

MEDITATION POWER

attract success, better
health and happiness

STEPHANIE & ALVIN

Check this out

"Amazing Secret Discovered by Middle-Aged Construction Worker Releases Healing Energy Through The Palm of His Hands, Cures Diseases and Ailments Just By Touching Them...And Even Heals People Over Vast Distances."

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one of the most profound and
powerful healing arts known to
man...



What is Meditation?

Meditation is simply the act or process of emptying your mind so that you come to that quiet, still place where you feel centered and at peace.



During this process you switch off the endless mental chatter that pollutes our thoughts on a daily basis. In this way, you can think of meditation as a method of cleaning the mind – of returning it to that pure state where life simply flows and daily stresses have no impact.

Meditation is also used to reach a higher state of consciousness and, as such, forms a part of spiritual practice for many people. A number of Eastern and Western cultures practice some form of meditation and it is now considered a normal, healthy addition to our increasingly stressful lives.

There are plenty of different styles and forms of meditation and you should try several before deciding which is the most appropriate for you.



Some of the more well-known meditation methods include:

- Transcendental Meditation
- Zen Meditation
- Mindfulness Meditation
- Walking Meditation
- Christian Meditation
- Healing Meditation
- Guided Meditation
- Chakra Meditation

Read on to discover the benefits of meditation and how just setting aside fifteen to twenty minutes a day to practice it can dramatically improve your health, wellbeing and performance.



The Benefits of Meditation

Thanks to its calming effect on both mind and body, meditation is excellent for combating stress and aiding sleep. Because it brings greater clarity of thought it can also enhance your creativity, productivity and decision making which is why many leaders in a number of fields practice meditation on a daily basis.

Since meditation can also lead us to higher states of consciousness or a feeling that we are connected to a greater universe, it is also a spiritual practice for many of its practitioners. This spiritual practice need not be centered on any religious affiliation but rather on a sense of being at one with all that is around us, a great benefit in itself.





Simply by setting aside time to practice meditation each day, you are validating your own worth as a human being with all your multilayered mental, physical, emotional and spiritual needs. This 'me time' is essential for health and wellbeing, decreasing stress and raising levels of self-confidence and self worth.

The best thing about meditation is that it is so easy to access. Once you have learned a few simple techniques, you can practice it anywhere that is appropriate. Although many people like to over complicate the process, it is in fact very easy to slip into a meditative state once you have enough practice.

I will now give you step by step instructions so that you can learn a simple way to meditate and start bringing all of the many benefits of this powerful practice into your own life.



Simple Meditation

Technique

Start by finding a quiet place where you will not be disturbed. If there are any background noises such as traffic, birds singing or other distant sounds simply notice them, accept them and allow them to melt into a wallpaper of sound.

Set aside 10 or 15 minutes for this first meditation practice. As you become more adept, you will find that 20 to 30 minutes is optimum although many people adjust the time needed for meditation according to their particular needs.



Adopt a comfortable position either sitting or lying and take a moment to ensure that you can maintain this position for the entire period. Wriggle around a little, make sure your back and limbs are comfortable and, when you are ready, settle down and close your eyes.



Start by focusing on your breath. Simply notice it flowing in and out of your nostrils. Observe it flowing down to your lungs, expanding your chest and rib cage as it does so, filling your body with life giving air.

As you observe your breathing, you will find thoughts popping in and out of your head. Simply notice these as well and then let them drift away on your next out breath. Try not to focus on them or to give them any weight. Let them float away as clouds and keep focusing on your breath.

