

Meditation for Health, Wealth, and Happiness

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

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“Where are you when you are not seated deeply enough inside the Self to be the conscious experiencer of all you are experiencing?”



OPENING GUIDED MEDITATION

- Meditation for inner peace/world peace

Meditation for Health, Wealth, and Happiness

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RE-TRAINING THE SUBCONSCIOUS MIND

3 steps: 1. Being at cause. 2. Addressing Conflicts. 3. Choose a practice of self-awareness.

- The very first thing you must do is realize that you are “at cause” for everything that is currently happening in your world. Without this realization, you have no power to make real change, because change requires that someone else do something first.
 - You are living the story in your mind, for good and for bad
 - You are acting from a world view, that perpetuates your experiences, therefore reinforcing your beliefs.
 - The Universe is for you, and YOU are an extraordinary being with tremendous power. Everything that has happened in your life up to now is showing you your power to create and overcome and create again.
- **What about self-sabotage?**
 - Arises from conflicting desires. So the second step is to address the conflicts. The strongest desire always wins.
 - Consciously, I want to save my marriage, but unconsciously I want it to end.
 - Consciously, I want to lose weight, but unconsciously I want to feel included, accepted, and loved by my family.
 - Consciously, I want to make more money, but unconsciously I believe that wealthy people are bad, and I want to be a good person.
 - To uncover self-sabotaging beliefs, look to your resentments. If you resent the thing that you covet, you have a conflicting belief.
 - For example: I want to have a baby. When I see women with baby's I feel resentful. Why do they have baby's and I don't?
 - To heal the conflict, start praising women with babies, say to yourself, “If they can do it, so can I.” Send them energy, love, blessing. Be happy for them.

- Consciously, I want to have a baby, but unconsciously I don't feel worthy of being a parent.
 - Remember, whatever you say about someone else, your unconscious mind applies to you. If "that woman is unworthy to have a child" then your mind has just slapped that label onto you.
 - Another example: I want more sales in my business, but I hate selling and sales people.
 - Consciously I want to grow my business, but unconsciously I want to remain in control. If my business grows, then I won't be in control.
 - You can also ask yourself, what benefit does the negative situation have?
 - Consciously, I want to change my job, but really I don't like change and I prefer security over uncertainty. Or, I like "flying under the radar" at my work they leave me alone. If I went somewhere else, more would be expected of me.
 - If you feel really at a loss, then it's a good idea to see a professional who can help you.
- **Retraining your subconscious mind.** There are many ways, but here are my go to's:
 - Simple awareness
 - Often times, being aware of the self-sabotaging behavior, or inner conflicts does wonders to alleviate the subconscious mind, and get it on board with what you want to create.
 - Consciously change a behavior, using repetition (see article on forming healthy habits).
 - Day dreaming and visioning (see article on brain waves)
 - "Electroencephalogram (EEG) readings from adult brains reveal that neural electrical activity is correlated with different states of awareness." <http://www.healyourlife.com/are-you-programmed-at-birth>
 - Gamma, Beta, Alpha, Theta Delta

- Alpha and Theta are associated with deep relaxation and are optimal states when reprogramming your unconscious mind.
 - You are in an optimal state to reprogram your unconscious mind, provided there are no conflicts, just before falling asleep and upon waking up.
 - Hypnosis
 - Theta state
- My favorite method speaking to the wise person within you. This method requires that you become aware that a situation is not working for you, and that you are the cause of the discomfort/situation, then you work back from there.
 - Using the Wheel and triangle as a visual prompt.
 - Example, I am overwhelmed
 - Go inside and feel the discomfort
 - Why am I feeling <<overwhelmed>>
 - What would happen if I didn't do all of those things?
 - Here your mind will argue with you.
 - What is it that you are really wanting?
 - Remember the egoic self wants: Power/Control, Security/Immortality, Approval/Love
 - Is that working for you?

HOMEWORK

- Read article the attached articles.
- Practice your meditation
- Choose one method to try this week.