

The Journey to
**LIVE YOUR
MAGIC!**TM



The Six Tools
WORKBOOK SERIES

RAM-JAMTM

How to Meditate to Hear Your Inner Guide

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Journey to Live Your MAGIC!TM
Workbook Series

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1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

The Six Tools Series

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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Inspiration to Live Your Magic! The Truth About You





HOW TO MEDITATE TO HEAR YOUR INNER GUIDE

Meditation quiets the chatter in your mind. Quieting the chatter in your mind makes you more peaceful and calm, which reduces stress. It is a mental vacation that rejuvenates you. A breathing meditation, which uses a breathing technique, also increases the oxygen in your blood, which is also good for you.

In this calm, less stressful state, with the voices of your ego and inner critics subdued – if not silent – you will have opened the doorway to your inner guide. You will be able to hear and distinguish a “voice” that never criticizes you or invokes worry, doubt or fear. You will feel more at peace, and you will feel confident about the guidance you receive from this inner voice.

In this workbook we will share exercises that will help you to meditate to hear your inner guide.

WISDOM FROM A MENTOR

Whenever something is bothering me, I like to try and come up with a solution before I occupy my time with anything else. For many nights I end up tossing and turning in bed racking my brain over how to overcome whatever is happening in my life. I lose many hours of sleep and feel anxiety until I finally am able to resolve whatever was bothering me. I realize that I am a difficult person to be around when I am going through something, but there is nothing I can do about it.

Well, that's what I thought until I sat down with my coach, Paul, one afternoon. I started my time with Paul by ranting about a problem at work I was having and the couple of options I was considering to solve the problem – until Paul spoke up and enlightened me. He simply said, "You will never completely solve any of your life's problems until you allow yourself access to your inner guide. You are so busy listening to your ego and the committee of critics in your head that you are completely ignoring the voice you need most: your inner guide."

"What do you mean by 'inner guide'?" I asked.

"Your inner guide speaks very softly. It is always positive and is the truth of who you are. Your inner guide is never wrong, and once you learn to distinguish between the voices in your head, you will feel calm."

"Well, if my inner guide speaks too softly, how will I ever be able to hear it?"

"The only way is to silence the other two voices in your head. You need to try the art of meditation so that you can lead yourself towards the right thing to do."

That afternoon Paul taught me many techniques for meditating and told me that I needed to lead myself towards the method that works best for me. He gave me the challenge of trying a new method each day for ten minutes and told me that when the time came, I would know which technique would best help me to silence my ego and committee of critics within my head.



THE VOICES

EGO

- The “Ego” is your self-esteem or self-image. It is the voice that tells you if you can accomplish something or not. It is not always right, but it speaks so loudly that you will always hear it.

COMMITTEE OF CRITICS

- The “Committee of Critics” is the voice of negative beliefs. This voice puts you down and tells you that you can’t do something.

INNER GUIDE

- The “Inner Guide” speaks very softly. It is peaceful and always positive. The Inner Guide is the truth of who you are and is never wrong.

Activity 1.1 – Response Bubble

Sit in a quiet space. Close your eyes. Breathe deeply, in and out, in and out. Imagine there is a small, translucent bubble that surrounds where you are sitting. Pay attention to your thoughts and feelings but guide them towards the outside of your bubble. Try your best not to critically think about these thoughts and feelings. When any thoughts or feelings arise, keep guiding them towards the outside of the bubble. Stay in your bubble for at least two minutes, continuously guiding your thoughts and feelings outside your bubble. Do not allow them to enter back into the bubble. Once they have left the bubble, you will be so busy guiding new thoughts and feelings outside that you will not be able to pay attention to the old thoughts and feelings.

Keep guiding these thoughts and feelings towards the outside of your bubble until there are no thoughts and feelings left inside the bubble. Once they are all outside of your bubble, focus on your breathing. Breathe in for four seconds. Hold it for four seconds. Let it out for four seconds. Keep count of each four-second increment in your head until at least two minutes has gone past.

REFLECTION: What are some of the thoughts and feelings that you were able to guide out of your imaginary bubble?