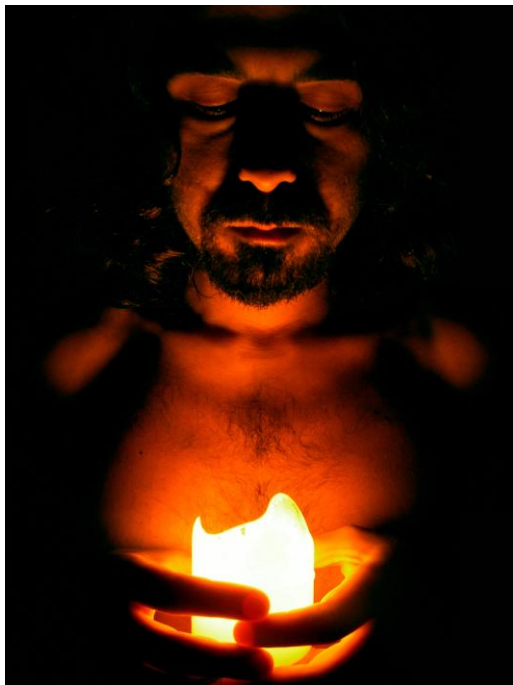
Allow that breath to fall into its own rhythm. Don't try to force it or alter it in any way. Feel your whole body relaxing into this rhythm. As it relaxes, feel your breath filling every part of your being from the top of your head to the tips of your toes.

Feel your mind floating with your breath, sinking down into the center of your body. If thoughts pop into your mind simply acknowledge them then let them go.

If you feel an ache or a twinge in your body simply acknowledge that too and then let it go. Say 'yes' to anything and everything – those thoughts, aches and pains. Accept them and then let them go.



The same goes for any sudden or background sounds – just as you did at the beginning of your meditation session, accept them, say 'yes' to them and then let them go.



You may find emotions bubbling up in you that you have not felt for a long time. This, too, is fine. Acknowledge, accept – say 'yes' – and let them drift away too.

All the while, keep lightly focused on your breathing, noticing its rhythm, allowing yourself to flow with it.

When you begin to feel that it is time to come out of your meditation, focus a little more intently on that breathing. Bring that focus to the center of your body, then to your chest and lungs.

Feel your own energy rising with your breath, bringing you out of that meditative state. When you are ready, open your eyes. Stand up slowly – stretch and shake out.



Notice everything around you – is it brighter? Clearer? Keep that sense of acceptance you had throughout your meditation. Notice, acknowledge, accept and say 'yes' to your surroundings.

Congratulations – you have just had a very productive meditation session whether you feel it or not. Trust that there will be benefits no matter how brief your practice.

Don't beat yourself up if you feel that you were distracted throughout your session. Meditation is a technique and, like all learned skills, gets better with practice. The key is to practice – to try it again and again until you 'get it'.

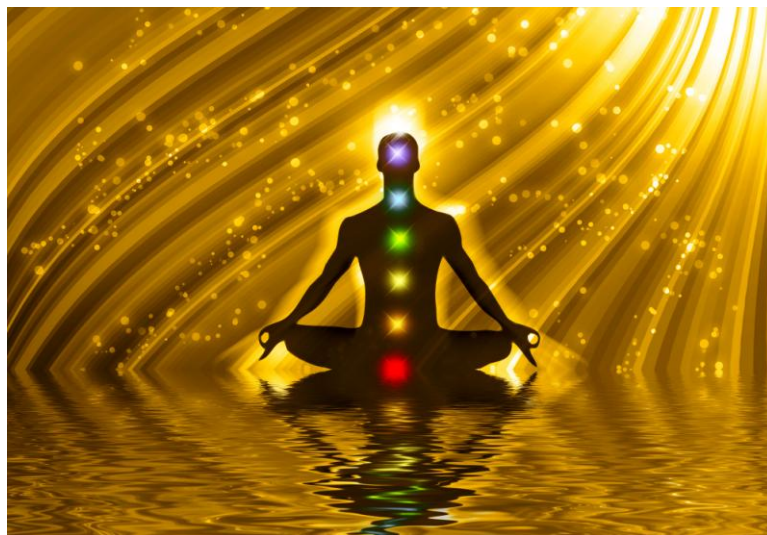
You will be pleasantly surprised at how fast you will improve and how quickly you will see the benefits in your enhanced mental, emotional and physical health and sense of wellbeing.

Keep that profound sense of relaxation with you as you now get on with your day or evening. If you have practiced this meditation

in the morning, why not try it again in the evening? Most people find that a morning and an evening session open and close their day in a very satisfactory manner.



Above all, take the peace you found in your meditation – and there will have been at least a brief flash of it – into your daily life. Carry it around with you at your center knowing that you can return to it whenever you choose.



Stay in the zone,

Stephanie & Alvin

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