

Meditation for Health, Wealth, and Happiness

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

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Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgements by a person about their overall well-being.



OPENING GUIDED MEDITATION

- Meditation for connection

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HAPPINESS, CONTENTMENT, MEANING

- Happiness is an emotion
 - The temporary nature of emotions
 - The meaning of negative emotions and why you should pay attention to them.
 - They point you where you want to go.
 - Chronic negative emotions point to a belief/action that is not working for you.
 - Check your diet, lifestyle, and sleep patterns
 - Food is medicine, and certain foods could be causing emotional imbalances.
 - Example Ayurveda *Key concepts of Ayurvedic medicine include universal interconnectedness (among people, their health, and the universe), the body's constitution (prakriti), and life forces (dosha), which are often compared to the biologic humors of the ancient Greek system. Using these concepts, Ayurvedic physicians prescribe individualized treatments, including compounds of herbs or proprietary ingredients, and diet, exercise, and lifestyle recommendations.*
<https://nccih.nih.gov/health/ayurveda/introduction.htm>
 - See integrated medicine and other practices related to wholeness.
 - Dr. Andrew Weil <https://www.drweil.com/>
 - Dr. Christiane Northrup <http://www.drnorthrup.com/>
 - Eastern philosophies that treat the whole person, mind, body and spirit.

- “Prescription for Nutritional Healing,” by Phyllis Balch
 - “Prescription for Natural Cures” by James L. Balch
- The concept of mirroring.
 - What am I feeling?
 - Where am I feeling it?
 - Why am I feeling it? Here you describe the problem. Don't hold back. What's bothering you, requires to be heard.
 - Now ask yourself, “Why is that a problem?” Keeping in mind the three tenants of the egoic self.
 - Desire for approval/love/acceptance
 - Desire for stability/immortality/death avoidance/avoiding change
 - Desire for power/to be right/to be in control
 - “Is my point of view working for me?” or “How is my point of view working for me?”
- Rather than striving for Happiness, perhaps we should want contentment, meaning, and connected i.e., better relationships.
 - Pain vs. suffering
 - *Pain is inevitable, Suffering is optional. Suffering arises when we tell ourselves a story about a situation.*
 - *Eckhart Tolle says that we suffer because we are resistant to life; resistant to what is.*
 - *“If your overall situation is unsatisfactory or unpleasant, separate out this instant and surrender to what is.”*
 - *What if what's unpleasant is your inner situation, and you can't separate out from it?*
 - *Then he says, you must go through it.*

- *That what is within you, as your deepest nature is a reservoir of pure bliss. This bliss is your most essential self and it is unmoved by the stories and the situations of your external life. The only way to drink from this reservoir is to stop resisting.*
- *Resisting is a manifestation of ego.*
 - *Ego wants stability, love, and power.*
 - *It identifies and is sustained by the stories our parents, our culture, and that we tell ourselves.*
 - *When we surrender to what is, the bliss washes away the story revealing its own Self, seeing only it Self. The ego cannot survive true surrender, and so it rebels. This is what it means to die to the self.*
- *Surrender is not weakness.*
 - *This is a story.*

HOMEWORK

- Read article the attached articles.
- Practice your meditation
- Choose one relationship you'd like to improve this week.