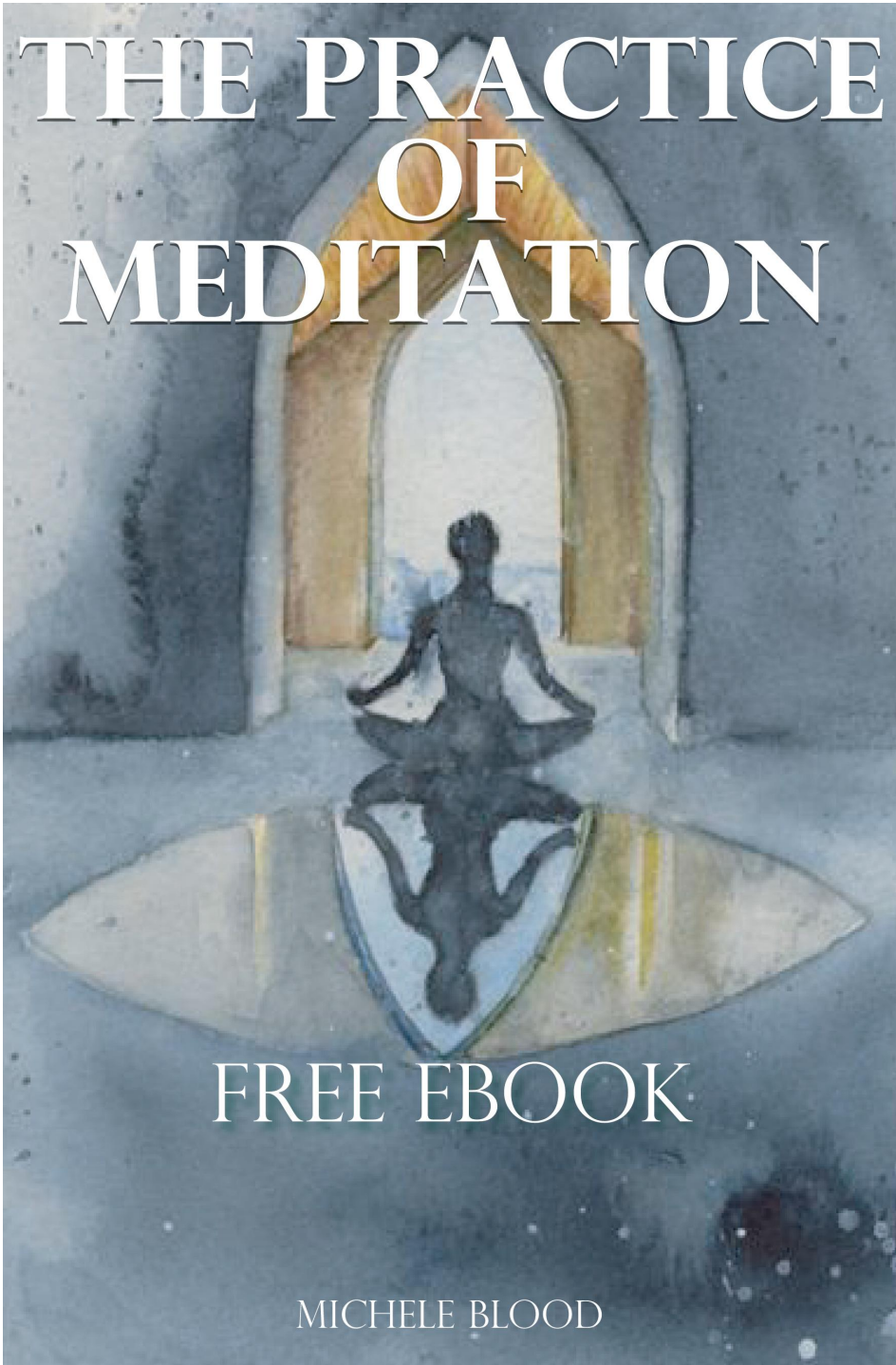


THE PRACTICE OF MEDITATION



FREE EBOOK

MICHELE BLOOD

“The Practice of Meditation”

By Michele Blood

“Meditation is not an escape from reality.
It is an entrance into reality.”

