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Introduction

So you want to learn how to meditate? You've come to the right place because throughout this book you will learn effective skills for meditation. I will also teach you simple exercises that you can do as you read along to help facilitate your meditation sessions.

By trade, I am a Hypnotherapist; this means that I use hypnosis as a means of therapy. My practice is currently located in North Miami Beach, Florida and I really love what I do. Hypnosis has helped me understand many of the complexities of the mind and it has also helped me understand how simple the mind can be at the same time. Because of this my ability to relax and help others effectively reach deep self induced states of relaxation has improved dramatically.

I began meditating around the age of 11. The idea came from a friend of mine in summer camp who was speaking to one of the counselors. My friend told the counselor that one time he took a "mental snapshot" of a study sheet and when the test came, he meditated and could recall the entire page in his mind's eye. "Wow" I said, "that's amazing!"

I had never heard of anything like that since I came from a family which perhaps knew about some of this "stuff" but it was all taboo. My dad was not much in tune with it and my at the time mom was just scared of anything that was remotely occult (or may be considered to be).

I got so excited about the things my friend was telling me and the benefits that meditation had to offer that I wanted to learn how to meditate too. So my friend gave me the 5 minute crash course on meditation which got me on my way to meditating

Introduction

So Why Meditate?

effectively. That was such an important line that it's worth mentioning how important it was. You'll see why later on. Within the next day or so I began to meditate and realized that I could easily enter very deep states of consciousness. My states of consciousness were so deep that I saw several future events at a young age.

Those events were not significant in history like the coming of the Messiah or what the next big stock market company would be, but they were significant enough for me to let me know that I was on the right track and was capable of doing it.

19 years later, I studied hypnotherapy and practice it helping others achieve their higher potential. Teaching meditation and self-hypnosis is a large part of my work with everyday individuals for stress control and expectant mothers so that they can have a better birth.

So Why Meditate?

You know that there is actual scientific proof that meditation can help lower blood pressure (if it's too high) control or lower stress and relieve pain? Scientists, doctors, and researchers have studied groups of people while meditating and have seen significant physical changes and changes in brain wave patterns which are very beneficial to the body. Today deep mental relaxation has been proven to reduce Cortisol (a chemical in the body which causes stress). Meditation can also help reduce cholesterol, improve lung function, enhance memory, increase mental coherency, positive mood, and creativity, decrease depression and the list goes on. It almost sounds like a cure all but this is furthest away from the truth. Nothing is a cure all.

So Why Meditate

Myths About Meditation

Meditation has, as you've seen a long list of physical, psychological and spiritual benefits as well. The nice thing about meditation is that it can be done as a purely physical, spiritual or psychological exercise or all of them combined.

One of the reasons why I believe that meditation has so many benefits is because it creates balance. Everything in the universe is looking for balance because we are always doing, doing, doing, thus we find it difficult to stop, relax and just be.

Meditation is that outlet to complete the cycle of doing. It's like planting a seed. You can only plant a seed and water it. You can't do much to help it grow. Planting and watering is doing; stepping back and allowing it to grow is being.

This is an important principle to apply to our lives. There has to be a time where we do things in our lives and allow them to flourish like a flower because otherwise we burn the candle at both ends. Meditation is that natural mental state that puts the candle out for a little while and prepares the candle to be lit again.

Myths About Meditation

There are many myths about hypnosis. In fact, I spend some time in every session answering any questions that my patients have about hypnosis and uprooting those things which are believed to be true but aren't. I know that similar concerns, myths or worries exist about meditation as well. One of them is that meditation is not a state of sleep. You will see why in the next section. Most importantly however is to verify that meditation or hypnosis is not about a loss of consciousness in fact, you will see that you are more clear minded in a meditative or hypnotic state than most everyday conscious states of awareness.

Myths About Meditation

Meditation Is A Normal And Natural State (Brain Wave States)

Because you are aware of yourself in meditation there is no way that you can get lost in this state and never come back. I know that there are still many people in our day that fear going into hypnotic or meditative states because they somehow believe that they will get “lost” in that state of consciousness and never be able to return or that it feels too good and they will stay there forever. It is true that meditation feels so good that you may feel that you’d rather be there than in a regular or what I will loosely call “normal” state but no one stays in meditation forever.

Just as you go into a meditative state, you come out of it because you realize that you have a life to live and no, you cannot get lost in it so deeply it’s impossible to come out. If this were the case I would have to rent a warehouse for all of the people that come and see me for hypnosis, which didn’t want to come out. In my many years of practice I’ve never lost anyone, so don’t worry about not being able to come back or out. Meditation is wonderful and very beneficial for the body and mind as you will see.

Meditation is a normal and natural state

You may have heard that every night we go through several “cycles” throughout our sleep. What do I mean by cycles? By cycles I mean that the brain and body go through a 90-minute period whereby the brain goes from a state of much activity to very little activity (almost flat line).

In other words if you could measure the activity of the brain on a machine that measures such things like an EEG (electro encephalogram) you would see many “hills and valleys” (like a sine wave) when the brain is most active called the Beta state. This brain wave state (Beta) is the one that you are most likely in right now as you are processing information reading this material.

Meditation Is A Normal And Natural State (Brain Wave States)

As the brain / mind and body begin to relax the brain waves slow down and the hills and valleys begin to flatten out more with less brain wave activity. This brain wave state is called the Alpha state. When I was a child I was told that the Alpha state is a deep mental state but my opinion is that it is only a light meditative state.

