

New Earth Energies

Free Meditation Course



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newearthenergies.org

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Welcome to Your Free Meditation Course

This course is designed to help you discover the benefits of meditation for yourself.

Even if you only practise meditation for 10 minutes a day you will see noticeable improvements in your health and well-being.

Meditation improves our ability to think clearly, it improves our levels of creativity and concentration.

Meditation lowers levels of stress and anxiety.

Meditation helps to calm and quiet the mind

Meditation improves your immune system.

Meditation lowers blood pressure and promotes a relaxed, calm state.

Meditation restores well-being in your body, mind and spirit.

Meditation is a wonderful way for you to be in touch with your body, mind and spirit and experience a feeling of “oneness” with all that is.

There are six lessons in this short course that you follow in your own time and at our own pace. If you have any questions along the way please send me an e-mail, newearth-energies@outlook.com

I'll try to help in any way I can.

Please remember that meditation is a skill and like all skills it can take time and practise to perfect, but once you acquire this skill you will have a wonderful way of helping and healing yourself.

It is useful to keep a notebook and record your experiences, this is purely a personal choice and is by no means a part of this course, I do recommend it however as it will help you track your progress and record your experiences.

Whilst these lessons are numbered 1-6 and they do gently progress, you can if you wish read through the course completely and try them in a different order if some appeal to you more than others.

Before we begin, a note on preparing for meditation–

Some people think meditation should be performed as a ritual and set quite strict rules for what you should and shouldn't do beforehand.

I believe everyone has their own way, so here are some guidelines that you can follow to get you started;

Make sure you won't be disturbed, turn off ALL phones (yes, your mobile too!).

Find somewhere quiet, warm and comfortable.

It's a good idea not to meditate on a full stomach, or after drinking alcohol.

If you want you can light incense or candles or play relaxing music in the background.

Make sure your clothing is comfortable and you are warm.

Sit or lie down. A lot of people believe meditation should only be done sitting up, but I have worked with many people for whom this simply is not comfortable or possible for any length of time.

Make sure your body is supported and every part of you is comfortable.

Being comfortable is essential, even if you're too comfortable and nod off, it's better than being uncomfortable and stopping the practise. Chances are if you nod off, you needed the rest and it will be a quality nap!

Lesson one–Observing your thoughts as Meditation.

Just to clear any confusion, I know I said meditation was about calming the mind and clearing the way to peace and complete oneness and so observing your thoughts may sound like the opposite, but this lesson helps you to truly understand what goes on in your head. Through this practise you will witness your chatter from an outsider point of view, taking notice of thoughts BUT not focusing on them or giving them attention. This is an incredibly powerful way of letting go, being able to control your mind enough to not focus on a thought, to let it pass by.

To prepare yourself, find a quiet place.

Get comfortable, make sure your body is supported.

Make sure your clothing is comfortable and that you are warm.

Over time and with practise you will find your own way of preparing and finding your perfect position for meditation. See earlier notes on page 2 for ideas.

Once you are comfortable, close your eyes.

Begin to LET GO. Let your body and mind relax.

Release your thoughts, let them come and go, just watch them passing by, just observe.

Let your thoughts be whatever they may be, allow them to pass through your mind, without focusing on them.

If a negative thought comes into your head, let it pass through, let it go.

If a positive thought comes into your head, let it pass through, let it go.

If a neutral thought comes into your head, let it pass through, let it go.

Let all thoughts go. Let go of any urge or desire to get involved with your thoughts.

Become a passive observer, without the need to be involved.

Release any attachment to your thoughts.

Just watch your thoughts coming and going. Stay focused and present but don't get involved.

Observe your thoughts with complete detachment.

Try this for a few minutes the first time and build up on the length of time you practise.

When you feel ready, gently open your eyes and stretch your body.

At first this exercise may sound easy, but in practise it can be incredibly difficult not to get involved! Detachment from our own thoughts is alien to us, but in order to be in control of your thoughts it is important to learn to be able to detach yourself from them.

This lesson is a huge stepping stone on the way to learning to meditate. Don't be discouraged however if you found it too difficult, not all these techniques will work for everyone, or you may find another method in this course which works and when you come back to this one you may find it much easier.

Once you have finished jot down your experiences for future reference.

Think about–

Was it easier or more difficult than you thought?

Were you surprised at how many thoughts came and went?

Was it easy or difficult to stay focused but not be involved?

What else did you observe?

Lesson two–Observing your Breath

Prepare yourself, in your own way;

Find a quiet place where you will not be disturbed.

Get comfortable, make sure your body is supported and you are warm.

When you are ready, close your eyes.

Take a slow, deep breath in through your nose and exhale slowly and deeply out through your mouth, as you exhale feel yourself letting go of any cares and worries, letting go of any negativity.

Repeat this three times, each time you exhale feel even more cares and worries disappear, release them, let them go. Just relax for this short time.

