

Meditation for Health, Wealth, and Happiness

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

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Life is not something you get: *it's something you experience. Life exists with or without you. It has been going on for billions of years. You simply get the honor of seeing a tiny slice of it.* (Michael Singer, "The Untethered Soul")



OPENING GUIDED MEDITATION

- Meditation for connection
- Gratitude Meditation

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HAPPINESS, CONTENTMENT, MEANING, PART 2

- 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.
 - You are the protagonist in your story, which means that for you to rise to the challenge you must face a villain. The villain in your story could be a person or situation.
 - Ultimately we are all are evolving into the hero, he/she that overcomes.
 - This means that at some point, we must move from being “victim” to being the “hero”
 - See <http://mythologyteacher.com/documents/TheHeroJourney.pdf>
 - Death
 - “Any time you’re having trouble with something, think of death.” (*The Untethered Soul*, by Michael Singer)
 - Death’s story
 - “The beauty of embracing deep truths is that you don’t have to change your life; you just change how you live your life. It’s not what you’re doing; it’s how much of you is doing it.” (M. Singer)
 - But as long as you are lost in story, you’ll always be chasing happiness, love, power, and prosperity.
 - Being lost in story, is part of the hero’s journey, eventually there is a call to be taken away from the “ordinary world”. This usually comes as a calamity.

- Creation
 - To create the life you want you need to have a vision of who you are.
 - Remove any inner obstacles/blocks/baggage to becoming.
 - Remember, Universe is one big “Yes” machine. Your unconscious mind also wants to please you, so it too will say “yes...but, what about this?”
 - Take inspired action
 - Understand your intentions
 - Every human deserves security, love, and power of free choice.
 - Where we get into ego (which is separation from your Self), is when the pursuit of security, love, and power become pathological. When we pursue them as “Away From’s” rather than “Towards.”
 - That is, “I want security because I’m afraid of poverty” versus, “Security is part of my nature. I trust myself. I trust that God is for me, that the Universe is for me.”
 - Given both states of mind presented above, what actions are you likely to take when your intention is an “Away From” versus a “Towards”
 - Karma: Means “action” in Sanskrit, and it is driven by your intentions.
 - 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.
 - Have a maintenance plan.

- Do things that support your new awareness, meditation, diet, exercise, supportive relationships, even what you watch, listen to, and read.
- Know that your journey as “hero” never ends. There will always be new dragons to slay.

Homework

Keep meditating

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