You can easily reach an Alpha state if you roll your eyes upward and keep them fixated on something in the ceiling. Go ahead, do that now and you will notice if you pay attention that your body begins to slow down and relax. Did you feel that the body slowed down when you rolled your eyes up? You can notice that your eyes will naturally shift upward when you close. Go ahead try that now and notice which direction your eyes go. Did you notice that? Most people don't realize that their eyes roll upward when they close it because it's so natural.

If you have ever seen anyone fainting, they pass through the Alpha state first. Where do their eyes go when they are fainting? That's right, they go upward. When you shifted your eyes upward, you may've noticed a slight physical and perhaps mental relaxation but your state was not very deep was it? This is my point on the Alpha state, it's not the deepest state; there is a deeper state where we can still keep our level of awareness.

Meditation Is A Normal And Natural State (Brain Wave States)

Below Alpha, the brain enters the Theta state where its' action is reduced to slight activity. This is the hypnotic state and the state in which you will be in when you begin meditating. It is a very pleasant state and one that brings upon feelings of deep peace and a strong release of stress. In this state, the mind clears and one is more receptive to creativity and psychic intuition. It is a state where the thinking mind almost halts allowing the body to release all of its tension providing benefit for all of the systems of the body. Here, the word problem is just a word and the possibilities are a reality.

After you reach the Theta state, you descend to a state called Delta. This is the brain wave state where there is very little or no activity. Oddly enough, it is also the state in which we dream. This is the state in which our unconscious thoughts surface and are masked by an over indulgence of subconscious symbolism. It is where the body and mind separate and give way to a mental state so deep that we are not even consciously aware of what we are doing, and if we were aware, we forget by morning.

There is nothing like this state and unfortunately we become so lost in it that before you know it, 5-7 hours have passed and you have no awareness of your surroundings or that it even exists. This is obviously not the brain wave state that you will be in when you are meditating but I thought include it here for educational purposes.

Meditation Is A Normal And Natural State (Brain Wave States)

Researchers and scientists who study sleep tell us that it takes around 90 clock minutes to reach the final or Theta state before we dream. I tend to differ because I know that I have reached the Theta state within 15 minutes with meditation. How do I know? I remember my college days when I had a lot less on my mind and sometimes had an hour before I had to leave my house for a class. I would close my eyes, meditate and I was awake with a dream under my belt in 15 minutes.

Scientists tell us that our brain goes through several cycles of Beta, Alpha, Theta and Delta every night and each time we go into the Delta (or deepest state) we dream. Once we have reached the end of the Delta state, we climb back up to the Beta state (or state with most activity) only to begin our descent once again. The transition to and through Beta is probably so quick that we forget it once we awaken in the morning.

If you have children you will be able to relate to this. You have probably seen a child that will pop his/her head up in the middle of the night, look at you, maybe even speak to you and have no recollection of that in the morning when you ask them. Some of the comments the child makes may be rational, some may be totally irrational as they “sleep talk.” The state that the child is in when he seems as if he were awake is the Beta state. As mentioned previously, the child or person may be aware when they raise their head and even open their eyes to speak to you but he usually forgets by morning. This forgetting is called a state of mental amnesia.

Meditation Is A Normal And Natural State (Brain Wave States)

You're probably wondering why I gave you this entire explanation of brain wave states aren't you. Number 1 it was to educate you on the different states that the brain goes through before reaching a meditative state and Number 2 it's to show you that meditation is a totally normal and natural state. It's natural because you already enter the state each night when you fall asleep as you descend into the Theta state (dream state).

In addition to this, you enter meditative states when your mind slows down or focuses intensely on a good movie, book or even music that is relaxing (like classical music). I am sure you have felt this before.

In other words, I want you to fully understand that you have been experiencing deep states of meditation ever since you were born, so you already know how to enter meditative states unconsciously.

Remember when I said that my friend's 5 minute crash course on meditation was so effective? This is why it was so effective, because I already innately knew how to meditate. I had been doing it all my life. If you watch babies, they meditate on objects around them because they look so interesting like when they discover their hands or feet. They stare so intently that it absorbs them. This is meditative. Make sense?

Beware Of The Noisy Mind

What I am going to teach you to do is to be able to meditate at will so that you can control your level of depth and gain tremendous physical and mental benefits from the meditation that you do.

Beware of the noisy mind

Most people who try to meditate are told to just relax. This is a good start but the biggest obstacle many and maybe even you have run into is that most people associate relaxation with a relaxed body. They find it difficult or almost impossible to stop their mind from the constant endless chatter. The body is very easy to stop and even relax. The mind is a different story, and because the mind continues to race and produce thoughts, it discourages people from meditation to the point where they say “I just can’t do it” even if they achieve a deep physical relaxation. The truth is, meditation has very little to do with physical relaxation. It has more to do with mental relaxation.

If you feel that it’s difficult for you to relax mentally don’t worry! I am going to teach you effective techniques to let go of that annoying mental chatter as you read through this book.

The very first thing that you must learn about meditation is that you cannot stop your mind. That’s right! You cannot stop your mind because the more you force your mind to stop thinking thoughts, the more thoughts it’s going to think. Just try it right now and see how long it takes you before you begin to think again. You probably didn’t get past a few seconds. When you thought about whether you were thinking or not, you started to think again. Funny isn’t it?

