



The Simple Meditation Technique





SUMMARY

The evidence is conclusive, and by now you have probably heard how beneficial Meditation is. Most people are struggling more than they need to when it comes to learning meditation. Although guided meditations are a great way to increase your mindfulness you don't always want to rely on a recording to help you meditate.

This mini-training video gives you two options to help you grow beyond guided meditations, a shorter version (also known as **Transitional Meditation**), and a longer version (15-20 min), I call this **The Simple Meditation Technique**. One does not replace the other, instead they can be used in different times of your day.

Follow the Teaching Points and Sentence Completion Exercises below, along with the training video to help you develop a Simple Meditation Practice works for you.

TEACHING POINTS

Option 1: The Transitional Meditation Technique

Posture: Sitting up, back supported, head and neck free.

Purpose: Release daily stresses throughout your day so you can be more intentional in your activities and interactions.

Use this practice in between activities where you want to release the energy from the last activity and go into the next activity with a fresh mind. This is great if you are having a stressful day, and when transitioning from work to family or vice versa.

This is a variation of Brendon Burchards Release Meditation Technique, feel free to play with different ideas in your practice, that is how I can up with my own methods.

Steps to follow:

1. Set intention- Ask yourself "how can I do this next activity well, what would my highest self being doing when I'm....(and work, with family, making sales calls, answering emails).
2. Ask yourself "Is there any tension or energy that I can find in my body from the last activity?" Close your eyes, scan the body and find the tension and imagine washing then tension down your body and out your feet. Keep doing this until you feel the tension reduce.





TEACHING POINTS (continued)...

3. Bring your mantra in. The word “Release” is a great mantra for this meditation, because that is exactly what you are doing. Repeat the mantra in your mind (not out loud).
4. Repeat the Mantra for 2-5 min, or longer if you wish.
5. Allow thoughts to come and when you notice you stopped your mantra because of thoughts, simply go back to then mantra.
6. After a few minutes release the mantra and take 1-2 minutes to visualize you doing your next activity well (i.e. showing up as the best boss, best mom, best husband).
7. Slowly and gently, open your eyes.

Option 2: The Simple Meditation Technique (longer version)

Posture: Sitting up, back supported, head and neck free.

Purpose: (a longer version of the Transitional Meditation) To be used as your daily practice to help you experience the positive effects of meditation; lowering stress, better sleep, increased focus, and happiness.

This is a longer mantra meditation that you can use 1-2 times per day. You can continue to use the “Release” Mantra, or if you have done other meditation training you can use your own mantra. Some mantras that work well for people are: One, Love, Calm, Free, Surrender. There is no need to set an intention for this meditation, as this meditation should be used as your daily practice. Two times a day is ideal.

Steps to Follow:

1. Close your eyes, scan the body looking for tension and imagine washing then tension down your body and out your feet. Keep doing this until you feel the tension lessen. (1-2 min).
2. Bring your mantra in. You can also use “Release” for this meditation, or feel free to find your own mantra that resonates. No need to set an alarm, see video for more info on keeping track of time. (12-15 min)





3. Allow thoughts to come, and they will, and when you notice you stopped your mantra because of thoughts, simply go back to then mantra.
4. In the last 2 minutes, take time to visualize a goal coming to fruition. What have you been working on? What is your biggest goal? See that happening in your minds eye, and fully step into the moment. What are seeing, hearing, tasting? Take time to fully step into the picture and feel the feelings that you will feel when this goal comes to fruition. Spend most of these few minutes focusing on the feelings you experience.
5. When you're ready to come up and out of your meditation, slowly and gently open your eyes.

Sentence Completion Exercises

Complete the sentences below. There are no right and wrong answers but answering truthfully and authentically is essential for you to generate the most momentum and clarity in your life and business.

- 1. I could be more intentional when doing (family time, meetings, client time, networking) ...**

- 2. Make a list of all the transitional times in your day (it's probably a much bigger list than you think). I.e. Family morning time, driving time, work time, meetings, lunch with friends, responding to customer request etc.)**





3. Transitional times in my day that would be a good to implement the Transitional Meditation Technique are...

4. Committing to a daily meditation practice (The Simple Meditation Technique) would help me in these ways...

5. Two times in my day that I could commit to practicing The Simple Meditation Technique are...





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