

Meditation for Health, Wealth, and Happiness

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

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"Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it." Kevyn Aucoin



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OPENING GUIDED MEDITATION

- Meditation for happiness
- See attached meditation article

RELEASING AND HEALING YOUR DEEPEST LEVELS OF STRESS AND DISEASE: UNDERSTAND THE NATURE OF YOUR MIND. PART 3

- Our deepest levels of toxic stress arise from the belief that we are powerless and not in control of our minds, bodies, emotions, and environment.
- There are the positive aspects of stress and challenge the spirit and mind and forces us to expand.
 - *Good stress - eustress - is the spark that drives us to achieve more, to improve the quality of our life, to ask for a raise, to fight for justice, or simply to go on a holiday.*
 - <http://www.stress-relief-tools.com/positive-effects-of-stress.html>
- There are the negative aspects of stress that are demoralizing, debilitating and create dis-ease in the body.
 - *Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.*
 - <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>
- **What would your life be like if you knew you were in control of your health, wealth, relationships, and happiness?**
- **What would your life be like if you were able to incorporate good stress and alleviate the deepest levels of spiritual, psychological, and physical stress in your life?**
- Your three minds, conscious, unconscious, spiritual

- Your conscious mind, "is your creative mind. It can see into the future, review the past, or disconnects from the present moment as it solves problems in our head," (The Biology of Belief, by Dr. Bruce Lipton)
 - It can process about 40 bits of environmental stimuli per second. About 5% of your behavior is controlled by your conscious mind.
- Your subconscious mind, "...is primarily a repository of stimulus-response tapes derived from instincts and learned experiences...it is fundamentally habitual; it will play the same behavioral responses to life's signals over and over again." (The Biology of Belief)
- Your spiritual mind (Higher Self) is the bigger YOU. It is where you intuition and spontaneous insights arise from. It is your guide and your friend. It is part of your deepest self, Whole, Perfect, and Complete.
- What about your ego?
 - Ego is a condition that arises when "YOU" is lost in your external experiences.
 - This begs the question that there is an "I" beyond conscious, subconscious, and yes, even your spiritual mind.
 - "I" places itself in a multitude of experiences for the purpose of expansion.
 - It is eternal, it is you.
 - The more separate we believe ourselves to be, the more acute our egoic condition becomes. Symptoms include:
 - The need to control others overtly or passively.
 - Lack of empathy/compassion
 - The incessant need to be right
 - Constant striving.
- At our deepest level we all want power/freedom, love/approval, health/immortality. When we're lost in ego, these wants become distorted and we begin to look for them outside of ourselves.
 - Relationships
 - Food
 - Drugs, alcohol, other

- Work
- Other?
- You know this is happening if you say to yourself, "I'll be happy when..." or "I can relax when..."
- How can we create power that doesn't require that we be right, control, others, seeks approval, or fears death?
 - By understanding how we create our world, we become powerful. That means that everything that happens to me is a reflection of my inner world. If I don't like what's happening then I need to create an internal shift to accommodate my new reality.
 - Second, by understanding that we are not alone. We live in a supportive loving Universe.
- Exercise around the wheel
 - I'm not in control of my body, weight, health
 - I'm not in control of my relationships
 - I'm not in control of my happiness/contentment
 - I'm not in control of my money/wealth

HOMework

- Read article the attached articles.
- Notice when you are feeling powerless. 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.