

Meditation for Health, Wealth, and Happiness

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

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*"What a liberation to realize that the "voice in my head" is not who I am. Who am I
then? The one who sees that."*

--Eckhart Tolle



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OPENING GUIDED MEDITATION

- Meditation for health
- See attached meditation article

RELEASING AND HEALING YOUR DEEPEST LEVELS OF STRESS AND DISEASE: UNDERSTAND THE NATURE OF YOUR MIND. PART 2

BIG QUESTION: Why is it when you make conscious choices to do, live, and think better, your efforts are short lived?

What does it take to make permanent and positive internal (eating better) and external changes (healing my relationships)?

What other questions do you have?

- Training the mind to obey—**Start with the intention that you are master of your mind.**
 - You have three minds
 - Your conscious, unconscious, spiritual minds
 - **What is your unconscious mind?**
 - *The unconscious is where most of the work of the mind gets done; it's the repository of automatic skills, the source of intuition and dreams, and an engine of information processing. Fleeting perceptions may register in the unconscious mind long before are aware of them.*

The unconscious mind is not some black hole of unacceptable impulses waiting to trip you up, but it can be the source of hidden beliefs, fears, and attitudes that interfere with everyday life. Most forms of psychotherapy aim to bring into conscious awareness many of these hidden hindrances, so that we can examine them and choose how to deal with them.

○ **Prime Directives of the Unconscious mind**

- The unconscious mind:
- **Preserves the body:** *One of its main objectives is the survival of your physical body. It will fight anything that appears to be a threat to that survival. So if you want to change a behavior more easily, show your unconscious how that behavior is hurting your body.*
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- **Runs the body:** *The unconscious handles all of your basic physical functions (breathing, heart rate, immune system, etc.). Huna believes that the unconscious holds the blueprint of your body as it is now and also the blueprint of your perfect health. Rather than telling the unconscious what perfect health looks like, try asking it what it knows and what you need for better health.*
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- **Is like a 7-year old child:** *Like a young child, the unconscious likes to serve, needs very clear directions, and takes your instructions very literally. So if you say, "This job is a pain in the neck," your unconscious will figure out a way to make sure that your neck hurts at work! The unconscious is also very "moral" in the way a young child is moral, which means based on the morality taught and accepted by your parents or surroundings. So if you were taught that "sex is nasty," your unconscious will still respond to that teaching even after your conscious mind has rejected it.*
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- **Communicates through emotion and symbols:** *To get your attention, the unconscious uses emotions. For example, if you suddenly feel afraid, your unconscious has detected (rightly or wrongly) that your survival is at risk.*
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- **Stores and organizes memories:** *The unconscious decides where and how your memories are stored. It may hide certain memories (such as traumas) that have strong negative emotions until you are mature enough to process them consciously. When it senses that you are ready (whether you consciously think you are or not!), it will bring them up so you can deal with them.*

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- **Does not process negatives:** *The unconscious absorbs pictures rather than words. So if you say, "I don't want to procrastinate," the unconscious generates a picture of you procrastinating. Switching that picture from the negative to the positive takes an extra step. Better to tell your unconscious, "Let's get to work!"*

By Dr. Matt James

<https://www.psychologytoday.com/blog/focus-forgiveness/201307/conscious-the-unconscious>

- Train your unconscious mind like it is a beloved dog
- Feed your body and your mind good food.
 - Minimize news, reality TV, talk shows, or anything that increases your stress for two weeks.
 - No Self-Help books, including diet books, that tell you something is wrong with you.
 - Read articles and watch shows that are inspirational and make you laugh.
 - Find articles, books, and shows of people who have achieved great things in the areas in which you want to achieve.
- The power of now on your health
 - Your body is always now. It isn't in the past or the present.
 - The health of your body will reflect your most dominant unconscious beliefs about yourself.
 - Most of your brain activity is under your conscious awareness. This is for a great reason!

- You don't have to think about digestion, respiration, how to walk, most of what you say and do is run by your unconscious programming.
 - The role of the conscious mind, is to give the unconscious mind healthy programs to run. Much like training your dog. This is what it means to be fully conscious.
 - For example, learning to drive a car or ride a bike. Once learned, it is your unconscious that is driving the car or riding the bike.
- Many of our good and bad habits are ingrained at an unconscious level. Why we choose certain foods, friends, and activities.
- Intention and health
 - Your intentions behind your actions, reflect your most dominant beliefs about yourself and they, your intentions, will be reflected in your outcomes.
 - For example: Are you eating healthy to avoid becoming fat or getting cancer (fear of dying) OR do you eat healthy because you enjoy feeling good, and you want to feel good in your own skin.
 - Do you have a short term goal, driven by a "negative" intention? For example, "I want to lose 30 lbs before my wedding"
- Language and health
 - I can't
 - I Won't
 - I'll try
 - Shouldn't
 - Couldn't
 - I look at food and I get fat
 - I'll never been able to...
 - My parents always told me that I couldn't..
 - It runs in my family...

HOMEWORK

- Read article on Breathing Techniques.
- Notice your thoughts and language around your health. Can you see any correlations between your health, your language, and your relationships?
 - Buy, "You Can Heal Your Life" by Louise Hay
- 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.