

A person is shown in a meditative pose on a railway track that recedes into the distance towards a bright sunrise. The sky is filled with warm, orange and yellow clouds. The overall mood is peaceful and hopeful.

SELF-HEALING MEDITATION  
FOR ABUNDANT *Life*

POWER OF MEDITATION

## **DISCLAIMER AND TERMS OF USE AGREEMENT**

The author and publisher have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

EVERY EFFORT HAS BEEN MADE TO ACCURATELY REPRESENT THIS PRODUCT AND IT'S POTENTIAL. HOWEVER, THERE IS NO GUARANTEE THAT YOU WILL IMPROVE IN ANY WAY USING THE TECHNIQUES AND IDEAS IN THESE MATERIALS. EXAMPLES IN THESE MATERIALS ARE NOT TO BE INTERPRETED AS A PROMISE OR GUARANTEE OF ANYTHING. SELF-HELP AND IMPROVEMENT POTENTIAL IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES.

YOUR LEVEL OF IMPROVEMENT IN ATTAINING THE RESULTS CLAIMED IN OUR MATERIALS DEPENDS ON THE TIME YOU DEVOTE TO THE PROGRAM, IDEAS AND TECHNIQUES MENTIONED, KNOWLEDGE AND VARIOUS SKILLS. SINCE THESE FACTORS DIFFER ACCORDING TO INDIVIDUALS, WE CANNOT GUARANTEE YOUR SUCCESS OR IMPROVEMENT LEVEL. NOR ARE WE RESPONSIBLE FOR ANY OF YOUR ACTIONS.

MANY FACTORS WILL BE IMPORTANT IN DETERMINING YOUR ACTUAL RESULTS AND NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE RESULTS SIMILAR TO OURS OR ANYBODY ELSE'S, IN FACT NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE ANY RESULTS FROM OUR IDEAS AND TECHNIQUES IN OUR MATERIAL.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is”, and without warranties.

As always, the advice of a competent professional should be sought.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

# CONTENTS

<b>Introduction .....</b>	<b>5</b>
<b>CHAPTER 1:</b>	
<b>What is Meditation?.....</b>	<b>6</b>
<b>CHAPTER 2</b>	
<b>Exercise #1: Mindfulness Body Scan.....</b>	<b>11</b>
<b>CHAPTER 3</b>	
<b>Exercise #2: Mindfulness Meditation.....</b>	<b>15</b>
<b>CHAPTER 4</b>	
<b>Exercise #3: Center Point Meditation.....</b>	<b>17</b>
<b>CHAPTER 5</b>	
<b>Exercise #4: Gratitude Meditation.....</b>	<b>20</b>
<b>CHAPTER 6</b>	
<b>Effortless System for a Lifetime of Meditation.....</b>	<b>22</b>
<b>SUMMARY .....</b>	<b>25</b>

# INTRODUCTION

I would like to thank you and congratulate you for downloading this book, *“Meditation – Self-Healing Meditation Techniques for Abundant Life”*.

The book contains clear strategies on how to meditate, calming your body, mind and soul. And being able to heal negative feelings and physical aches. You will see various meditation techniques explained in the book, each with its step by step description on how to apply it. In case you had any reservations regarding meditation as a healing technique, this book will clear them instantly. It is an easy read that will help you deal with your emotional as well as physical aches without necessarily using medication.

This book also makes mention of notable personalities in the field of science, who have put their backing in the working of meditation. This should give you confidence that meditation is not just an ancient and unorthodox method of healing, but a process whose efficacy has been proven and ascertained by scholars.

Thanks again for downloading this book, I hope you enjoy it!

# CHAPTER ONE

## What is Meditation?

Do you ever associate meditation with special people; people seemingly holy and serene such as monks? Many people often do. Yet meditation is nothing out of the ordinary but a conscious effort to become self aware. Now, what is this self awareness all about?



In English term, self awareness is being conscious of your own character; your feelings; and what your desires and intentions are. This means you can, for example, understand your temperament and tell when your feelings are running amok; whether they are feelings of joy, anger, lust, self pity, or otherwise.

Then there is the psychologist's perspective. Psychologists categorize self awareness into public and private awareness. Public awareness is where you try to decipher what others are thinking about you, especially when you appear in public. Now that can drive you crazy with anxiety. How, for the love of calmness, are you supposed to tell what other people are thinking about you? In any case, must they all be thinking the same? No wonder some people suffer anxiety attack when they are about to appear in public!

