

Meditation for Health, Wealth, and Happiness

*Discover how to recode your mind to attract
all the good you desire!*

w/ Krista Magidson

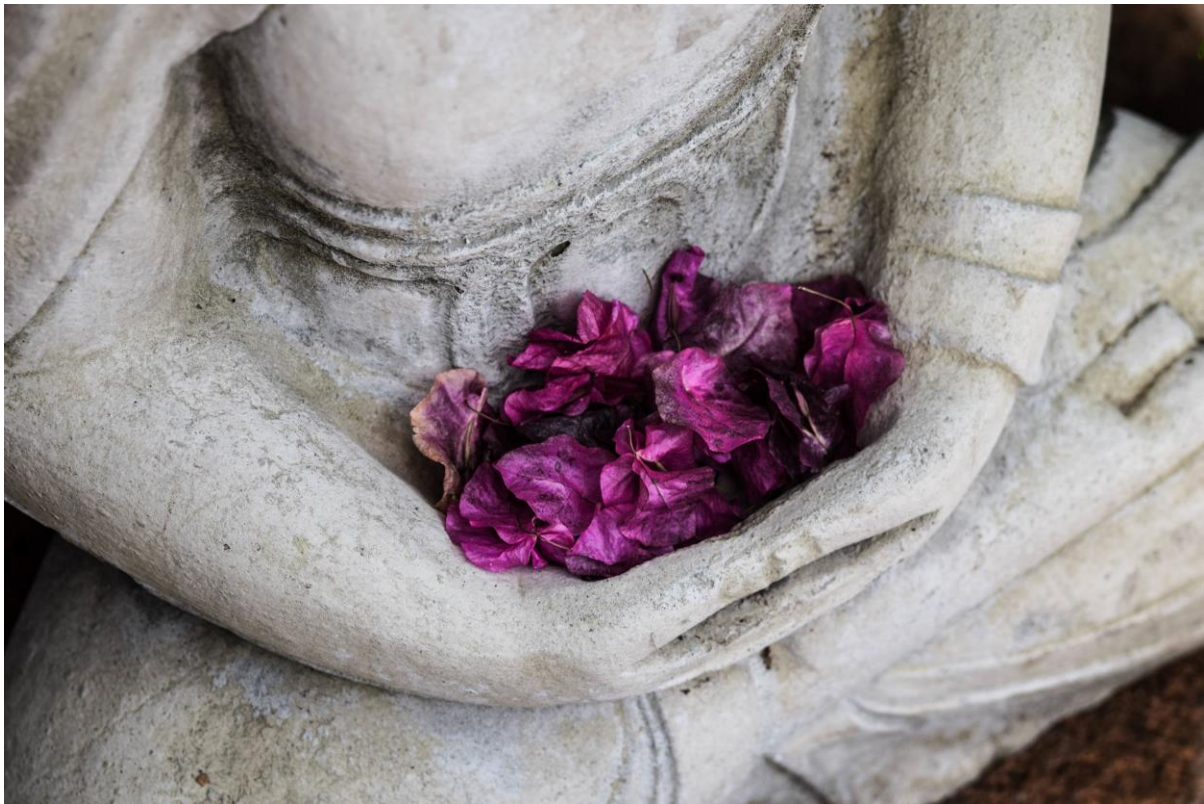
310-529-9294

Email: k.magidson@yahoo.com

Visit: KristaMagidson.com

"Now, what if someone told you that you do have a purpose in this life, and that
your purpose is that of allowing more joy?"

--("The Astonishing Power of Your Emotions," by Ester and Jerry Hicks)



IN THIS CLASS SERIES YOU WILL:

- Learn how to create and sustain a meditation practice at home OR revitalize your current practice.
- Discover how to alleviate your deepest level of stress and anxiety from the mind, revealing better health, more wealth, and greater happiness!
- Understand the nature of your mind, so you can re-code it to attract more of the good that Life has to offer.
- Learn how to be present so you can feel the love and support of a living Universe.
- Daily techniques that you can use to help your relationships, stay present and focused, and overcome other life challenges.
- Boost your concentration by meditating once a week in a group setting (hey, even if you're meditating via teleconference you'll have a similar energetic boost!)
- Relax.
- Have Fun.

