



Bright Flower Therapies

HOLISTIC | 5TH DIMENSIONAL HEALING | LIFE COACHING

Beginners Meditation Course

Introduction

I'd like to congratulate you for investing your most precious asset - your time. This course is **you** centred, you get to change your life, through your thoughts and choices. The most important thing in your life is **you** and I look forward to being on this journey with you.

This course is designed for you to work through this booklet and listen to the weekly meditations. The meditations are about 10 minutes long, listen to them as often as you like within the seven days before the next one.

You can begin with 5 minutes daily practice, if you want to do longer that's great and practice as often as you like but don't give yourself a hard time if you don't, that's fine too.

What is meditation?

Meditation is defined as a mind and body practice focused on interactions between the brain, mind, body and behaviour containing four key elements: a quiet location with little distractions, a comfortable posture, a focus of attention and an open mind.

Meditation is a practice in which an individual uses a technique such as mindfulness or focusing the mind on a particular thought, object or activity to train attention and awareness and achieve a mentally clear and emotionally calm and stable state.

It helps to, lower stress, reduce anxiety, enhance mental health, improve awareness, increase concentration and attention span, reduce memory loss, generate empathy and kindness, improve sleep.

BODY	MIND	SPIRIT
Increase energy & vitality Boost immune system Improve physical wellness	Achieve focus & clarity Relieve stress & anxiety Improve long- & short-term memory	Acquire inner peace & tranquillity Promote positive energy Harmonise spiritual wellness

How can it help you?

Meditation creates a sense of calm & inner harmony, but I'd like to dispel some myths about meditation;

It's **not**

- sitting cross legged
- chanting Om, (although you can if you want to)
- totally clearing your mind, (which takes a lot of practice)

It doesn't

- require years of experience to reap the benefits
- require a large time commitment

When you start meditating you may experience the feeling of your head spinning slightly and/or nausea, this is normal as you are going through different brain waves & changing your consciousness. Your breath will slow down & your mind will start relaxing as your brain notices your body is safe.

You may notice emotions coming up in the form of difficult thoughts, feelings beliefs and memories. This is normal, just allow them to surface, acknowledge them, give thanks and release them. It's absolutely fine to not want to deal with anything that arises in that moment. Just learn to be with yourself over the next few weeks.

There is no right or wrong way to meditate, some people like to meditate lying or sitting down with earphones in, some in silence you can even meditate in a noisy environment standing up, it's all about the mind.

Meditate focusing on yourself and your surroundings. You may notice things you've not noticed before. Try meditating outside in nature, in the woods which is an extremely grounding place and you're getting fresh air.

Beginning meditation

- Arrive with your body and all your senses
- Arrive with your breath
- Arrive with your mind
- Make sure you're somewhere you can relax
- Set a timer if you need to
- Notice your body and feel your breath
- Notice when your mind has wandered
- Be kind to your wandering mind
- Close with kindness

Practice every day, you may feel like you don't have the time, you do. Look at your activities, you may watch TV for hours or play games. The more you feel you don't have the time to meditate for 10 minutes then you should do it for 20 minutes

MEDITATION ONE – Week 1

The easiest thing to focus on is your own breath. You can simply notice the sensations of your breath going in and out of your nose. Anytime your mind wanders, then gently bring it back to the breath. It is completely normal for the mind to wander a lot, just keep bringing it back to the breath. You don't need to change the breath or breathe more deeply. Just notice the sensations in your nose as you breathe normally.

Your Meditation Diary

Aim to complete this meditation journal each day. Jot down one good thing about the practise (even if it's only that you finished it!) and one positive physical observation. Please enter the date every day.

In case you are unable to meditate, check the corresponding boxes and try to develop breath awareness at other periods of the day, such as while using public transport, at home, at work, walking & so on.

The breath

Our body is ever-present; the more we ground our consciousness by breathing into it, the more we feel our experience rather than existing in a dreamlike state.

Just return to the breath during meditation if you find yourself becoming distracted. the body can be a bridge between the very distracted mind and the subtlety of the breath – so when you see you are distracted, first relocate yourself in the body, especially the weight of the body and from that physical awareness include your breath once again.