On the contrary, in private awareness, you do not have to imagine about yourself because you can actually observe yourself and appreciate your feelings. Looking into the mirror, for instance, tells you exactly how you look like, and you need not be told by anyone when you are sweating as you can personally feel it. You may like what you see or feel, or you may not. Now, is this self awareness good for you or not? Well, self awareness becomes beneficial to you when it is coupled with emotional intelligence. Without emotional intelligence, you could end up wallowing in self pity, arrogance, name it. And what is this emotional intelligence? Simple! Daniel

Goleman, the famous psychologist who, for many years, wrote on behavioral science, popularized the definition provided by earlier researchers, Peter Salavoy and also John Mayer, in a book he published in 1996. According to these experts, the definition of Emotional Intelligence, which is abbreviated as *EI*, and also referred to as Emotional Quotient (*EQ*), is your own ability to recognize and understand, and then manage and influence, your own emotions.

Now the hallelujah part comes when you realize that meditation is actually capable of helping you link up your personal awareness to your emotional intelligence. And the higher your emotional intelligence, the better for you and everyone in your life. You'll actually be glad to know that many people who remain calm in the face of trouble; remain modest in times of excellence; have a meditation regimen in their life.

*So, How Do You Go About Meditating?*

You may be pleasantly surprised to realize that meditation, which has probably appeared alien to you all along, is, in practice, nothing strange or entirely new. Can you imagine the fact that the meditation alluded to here, the one that brings self awareness, can be accomplished just by the very act of breathing deeply and concentrating as you inhale and exhale? Meditation can be that simple.

Of course, you'll need to learn how to lock out every other thought from your mind as you focus on your breathing, and that calls for some reasonable practice. The beauty of it is that once you master the art of breathing for the purpose of meditation, you find yourself doing it as second nature. In fact, you can even meditate as you go up or down an elevator; as you wait on a queue; literally anywhere. Still, you need to know the best environment to do your meditation, and you'll be able to learn that as you read subsequent chapters.

Incidentally, would you even tell that the word *meditation* is not originally English? It is actually derived from the Latin pair of words, *meditari* and *mederi*. The former means thinking, dwelling upon, or even exercising the mind while the latter means healing. What does that tell you, right there? Surely you can tell that the reason you

meditate is to be able to attain healing. How more noble can an exercise be? And for some icing on the cake, you need to know that Sanskrit also derived its version of meditation from Latin; and its derivation which happens to be *medha*, carries the notion of wisdom.

With this positive reality of meditation progressively unraveling, the practice is becoming popular by the day. Even the world of science now has positive reviews to give on meditation. In case you didn't know, this same fraternity used to question the validity of meditation as a healing tool; but they now embrace it and even recommend it. Emma Seppala, for example, is a PhD holder who has done plenty of scientific research from her base at Stanford University, and she has plenty of advice to give about the benefits of meditation.

Here are Seppala's 20 reasons on why you should do meditation

As far as your health goes:

- 1) Meditation strengthens your immune system
- 2) It helps dissipate pain – whether it be physical or emotional
- 3) It works on inflammation at a cellular level, effectively reducing it significantly

Then, as far as boosting your happiness is concerned:

- 4) Meditation invokes in you positive thinking
- 5) It also reduces incidences of depression
- 6) It lowers your levels of anxiety too

When it comes to improving your social life:

- 7) Meditation helps you feel part and parcel of the universe; bringing some kind of serenity in your environment
- 8) It enhances the linkage between your social awareness and emotional intelligence

- 9) It helps you become better at compassion – speak of empathy here
- 10) It also makes loneliness kind of alien to you; always having enough positive things to ponder over when you do not have people around

Then there's the self control that meditation facilitates, like in:

- 11) Enabling you to regulate your emotions; toning them down when necessary and boosting them when need be
- 12) Helping you in introspection. Aren't there times you halt to ponder, and you realize that you are actually an enabler in whatever bad thing is happening in your life? Or that the reason you haven't succeeded is because you haven't done your part? Such revelation comes from being able to evaluate what is going on within you; and meditation helps you exactly in that kind of inward looking.