ABOUT THE CLASS

- You will do a guided meditation at the beginning of each class, and if there is time a mindfulness practice at the end of class.
- There will be a mindfulness lesson each week.

WHAT TO BRING TO CLASS

- A pen and a journal or paper.
- A cushion for your back.

WHY ARE YOU HERE? SET YOUR INTENTION

- In which area of your life would you like to enjoy better health, wealth, and happiness?
- What is your biggest goal/objective/wish for this area?

Meditation for Health, Wealth, and Happiness

Visit: www.kristamagidson.com

Page 2

- What can you reasonably expect to achieve, in relationship to your goal, by the end of the six weeks? In other words, how will you know that this class has been a success?

MEDITATION FOR HEALTH

- What is meditation?
 - Deliberate, one pointed concentration.
- What are the benefits of meditation?
 - Reduces stress by helping you to regulate your emotions and strengthen your nervous system.
 - Improves immunity
 - Increases Focus/Concentration
 - Increases Self-Awareness
 - A deep shift in perception that will help you to consciously create the life you desire.
- **The anatomy of breathing**
 - Unless we are doing a specific technique, you are encouraged to breathe in and out through your nose.
 - When you are stressed, you may tend to either hold your breath or breathe through your mouth.
 - Both are stress responses
 - When you are lost in thought, you may tend to hold your breath.
 - Both mouth breathing and holding your breath, promote shallow breathing, and lessen the amount of oxygen required for optimal health.

- Instead we will begin each class with deep, diaphragmic breathing to create a vacuum that will pull oxygen deeper into the lungs.
- **Benefits of nostril breathing**
 - When you inhale through your nose, the hairs help to warm the air and filter out larger particles.
 - According to Livestrong.com, “Your lungs take oxygen from the air, and absorption of oxygen happens mostly on exhalation. Exhaling through the nose, which is smaller than the mouth, creates greater air pressure and therefore a slower exhalation. This gives the lungs extra time to extract a greater amount of oxygen.”¹
 - Inhaling and exhaling through the nose, improves concentration, lowers blood pressure, and promotes wellbeing (When stressed, no one tells you to breathe quickly in and out through your mouth).
 - We will be working with techniques where we exhale through the mouth to release heat and hot emotions such as, anger and frustration.
- **Benefits of deep diaphragmic breathing**
 - Improved concentration
 - Stress reduction
 - Increases metabolism
 - Reduces cortisol
 - Aids in healthy sleep
 - Increases energy
 - Improves self-awareness
 - Increases body awareness
 - Improves blood flow
 - Benefits the heart, muscles, and arteries

¹ <http://www.livestrong.com/article/255298-mouth-breathing-vs-nasal-breathing/>

- Creates a healthy glow
- Evens out blood pressure.
- Helps with pain reduction
- Releases toxins from the body

HOW TO MEDITATE

- Sit in a comfortable chair or on the floor.
- Feel the breath in the body
- Feel your body in the chair.
- Consciously relax the body
- Breathe

RELEASING YOUR DEEPEST LEVELS OF STRESS: UNDERSTAND THE NATURE OF YOUR MIND

- Is all stress bad?
 - See attached article.
- Where does stress, anxiety, worry come from?
- Your body is a blueprint of your subconscious mind. In other words, whatever ailments you are suffering from originate in your deepest beliefs about yourself and your world.

HOMEWORK

- Read article on super-agers.
- Find 3 role models who have attained the goal/intention you set at the beginning of class.
- Start a 15-minute per day meditation practice.
- Set your timer for 9 am, 12 pm, and 6 pm and breathe.

Next week we'll discuss the role your thoughts play in your health, wealth, and meditation practice.