Beware Of The Noisy Mind

Why does this happen and why can't we stop our thoughts? The mind's job is to think and thinking convinces us that we exist. If we are not thinking and solving something, we have the illusion that we've ceased to exist. You may say "that's not true." I say "don't take my word for it, give it some thought."

What would you do with yourself if you weren't solving your or someone else's problem? What if I could waive a magic wand and take all of your problems away where you wouldn't have to deal with one? At the beginning many people say "that's great," but then many think about that question and say "if I didn't have a problem, my life would be so boring."

You get my point. The mind is always busy thinking of something to do and you trying to stop it only puts it in a panic mode forcing it to think more. The best thing you can do for your mind when meditating is to take a completely passive approach.

Now if you are the type of person that likes to be in control and worries over the thought of being so passive then think of it like this, you are already out of control because you can't shut down your mind, so think of it as taking a passive position to be able to gain control. In other words, you are letting go of a "supposed control" to gain control. Supposed control means having the illusion that you are totally in control of your mind without the ability to control it.

How To Reach A State Of Mental Passivity

How to reach a state of mental passivity.

You already know that your mind will not clear for long upon request. Doing this requires much practice. However, you can clear your mind with minimal practice by winning the mind at its own game.

What I mean by this is that the mind must stay occupied at all times, so you need to use that principle in order to take greater control of your mind and keep your mind busy with something that is pleasant. Using the senses (like hearing) works so well because you stimulate the brain causing the mind to think or focus on what you are listening to.

Try this...take the index and middle finger of one of your hands and quickly begin to tap alternating the index fingers and middle finger. As you tap, look and your fingers and notice that your mind becomes so busy focusing on the tapping that you are not really thinking about anything else.

Another thing you can do is listen to something that is pleasant like the sound of waves on the beach or even from a CD. It doesn't have to be waves; it can be birds, the wind, a rainstorm or meditative music. Many of these sounds can be found on CD at your local record store under the New Age or Alternative section or you can certainly find it on E-bay. You can definitely find it on the Internet or you can even download those sounds for free.

How To Reach A State Of Mental Passivity

Other good ways of focusing your mind is with hypnosis CD's. They cause your mind to listen intently on what the person is saying and help you to enter deep states of relaxation or meditation.

Besides using the auditory senses, you can also utilize the visual senses to focus your eyes or sight on a pleasant scene. You can choose the picture of a beach, forest, or any nice scenery. You can even focus on a spot on the wall or ceiling. This will cause your mind to focus intently on one thing and clear thoughts.

The point here is to keep your mind occupied with something just like it always keeps itself occupied. This way, it's not a threat for the mind and you are not giving up control; you are merely shifting your focus.

Another way of calming down the mind or way of making it more passive is if you use your feelings. You can use your mind to become aware of your hands or feet. Usually the extremities are much easier felt. This exercise is done by paying particular attention to the hands or feet and feeling for a subtle energy that exists there. If you sit still and bring your full attention to one of the extremities, you will feel it. Most people that I've worked with are able to do this successfully.

This is an excellent way to put yourself in the present moment and truthfully, if you practice this enough, you won't need any other meditation than this because there is no better place to be than in the present moment. In the moment there is nothing but peace because there's an intense fixation of NOW.

Different Types Of Meditation

I refer you to an excellent book on this titled The Power Of Now by: Eckhart Tolle. I will repeat myself here because I find this meditation of the present moment to be so beneficial. You will need no other meditation if you use this one. I one time did a weekend seminar with one of Tolle's students and it was one of the most powerful weekends I've ever had.

Whichever method you use, once your mind is focused for a short period of time it begins to relax. When you reach a little bit of relaxation, you descend into more relaxation and with some practice, you'll find that the relaxation is taking you instead of you relaxing.

Different types of meditation

Meditation can be done in two different ways depending upon what effect you wish to derive from your meditative sessions. There is:

1. Goal-oriented or active meditation
2. Passive
3. Passive-active meditation.

Goal-oriented relaxation is basically the type of meditation you would use when you have a purpose in that meditation and are guiding yourself.

For example if you wanted to boost your self-confidence and wanted to use meditation to imagine yourself more confident in certain situations so that you react in that manner then this would be an example of goal-oriented meditation. This is because

Different Types Of Meditation

you have not only chosen what you would like to do in that meditation but are guiding yourself in the imagery or you are using your imagination to achieve the result of a stronger confidence.

Passive meditation involves allowing the mind to relax and letting it go wherever it desires. As your mind reaches a state of thoughtlessness (or close to it) you may find yourself bringing up mental imagery or perhaps getting a creative idea because you are not actively thinking of something. You may have a spiritual experience or just clear your mind with passive meditation. There is no right or wrong; it's just what you feel like doing.

With passive-active meditation you have a goal in mind but you are letting yourself be guided by someone else. The passivity comes from someone else leading you throughout the meditation like in a hypnosis CD or in group hypnosis, the active part come from you having a specific goal in mind that either the CD, therapist or group are going to work on.

An example of this may be a group of people that are getting together to improve their health and the facilitator of the meditation is going to lead the group through a session where the participants will envision a white light entering every organ of their body so that the light can cleanse their entire system. I have created a meditation like this called Nourishing Connection.

10 Tips To Prepare Yourself For Meditation

Whichever type of meditation you choose, make sure that you know which one you will do before you sit down to do it. Remember that the mind loves to solve problems and with that it creates a few of its own, so it's best to get this stuff out of the way before you begin.

