The Doral community is urged to support this cause by dropping off donations at:

Doral City Hall
8300 NW 53rd Street

Doral Park Community Center
5300 NW 102nd Avenue

Doral Meadow Park
11555 NW 58th Street

Doral Park Country Club
5001 NW 104th Avenue

Doral Isles – Island Club
(**Doral Isles Residents Only**)

Additional drop off locations are listed on www.cityofdoral.com.

If you'd like to volunteer e-mail Colleen Mourra at mourrac@bellsouth.net or Maria Van Name at mvanname@bellsouth.net.

The DBC urges the Doral community to be a good neighbor to our friends in the Caribbean who are in a great time of crisis. ■

DORAL BUSINESS COUNCIL

2008

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