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Meditation Made Easy

Meditation has been practiced for thousands of years and is about finding the silence that is already there within your being, rather than forcing one's mind to be quiet. The silence that it brings may then become part of your daily life, springing from a source of pure potential within. It is from this source of pure potential that we receive our inspirational bursts, our intuitive thoughts and feelings of being at one with the universe.

Meditation will assist you and is a practical activity, which when done daily, becomes simple, effective and easy. It has the potential to recharge, settle and soothe you, bringing feelings of deep peace which happens when the mind becomes still. Meditation is an inner experience which gives a more solid feeling within yourself amidst the ever changing, turbulent outside world.

What happens in meditation?

When we sleep our brain waves move through different stages and the most rejuvenating sleep is when brain waves drop into the Delta wave length. With regular meditation, it is possible for you to achieve the Delta brainwave stage very quickly, which is why it is like a refreshing power nap.

Benefits of Meditation

- ♥ Increased level of mindfulness
- ♥ Relief from insomnia
- ♥ Sense of wellbeing and stability
- ♥ Decreased anxiety
- ♥ Improved creativity and resilience
- ♥ Deeper connection with indwelling spiritual essence

How to Meditate

- ♥ Create a special place to meditate where you can sit on a comfortable chair without interruption, with your feet flat on the floor and your back straight.
- ♥ Begin with the Conscious Connected Breathing Exercise (an available resource from myself).
- ♥ Run the Energetic Hygiene Resource (also available for the asking)
- ♥ Become and stay aware of your feet on the ground and chair supporting you.
- ♥ Instruct your mind to remain quiet for the duration of the meditation session.
- ♥ Relax your physical body and focus on your breathing, witnessing it becoming rhythmic and regular.
- ♥ You may use a word or mantra in conjunction with the breath if it feels right, eg. I Am, I am Love, I am Safe.
- ♥ Observe your breath and word or mantra and if your mind wanders or emotions unsettled, keep gently bringing your attention back to the breath, word or mantra.
- ♥ Ideally, begin with 5 minutes in the morning and at night and gradually increase to 30 minutes twice a day.

Meditation Tips to Make it Easy

- ♥ As your mind wanders off to everyday matters, when you notice this, you may imagine a Violet Flame rubbish bin on either side of you and gently imagine dropping your thoughts into the bins. This helps to bring your attention back to focusing on the breath or mantra.
- ♥ Be comfortable with whatever results you achieve, as some days will flow easily and others your mind will simply not cooperate. Some people find meditation useful and yet share that their mind never stops.
- ♥ Stimulants such as alcohol and coffee will reduce the beneficial effect of meditation.
- ♥ Meditation is more successful when it becomes a regular habit, practiced at a similar time and place each day, which helps condition the mind to slow down more quickly.
- ♥ If you receive inspirations during meditation, you may like to jot them down in a journal or record them on your phone to help remember the idea. This in turn assists your mind return to the silence faster.
- ♥ Not everyone is able to experience quiet time with children or pets needing your attention, noisy neighbour or cars driving past. Do your best to stay with the meditation and understand that it is possible to not be disadvantaged, in fact it could be good training to slip into meditation at any time or place.
- ♥ At the conclusion of your meditation, it is important to ground yourself and be fully present and aware. To do this, visualise and feel either a golden bubble of light around you or a deep blue velvet cloak which you imagine it sealing with a zipper of light.
- ♥ If you are familiar with the chakras when you seal the cloak, imagine it zipping and sealing them individually from the base chakra to the crown chakra. Finally affirm that your grounding cords are anchored firmly into the core of the earth.

Lastly, all the very best of wishes for success in this wonderful practice. Contact me if you have questions or comments. Perseverance is a golden key and my mantra to never, ever give up!