10 Tips To Prepare Yourself For Meditation

When doing your meditation you are going to need to do a little preparation.

1. Go into your own quiet space. There does not have to be dead silence but quiet enough so that you are not disturbed while going into trance. Cell phones, beepers (if you still use them), beeping things should definitely be turned off or silenced. Close the door or put a sign on it if no one is home but soon expected.

2. If there are people or children in the home or place where you will meditate, tell them that you are going to do so. Tell them to not disturb you for a little while until you have finished your meditative session unless it's really important. This will help you avoid the "woops, sorry I didn't realize that you were meditating." It will also avoid someone screaming at you to "pick up the phone it's for you," or "Can you get the door?" when you are already in a deep trance.

3. Your clothing should be comfortable. I'm not saying that you have to go out and invest in special clothing for meditation but make sure that your clothing is loose enough so that you are comfortable and so that you don't feel any squeezing in any part of your body as a result of a tight socks, belt or any other clothing. For me, I like to remove any watches, jewelry or glasses. That way they don't weigh on me when I am relaxed.

10 Tips To Prepare Yourself For Meditation

4. Check your bodily functions. It's so annoying to finally sit in a comfy position and then realize you have to go to the bathroom because you didn't check. I know it seems like common sense but as humans we forget. I always ask the pregnant mummies that I work with if they need to go before we begin. Many times I get an answer like this: "well...I didn't really think about it but now that you mention it I might as well go." If I don't ask and they end up wanting to go in the middle of the hypnosis, it hinders the process.

5. Check your stomach before you meditate. Although it does not take too much energy to meditate, it is a pain to sit down to a nice relaxing meditative session only to find out you are really hungry. If this is the case, I suggest you eat something light before you begin but not too much because the digestion can cause you become sleepy and cause you to fall asleep.

Falling asleep in meditation is not bad or dangerous. You simply miss the opportunity to meditate.

6. The best position for meditation is sitting down. You may be slightly reclined if you'd like but too reclined is not advisable. Lying down mimics sleep too much and you may just end up falling asleep. Again, this is not at all bad it's just that you will miss out on the opportunity to meditate.

7. Sit in a comfortable chair. The chair should continue to be comfortable even throughout the meditation. What I mean by this is that sometimes a chair may start out comfortable but then later on seem uncomfortable if you are just a little too long on it, so choose the best chair that is going to be the most comfortable for the time you are meditating.

10 Tips To Prepare Yourself For Meditation

8. Make sure that you have enough back and head or neck support if needed.

These are important factors as well because as you get further into the meditative session you may find that your neck or back go stiff from a prolonged seated position. Small pillows may just be the thing you need for a little extra support in the hollow of the back or neck. If the pillow is too big it will eventually become annoying and uncomfortable.

If back and neck stiffness or discomfort is not a problem, there is nothing better than holding your own posture. Seated meditation with a proper posture will help to strengthen that posture. I can many times tell who those people that practice Yoga are when they come into my office for a consultation. Their position is great and their lung volume is always much deeper than non-Yoga people.

9. If meditation becomes or is as important to you as it is to me you may want to invest in a good leather recliner as I did. Being that I am a Hypnotherapist, I often times “envy” my own patients that sit in the comfortable chair that I have in the office but never use simply because my office is not in my house. For a long time I hadn’t gotten around to getting another recliner for myself.

When I was ready, I walked in the furniture store with the intention of spending \$600 and spent \$1200 on a Laz-y-Boy leather recliner. The salesman didn’t even have to convince me. I knew from the moment I sat on that chair that meditation was going to feel like flying even before I closed my eyes. The money was spent a long time ago and believe me when I say that I don’t regret spending one penny of those \$1200. Not only will the chair last long but when I sit on it the comfort is beyond words.

10 Tips To Prepare Yourself For Meditation

Please don't misunderstand, however to think that you have to invest in an expensive chair in order to have good meditative sessions. There is nothing further from the truth. A comfy chair helps but if it's not the absolute most comfortable it doesn't hinder the process.

10. Give yourself time to meditate. Meditation is a special time. It's a time for you and you alone unless you are doing it with or in a group. It requires time and it should not be forced. If you force it, you know that it's not going to be a very good session. If you have something pending or pressing after the meditation, try to resolve the issue before you begin; that way it's not on your mind. If you have something on your mind that is bothering you, work it out before you begin by telling yourself that you will think about it or resolve the matter later.

The Power Of Intention

The Meditation Process

The Power of Intention

Before you begin any meditative session, start with an intention. Intentions are very powerful because they direct your mind as to what you want it to do. An intention for a meditation can be the following: “I am now going into a quick and deep meditation.” I always teach this to my students that are taking The Painless Childbirth Class because it helps their mind focus on what they want in order to produce that result.

The Meditation Process

The time has now come to meditate. In this section we will cover passive meditation. Once you’ve turned off all electronic devices and cleared the way for a smooth meditation session, sit in your chair comfortably.

Position

Your position should be comfortable for you. What that means is that if the Lotus position sounds good but you can’t quite cross your legs the same way then don’t sit that way. I suggest hands to be on the lap, but you may place them on armrests if you’d like. If you are pregnant you may want to rest your hands on your belly especially if you are in the 3rd trimester. Hands could face up as many suggest that this is a receptive position but if they feel awkward this way then face them down. The rule of thumb is to be comfortable.