Mindful breathing is a very basic yet powerful mindfulness meditation practice. The idea is to simply to focus your attention on your breathing—to its natural rhythm and flow and the way it feels on each inhale and exhale.

1. in the mindfulness of breathing practice, consciously develop a sense of curiosity about whatever distracts you from the breath. notice your distractions and own them as 'mine' - this entails letting go of any guilt that might surface if we detect feelings of lust, envy, or hatred. negative emotions and distractions are not evils to be destroyed; rather, they are immature parts of our psyche that we must learn to deal with and change.
2. in this practice make a particular effort to approach the practice with an attitude of exploration, experimentation and learning. one of the blocks to meditation is having too high expectations of what can be achieved within a single meditation session and then feeling disappointed and losing heart. approach this meditation with sensitivity, deciding not to *squeeze* loving kindness out of yourself – just trust that the practice is having its effect.

Key phrase: FOCUS SUPPORTED BY BREATH

The breath meditation - follow the guided meditation & breathe with awareness, this is as a reminder of the steps.

stage one - counting after each in breath

- breathe in, count 1-5 breathe out
- breathe in, count 1-5 breathe out
- breathe in, count 1-5 breathe out
- breathe at your own pace in between

there are three sets of three more steps.

stage two -once you're comfortable with the breathing stages, you can practise this.

Drop the counting and watch the whole breathing process.

feel the breath coming in and out of the body. if you get distracted, gently and patiently come back to the experience of breathing. also try practicing this when you are in different situations.

stage three

watching where the breath first enters and last leaves the body.

This is usually just inside the nostrils or on the top lip. just keep an eye on this one, subtle sensation; don't follow the breath anymore. at this point in the body, simply return to the breath if you find yourself getting distracted.

Points to bear in mind

- **Try and let go of success and failure.** When we do anything – cook a meal, draw a picture – we can easily be over-concerned with success or failure. This attitude, whilst being completely natural, has nothing to do with meditation. Meditation is not something you can succeed or fail at. What you are trying to do is explore and learn. Being too concerned about success blocks progress.
- **Don't force the breath.** You have been breathing quite naturally up to now. You don't need to breathe in a special 'spiritual' way. Just notice the breath you have. If you can hear your breath, you may well be forcing it.
- **Try to feel the breath.** This practice is about feeling the breath: it is a sensuous experience, not an idea or an image. Also try to keep the counting short, light and crisp – it is a mindfulness of breathing, not of counting!

DATE	PRACTICE	POSITIVE FACTOR
	mindfulness of breathing	
	Body scan You can begin your meditation by scanning through your body. What did you notice about your body as you prepared? (e.g. tense, aches, pains)	
	mindfulness of breathing	
	Posture awareness Pay attention to your posture – making subtle corrections at each stage (not just jolting yourself back into a 'correct' posture). What happens to your posture as you go on?	
	mindfulness of breathing	
	Mood Be aware of your mood or feeling tone (e.g. happy, tired, slightly numb), thoughts (are you preoccupied by something?). Then develop a clear intention to meditate.	
	mindfulness of breathing	

	Working with deeper habitual tensions Develop "Physical intelligence" at the outset and throughout the practice. Pay attention to the more ingrained and subconscious tensions and make an effort to let them go. What were the findings?	
	mindfulness of breathing	
	Body and discomfort Notice any physical discomfort without reacting to it. Practise just being aware of the tension, sitting still and breathing, relaxing into it. How did it go?	
	mindfulness of breathing	
	Body energy Try using your body today to help you balance your energy levels. Pay attention to your breath, which is high when you're tired and low when you're fast. Are you observing any effects?	

1st week practice review

Spend a few minutes reviewing your first week of practice

1. Did you meditate – if not, why not? (n.b. just for interest's sake, not for self-condemnation!)

2. Have you noticed any changes in your state of mind/body during this week?

3. What have you noticed/learnt about the body?

You have now completed Week 1 – Well done!

