

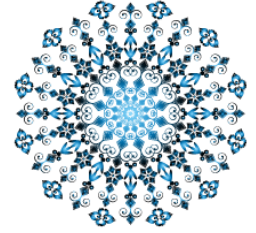
*Discover
Your
Zen*



*Prepare
Package*

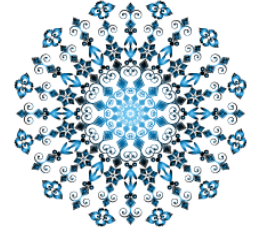
*Live Free With Sheri
Healthy Fearless and Free*

Welcome



This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made. There are no medical recommendations or claims for the *Discover Your Zen* program.

Early Prep



Good Morning Spiritual Seekers!

It is a pleasure to welcome you to the Discover Your Zen Meditation Course.

The information you receive today is the foundation of your program. You will be setting your own goals – so this program is customized to your specific goals and needs. Please approach this program with an open heart and mind and welcome any change that comes your way. The journey is just beginning!

I am here with the intention that this program will powerfully change the course of your future. For that to happen, you must be willing to do the work. Please use this group, as it is an incredible tool available to you throughout the duration of the course and beyond. It will be tremendously beneficial for you to be comfortable with sharing your thoughts and concerns now. From experience, when you feel yourself holding back that is usually the time that you most need to vocalize what is happening, ask questions, ask for support and step out. This is why community is so powerful! You will always have someone on the same page willing to support you all the way. 😊

Congratulations again on enrolling in this course.



Congratulations

Congratulations! You just have embarked on quite the journey. You have made the important decision to make healthy changes in your life. I hope that you will take advantage of all that I have to offer. Please visit my website for health and lifestyle tips and news.

Live Free with Sheri

www.livefreewithsheri.com

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Congratulations



- You will get a **packet**, educating you on the benefits, history, and methods of meditation.
- You will learn that everyone is different! We are not going to tell you which methods to use in your daily meditations, but encourage you to keep an open mind and experiment with styles that are new to you.
- You will learn all about fitting meditation into your daily life.
- You will find out which tools may aid you in deepening your meditations.
- We are going to teach you about using meditation to combat stress. *Your body will thank us for it.*
- You are going to learn that you can find deeper satisfaction in your daily activities by incorporating meditation into your routine.
- We will teach you how to create a deep and meaningful meditation discipline.
- We encourage starting small and slowly building upon your discipline, at your own pace.
- Find out about the different ways to meditate.



Remember

Take a moment to respond to these questions in the space provided below.

Why did I join this program?

What do I hope to achieve by taking part in this program?

How will meditation help me and others?



Example

Your Meditation Diary

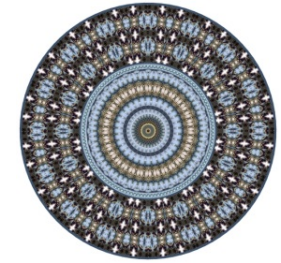
It's the most important part of changing your behavior.

Type of meditation. Experiment with different methods of meditation.

Intention / Focus. What is the goal of your meditation?

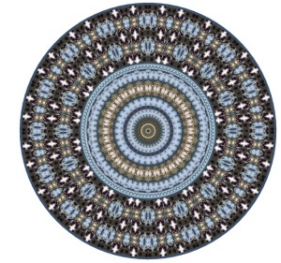
Reflect. Insights from your meditation along with areas of strength and ones that need improvement.

Diary	
Time	
Duration	
Type	
Intention / Focus	
Reflection	



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