If you need to calm the mind, you may use one of the previously taught techniques such as putting on a soothing sounds CD or meditative music (which may stay on during the meditation), staring at a beautiful scenery or spot or putting yourself in the present moment by concentrating on one of your extremities.

The Meditation Process

If you are going to go straight into a meditation then close your eyes. Pay attention to your body and feel for any tension. This is important because we are used to living with tension and it becomes such a part of us that we don't know it's there until we pay attention to it. Should you feel any physical tension, let it go immediately. Imagine that your body has turned into a large sandbag and it has just been dropped.

As you read these words notice what your body is feeling. How would a sandbags' heaviness impress upon the surface it rests? Let your body cause and leave an impression on the chair you rest upon. How would the sides of that sandbag "melt" as if a warm temperature could affect it like it affects a piece of ice? Feel that your body can be like this sandbag even right now becoming heavier and heavier.

If you felt your body relaxing more by reading this...good, if you didn't it's ok.

Take note that any physical tension will just delay the process so make sure you let go of it at once. You may then come to a progressive type relaxation after but it's better to lay the groundwork of letting go of the tension at once then you can dissolve it by progressively relaxing every muscle group.

To prevent additional tension don't put yourself under any pressure to enter a quick deep state of meditation but the quicker you enter the more you will enjoy it and the more benefit you will gain.

The Meditation Process

Once you have let go of physical tension concentrate on the mind. Remember that the most important part about meditation is to relax the mind, not the body. Of course, you don't want your body to feel uncomfortable, but more important than physical relaxation is mental. If you hear a lot of mental noise, it's ok, don't worry. The mental noise will subside if you are persistent enough and if you beat the mind at its own game to focus.

If there is mental noise and it's disturbing, the mental noise is the focus. This being the case, you are going to need to switch your focus. I reiterate, win the mind at its game and tell yourself that you are going to use your mental noise to relax deeper. This may sound crazy but it works. I use the same method to fall asleep at times especially if there is noise from my children or from the outside. I simply tell myself that the noise of the children is continuing to relax my mind and is actually helping me fall asleep. Before I know it, I'm waking up.

Once your mind has calmed, it's normal for you to have some thoughts because that is the mind's job. Once those thoughts come into your mind don't join them. For example, if you think about going to the store later avoid thinking about getting milk, juice bread etc. Is there going to be parking; do you have enough money to buy what you need etc. Instead, imagine that thought as a hot air balloon floating which you will choose to pay attention to later. Tell yourself "not now, later." Do this gently without force so that the mind does not feel threatened and compelled to think about those thoughts more.

The Meditation Process

The question is what do you do when your mind gets calm in a passive meditation? Nothing! That's why it's called passive meditation. You allow your mind to be open and become receptive going wherever it wants to go. Sometimes you may see images flash through your mind as if you are having a dream but you are aware of your dream. This can almost be considered a lucid dream.

Your mind may come up with a creative solution to something you have been struggling with or may just come up with a new idea of an important area of your life. There is no telling what may emerge from a passive meditation. The important thing is to be open for anything and expect nothing. This may be difficult to do with a person that is always trying to be in control. Actually, I'd say that it's a good way to break that habit.

I believe the Universe is always setting balance and we are always trying to find that balance as humans. This is why letting go of wanting to control is a good way to balance out those desirous for control. It's true that all of us desire some form of control. However, some people over desire it and many of us are too controlling about some aspect of our lives. This may be labeled "our obsession." It's neither bad nor good; it just needs to be balanced.

How long should you be in the meditation? As long as you want to but to give you a more concrete answer if you find that a long meditative session is not for you then 10-25 minutes (depending upon how long it takes you to relax) is a good length of time to establish a nice peaceful state. (More on that later.)

Goal-Oriented Meditation

Goal-Oriented Meditation

This type of meditation takes a little more planning. As mentioned before, goal-oriented meditation as opposed to passive is the type of meditation that you are going to do with the intention of achieving something. Maybe you want to become more self-confident. Maybe you wish to lower your blood pressure. You may want to attract optimum situations in your life or see yourself comfortable in certain situations. Perhaps you want better health in general. These are all goals that you would like to achieve and can better achieve them with a meditative visualization.

A Note About Visualization

Before I go any further I must say that the word or practice of visualization is used very loosely here. Most people are **NOT** visual individuals. In fact, it is said that only 17-19% of the population is visual which means that most people **DON'T** get clear pictures in their heads when imagining something. This also means that 81-83% of the people reading this book will not be visual. It's okay! If you are meditating and visualizing at the same time you don't have to see a clear picture. In any meditation you may see clear pictures (if you are visual) or imagine an image, imprint or impression of what you are bringing into mind (if you are not). Either one is fine.

The planning part of goal-oriented meditation comes into place where you decide ahead of time how you want to direct the movie that you desire to play in your head as you are meditating. Let's say that your goal is to lower your blood pressure which may be caused by stress. After your mind is calm you may want to see yourself smiling and relaxing on a beach with your blood pressure normal and stable. Maybe you see or imagine your doctor telling you how surprised he is that your blood pressure has lowered to normal levels and how stable it is.

Goal-Oriented Meditation

You may tell yourself that no matter what stressful situation arises in your life, you are going to stay calm and relaxed. If you feel comfortable enough, you may want to see yourself in specific uncomfortable situations only to respond favorably.

