



Bite Size Book on

Meditation for EVERYONE

The Art and Practice of FOCUS

14 top tips for meditative practice.

By Dr. Deborah Kerslake

Through meditative techniques, one can free the mind of delusions and attain what we call, enlightenment ~ Dalai Lama

Contents:

What IS meditation?

How can it help you in everyday life

- ❖ To de-stress, calm and relax
- ❖ To help you feel more positive and happy
- ❖ To help you gain self control
- ❖ To begin to design your future
- ❖ To promote personal growth
- ❖ To increase your health and vitality

We will explore different types of meditation

Learn to use breath effectively and notice how that affects us

Learn to quieten the loud chattering, argumentative ego mind

How to relax the body completely

How using visual imagery can improve your health

The use of music, rhythm and repetition for meditation

14 easy ways to attain meditative state in everyday life

“The word ‘meditation’ comes from a Sanskrit word that means ‘mind training’.
Meditation gives you deeper insights and greater peace. It can change all your perceptions, about yourself and others.

The greatest gift you can have is a peaceful mind

During my working life the number one difficulty that comes up again and again for people is that whilst learning how to meditate they have the greatest difficulty in quietening the loud, analytical, argumentative, chattering ego mind. Finding time and space to ‘be quiet’ can be a problem for everyone in today’s busy lifestyle.

Why bother to quieten the ego mind?



Our conscious or ego mind likes to be in charge, depending on your upbringing, view of the world and experiences, everyone has a certain amount of fear in their make up, for some it's fear of letting go, - what might happen if I don't hold tightly to what I have, I might lose it. For some it's fear that they will never have enough and they live in lack and poverty and the classic fear is I'm not good enough, that is to say, what if people realised underneath that I'm sometimes selfish, moody, disorganised – whatever, will they still like me? We all want and need to be liked.

Our brains are always turned on 24/7; they have no shut down mechanism, so consequently your inner voice is always saying something to you. It's vitally important that you begin to check in and notice what is going on in your head. What is your inner script saying to you? What is your mind saying over and over that is creating your life?

Our thoughts create our feelings

So by controlling your thoughts you will control your emotions

Meditation also helps physically by strengthening your immune system it improves your health in all ways:

- By lowering blood pressure, which may reduce heart attacks and strokes
- By reducing palpitations and anxiety/panic attacks
- By assisting digestive problems, such as heartburn and irritable bowel syndrome
- By relaxing the muscles, avoiding muscle strains, neck and back aches
- By helping with chronic conditions like eczema and breathing difficulties
- By dramatically reducing anxiety and stress which can lead to depression

Statistics show that when you are in a relaxed state your productivity goes up by as much as 60%.

- Increased motivation, confidence and self belief



- Enhanced creativity and problem solving
- Clarity of thinking processes for efficiently increasing focus, concentration, memory and learning ability
- Enables you to remain calm and relaxed in the face of pressure
- Improves quality of life – puts things in perspective and gives a new sense of mental, emotional and physical well-being
- Encourages better, more restful sleep

Production in the brain of many vital neurochemicals have been proven to slow aging and keep the body young, alive and fully functioning.

Meditation is truly a wonderful antidote for today's high pressure, quick paced world, it works so well within our daily lives. It's simple and effective. I love it. I hope you love it too.

Download this lovely little book and begin meditating today.

With love,

Deborah

Also available from this site are many very beautiful and relaxing meditation CD's.

What the superior man seeks is within him-self

What the inferior man seeks is in others

~ Confucius

Download or listen to, and enjoy my 11 minute meditation for a FREE taster of the other meditations on this site.