Frederick Lenz “Snowboarding To Nirvana”

Hello my beautiful reader,

You have come to this free e book because you wish to either learn about *meditation practices* or to gain more skill and focus into your present practice. This e book may not be long in page number but may it assist you in bringing more joy and peace into your heart and life.

It fills my soul with joyful delight as the practice of meditation is beautiful, powerful and beyond words. It helps us connect to our soul/higher-self, faster than any method known. Of course this is not *only* my opinion this has been taught by every great Master throughout history. However *thinking* about meditating and *actually practicing* meditation are two very different things.

These instructions will help assist you if...

First, you have *never* meditated before and...

Secondly, will remind those who *do* meditate of its' awesome power and bring the heat up in their practices. Meditation is a practice of making the mind still and connecting with our God Self. Stillness is the mind's natural state. It is only when we become frustrated with the things that we desire or the things that we fear, that

we lose our natural state of peace and go down into lower states of mind. When our mind is engaged in meditation and mindfulness throughout the day, lower states of mind eventually lose their power over us.

So how do we stay mindful?

Focus on happy thoughts; strive to be happy, grateful, and calm, to bring peace to our world and to be centered, and still. We are not doing this to become passive beings, no; practicing meditation and mindfulness makes us *much* stronger, resilient and confident individuals.

The combination of meditation with action will allow our life projects to be realized and completed with great fulfillment and...SUCCESS! Our minds will no longer be focused on what we *do not want* but instead focused with love on the task at hand, in the moment and with joy. When we work on a project with joy, magical powers of Light come in to assist. This Light blesses everyone. People will be more attracted to your work than *ever* before.

It is important to have BIG GOALS and *beautiful intentions* for our life. When we are drawn to "The Good Life", - which is our Divine Birthright, this is our Divine self saying, "YES you deserve this, go for it." God's duty is also our own duty. However if we have trouble focusing things may never get done. We may eventually turn away from thoughts of "The Good Life", and have our goals turn into powerless *wishful thinking* experiences of frustration.

What if I am agnostic, can meditation help me?

Even if you are agnostic, look at meditation as physicians do. It has been documented that people who meditate regularly have low blood pressure and generally are healthier, happier human beings. So do it even if the word God is not your thing. Put a smile on your face and be still.☺ Before you sit down to meditate, do whatever you can to put yourself into a happy mindset.

Meditation will also make you more sensitive to your surroundings and you will begin to desire to release some of *the stuff* from your environment, career and personal life. You will want more order and refinement. This is a GOOD thing. An uncluttered life will awaken within you a very pure, simple view of Infinite Mind. A cluttered life will just keep you well... cluttered.

What we see and experience on the outside powerfully affects everything. With disorder we will just somehow never get to what matters the most - PEACE, FREEDOM and LIGHT. We take our clutter with us everywhere we go. Going to a spa for the day will not release the clutter, even if it is taken from our vision it will still be with us. Simply leaving doesn't change anything. We have to simplify our lives *and* our minds. We must focus on The Sea of Eternity and less on ourselves... We need to spend time quietly working and letting our mind go beyond our work into The Sea. This is true mindfulness.

So let's get started...

Creating Your Own Space

Designate a special place/space where you live to meditate in your home. Clean this area *really* well as this will release old energies. When we meditate it is best to have clean energy. Buy a brand new mat on which to sit. Light a beautiful candle and some incense. You may use the candle flame to focus your attention. Create a little altar made of natural material, such as wood. All, including your mat, **MUST** be brand new and, **most importantly** everything in this space must only have been purchased by you and *be brand new*, as you do not wish to draw other energies and lines of attention into the meditation space. Fresh flowers or some kind of green plant is also good. If you do not live alone ask your roommate or partner to please respect *your* special place. Do not allow anyone else to meditate on your mat. When meditating more Power and Light is brought into this space so that each time you meditate in *your space* it will become easier as you are using the Light that has already been created flow through and expand.

Do not meditate in bed if you find it difficult to sleep afterwards, as meditation increases energy. Meditation is not meant to make you sleepy; it is a very focused practice.

