



MEDITATION GUIDE

THE WHY

The power of meditation can't be captured in words, here are a few quick research results to motivate you to invest in meditation, as with any 'Investment' you can definitely expect a return.



Happier Sleep = Happier Moods = Happier Days



Happier Brain Function = Potent Creativity, Focus and Success



Ignites the "relaxation response" = Happier Health and Well Being



Happier Relationships = Happier Love Life

THE HOW

There is no right or wrong way to meditate, everybody's experience is different, the invitation is to be curious and observe. One day you might feel like a Zen Monk, the next your thoughts may feel like they are in a blender on full speed.



1 Get clear about why you're here, it's time for a new adventure.



2 Blow off the excuses – go to the bathroom, turn off your phone, have a glass of water, you know what they are, those 101 things you use to distract you – eliminate them.



3 It's powerful to meditate at the same time every day and preferably in the same location.



4 Stretch, roll your shoulders, twinkle your toes, it isn't a rugby match but move your energy.



5 Now you are ready, sit with your spine tall or lie comfortably with your body straight.



6 Close your eyes, let your eyes fall softly back in your head.



7 Simply follow the in and out of your breath, don't change it, be aware of the flow.



8 Now if you have a tendency to nod off, it's an indication your sleep needs a little attention, so maybe sitting is more your 'thing'.



9 Observe – let thoughts pass like clouds without attachment, if your mind goes chasing rabbits down the rabbit hole, simply bring your focus back to the meditation.



10 If you're uncomfortable move your body slowly but not too much, discomfort is often your subconscious trying to get you to escape.



11 Once the meditation has finished take your time, observe your experience, and take a few nice deep, slow breaths before you move into your day.



12 WHY meditate, I think a quote from my favorite teacher Sai Maa sums it up perfectly 'Meditation is a tool to go into your heart and meet the highest truth of yourself'



13 And that's why you're here 'To be the biggest, most brilliant expression of yourself.' Choose BEing YOU as the number one priority in your life and all you seek will follow.