Meditation also helps you tune your brain, including:

- 13) Expanding the relevant parts of your brain that are responsible for keeping your emotions balanced
- 14) Increasing cortical thickness, so that the part of your brain in charge of concentration can boost your ability to pay attention
- 15) It helps to increase the volume of your brain's grey matter; the one within the hippocampus as well as the frontal cortex – areas where experiences are sorted, coded and prepared to become memories. .

Meditation has a positive impact on productivity by:

- 16) Helping you to pay attention and focus on your goals. When you have your eyes on the ball, would you really fail to improve your performance in whatever you are doing?
- 17) Your efficiency at multi-tasking goes up as well
- 18) Obviously, your memory gets better
- 19) You also improve your sense of creativity, and you are able to do what is referred to as thinking outside the box; being able to find unconventional solutions to challenges that seem unsolvable
- 20) Meditation boosts your level of wisdom

# CHAPTER 2

## Exercise #1: Mindfulness Body Scan

“Mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.” -Jon Kabat-Zinn



Mindfulness is essentially training our minds to notice things we tend to glaze over during the craziness of life. How are you feeling, emotionally and physically? What are you thinking right now? What’s going on in front of you and inside of you?

As you can see, this is powerful because you start getting in touch with yourself in a very real way. When you engage in mindfulness, you become enlightened physically, mentally, and spiritually.

It is your ability to identify and acknowledge any difficult or painful situation, feelings or even sensations; thoughts that are disturbing and frightening; and then being able to tolerate them. In fact, you get to reign over your unpalatable feelings, making them ineffectual as far as your personal welfare is concerned. Looks like a way of making you hardy, really, instead of crushing under stress. And who would mind having a way to keep stress at bay in these times when stress triggers are all over?

*What would you say mindfulness itself is?*

Well, different scholars have defined mindfulness using varying words, but all their definitions seem to move in the same direction. Kabat-Zinn, who is a Professor of medicine, wrote in 2003 that mindfulness is the awareness emerging from purposeful paying of attention; being in the moment; and being non-judgmental towards unfolding events and circumstances.

As for Ruth Baer, a Psychology Professor, she wrote also in 2003 that mindfulness is the ability to observe internal and external happenings without being judgmental. In short, you are able to see things that could trigger certain reactions from you, but you choose to remain neutral to them. Jean Kristellar too and her colleague, Marlatt, wrote in 1999 that mindfulness refers to the act of focusing on experiences on the basis of what is current; taking things moment by moment.

This is life simplified, for all practical purposes. Whatever is in the past doesn't bother you and whatever is in the future doesn't cause you anxiety – simple. And wonderful too... However, this does not in any way insinuate that you are going to bury your head in the sand like the proverbial ostrich – no. It only means that you are able to put worries and anxieties aside. Then you'll be in a position to think clearly and critically about the solutions required for existing challenges; even challenges you have come across in the past.

The best thing about mindfulness is that it culminates in elevated self awareness; good energy flow in your body; and a sense of peace that is not possible to feel in ordinary circumstances. People have been known to identify the exact part of their body that is the source of general ill health, and that is a good thing because there is no way you can address a problem unless you are aware where it is originating from. In addition, it is possible to get rid of pain by using high energy to straighten out folded nerves and capillaries. It just takes focus of the nature mindfulness uses.

Here is how you can practice mindfulness

### Exercise #1: Mindfulness Body Scan

1. First, find a comfortable place to sit. Then close your eyes.
2. Now, try to “scan” yourself to notice how different parts of your body feel right now. Start from the top of your head and move down. Your goal is to find any signs of tension. Are you clenching up anywhere? Do you feel tightness anywhere? These places are where you are exhibiting your stress physically.
3. Once you find a sign of tightness somewhere in your body, all you need to do is notice that tension, hold it in your mind... and then relax the muscles at that location.
4. After you’ve relaxed all of your muscles, take a deep, cleansing breath. As you exhale, imagine all of the tension leaving your body and dissipating into the universe.

We can deduce, therefore, that mindfulness is capable of energizing and motivating you, especially considering its ability to turn an otherwise boring activity into bits of enjoyable feelings and experiences. Needless to say, whatever kicks boredom out of your life also reduces your chances of suffering stress, depression, and related ailments.

