

Simple Steps to Meditation Success!



About Meditation

This is the style of meditation which I teach to my students: We begin with grounding and clearing tools. Then, we progress through steps to bring ease, focus, and vibrant health to the practitioner. This meditation is a lifetime practice. For practice Meditation Recordings, you will start with the Definitive Guide to Meditation CD.

I have provided you with numerous guided meditation programs. Find these by visiting our website and receiving the free From Fatigue to Fabulous meditation program.

How To Be Unstoppable in Your Meditation Practice: Letting Go of Failed Behaviors

Avoid the hurried and scattered “grab a few minutes here or there” approach. When beginning a practice that will benefit you for a lifetime you need to make a commitment.

Find a regular time each day you can devote to your spiritual growth, regardless of other demands or priorities. This may mean you wake up earlier every day to meditate for twenty minutes before the kids are stirring or routine responsibilities are calling (or prior to bed or during lunch time)? Consider what is best for you and commit to it for 90 days – adjust if necessary, but honor your promise to yourself. Give yourself a high level of permission to enjoy and experience your personal and spiritual growth!

Here are some things to avoid, and best practices:

1) Avoid: Meditating in an ungrounded or active space. Best: You want to find a spot (in your home or garden preferably) where you will meditate every day. The energy of this space is dedicated to your spiritual pursuits and self calming. You can still fulfill your daily practice when travelling. Carry a meditation cushion or a 12”X 18” piece of white

wool which will become infused with your energy and remember to ground and own the room for yourself.

2) Avoid: Eating a big meal just prior to meditation. Oops! Food in the tummy is a big distraction. Best: A common practice if you feel you need nourishment is to have a cup of Chai or a small amount of fresh fruit so you remain in the bliss zone. Heavy meals will draw the blood and prana (life force energy) out of your head and into your lower chakras, meditation is about lifting up into the upper chakras, and enjoying the seven chakras above your head (?checking there are 7 above the head?). This is so much fun when it all the energies are in sync!

3) Avoid: Sitting in an uncomfortable position or feeling chilled or too warm. Best: Intentionally create a beautiful, simple space. Experienced yogis and yoginis enjoy a meditation shawl and cushion, but it is just as appropriate to sit upright in a chair with a cozy afghan wrap. Remember, these are dedicated moments of special connection with your sacred self. Give yourself permission to be completely comfortable and supported. When dealing with chronic pain, and in this case only, lying meditation is a good choice. I don't recommend this posture for others because lying down is the position for sleep so it then becomes sleep, not meditation ... of course sleep is wonderful and necessary but that is not the goal of meditation. Those who chose the lying down form must be extra diligent to stay present and alert!

4) Avoid: Self criticism and perfect pictures. Ouch! These are the pictures of having to "be perfect," getting it right, or expecting to be an expert immediately or during every meditation session. If you tell yourself you can't meditate, then you will fulfill that command, but let me reassure you that everyone can meditate.

Best: It's like exercising a muscle – the more often you work out, the stronger your muscles get. Likewise the more you practice meditation – the key word here being "practice" (not "perfect") – the stronger and easier your practice will become. Remind yourself you are in the learning/adapting phase and that you love the sacred time spent in meditation.

I provide you with beautiful guidance on the meditation tapes. Within a few days or weeks you will remember all the steps and we can enhance your personalized meditation program.

Relax, enjoy, have and fun. This is not serious stuff. It is the fuel for bliss, happiness and deep connection with yourself, the God of your heart and all others! How wonderful for you to have come to a place in your journey where you can receive this gift of self love, care and awareness!

You are a radiant being of light and your miracle starts today!

WE offer free courses on meditation and vibrant health visit us at our website to find out more! www.julierenee.com