

MEDITATION FOR BEGINNERS

THE BASICS OF A POWERFUL
MEDITATION PRACTICE





Welcome to the Meditation for Beginners guidebook, created by lifestyle redesign expert Juliet Lever.

Juliet is an Australian author, life coach, motivational speaker, NLP trainer, retreat facilitator and founder of Relaunch My Life. She is truly passionate about helping people live their best lives as she has personally redesigned her own life in the past 5+ years from being a workaholic, chocaholic and alcoholic to now living a life of her dreams!

She has practiced many different modalities of meditation in her search for harmony, inner peace and understanding and is pleased to introduce you to an entry point to the practice that is so healing to many.

This book is designed for those who have little to no experience with meditation.

WHY SHOULD YOU MEDITATE?

There have been countless studies into the long-term benefits of meditation. Some studies even show now that meditation can change the neuroplasticity of your brain.

This is not an exhaustive list but the benefits of a regular meditation practice may include:

- more positive mental frame of mind
- more understanding of self
- clarity on issues at hand
- understanding
- less headaches and general tension
- connection to mind body and spirit
- reduced chance of serious illness

WHAT IS MEDITATION?

Meditation is simply the art of calming the mind and being still in order to become present in the moment. This enables a state of peace and clarity and deeper self-awareness.

WHAT IF I CAN'T STOP MY THOUGHTS?

Rest assured this is a very common question! Remember, your brain can't stop thinking just as your heart can't stop beating. Simply allow the thoughts, and continue with the practice as often as you can.

Some styles of meditation (such as counting meditation) help you to remain focused and stop your thoughts from wandering.

WHY IS IT SO CHALLENGING?

In today's busy world we are constantly being overwhelmed with information overload, pressure and expectation.

There is literally always something to do.

So, sitting still for 10 minutes can be difficult if you keep getting distracted by all the other things you feel like you need to be doing.

In reality, it's important to ask yourself *'is the world going to end if I take 10 minutes out for myself right now?'*

TIPS FOR BEGINNERS (SET THE SCENE)

- 1) Write a to do list or list of anything that is on your mind before meditation. This helps clear your mind and reduces traffic/noise.
- 2) Set your mobile phone on flight mode.
- 3) Sit in a quiet place where you will not be disturbed.
- 4) Sitting upright is recommended as if you meditate lying down, there can be the temptation to fall asleep.
- 5) Candles, soft lighting and music are a great idea.

DIFFERENT STYLES OF MEDITATION

There are **so many** ways to meditate.

There is mindfulness, movement, breathing, mantra, transcendental, counting, Buddhist, analytical, Vipassana, dance, sensory, tantra, story, guided - the list goes on!

The list really is endless and there truly are experts everywhere – so once you have had a taste you may be interested in finding an expert in the style that suits you.

This e-book has been created to share with you three basic and simple methods of meditation, and you can also listen to my Podcast episode titled '[My 3 Favourite Meditation Techniques](#)' for a guided intro into these:

- 1) Counting
- 2) Mantra
- 3) Guided

Counting Meditation

When to use this? If your mind is full and you need to find stillness. The numbers keep your mind busy and help bring clarity and focus.

Sit in a comfortable position. Set the scene.

Set your timer on your phone.

Close your eyes or have them slightly open (10 degrees open) with a soft gaze into the distance.

Breathe in for the count of 3, 4 or 5 (whichever number feels best for your breath capacity)

Breathe out for the count of 3, 4 or 5

With this practice, say the numbers in your mind as you inhale and exhale.

Continue the practice for 5 or even 10 minutes.

Mantra Meditation

When to use this? When you have a clearer/emptier mind and you are ready to program yourself and use the power of your own inner voice to direct your life.

Sit in a comfortable position. Set the scene.

Set your timer on your phone.

Close your eyes or have them slightly open with a soft gaze into the distance.

Repeat 'Breathe In POSITIVE STATE' in your mind on the in breath

Repeat 'Breathe Out NEGATIVE STATE' on the out breath.

Following is a quick list of desired and undesired states:

Desired / Undesired

LOVE vs FEAR

CONFIDENCE vs DOUBT

EASE vs WORRY

UNDERSTANDING vs ANGER

Note: You can also choose two 'positive' or desired states! For example, Breathe in Love, Breathe out Trust. Allow the words to change if they need to throughout your practice.

The suggested practice time is approximately 5-10 minutes. But, as always, a little meditation is better than none at all.

Guided Meditation

When to use this? I am a big fan of guided meditations when you're starting out... but some people ONLY use guided meditation. I encourage you to seek some variety in your meditation practice, and try the other versions mentioned above to expand your practice as you truly

gain different benefits from different styles.

There are countless guided meditations available for free, online. There are meditations on self love, balancing chakras, overcoming addiction, financial abundance etc.

Juliet has recorded a small 'Me Time Meditation' which you can listen to : <https://soundcloud.com/juliet-lever/me-time-meditation-3-minutes-by-juliet-lever-relaunch-my-life>

There are also fantastic apps such as Omvana, Calm, Headspace, Ziva, Complete Relaxation and the Mindfulness App.

What about Mindfulness?

This is the act of being conscious and aware of your thoughts, feelings and surroundings. Mindfulness can be practiced any time, anywhere. Personally, becoming conscious of my breath is the pathway to mindfulness. Because it is impossible to breathe in the past or the future, so when you take a conscious breath you become present.

Being present whilst doing anything is the key to mindfulness. So, you can practice mindfulness cooking dinner, taking a walk or even cleaning the bathroom!

Gratitude

The next step after practicing meditation and mindfulness is to pair it with a beautiful gratitude practice. So, when you are mindfully cooking dinner, practice being grateful for all of the farmers who grew the vegetables you are chopping. Grateful for the business that created the chopping board and utensils you use to prepare dinner. Grateful for the gas or hot water that allows you to cook and boil without having to make a fire. And grateful for having food in your fridge and the life that you live.

There truly is so much to be grateful for, and a daily practice of gratitude, mindfulness and meditation really is a recipe for magic!

The Heartmath Institute who I studied my Resiliency Coaching with have scientifically proven that a meditation practice that involves heart based breathing paired with the emotion of gratitude can actually

enhance your heart rate stability and resilience over time. Again, I have a Meditation on iTunes and Youtube which guides this practice titled 'Heartmath Meditation Technique'.

THE KEY IS TO JUST KEEP PRACTICING

This is only the start!

Once you feel comfortable in these first levels of meditation you can attempt more creative methods and attend meditation classes. There are bound to be a lot of courses or classes in your area if you start looking. The main thing to remember is there is no right or wrong and there is no failure! Just keep trying and do the best you can.

Even 5 minutes of quiet time in today's busy lifestyle is incredibly nourishing for your body mind and soul.

WHAT IF YOU DON'T HAVE THE DISCIPLINE TO MEDITATE DAILY?

Unfortunately how we do one thing is generally how we do everything. So if you lack the discipline to meditate it's highly likely you may also experience a lack of discipline in other areas.

That's great to be aware of, and if you are ready to commit to a better future for yourself you are 100% going to need to develop discipline and this all stems back to living a life of your highest potential.

For more info about upcoming courses please visit www.relaunchmylife.com.au

Enjoy meditating, enjoy the practice and most of all enjoy your life!



With love and respect,

Juliet Lever xx