Creating Intention through Contemplative Meditation

Contemplative Meditation practice can eventually lead us to a moment of pure silence where at last all thoughts have stopped. This exquisite silence is deeper than any ocean and yet it is *The Sea Of Unlimited Consciousness!* This is when power, light and guidance come to us, directly from Source. When this happens it is no longer our own thoughts coming through us. We have become an instrument of God's own Mind. Eternity speaks to us. This is truly the mystical way. Mysticism is simply God speaking to us but for this to happen we must learn to be still and stop our thoughts.

Now let's go into some instructions on how to combine this contemplative practice with setting of an intention...

1) Write out your intention as if it has already happened. Your intention could be goal realized or one word such as FREEDOM, ONENESS, SUCCESS, PEACE, LOVE, HARMONY etc. Place this on your meditation altar and focus on it, add Light and Gratitude to this intention every time you sit to meditate during your morning and evening meditation practices.

2) Place a candle on your altar or on something that is high enough so that the candle is in direct eye contact with you. You only need the candle to be in eye contact *if* you wish to meditate on the flame to help you focus. This is great if you are new to meditation practices. The reason for having the candle up on something high is that your

back must be straight and your head must be looking straight ahead, not looking down. Sit up straight, arms out to your sides and sit in a lotus position...if you can.

3) Breathe in through your nose deeply, hold it and then exhale slowly through your mouth. If you are not going to be using the candle flame close your eyes. If you are going to use the candle flame, keep your eyes focused on the candle flame and yet sort of diffuse/relax the eyes; put all your love into the candle flame. See it as a positive light that is opening you up to your Spirit and keep doing this until you feel peaceful.

4) Now we no longer focus our attention on our *intention*...☺ we let that go... Now, think on a positive thought you can take into your meditation such as, *Let there be Light, Let there be Love, Let there be Health, Let there be Wealth, Let there be Strength, Let there be Peace and Right Companionship etc.*,. Choose any one of these thoughts and breathe and focus. Contemplate what is the *real meaning* of this idea. What does Light, Abundance, Peace etc, mean to you in connection with God. We are not TRYING to let any thing happen here, we are simply entering into a state of *contemplative meditation* and letting go... (Only choose ONE thought to contemplate during each meditation.)

5) Now continue into the silence until you feel peaceful and an *all is well* feeling. Continue now in the silence and allow God to speak *through you* as a feeling or small still voice. Now let go...surrender...

So here we have now written an intention as if it has already happened and now we focus on one thought and let IT happen through us. *Let there be abundance* or *Let there be harmony* or *Let there be love...* This way, especially if we do this first thing in the morning, we are aligning ourselves to spirit.

I like to add at the end of my meditation a bow of gratitude and to say *Thank you my Soul, today is already a magical day...*

This way our day is governed and directed by our Divine Presence not our human mind which is always a scally wag and a trickster and sometimes will simply NOT SHUT UP! So begin with an intention to connect with God and contemplate and then go into the silence for say 10-15 minutes. All up, this would take approx 15 mins. OF COURSE sit and meditate for longer if you can at this stage without your mind wandering too much. This is why I suggest the candle as this assists with concentration and focus or simply focus on your breath. We cannot think of 2 things at the same time.

Music and Meditation

This world presently has OVER six billion souls living on it and this is rising rapidly, soon it will be over seven billion so of course in this day and age it is MUCH harder then it was in say ancient Egyptian days to meditate. Why? Because we have all of these other people's thoughts and lines of attention continually bombarding our sensitive psychic minds. This is where music can help and where the

very cool modern ipods come in handy. I have added a recommended listing of great clean meditation music CD's from various artists at end of this segment.

So what you do is...

1) Sit down on your meditation mat and SMILE 😊 before you begin as this will help open your the heart chakra. The intention is to bring in Peace and Joy.

2) Now Breathe in through your nose deeply, hold it and then exhale slowly through your mouth. Do this three to five times as this will help your mind to quiet down. Now put on the music you have selected and listen... Let the waves of beautiful sounds fill your being. If your mind wanders just keep going back to the music and be still.