Allow your breathing to come back to its natural rhythm, breathing through our nose, in and out.

Focus on the breath.

Continue to focus all your attention on the breath.

If your mind wanders, bring it back to the breath.

Focus on the breath as it enters your nostrils and follow it down into your lungs as you inhale and then follow it back out of your lungs and through your nostrils as you exhale.

Become completely aware of your breathing and nothing else.

Focus solely on your breath for as long as you can. Be gentle with yourself, if you get distracted, don't worry, just come back to the practice.

The longer you focus on the breath the more relaxed and calm you will feel. Your breathing will automatically become slower and deeper. This is the perfect meditative state.

When you feel ready, gently open your eyes and stretch your body.

At first you may only feel comfortable doing this exercise for a short while but over time the calm, peaceful feeling you achieve will become quite addictive and you'll want to spend longer in this wonderful state!

Once you have finished jot down your experiences for future reference.

Think about-

Was it easier or more difficult than you thought?

How did the breath feel?

Were you aware of yourself becoming more and more relaxed?

What else did you observe?

Lesson 3 – Counting the Breath

There are many different breath counting meditative techniques, here a few you can try.

Prepare yourself in your own way.

Find a quiet place where you will not be disturbed.

Get comfortable, make sure your body is supported and you are warm

Exercise 1

When you are ready, close your eyes.

Bring your focus to your breath.

Begin to breathe slowly and easily, observing the inhalation and exhalation.

When you breath in mentally repeat the word “*and*”, on the out breath mentally say 1, next breath 2, next breath 3, etc. So, as you breath in you repeat “and” when you breathe out you begin to count your breathes from 1 upwards.

If you lose the count, bring your mind back to the last number you remember or begin the process again.

Continue breathing and counting. As you focus on the breath and the count let everything else disappear around you.

Continue for as long as you wish.

When you feel ready, gently open your eyes and stretch your body.

Exercise 2

Prepare yourself as normal.

When you are ready, close your eyes.

Bring your focus to your breath.

Begin to breathe slowly and easily, observing the inhalation and exhalation.

Breathe in slowly and as you breathe out count 21

Breathe in slowly and as you breathe out count 20

Breathe in slowly and as you breathe out count 19, etc.

On each outward breath you are counting down from 21.

If you wish you can start counting down from 10 until your focus and concentration has improved.

If you find your mind wandering bring it back to the count.

Continue counting down for as long as you feel comfortable.

When you are ready, gently open your eyes and stretch your body.

Exercise 3–This one is a tricky one, but it really makes you focus!

Prepare yourself as normal.

When you are ready, close your eyes.

Bring your focus to your breath.

Begin to breathe slowly and easily, observing the inhalation and exhalation.

When you breathe in you count odd numbers up from 1–9

When you breathe out you count even numbers down from 10–2

So, breathe in, count 1.

Breathe out, count 10.

Breathe in, count 3

Breathe out, count 8.

Breathe in, count 5

Breathe out, count 6.

Breathe in, count 7

Breathe out, count 4.

Breathe in, count 9

Breathe out, count 2.

You can repeat this exercise as many times as you wish.

When you are ready, gently open your eyes and stretch your body.

This one can take some practise but if you persevere you will notice that your ability to concentrate on things in your everyday life improves. It's a great mind trainer and takes a lot of focus and concentration.

All the above counting breath meditations are great to bring your focus and attention to one thing. They help you notice when your mind wanders and you will become more aware of how often your thoughts side-track you when you try to focus on one thing.

Learning to focus without being distracted is a key element in meditation.

Once you have finished jot down your experiences for future reference.

Think about–

Was it easier or more difficult than you thought?

Did you notice your mind wandering or not?

Were you able to do one exercise more easily than the others?

What else did you observe?

Lesson 4 – Visualising

This meditation uses your ability to imagine and visualise a candle burning.

This type of meditation is very good for expanding your creativity and awakening your senses.

Prepare yourself in your own way.

Find a quiet place where you will not be disturbed.

Get comfortable, make sure your body is supported and you are warm

When you are ready, close your eyes.

Take a few slow, deep breathes, feel yourself relax and let go.

When you are ready, visualise yourself placing a candle a few feet in front of you.

It can be any size, colour or shape that you choose, it can be scented or unscented. You decide.

Light the candle, what do you see?

Look at the flame, notice the colours of the flame. Is it flickering or still?

Look at the candle, what shape, size, colour is it?

Look at how the light changes as it gets further from the candle.

What can you smell, is the candle scented?

Can you hear the candle as it burns?

Can you feel the gentle warmth from the flame?

Engage all your senses and focus on the candle burning down in front of you.

If your mind wanders, just bring it back to the candle and observe it again.

When you feel ready, blow out the candle, gently open your eyes and stretch your body.

