

Meditating Easily

By Lyndall Briggs & Gary Green



This kit includes a simple,
proven & effective CD + **GUIDEBOOK**.
Expect to enjoy tranquil peace of mind, body & Soul!



FREE Sample

To succeed you need the Meditating Easily Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Meditating Easily Biblio-therapeutic Guidebook.

ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the SelfDevelopment.biz website.



MEDITATING EASILY (ME)

Meditation is a natural & simple process that you use on your mind. It's not a set of beliefs, philosophy, lifestyle or religion. It's simply a mental technique that most meditators practise twice a day, 20 to 45 minutes per sitting. On a slightly more technical note, you're meditating when your brain wave cycles slow down to around 7 to 14 Cycles Per Second (**CPS**) & this is known as Alpha state.

We all pass through Alpha on a daily basis. It's completely natural because everyone experiences this meditative state, if only for brief moments before waking & sleeping. Also, if you've ever been watching TV & have not noticed someone walk right past you, or what's sitting on top of the set, then you've experienced a mild state of meditation, hypnosis or Alpha. It's a great example of why we ought to watch what we put into our minds, because when we're relaxed we become **highly susceptible to suggestion**. Garbage in, garbage out! Good in, good out!!

Meditating Easily[©]

This slowing of the electrical brain wave patterns in most cases is achieved by focusing on your breathing, a mantra, prayer or visualisation. Any kind of focusing causes your CPS to slow, in turn causing an altered state of consciousness. This leads to relaxation, as your brain creates endorphins, DHEA (related to good health & well being), HGH (human growth hormone) serotonin & a number of other beneficial hormones (neurochemicals). While in this altered state, you may even lose contact with the outside world for brief moments in time & may not even realise you've done so. This is not a problem & actually results in a wonderful feeling of connection with the Universe.

Apart from the obvious stress releasing benefits that flow from slower CPS, scientific research also confirms that meditation cultures a profound integration of brain functions. Meditation creates CPS fluctuations that stimulate & enhance the capacity of the corpus callosum, which is the communications cable between

the right & left hemispheres of the brain. In other words, the 2 hemispheres begin to communicate optimally, leading to **increased capacity & greater use of the mind** (EEG coherence). This also has a balancing effect, which leads to greater mental abilities, higher self-awareness & a resolution of emotional or behavioural problems.

Why Meditate? - Anyone can easily learn to meditate & over 900 scientific studies conducted in over 200 universities worldwide, document the huge benefits which include, higher levels of intelligence, accelerated learning abilities, increased creativity, reduced stress levels, improved health, enriched mental functioning, enhanced personal relationships & increased job satisfaction, etc. Research also proves conclusively that every human being needs a certain amount of time spent in Alpha daily, to function optimally in their personal & professional lives.

If we're stressed or over stimulated, we simply can't do our best & can often become ill, or at least suffer diminished productivity. It's also well known that people make more mistakes when they're tense or over stressed. Likewise, over stimulation results in distress, physical discomfort & usually a decrease in the ability to concentrate/focus. That's why it's essential to gently shift from distracting or negative thoughts, to clearness & calmness of mind as we meditate. Being able to relax is the key to achieving a healthy **balance** in our busy lives.

Interestingly, meditation is mostly about economy of effort. We actually meditate so that we can do less, yet achieve more. Just as an arrow needs to be drawn backwards in order to move forward quickly, humans also require periods of deep rest to do the same in life. This is a form of mental retreat within . . .

End of Free Sample

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