3) After a few minutes, or say one track, focus on your heart chakra and think of the words *peace, joy, peace, joy*. So whenever the mind wanders go back to the music for a few minutes and then back to your heart. Do this for fifteen minutes or longer until you feel still, peaceful and then simply let go...

4) After you have listened to two to four tracks of music and have felt one with the music and one with your heart you will have achieved that feeling of peace, joy and unity with the Universe; so next bow, give thanks, get up and go about your day.

PLEASE feel no impatience with yourself or frustration if your mind will not shut up as after some practice this *does* work and it is still benefiting you even if you do not feel it, *you are getting results*. If you do this simple method,

eventually you will find that outside, intruding thoughts will cease, and you will be able to sit quietly in a peaceful state with music or no music. Have patience and be consistent.

At first do not attempt to do this for more than ten to fifteen minutes unless you feel like it. You are doing this only for a conscious realization of your unity with Spirit or to make contact with God. We are not attempting to see "light" or to have "experiences". If they do come great but if we become too fascinated with these "experiences" we could lose sight of the main focus which is to be in the silence...by making way too much of them. Keep it simply. KISS – "Keep It Simple and Spiritual" and smile!

Each time you meditate, even if for only three minutes, you are adding more light and power of intention to your focus.

So my dear, before we go onto to the next suggested meditation, here are some suggested music CD's that hold beautiful music that will help *sweep* you into The Sea; set your intentions high and may God pour blessings of abundances to you today and always. Remember to smile and breathe ☺...

Meditation Music Suggestions

The Nine Worlds

Lake Melva Meditation: Yellow Bell

American Indian flute music

Jens Gad Le Spa: Sonique

Code Indigo: Chill

Diane Arkenstone: Jewel in the Sun

Tangerine Dream: Seven years In Tibet

(or anything by Mozart or something that you can feel one with that does not have too much singing unless it is choirs and such)

Next page about visualization practices

Visualization Practice

Now this is NOT a guided meditation/visualization, this is different as now we are going into our meditation not to get anything per say, but to only connect with The Divine Presence. This suggested practice is to help us who find it easier to visualize to experience the Divine Presence. I think using meditation music along with this suggestion may also help tremendously to get IN TUNE to the peace, love and joy that *is* the Divine Presence.

1) Sit down on your meditation mat and quiet down your mind. Breathe in through your nose and do your best to breathe in deeply through *both nostrils* hold it and then release slowly by exhaling through your mouth. Do this three or four times. Think the thought *peace, peace* with each intake of breathe and with each exhale...

2) Now imagine a vast Sea. This Sea has thousands of soft beautiful waves that go on forever. Feel that you are one with this beautiful Sea. Visualize and *feel* that each wave in the Sea is softly moving over you and caressing you with Love and Light. Each wave is peace; each wave is joy and love. With each wave you are feeling an increase of more and more joy.

3) Now feel yourself sinking slowly into the Seas depths where all is calm, peaceful and serene. After doing this for a while allow feelings of joy, peace and love to enter *your heart*.

4) Now as you go down deeper into the Sea' s depths imagine the waves have gone down with you and have transformed into soft luminous golden rings. See these

beautiful soft luminous golden rings come down from above and softly encircle your whole body one after one after one. These are waves of Light and you are one with their caresses. See these golden rings softly dissolve into your body and then fill your whole space with soft golden luminous Light. Such exquisite peace is now part of you, *as you*.

5) After a while let your mind go... stop visualizing and just focus on your heart chakra and breathe... Continue this for as long as you wish. Your mind will return to this world when the peace and light has been absorbed.

All of the suggestions you have just read are to help you focus and become one with your Spirit; your very own beautiful soul, which IS your *guardian angel* of Light. So now you may see what *real prayer* is. *Real prayer* is what we experience *after* we have set our intention, spoken our words and let go... The silence is where the *real magic* happens and what real prayer is.

May these suggestions help you bring in more light, power and prosperity consciousness. It is the intention that each person who reads these words and practices is blessed and experiences an increase of all that is good in the world especially the *real world* of LIGHT...

