

MINDFULNESS MEDITATION

It's simple, It's powerful, It's free!



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Why meditate?

Mindfulness meditation practice will affect your life in multiple ways. By going within on a regular basis, you are connecting with Universal Intelligence and re-connecting with your True Self. The practice of mindfulness meditation can transform your life! These are just some of the benefits:

- Greater awareness and presence
- Better management of emotions
- Mental clarity
- Grounding
- Decreased stress and anxiety
- Increased joy and happiness
- More energy
- Better sleep
- Clearing of emotional blockages
- Improved physical and mental health
- Conquering addictions
- Inner and outer balance
- Greater intuition.



What better reasons do you need to begin a regular mindfulness meditation practice? AND it's free!

Why you REALLY need to meditate

The human race is suffering from an illness – our mind and all its thoughts have taken over and most of us don't realise it.

Mind chatter dominates most people's minds and can cause stress, anxiety and an inability to be present. I call this thinking mind the ego mind.

The ego mind works on the vibration of fear and it believes:

- the world isn't safe
- I need to be in control
- there is never enough of anything
- I am not enough.

The ego mind also:

- mulls over the past and worries about the future
- can't be in the Now.

If you are feeling stressed or anxious, your ego mind has taken over! How do we remedy this? The first step is to be aware that this entity, the ego mind, is not real! There is actually a far greater part of you which is your True Self. Your True Self is always in the vibration of love and has far greater knowledge and power than the ego mind. It is connected to Universal Intelligence. Your True Self knows:

- there is nothing to fear
- it's ok to let go and allow
- there is always enough
- I am enough.

The True Self also:

- lives in the Now
- sees every moment as perfect.

In this busy day and age, now more than ever, we need to access our True Self. Our current culture is the first throughout history that has placed an emphasis on the outside world, ignoring spiritual introspection and we are paying a big price for it – depression, anxiety and other mental illnesses are fast becoming the plague of the 21st Century.

Meditation is the most powerful way to become aware of the ego mind and to reconnect with your True Self. Without meditation, there is no true transformation.



What is mindfulness?

Mindfulness is the state of pure presence or being. Practising mindfulness means to consciously perform all activities, including everyday automatic activities such as walking, driving, eating, performing chores etc., in a state of “pure observation”, exempt of mind chatter.

Mindfulness is an awareness process, not a thinking process. It is about bringing awareness or paying attention to your experience in this moment as opposed to being “caught up” in your thoughts. Most of the time our ego mind takes us out of the moment – into the past or the future, anywhere but now.

Mindfulness requires a particular attitude – one of openness and curiosity. Even if your experience in this moment is difficult, painful or unpleasant, you can be open to it and curious about it and instead of running from it or fighting it, you can deepen into the moment.

Mindfulness is the opposite of being stuck on an automatic pilot!

By making contact with the present moment, coming back to the here and now, you engage fully in whatever you are doing.



What is mindfulness meditation?

Mindfulness meditation is a skill that involves the training of our attention. It has great therapeutic value in preventing depression, reactivity, stress, conflict, tiredness and other life-drainers.

Imagine the many forms of water and throwing a stone in – surf, a running river or a still pond. Our aim when we meditate is to create a still pond, so that we can see the ripples the stone creates. When our mind is clear, we are able to choose what the Buddhists call “***Divine Right Action***”.

Basic mindfulness meditation technique

Mindfulness meditation is really very simple. Sit in a comfortable upright position. Close your eyes and allow your body to relax and take a few deep, full breaths to shift into a quiet space.

As you begin to quieten down, listen to outside sounds. Become aware of everything you are hearing. Now focus on the sensation of the breath as it flows in and out of the nose where it touches the upper lip. There is no need to change the quality of the breath. Simply watch it move in and out. You will find that the mind will frequently wander. This is natural. Once you notice that the mind has wandered, gently bring it back to the breath OR the outside sounds. Do not try and push thoughts away – simply notice them and return to the breath or outside sounds. Do this over and over again for 20 minutes. It may be a good idea to set an alarm on your phone to go off every few minutes to bring you back to the present moment. Commit to a full 20 minutes.

How often should I meditate?

To gain all the benefits of meditation, practise daily. A 20 minute daily meditation will create far more positive change than meditating 2 or 3 times a week for a longer period. Meditation is a simple practice; the most difficult aspect of it is the commitment to do it daily. This is by far the biggest obstacle to developing a regular and rewarding practice.