Another example is if you would like to feel more comfortable with public speaking, it would be wise to learn how to do so with a trained instructor but you can also meditate in order to see or imagine yourself totally relaxed and confident in the public speaking scenario. Look for reasons why you would be happy to be in front of a group speaking and tell yourself again and again how happy you are to be in front of them. A good affirmation is: “I feel confident and at ease when speaking in public.”

A third example is if you want to improve your health. I feel that this is something that everyone can use at some point in their lives. This is why I created a special Hypnosis meditation called **Nourishing Connection**. The basic principle of it is to use your imagination to stimulate your body to a healthy state.

One of the ways you can do this is by imagining a healing light coming from a preferred source of the Universe and allowing that light to cleanse your body from harmful or accumulated energy. You can also imagine this light strengthening any part of your body, which is having difficulty. If it's the heart for example then the light cleanses and strengthens the heart.

Guidelines Of Affirmations

In my CD meditation I also guide you through seeing yourself as you are accustomed to see yourself and changing that image to a positive or better one through specialized technique.

Basically you take your self-image no matter what it is and imagine it in a black and white screen in front of you. Fade that image back until it disappears. This causes you to disassociate from that perception and then imagine yourself in the best of or better health than what you already have in a larger color screen in front of you while connecting yourself to that person whom you are seeing (which is you). This allows you to mentally associate yourself with the new image fixating it more in the subconscious.

Guidelines Of Affirmations (in Goal-Oriented Meditations)

Affirmations are great! If you are one of those people that believes that affirmations don't work, don't kid yourself. We are always affirming things to ourselves. "I'm not good enough," "I can't do it," "I'm too scared," etc. These of course are negative affirmations and they work at creating a more firm program in our subconscious mind but I imagine that when you think of affirmations you mostly think of them in a positive reference.

Positive affirmations do work but they are harder to accept if you already have an established perception in your subconscious mind. If you just tell yourself an affirmation (positive or negative) in an actively conscious mental state that is contrary to your belief it will more than likely be rejected by your subconscious programming.

Guidelines Of Affirmations

Your conscious mind may say YES but your subconscious says NO WAY. This is because your mind has already been hard-wired to believe certain things. For example, tell yourself that the grass is blue and the sky is green. What reaction do you get? This reaction is simply a subconscious protection to ensure the endurance of the program that already exists in your subconscious mind.

In hypnosis, however things that are “believable” can be more easily introduced and accepted in the subconscious mind because the mind is more receptive. Meditation is a hypnotic state and therefore more open and susceptible to “acceptable” suggestions. You won’t accept that the grass is blue and sky is green but you will more readily accept that your health can improve despite the condition, your confidence increases around others, and that your memory is improving helping you pass your exams a lot easier.

What you must be careful of is how you give yourself a positive affirmation. Positive affirmations must be given in the positive sense because if they are given in the negative sense you are simply focusing on the negative only to reinforce it. Here’s an example: instead of “I don’t have any more stress in my life (which has a ton of negatives in there) say I feel calm and relaxed around _____.” Instead of: “I don’t feel nervous while publicly speaking” use “I am confident and at ease in front of any group of people.” The idea is to state it in the positive and of course in a way that is acceptable and believable to you.

Since goal-oriented or active meditation often times requires some type of affirmation (either spoken or visual) make sure that you give yourself an affirmation the right way so that you don’t reinforce negative habits or conditions.

Intensify Your Meditations- Maximize Your Results

Intensify Your Meditations-Maximize Your Results

One way to intensify your meditation is to incorporate your senses. Your senses play a major role in creating your reality. Your eyes tell you that something exists (you see your house, car, loved ones and know they are there), your ears will verify certain sounds which confirms an event (you hear a gunshot and scream that mentally confirms that someone was murdered), your feelings many times dictates how you respond to others (you like your neighbor so you smile at him/her when you see him/her).

Feelings dictate our reality and the more senses that are active in our experience, the more we believe that the experience occurred. In goal-oriented meditation, you can activate your senses as well to enrich your meditative experience and to firmly establish a desired result in the subconscious mind.

Getting back to our public speaking example, you may see yourself in front of a group of people when you are publicly speaking in your mind but listen to their reaction when you say something they like. Listen to them applaud or laugh when you say something funny, watch their expressions as they are enjoying your speech. Feel the pride for yourself as you are doing something that most people would consider death over.

Feel the rush inside of getting up in front of all of those people either a small or large group with confidence, an erect spine, a firm stance and strong tone of voice. You may also want to incorporate a fragrance and imagine a smell of cologne or perfume, which you would like to wear when you go in front of the group.

The More You Do This, The Better Your Get, The Better Your Results

If you are working with better health then see yourself in a perfectly healthy body with feelings of peace and balance, a resounding voice of health, strength and confidence. If you can associate a smell of healing then add that as well. In other words, whatever use whatever senses enhances your meditative experience.

The idea is to use the brain to help you establish what you wish to accomplish. The brain or mind does not know the difference between what is real or imagined. So if you really get into incorporating these senses, your brain will believe what you are feeding it even if it's not happening. Of course, it may not be with the same intensity, but it does create a response and it does register in the memory banks, so use it to your advantage.

The More You Do This, The Better You Get,

The Better Your Results.

It's true! The mind works on the principle of what we call compounding.