Activity 1.2 – Raisins for Awareness

Place a raisin in the palm of your hand. Notice what it looks like; the colour, the shape, the size. Bring your hand up to your nose and take a deep breath in. What does the raisin smell like? Place the raisin between two fingers and pinch down on it gently. Take note of what it feels like. Close your eyes. Put the raisin in your mouth and try to chew it for as long as you can. Focus on the taste and texture while you're chewing. When you cannot chew any longer, swallow the raisin.

REFLECTION:

What did the raisin look like (colour, shape, etc.)? _____

What did the smell of the raisin remind you of? _____

What did the raisin feel like? _____

What did the taste of the raisin make you think about? _____

While participating in this activity, you were able to focus on what was happening in the present. You weren't thinking about the stresses of the future; instead you were only devoting your thoughts to the "now." You should realize that worrying about what is to come is not relevant. Focus on today; it's all you can have control over.

The following are different methods to achieve meditation. Try a new method each day and write about your meditation experience in your journal. After trying all methods, write about the method that was most effective for you. (Note: For more information on journaling, refer to the How to Journal for Self-Discovery workbook.)



METHOD 1: DEEP BREATHING MEDITATION

There are many ways to participate in meditation. The method of Deep Breathing is a very beneficial way to achieve meditation for two reasons. The first is that you always have your breath with you. You don't need to worry about bringing any props with you and so you can participate in Deep Breathing anytime throughout your day. You don't need very long to practice Deep Breathing; ten minutes a day will be of great benefit to you. The second reason that Deep Breathing will benefit you is that there are many health benefits to deepening your breath, including lowering your blood pressure and relaxing both your brain and muscles. Deep Breathing also helps to slow your heart rate down, and helps your body to release more carbon dioxide. Follow the steps below and give Deep Breathing a try.

STEP 1: THE THREE S'S

SOLITUDE: Ensure that you isolate yourself from any human contact for at least ten minutes. Being in solitude will help you to focus on your breathing.

SILENCE: Turn off any distractions such as the television, computer, music, and phone. Find a quiet, comfortable location to practice your meditation.

SERENITY: Create an "oasis of serenity" for yourself. Focus on being calm, peaceful, and untroubled. Focus on your breathing, and not your thoughts.

**STEP 2: FIND A COMFORTABLE PLACE TO SIT.
CLOSE YOUR EYES.**

STEP 3: BEGIN THE DEEP BREATHING PROCESS.

- Breathe in for four seconds. Focus on counting to four in your head.
- Hold your breath for another four seconds. Again, keep count in your head.
- Let your breath out for four seconds. Keep counting!

By focusing on the four-second count, you allow your mind to escape from its every day thoughts and simply focus on keeping count instead. The answers may not come to you immediately, but you silence the other voices in your head, and open up the gateway for your inner guide to speak.

Describe your experience when you performed Deep Breathing Meditation. Where did you meditate? About how long did you stay in meditation? Were you able to completely rid your mind of any thoughts and find your inner guide? Do you need more practice ridding your mind of looming thoughts?



METHOD 2: MANTRA MEDITATION

A mantra is a commonly repeated word or phrase during meditation. The phrase used during meditation should be simple or have no meaning to you. Follow the steps below to participate in Mantra Meditation.

STEP 1: THE THREE S'S

SOLITUDE: Ensure that you isolate yourself from any human contact for at least ten minutes. Being in solitude will help you to focus on the word or phrase you will choose.

SILENCE: Turn off any distractions such as the television, computer, music, and phone. Find a quiet, comfortable location to practice your meditation.

SERENITY: Create an “oasis of serenity” for yourself. Focus on being calm, peaceful, and untroubled. You should be able to focus on the word or phrase you will choose in the next step, and not on your thoughts.

STEP 2: CHOOSE A MANTRA

- Remember, the word or phrase you choose should be simple or have no meaning to what you're facing in life. Some examples of words that you may want to use are: peace, love, or wisdom. You are welcome to come up with your own Mantra so long as it is positive and simple.

STEP 3: MANTRA MEDITATION

- Say your chosen word or phrase aloud or in your head over and over again. Focus only on your mantra and on saying it repeatedly. Stay in meditation for at least ten minutes.
- By focusing on your mantra you allow your mind to escape from its everyday thoughts and simply focus on repeating your word or phrase. The answers may not come to you immediately, but you silence the other voices in your head and open up the gateway for your inner guide to speak.
- The more you participate in Mantra Meditation, the more effective it becomes. Whenever you feel stressed or agitated, find ten minutes within your day to meditate and calm yourself.