Let’s look at this healing process of mindfulness from a contrasting perspective. After all, if there are four directions available and you are told you can’t move north, south and east, it is easy to deduce that the only direction you can safely follow is west. Here you will see examples of what you shouldn’t do if you want to succeed in mindfulness.

If you want to succeed in mindful meditation:

- Do not be reckless; breaking things at will for lack of concentration
- Avoid missing out on any subtle feelings of discomfort, tension, or even pain.
- Don’t be that person who forgets another’s name soon after you have been introduced.

- Avoid dwelling fanatically on future goals so much that you are unable to concentrate on the current task
- Do not allow yourself to get totally immersed in your thoughts or your feelings
- Avoid being obsessed about the future or dwelling too much in the past
- Why, for the sake of flavor and mindfulness, would you eat unconsciously; with your mind a world away?
- Do not do things on autopilots; acting mechanically.
- Avoid daydreaming while busy working
- Avoid doing multiple things concurrently.

# CHAPTER 3

## Exercise #2: Mindfulness Meditation

Oftentimes when people think about meditation, they think about monks sitting in mountaintop temples, concentrating for hours and hours a day.

But I assure you, you don't have to go to the mountains or practice for hours to meditate!

And you certainly don't have to be a monk to reap the benefits of meditation.

Let me show you how easy it is to begin.

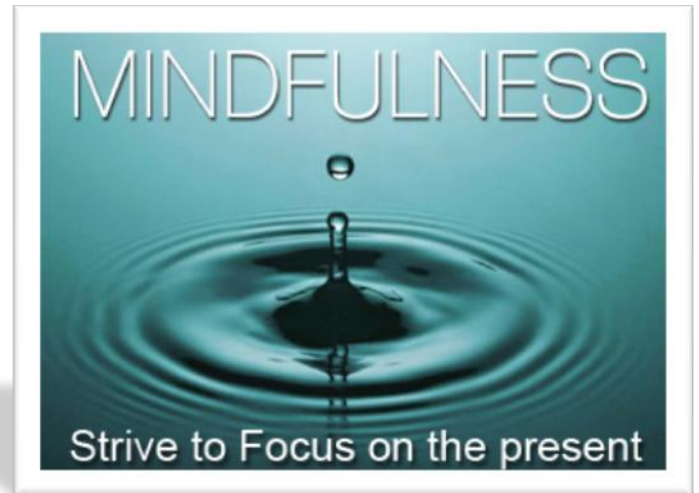
It's easy — just use mindfulness to notice your breathing

People have developed many ways to meditate, but I want to teach you a very simple way to get started.

Do you remember last chapter how we talked about mindfulness? That mindfulness simply means paying attention in a nonjudgmental way?

You've already practiced mindfulness in our first exercise — which means you're all set to start meditating. That's because a key foundation to meditation is *calm focus*. When you learn to direct your attention calmly, you can change many aspects of your life.

For now, I want to introduce you very briefly to the art of meditation.



## Exercise #2: Mindfulness Meditation

1. First, find a comfortable place to sit. Then close your eyes.
2. Relax your body, then start breathing calmly. As you do, use mindfulness to notice your breathing. Feel the air going through your nostrils and body as you breathe in and out.
3. Now here's where it gets interesting. Still keeping your eyes closed, try to sit while *focusing only on your breath*. Use mindfulness to notice when your thoughts wander. When you notice, congratulate yourself on noticing and bring your attention back to your breathing.
4. Continue like this for a few minutes, focusing on your breathing and redirecting your attention back to it.

That was easy, wasn't it? What we just did was a very simple meditation, the goal of which was to help us learn how to direct our attention. This skill is an important building block to more powerful meditation exercises that can help us regulate our energy and emotions. You might have noticed during the meditation how often your mind wandered. That's okay!

What's important is that you bring your attention back to your breath, as well as mentally praise yourself when you notice your mind wandering. This will strengthen your ability to be mindful, which in turn will heighten the effectiveness of new meditation exercises we will do later.

# CHAPTER 4

## Exercise #3: Center Point Meditation

Do you ever feel overwhelmed or “scattered”? Like there are too many things going on and your head can’t stop spinning?

I remember feeling this way before I discovered meditation. Every day I had so many responsibilities to juggle I thought I would just burn out one day. I felt so frazzled and sometimes I just felt like giving up.

If you feel like you’re running all over the place without any chance to take a breath, I know exactly how you feel.