Compounding simply means establishing a stronger idea in the mind with repetition, this is just like advertising. You may see a commercial repetitively until you go out and buy the advertised product. Advertisers are aware of this and know that the idea needs to be introduced over and over again until people respond. Your goal-oriented meditations are like a personal commercial that you play in your head over again so that your body and/or mind can respond more favorably.

I use the same principle in the course that I teach called The Painless Childbirth Course. Every day students practice the hypnotic techniques they learn which reinforces how to have their baby in a pleasant way. The results have been phenomenal and liberating for those expectant moms that believed that birthing was going to be so horrible and I couldn't be prouder.

How Much Time Should You Meditate?

How Much Time Should You Meditate?

Answering this question is really going to depend upon you. It depends upon how noisy your mind is; it depends upon how much time you actually have to meditate. It also depends upon your personality. If you are a very patient person, you may be able to spend a long time in a meditation. If you are impatient and want results now a long meditative session may not be for you so you will want to keep them short especially at the beginning. You can lengthen them later if you wish.

The important thing is that you feel comfortable with what you are doing. Remember this always, if meditation becomes a burden, you are going to leave it or never begin. It should be something that is fun and something that you certainly look forward to doing. This is why you have to be comfortable with the amount of time that you put into it.

When it comes to how much time will create an effective meditative session, I would say about 15-30 minutes especially at the beginning. This will give you enough time to relax the mind, clear it and allow the body to gain the much needed benefits. This is not to say that you can't meditate for longer, you can certainly meditate for whatever amount of time you'd like as long as it's not annoying.

As you practice meditation with more frequency, you will notice that you are able to enter deeper states in shorter periods of time. Achieving this goal should not take long if you are enjoying the process. I believe that the more you enjoy it, the better and more effective your meditation skills will become. At times, a short meditation will sometimes be more effective than a longer one. This, of course depends upon your state of mind, what kind of day you are having and how you feel etcetera.

Passive-Active Meditation

Passive-Active Meditation

This type of meditation is considered more as a hypnotic session but you and I know that the only difference between hypnosis and meditation is the name. As previously mentioned when you are doing passive-active meditation, you are passive throughout the meditative process but active because it is goal-oriented. In this case, it is someone else that is guiding you to achieve a certain goal. There are obviously an unlimited number of goals that you can achieve with this type of meditation but they require the aid of an outside source. The reason I mention it here is because you may want to consider at some point to create a meditation recording for yourself. They are not difficult to do but require a lot of planning.

You will want to know where you are going with your meditation. For example do you want to get up earlier, go to sleep earlier, be happier, and release stress easily etcetera? You can put any of these things on a recording that you will later on playback in your meditation.

To create this, you should plan out exactly what you would like to hear at the meditation and write or type it out so that you can record yourself on a traditional or digital recorder. There are many software programs on the market that will let you record on your computer for long periods of time if need be and then edit whatever mistakes were done in the reading of the script.

Passive-Active Meditation

If you choose to do something like this just remember to keep a soft voice and to speak as if you are speaking to someone else or speak in a way that you'd like to hear someone talking to you if you were being guided by a meditation. Your voice does not have to be monotone as many people believe hypnosis to be. I believe you will achieve better results if you speak in a normal cadence. Once you've completed your recording have your computer burn a CD disk and you are done.

Keep in mind that the best way to hear these recordings is in a relaxed atmosphere, with headphones and sitting down. I believe that the impact is stronger and it will block out any annoying noise. The best position is sitting for obvious reasons. You don't want to fall asleep unless your intention is to fall asleep. Recordings are very effective and is done well put you into a beautiful meditative state.

Meditation As A Constant Practice

Meditation As A Constant Practice

The idea of meditation (in my opinion) is to raise awareness, awareness of your mind, your body and your surroundings. When you quiet your mind and enter your own private world that you as an individual live, you not only learn about yourself but about the world around you, your relationships and what you can do to change the things that are pulling you away from a constant peaceful existence.

I think that we are all heading toward creating more peace inside of us. We are constantly searching outside sources to help us get to a constant balance. Sadly we discover that outside sources (such as people, cars, houses, money etc.) do not create a long lasting peace inside of us. Rather, the more we obtain the more we want or the further away we get from living peacefully.

The truest source of peace is right where you are. It's within you. There is no truer peace than a quiet mind. You can be in any situation and the calmer your mind, the more relaxed your feelings and the easier it is for you to overcome that situation. Meditation helps you, even for a short while, achieve the truest source of balance and internal peace. Eventually you will want to turn this into a constant practice without going through the motions of setting aside time to meditate, clearing the mind, go through a directed or non-directed meditation etcetera.

Meditation can be achieved with daily activities, not while they are being done robotically but if you are present in what you are doing. In other words, typing this work requires a certain amount of thought. I can do it with tension ("I've got to finish fast") or

Meditation As A Constant Practice

I can enjoy the process of writing. I can stay present while typing and become engrossed in the ideas that I want you the reader to learn. This on its own is a meditation. Walking can be a meditation if you pay attention to every step that you take. Feel as your foot presses against the floor and then lifts; listen to the footsteps and pay attention to the detail of things around you as you walk.

All the CD programs that I have created were made with this intention. The more attention you pay to what you are doing in the present moment, the less mental noise you will accumulate (at least for that time that you are present).