It is for this reason that I suggest you commit to practising meditation each day for 20 minutes. You may miss some days, but it's important to have the intention of doing it every day, for the following reasons:

- The opportunity to evaluate the practice and experience its positive benefits
- The opportunity to develop a good habit (like eating, brushing your teeth etc.)
- Meditation will become less of a chore, and more and more a normal part of your day (... and you'll notice the difference on the days you don't meditate!).

Tip: Put a watch or clock in front of you to ensure you meditate for the full 20 minutes. Take a peak every so often if you need to.



Learning to Sit

While there are a few types of meditation that are performed lying down, the best way to meditate is to sit with your back straight, either legs crossed or in lotus position, or if your hips are stiff, sitting in a chair or on a meditation stool. Why? You're less likely to drift off to sleep and, on an energetic level, it allows the chakras to clear.



The Obstacles to Stillness

When we begin to sit still, the ego is upset. That is why it has devised obstacles. The ego uses these tricks all the time, but they don't become obvious until we try to quieten the mind.

If you are struggling during meditation, you can be sure it is because the ego senses you are close to realising something important. It knows that if you begin to access your True Self, it will be eclipsed. That's when the ego decides to sabotage your meditation.

The best thing you can do in these situations is stay committed to your practice.



The Five Obstacles to Meditation

- Craving
- Aversion
- Agitation
- Fantasy
- Sloth

Craving: There is a difference between appetite and craving. Craving is ego-based and addictive. The ego mind loves pleasurable things. If you are desiring food, drink, sex, tv, work or anything else during a meditation, it is likely to be ego-based as it is highly unlikely that you will require anything other than oxygen during a 20 minute meditation. It's unwise to give in to a craving, because it is equivalent to training a dog not to beg and then throwing it scraps. If you give in to cravings, you will only invite more. Return to the breath!

Aversion: The ego creates aversions by exploiting our natural resistance to pain, trying to convince us that because something is uncomfortable or painful, it must be avoided. The ego doesn't focus on the bigger picture and whether some short term pain will lead to long term gain. The ego will try to convince us as to why it is better to get up and do something else. The solution is to return to the breath!

Agitation: This is a feeling of discomfort, but you can't quite put your finger on what it is you're uncomfortable about.

You don't know what you want, but you do know you don't want to be meditating. This makes it more difficult to address. Agitation can manifest as an itch or physical discomfort. Return to the breath!

Fantasy: Fantasy is something we do all the time, so it's not surprising that the mind wanders during meditation. You can find yourself giving a good piece of your mind to someone who's upset you or dreaming about a longed-for holiday. The ego is a great storyteller and likes to lure us into the future or the past. Choosing to disengage from fantasy can be difficult. Go back to the breath!



Sloth: Sloth can take many forms - feeling sleepy, emotional depression, mental foginess and physical fatigue. While some are quite real (biological depression and fatigue), others can be ego-induced. Have you ever spent a day doing nothing and found you are more tired than usual? That's sloth manufactured by the ego. Both real and perceived sloth will interfere with meditation practice. Each must be dealt with in different ways.

Solution to all of the above – acknowledge the obstacle and name it if you can, then return to the breath. Commit to the full 20 minutes.

Solutions for Fatigue

Choose times to meditate when you will not be tired

- Have a regular bed time and time to wake up
- Get the right amount of sleep each night
- Avoid oversleeping
- Watch your sugar and caffeine intake
- Exercise regularly
- Do not lie down to meditate
- Try shifting positions and deepening the breath
- Try standing up to meditate for a while
- Wash face and hands before meditation.
- Finish your meditation even if you feel you aren't getting anywhere.



Remember! The intention to meditate and following through with that intention IS meditation. No matter how “Zen” or busy your mind is on the day, you will still reap the reward of that meditation.

When not to meditate

- On a full stomach (you're more likely to go to sleep)
- Just before bed (may prevent you from going to sleep)
- After consuming caffeine (your thoughts will be doubly as active as normal).

Good times to meditate

- First thing in the morning (starts your day off on the right foot)
- Before meals (your mind will be more clear and alert)
- Several hours before bed.

Tip: It's a good idea to make a set time in your daily routine to meditate because you're more likely to do it!



Meditation has the power to transform your life

You are the creator of your life!