Describe your experience when you performed Mantra Meditation. Where did you meditate? About how long did you stay in meditation? What word did you use as a mantra? Why did you choose this word? Were you able to completely rid your mind of any thoughts and find your inner guide? Do you need more practice ridding your mind of looming thoughts?



METHOD 3: WALKING MEDITATION

Find a peaceful place around your community where you can walk towards finding your inner peace. The place you walk could be a walking trail, community garden, or a maze. Ensure that the place you walk is quiet, unpopulated, and peaceful. Follow the steps below to participate in Walking Meditation.

STEP 1: THE THREE S'S

SOLITUDE: Ensure that you isolate yourself from any human contact for at least ten minutes. Being in solitude will help you to focus on your meditation.

SILENCE: Find a quiet place in your community where you can focus on your meditation instead of on others around you. Do not bring any device that may be a distraction during meditation.

SERENITY: Create an “oasis of serenity” for yourself. Focus on being calm, peaceful, and untroubled. Focus on what your body is doing while walking instead of sparking a conversation with yourself. Which part of the foot comes off the ground first? Do your toes spread out with each step you take? How long are the strides you take?

STEP 2: BREATHE

- While walking, focus on taking in your breath for four seconds. Hold your breath for another four seconds. Breathe out for four seconds. If you have already participated in the Deep Breathing meditation, this method will be familiar.
- Focus on your breathing as well as on the sensory experiences you may have. Walking in nature can sometimes bring sweet aromas, especially in a garden or forest. Let go of your thoughts.

STEP 3: MEDITATE

- Don't focus on where you are going to walk to next. Just focus on your breathing, body, and senses. You should not have any thoughts during this time. Allow your inner guide to speak and lead you in the direction you must take to find your own answers.
- Walk for at least ten minutes but don't focus on the time while meditating. You want to eliminate as many distractions as possible while in meditation. You will know when the time is right to stop your meditation.

Describe your experience when you performed Walking Meditation. Where did you walk? About how long did you walk for? Were you able to completely rid your mind of any thoughts and find your inner guide? Did you run into any distractions along the way that broke your meditation? If so, were you able to re-focus your mind? Do you need more practice ridding your mind of looming thoughts?



METHOD 4: VISUALIZATION

- Visualization means to generate pictures in the mind. It is the conscious manufacturing of mental imagery. One of the health benefits of visualization is reduced stress. Visualization helps you to focus on something else rather than the stresses in your life. This type of meditation also reduces your stress as it gives an opportunity for your inner guide to speak and to lead you in the direction you need to take to overcome life`s stresses.

Visualization can help you to clear your mind and find your inner peace. Follow the steps below to participate in Visualization.

STEP 1: THE THREE S'S

SOLITUDE: Ensure that you isolate yourself from any human contact for at least ten minutes. Being in solitude will help you to focus on your meditation.

SILENCE: Turn off any distractions such as the television, computer, music, and phone. Find a quiet, comfortable location to practice your meditation

SERENITY: Create an “oasis of serenity” for yourself. Focus on being calm, peaceful, and untroubled. Focus on your visualization, and not on your thoughts.

STEP 2: VISUALIZE

- Visualize something in your mind that is neutral and won't spark a conversation in your mind. Some examples you may want to try is to visualize a flame, glowing circle, or a tree losing its leaves.
- This visualization will allow you to clear your mind and find the direction you need to take to discover the answers to questions that are troubling you.

STEP 3: MEDITATE

Close your eyes or stare at a blank spot on your wall. Visualize your chosen image and simply focus on it. Don't start conversations in your mind. Just focus on the image. Take ten minutes out of each day to participate in Visualization Meditation.

Describe your experience when you performed Visualization Meditation. Where did you meditate? About how long did you stay in meditation? What did you visualize during your meditation? Were you able to completely rid your mind of any thoughts and find your inner guide? Do you need more practice ridding your mind of looming thoughts?

REFLECTION: What method of meditation worked best for you? Why do you like this method best? Do you think that you could fit meditation into your daily life?