This type of meditation is very calming and soothing, yet at the same time promotes creativity. Don't try to control what you visualise, just let it happen and observe what you come up with!

Once you have finished jot down your experiences for future reference. Think about–

Was it easier or more difficult than you thought?

Were you able to engage your senses?

What else did you observe?

Lesson 5– Using Mantras

Mantras are affirmations. These can be anything that you want, said in the present tense, using positive words.

For example–I am peace

I am calm

I am healthy

Choose one or two mantras for this exercise, they really can be anything you want. You may start with just one and increase to two later. Try to keep the mantra short and simple and always use positive words, so for example use “I am calm” as opposed to “I’m not worried”. Words like *not* and *don’t* have an overall negative effect.

Prepare yourself in your own way.

Find a quiet place where you will not be disturbed.

Get comfortable, make sure your body is supported and you are warm

When you are ready, close your eyes.

Take a few slow, deep breathes, feel yourself relax.

Focus on your breathing. Observe the in and out breath, let go of any thoughts that come into your mind and bring yourself back to the breathing.

When you feel calm and centred begin to repeat your mantra. If you have one repeat it on the in and out breath. If you have two, repeat the first on the in breath, the second on the out breath.

Continue breathing and repeating your chosen words. You can visualise the words in your head as you say them, see them 10 feet tall in amazing colours.

If your mind wanders, bring it back to the mantra and your breathing.

Continue for as long as you wish, when you are ready just let the words fade away, open your eyes and stretch out your body.

The repetition of a mantra has a very powerful effect on the subconscious mind. This is intensified if the only thing going through your mind is the mantra and nothing more. Try this exercise a few times, you may well find the repetition of the mantra quite hypnotic.

Once you have finished jot down your experiences for future reference. Think about-

Was it easier or more difficult than you thought?

Did you feel your chosen words intensifying the more they were repeated?

What else did you observe?

Lesson 6 – The Body Scan

This technique makes you very aware of your own body and can help you realise where you hold or store tension. It is also very calming and relaxing and promotes an overall feeling of well being.

Prepare yourself in your own way.

Find a quiet place where you will not be disturbed.

Get comfortable, make sure your body is supported and you are warm

When you are ready, close your eyes.

Take a few slow, deep breathes, feel yourself relax and let go.

Bring your focus down your body, to your left big toe, just focus all your attention on the toe, then the other toes of your left foot, then move your focus along the left foot, scanning up the left calf, left knee, left thigh.

Now repeat for the right side beginning with the right big toe etc. scanning up to the right thigh.

Next focus your attention on your hips, your lower back, scanning up through your spine to your middle and upper back.

Feel your focus move through your shoulders, over the tops of your shoulders and down into your chest, scanning down into your abdomen and all the organs in your body.

Next bring your focus to the little finger of your left hand, then all the fingers of the left hand, feel your focus scan up through your hand, through your wrist, your forearm, your elbow, your upper arm.

Repeat the process for your right side, beginning with the little finger of the right hand etc. scanning up to the upper arm.

Now bring your focus to your throat, scanning your neck.

Now bring your focus to the back of head, scanning the top of your head and scalp, feel your focus scan down to your forehead, your eyes, your nose, your cheeks, your mouth, your jawline.

If your mind wonders whilst you are doing your body scan, just bring it back to the last place you remember scanning and continue the practise.

Once you have scanned your whole body, unite it. Be aware of ALL the parts of your body at the same time.

Continue breathing and just being aware of your body for as long as is comfortable and you wish to continue.

When you are ready open your eyes and stretch.

When you do the body scan technique you do not need to focus on any part for a long time, it's the intensity of your focus on that part and nothing else that makes this technique so powerful.

You may find as you do the body scan that you are aware of areas that are tense, just let them go, release the part and feel it relax. If this doesn't work you can either focus on that part for longer and feel it becoming soft and heavy, feel any tension draining away, feel it release and relax and then move on, or you can continue with the whole scan and come back to the part where you felt tension at the end.

Once you have finished jot down your experiences for future reference. Think about-

Was it easier or more difficult than you thought?

Were you able to focus on every part of your body?

What else did you observe?

I hope you have enjoyed this free meditation course and that it has helped give you ideas of how to meditate and how wonderful meditation can be.

Remember you don't need to spend hours meditating to get results. It your intention and commitment to the practise that will yield the best results. It's quality not quantity!

We all can make time, no matter how busy the day, to spend 10 minutes meditating. The benefits far outweigh the time invested.

If you have any questions or comments please contact me, Amanda, at

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newearthenergies.org

Disclaimer

Please note that meditation is a complimentary practise and will work in conjunction with any Western Medicine/Treatment you may be receiving, BUT should never take the place of a licensed medical practitioner. The information and techniques offered in this manual are NOT a substitute for health care.

If you have any health concerns at all, please seek professional medical advice first.

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