The majority of the human race has only recently become aware of the Law of Attraction and the knowledge that we are all creators. We have created our lives up until this point, but much of this creation has happened on an unconscious level. Whatever we believe and think about we create – whether we believe that life is hard or we're not good enough or whether we believe that life can flow and we are worthy and deserving of happiness, success and fulfilment, we create from our beliefs and thoughts.

If we are constantly in our fearful ego mind, we are still able to create, but what we create will be tainted by the fear it was created with and will not bring happiness or lasting fulfilment.

That which is created from the space of love and connectedness – our True Self - will bring happiness and fulfilment. How many times have you experienced the thought that you will be happy when you earn a certain amount of money, get that new car, achieve a promotion, meet a partner, etc. only to remain just as unfulfilled once you have it? You may be thrilled when you first get it, but it doesn't last. When we create from our True Self we



are on our Divine Path, making choices in our highest good and creating last fulfilment.

Through regular mindfulness meditation practice, you will become more and more in touch with your true self. You will gain greater awareness of your thoughts and realise you can change them. A spaciousness of mind develops. It is within this spaciousness that you realise you have choice over everything - your thoughts, your feelings, your perceptions. This is where the true power is. It is from this conscious, aware mind that you can transform yourself and therefore transform your life. It's as simple as that, and yet there are so many myths that put people off meditation.

Myths of meditation

There are many myths around meditation, resulting in people believing that they “can’t meditate” or “I’m not good at it”. Become aware of these myths and let them go:

Meditation is difficult: Meditation is only difficult when we try too hard to concentrate or are attached to results. Meditation can be as simple as focusing on the breath or chanting a mantra. There is no need to attach yourself to an outcome with meditation – the “doing” is all that there is!

Meditation is “escapism”, a relaxation technique where you “get out of it” and drift off to another place: It’s actually the opposite - meditation is about being fully present and getting in touch with your true self, the aspect of yourself that is eternal and never changes.

You have to quiet your mind in order to have a successful meditation practice: This is the most commonly held myth! Meditation is simply about focusing on the breath or a mantra or outside sounds so as to access “the gap” which is pure consciousness. You will notice that your thoughts don’t stop and trying to make them go away or judging them only adds more clutter to the mind! All you need to do is acknowledge the thought and return to what you are focusing on.

It takes a long time to receive any benefits from meditation: If you commit to a regular practice of meditation, the benefits come very quickly and you will notice them!

I don’t have enough time to meditate: There are many highly successful people who have meditated every day for many years. Paradoxically, if you meditate regularly, you have more time on your hands because you are accessing the source energy of creation and pure potentiality. With a regular meditation practice, life is less of a struggle and less time-poor because it will be assisting you with clarity and in choosing “divine right action” in each and every moment, thereby saving you time and energy.

Meditation is a spiritual/religious practice: While it is a spiritual practice, many people who don’t call themselves spiritual practise meditation and while many religions meditate, it does not have to be associated with any religious practice.

I’m supposed to have deeply transcendent experiences through meditation: While many people do eventually achieve amazing things with meditation, that’s actually not the point of doing it. We are meditating because it affects us in a deeply positive way in the rest of our lives, because we take some of the pure source energy and stillness with us. So don’t be disappointed if you don’t levitate or hear choirs of angels. You are bound to feel intense feelings of bliss and peace sometimes, but not always.

Noticing what comes up

It's inevitable that certain things will bring themselves to your awareness once you commit to a regular meditation practice - old stories, old wounds, emotional pain. It's important during these times to:

- Sit with love and kindness towards yourself
- Observe what comes up and return to the breath
- Allow it to be there; do not push it away
- Allow the emotions to be there; do not push them away.

Meeting whatever comes up with love, peace and pure observation is powerfully healing.

A plan for the future

1. Consider what the best time would be for you to meditate daily. Waking up 20 minutes earlier than you usually do and meditating first thing in the morning can be a good idea if you feel you don't have time otherwise.
2. Commit to daily practice as outlined in this ebook.
3. You may want to keep a diary and make notes on your meditational experience.
4. Each week, notice if you feel any difference in the way you feel - you are likely to feel more peaceful, grounded and calm.

Wishing you love, peace and light on your transformational journey!

Nicole x



I hope this ebook has helped you.

My aim is to assist you on your journey of awakening. If you would like to receive regular communication and updates of my free live events, please [subscribe to my newsletter](#) and you can follow me on [Facebook](#), [Instagram](#) or the Insight Timer app.