If you are having a challenge with your meditation practice, do not give up, allow these loving and all wise words by the great soul Paramahansa Yogananda assist you, "*Your trouble with meditation is that you don't persevere long enough to get results. That is why you never know the power of a focused mind. If you let muddy*

water stand still for a long time, the mud will settle at the bottom and the water will become clear. In meditation, when the mud of your restless thoughts begins to settle, the power of God begins to reflect in the clear waters of your consciousness. You will become a smile millionaire."

Thank you my beautiful seeker and again thank you for wishing to connect with Eternity. Remember that most important thing is to bring gratitude into our heart, this helps so much with our Divine Connection.

Now everyone, thank your soul, by practicing the stillness and beauty of meditation...

Peace and Blessings

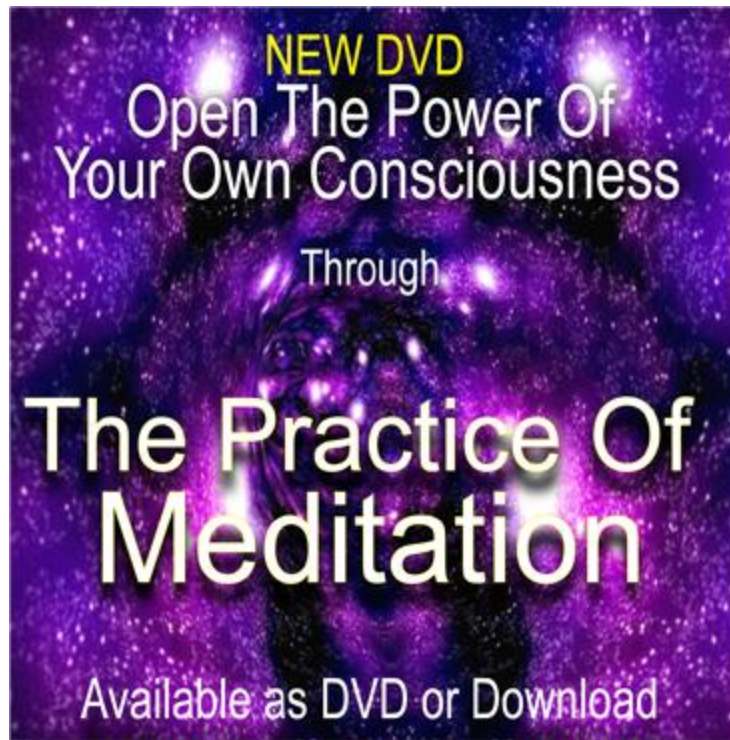
In Love and Oneness

Michele

PS NEW! For those of you who wish to delve more deeply in the Practice and beauty and power of Meditation, we have created a new DVD Called "The Practice Of Meditation." This DVD is approximately 50 minutes in length and I pray may assist you to deepen your practice.

<http://www.EmusiVation.com> for "The Practice Of Meditation" download video

or go to <http://www.MusiVation.com> for actual DVD that will be sent to your home



This new DVD covers the basics of meditation practice, Chakras to deeper practices for those who wish to either deepen their practice or renew their practice for deeper union.

www.EMusivation.com

The practice of meditation assists with:

- **Releasing stress**
- **Improves health**
- **Clarity of mind and focus**
- **Keeps you calm**
- **Gives clear awareness**
- **Reduces High blood pressure**

Eastern philosophies have recognized the health benefits of meditation for thousands of years. Meditation is now widely practiced in the West and is practiced by people of all religions and is now used by many business people who wish to be more focused.

People also practice meditation to help treat a wide range of physical and mental problems, including addictive behaviors, such as drug, nicotine, and alcohol use, anxiety, stress, and depression.

A report from the National Institutes of Health (NIH) recommends meditation as one of the first treatments for high blood pressure. People also use meditation to relieve anxieties from long-term (chronic) conditions such as HIV and cancer.

"I have studied, practiced and taught meditation for over 20 years and this new DVD will bring one to the practice, with renewed passion and focus. So many things can be forgotten that are vital to deeply going within and are covered in this beautiful DVD. There are some simple techniques that

many of us forget, that help get one into a state of love and gratitude and that is so important to open ones heart. It is for anyone at any level of the practice including for those who have never tried it before. ”

J E from San Diego

Go to www.EMusiVation.com www.MusiVation.com