I also know what will help you.

What you need to do is become centered

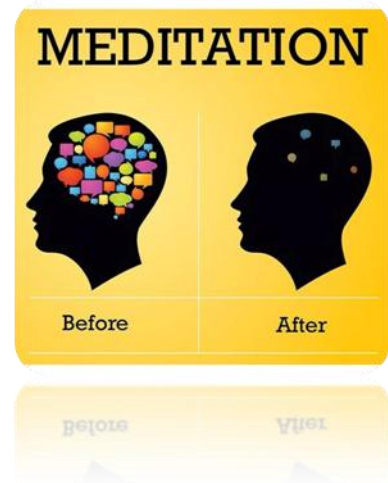
If we’re talking about being scattered, the direct opposite of that is being centered.

When you’re scattered, you’re all over the place. When you’re centered, you’re focused on what’s in front of you.

When you’re scattered, your emotions vary wildly. When you’re centered, you are calmly alert, ready for anything.

Doesn’t it sound so much better to be centered? Let me show you how to get there.

In the last exercise, you learned how to direct your attention with mindfulness meditation. Now you’ll direct your attention to construct a spiritual point of calmness you can access anytime.



### **Exercise #3: Center Point Meditation**

This exercise will let you find your “center point,” or the imaginary place within you that lets you collect yourself anytime, anywhere.

1. First, find a comfortable place to sit. Then close your eyes.
2. Now, use mindfulness to focus your attention on your breath. When you breathe in, imagine yourself inhaling pure, cleansing air. When you breathe out, imagine yourself exhaling all the stress you’ve built up inside you.
3. At this time, I’d like you to mentally choose a spot on or inside your body that you’ll make your “center point.” You can think of this point as the imaginary area where you feel energy flowing through your body. Some people make this spot the center of their forehead. Others imagine a spot at the center of their abdomen. Pick anything you’d like.
4. Once you’ve picked your center point, keep inhaling and exhaling, but now I want you to imagine the air flowing through your center point. With each breath, I want you to imagine your center point becoming more enhanced. Think of it as a steady boat in turbulent waters, or an unmovable mountain in the wind. Whatever is happening in the outside world, your center point is calm and steady, and that calmness spreads throughout your body.
5. Keep breathing and imagining your center point becoming steadier until your entire body becomes calm.

I used the concept of a steady boat in turbulent waters; that’s precisely what your center point is. Whenever you’re feeling scattered during your day, reconnect with your center point to collect yourself anytime.

Getting in touch with your center point will remind you that no matter how crazy your day is, you won’t let it take you for a ride. You are the steady boat in turbulent waters. You are emotionally calm, and each breath you take invigorates you.

Start this meditation exercise anytime during your day to become much calmer. You can defeat stress and scattered feelings whenever you want — just keep returning to your center point.

# CHAPTER 5

## Exercise #4: Gratitude Meditation

How often do you say “thank you” each day? Believe it or not, doing it more can dramatically improve your happiness.

It’s a concept called *gratitude*, and I know it works because it enriched my life after meditation erased the pain in my body.

Did you know that practicing gratitude can improve your health, help you build strong relationships, and create more positive emotions in you?

That’s not just my opinion, either. I have countless researchers backing me up, including some from Harvard Medical School. (I think they know quite a bit on health issues!) Science has known the benefits of gratitude for a long time, and now I want to share how it can enrich your life.

Let me first teach you the Gratitude Meditation.

### Exercise #4: Gratitude Meditation

This is an especially good meditation to perform directly after you wake up and right before you go to sleep. Doing it after you wake up will set the right tone for your day, and doing it before you sleep will help you carry good thoughts while you try to catch some shut-eye.

- First, find a comfortable place to sit. Then close your eyes.
- Now, I want you to find something you are intensely grateful for in your life. It can be anything. Your family, your recent promotion at your job, a time you felt extremely happy... anything at all.



- Envision and relive that thing you are grateful for. See it in detail, experience it with all your senses. How does it make you feel? Absorb the happy feelings and keep them inside of you.
- Now say to yourself, “I am grateful for this with all my heart. And I will open my eyes to other things to be grateful for.” Repeat this to yourself until you believe it wholeheartedly.

What you have just done is put yourself in the right frame of mind to practice gratitude. You have envisioned something you are very grateful for, and your heart is ready for new heights of gratitude.

