



Awake

THE 5 KEYS TO A
GREAT MEDITATION
PRACTICE IN A
WORLD OF NOISE



This Worthy Life





THE 5 KEYS

TO A GREAT MEDITATION PRACTICE

KEY #1

ACCEPT

Accepting where you are is the first step of every journey you will ever make.

Example: I accept that I am a beginner. OR. I accept that I am advanced, and yet I'm stuck. I accept that now is a good time to practice for 10 minutes/day.

When you accept what is happening **right now**, transformation naturally begins.

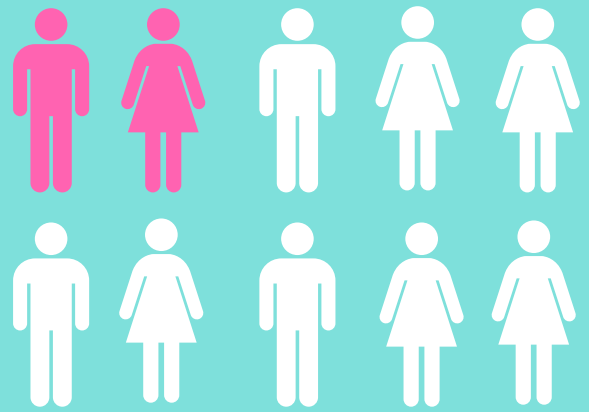
KEY #2

SPACE

Identify a physical space where you can easily sit or rest for 10 minutes a day. Select one physical object that is special to you, and place it in a visible location. Keep this place clean of dust, belongings, and waste.

Example: When I am traveling, I choose one chair to sit in or one spot on the floor. I place my mala beads nearby.

When you create a physical space for your practice, transformation naturally begins.



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beautiful human beings live with chronic anxiety.

When you practice consistently, meditation naturally decreases the severity of symptoms and calms your nervous system.

KEY #3

QUIET

Establishing a window each day for a tech free experience to rest your body and mind in quiet or silence is essential.

Examples: I do not read any news before 12pm. I have a non-digital alarm clock in my bedroom. In the morning, I schedule 10 minutes of silence to practice.

When you unplug for your practice, transformation naturally unfolds.

WE DON'T PRACTICE TO ESCAPE THE WORLD.
WE PRACTICE TO BE STRONG FOR OUR WORLD.



KEY #4 SAME

Practicing in the same place at the same time every day is an important part of creating natural homeostasis in the nervous system; the brain is responsive to predictability.

Example: Every morning at the same time, I practice for 10 minutes in my favorite, peaceful chair, holding my mala beads.

When you practice at the same time, in the same place, every day, transformation naturally unfolds.

KEY #5 SHORT

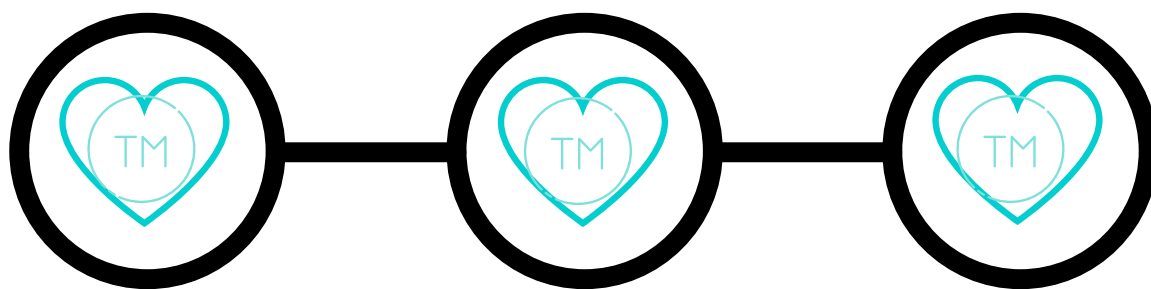
Practicing for 10 strong minutes a day is better for your body and spirit than trying hard for one hour or booking an impressive retreat.

Example: No matter what I think or feel, I sit for 10 minutes in the same place at the same time, every day. I know this heals my nervous system.

The number one cause of distress after a spiritual awakening or in a noisy world - is a lack of attention to consistency. Stay on a schedule, and you will develop a capacity for a laser focus. Transformation naturally unfolds. Your body knows exactly how to heal and move.

HEARTMIND MEDITATION 101

HEARTMIND MEDITATIONS ARE BASED ON MY 10 YEARS OF **ADVANCED MEDITATION STUDY**, RECOVERY WITH A POLYTRAUMA **BRAIN INJURY**, AND THE MYSTICAL NATURE OF MY EXTRAORDINARY, **NEAR DEATH EXPERIENCE**.



MIND

Your Mind intelligence is your ally and gift.

BREATH

Your Breath intelligence is your ally and gift.

HEART

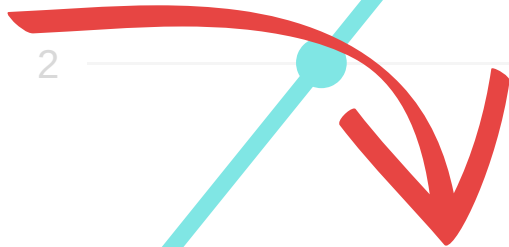
Your Heart intelligence is your ally and gift.

Meditate with me (FREE) on Insight Timer,
the world's largest meditation app.



6
10 MINUTES/DAY
OF PRACTICE

Irritability, Anxiety,
Physical Distress



ACCEPTANCE AND JOY OVER TIME

0
MONTH 1 MONTH 2 MONTH 3 MONTH 4 MONTH 5 MONTH 6

»»»»»»»»»»»»»»»» This Worthy Life ««««««««««««««««