Meditation does not have to be sitting in one place while clearing your mind; meditation can be constant. It can be a life practice that can even be incorporated into listening to a conversation. When two people are speaking to each other, one is speaking and one listens, but does that person that is supposedly listening, listen with full intent? When you speak to someone, are you answering their question or preparing a response in your mind while he/she is speaking?

Being present in a conversation gives you a lot of freedom. It allows you to respond more spontaneously and with a clearer mind. We all prepare our responses ahead of time from time to time but I invite you to use a complete awareness of what the other person in the conversation is saying so that you can practice another meditative exercise. It is easy to do and does not require much effort.

Coming Out Of Meditation

Coming Out Of Meditation

There is no big secret to coming out of a meditation but there are a few things that you should keep in mind. For starters, you should not jump out of a meditation, rather come out of it gently. When you meditate and reach a deep state, your body feels like it's asleep meaning the heart slows down, blood pressure drops (or normalizes), breath rate drops, thus jumping out of a state like that can give your body a shock. So never jump right out of a meditation unless you have to.

When you meditate, as you remember your brain waves slow down and you may feel as if things have slowed down around you. Coming out of your meditative session may make you feel "slow." Your movement, thoughts and even the way you speak may feel more peaceful and at the same time more "slow." The body usually feels heavy because when you are active, your blood circulates throughout the muscles more generously than when you are in a deeply relaxed or meditative state. In this relaxed state, blood circulation slows down to the extremities of the body because there is very little or no physical movement as most of your focus is mental.

This is nothing to be concerned with as the feelings of slowness subside within a few minutes but the peaceful feelings can endure. The placid feelings are also a result of your brain waves slowing down and your body coming to an almost complete stop as if you were actually asleep at nighttime.

Tap Into Your Meditating Mind...Anytime!

Tap Into Your Meditating Mind...Anytime!

Ever wonder how good actors get into those characters that make them look soooo real? It looks as if they are really feeling what they are expressing. This may not be too far from the truth. There are ways of accessing subconscious thoughts that can bring forth feelings which can not only feel real but that even put you in the role that you want to play. First I'll tell you about the exercise and then I'll tell you how it applies.

The improv troupe I belong to did this in class. We did this to access feelings of being drunk without drinking. First we had to find 4 things about being drunk that are unique to us at a time we have been in that state. After I found my 4 unique feelings to my experience the group and I began repeating them to ourselves again and again. I imagined myself in that role and before I knew it I actually felt drunk without having taken a drink. The experience was amazing and sobering up was a snap. This exercise can also be considered self-hypnotic because the person convinces himself that they are in a state merely by suggestion.

This same exercise can be applied to getting into a meditative state quickly and with eyes open. The idea is to find 4 unique feelings that you experience when you are in a deeply relaxed state and write them down. If you still don't have that experience in your memory bank then imagine what it feels like coming out of a deep sleep. Once you've written them down begin to repeat them to yourself and put yourself in the scenario. Imagine that what you are thinking about is really happening. You will notice the relaxation in no time. If you practice this, you will be able to access the relaxation faster than you've ever thought you can get relaxed.

It's Not Always Going To Be Great

It's Not Always Going To Be Great

Before I bring this book to a close I want to make you aware of something that I believe is important. Your meditative sessions are not always going to be the same. What I'm referring to is that sometimes you'll have sessions that make you feel unbelievably great and there will be days that they are just ok. This is completely normal and it happens because you are either not into the meditation that day but told yourself to do it anyway, or you are so used to it that it does not feel as deep as it used to. Remember that meditation should be something that you do because you want to get pleasure out of it. If you force yourself it may not seem as good as when you do it just to do it.

Meditation could be routine but it shouldn't become routine. It is a good idea if you change your approach from time to time as to how you are meditating. It may help if you change your focus of the meditation. There may be times where you meditate a lot perhaps everyday or even several times per day. Then you may feel like you don't want to meditate at all. This too is normal since our lives are based many times on ups and downs.

There are times where I am immersed in the study of spirituality and self improvement and then there are times where I go months without reading or meditating. I believe that the times where I slow down, I am absorbing what I have learned and am putting those things that I have studied into practice. This is part of the balance I previously mentioned. It has to do with doing and being and the entire universe is in this constant

activity of keeping itself balanced. If it gets too cold, the heat comes. If there is too much dryness, there is a downpour of rain with thunder and lightning.

Contact Information

In Florida (where I currently live) the temperature gets so hot and the atmosphere so humid that it's as if nature is screaming itself to balance with the loud thunder that is very typical for the Miami and surrounding areas. You too are always in the process of balance and meditation is an excellent way of balancing the doing part of you.

I am so happy that you read this book and I hope that the ideas and techniques that you have acquired through this book will serve you well. I would love to hear of your success in meditation and welcome any comments or questions.

Feel free to call me or send me an E-mail for any comments or questions. Because of Spam, I simply ask that you place "**I read your E-book**" in the Subject line of your E-mail this way your mail won't get deleted.

I also want to remind you that I have many single CD's and programs for:

Stress Control

Weight Loss

Confidence Building

Accomplishing Goals

Painless Childbirth

Sleep Improvement and more...

that can help you on your meditative journey which can be found on my website. You can find these programs on:

www.improveyourselfhere.com

www.painlessbirthprogram.com

Contact Information

These CD's or programs are an excellent way to personal growth and can teach you valuable techniques that you can use on a daily basis for the rest of your life.

I wish you the best of luck on your journey and look forward to hearing good things.

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