If you have performed this meditation in the morning (or any time before you go to bed), now is the time to carry your momentum forward.

Throughout the rest of the day, I’d like you to keep your heart in a grateful state. Look for every little thing you can be grateful for, no matter how small.

Let nothing shake your grateful state. If something goes wrong with your day, understand that this can’t faze you. For example, maybe the restaurant got your lunch out quite slowly today... but instead of being angry, you become grateful to have food on the table every day.

Everywhere you go, you can find something to be intensely grateful for. And when you keep doing this, your heart will bloom and you will become happier in every facet of your life.

Next chapter, I’ll show you how to use everything we’ve learned so far to create an effortless action plan for meditation.

# CHAPTER 6

## Effortless System For a Lifetime of Meditation

Over the past several chapters, I've shown you various life-changing meditation exercises.

On our last chapter, I want to show you how to bring everything together to create a sustainable action plan for daily improvement.

What we covered so far...

Before reading this eBook, you might have lived your life on autopilot, just going through the motions. Not anymore. You now have the tools to discover what's happening inside and outside yourself.

You were introduced to mindfulness through the Mindfulness Body Scan. You know how to locate the tension in your body and release it through targeted relaxation.

You were also introduced to meditation through the Mindfulness Meditation.

Keep performing these two exercises to hone your focus. To change ourselves, we have to know what it is we seek to change. When you consistently practice mindfulness, your mind will grow to automatically see the world more clearly and help you identify what's holding you back.

in our later chapters, you learned how to become the calm boat in the storm of life through the Center Point Meditation. And you learned how to become happier every day through the Gratitude Meditation.



When you use all of these tools consistently, you will set yourself on the path to a more enriched life.

### Putting it all together

A wise man once said, “A river cuts through rock, not because of its power, but because of its persistence.”

And so it goes with your meditation. If you want meditation to truly change your life, you’ll need to practice meditation consistently.

This will be easy to do if you create good habits.

How do you do this? You follow two secrets:

- Use a consistent *trigger* to let you know when to perform the habit.
- Perform the habit every day.

That said, here’s what I recommend:

1. Immediately after you wake up, perform the Gratitude Meditation. (Make it such that the act of waking up will make you want to meditate.) This meditation will set a great tone for the rest of your day.
2. After you eat lunch, perform the Mindfulness Meditation. (Again, the act of eating lunch should trigger the idea of meditating.) This meditation will let you get in tune with yourself and help you find out if you’re stressed at all.
3. If, through mindfulness, you notice you feel tension or you’re feeling stressed and frazzled, perform the Mindfulness Body Scan or the Center Point Meditation.

You’ll use the anchor points of meditating in the morning and after lunch to keep yourself grounded. First, you’ll need to make an extra effort to remember to meditate. But after a while, you’ll meditate automatically when you wake up and after you eat lunch.

That was simple, wasn't it?

You now know how to set your life on a happier, more peaceful path. Meditation is the way forward. It will open up many doors for you if you stay on its course.

You have the basics down, but don't stop here! There is so much more to learn!

# SUMMARY

Thank you again for downloading this book!

I hope this book was able to help you appreciate the simplicity and effectiveness of meditation. I also hope that you will now engage in meditation practices, in a pursuit to enhance your emotional as well as physical wellbeing. Although you have had the pleasure of learning different forms of meditation, it is not obligatory that you use all of them. You are liberty to make your pick and use the meditation technique that you are comfortable with.

The next step is to read the book again, and then try out the meditation techniques explained, one by one. In time, you will realize which one works for you best. As you practice meditation for the sake of stabilizing your emotions and getting spiritual as well as physical healing, you need to take care not to force any feelings. In meditation, everything should develop naturally and in a calm manner.

### **PERSONAL NOTE**

Thanks for reading my eBook. I hope that I have inspired you to start on a journey towards a life full of abundance through Meditation. I would be happy if you want to share your results with me. Feel free to contact me anytime!

### **FREE BONUS VIDEO**

Before you close this eBook, check out this amazing FREE Bonus video on how you can take advantage of your inner Chakra System for ultimate abundance in all area of life!

[Click Here](#)

*To living an abundant life,*

*Rufers Johnson*

Founder – Power of Meditation

#### **Contact Me**

*rufersjohnson@zeneditation.com*