

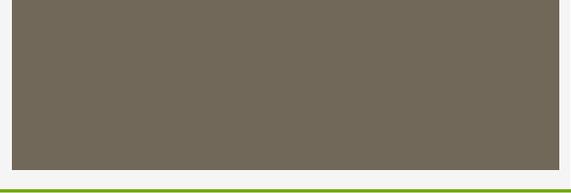
# Meditation

Book 1



## Meditation Plus

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## **I would like to HIGHLIGHT how meditation can help you...**

- Meditation helps you to remain calm in any situation
- Meditation reduces stress
- Meditation can reduce patterns of negative thoughts or fears
- Meditation gets you out of your head and into your body
- Meditation assists in remaining calm in high stress jobs or crisis situations
- Meditation allows you to own and release emotions without being overwhelmed by them
- Meditation helps to cultivate deeper love and appreciation of yourself and others

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- Meditation has no hard and fast rules
  - Meditation doesn't mean you have to sit cross legged and chant 'Om'
  - Meditation doesn't make you a hippie
  - Meditation is not for the weird, spaced out type
  - Meditation doesn't have to be done sitting on top of a hill
  - Meditation doesn't have to take a long time

## **Everything is Energy**

I can't tell you how many times over the years my teachers of meditation have mentioned this. 'Everything is energy'.

Quite simply, without going into a full blown quantum physics lesson, everything is made up of matter.

Everything radiates its own unique energy signature. Therefore we are really beings of energy and vibration, radiating our own unique energy signature.

So what I'm getting at here is that even your thoughts have energy. Where you focus, is where your energy flows. So in keeping with this theory, if we are focussing on being positive, healthy and calm, then your energy system will reflect this. In turn, this would affect your health. If you are stressed, anxious, depressed, then this too will be reflected in your energy and also your health.

This is why through meditation we can help ourselves to be a healthy centre of energy. It is a way to filter out the un-necessary and get down to the nitty gritty of what your body, mind and soul needs – peace, calm and lots of loving energy!

# The Most Simple Meditation...

## #1

...is to use your own breath.

It is as simple as that!

Give yourself permission to  
take a break for a minute

### 4 Steps to Instant Calm

- Take a slow deep breath in through your nose (your stomach should rise)
- Exhale slowly through your mouth (your stomach should fall)
- Continue this for at least five breaths
- Feel the instant calm already!

# Moving Meditation

## #2

- As you walk, be conscious of HOW you walk.
- Is your CORE (stomach) engaged and supported?
- Breathe consciously, sending the breath DOWN TO YOUR FEET with each step
- If your mind wanders or you let your core slip, THAT'S OK. Just regain your composure and continue
- Breathe in through your nose slowly and out through your mouth,  
**s l o w l y**
- Continue being conscious of each step

# Affirmation Meditation

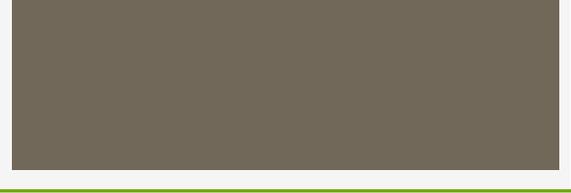
## #3

- Breathe in through your nose **s l o w l y** to the count of 5
- Breathe out **s l o w l y** to the count of 7
- Repeat the affirmations below out loud or to yourself:
  - I am complete
  - I am enough
  - I am grateful
  - I am loved
- Centre these affirmations into your heart
- Breathe in through your nose and out through your mouth

# Grounding Meditation

## #4

- Close your eyes, breathe in slowly through your nose to the count of 5
- Breathe out slowly to the count of 7 through your mouth
- Picture a pure white light coming from high, high above flowing down over you
- Imagine the pure white light filtering through your entire body, filling it up from the top of your head, to the tips of your toes
- Imagine tree roots coming from the soles of your feet
- See the light now flowing out through the soles of your feet
- The light travels through the floor, the layers of the earth until it finds the core of the earth



I hope you enjoyed this  
introduction to Meditation.

Why stop here!

In Book 2, I share more  
meditations that you can  
incorporate into your life.

Enjoy!