



## **Meditation**

### **Why is mediation important?**

#### **Meditation Session 1**

Find a quiet place to relax – it can be on your sofa, underneath your duvet or lying on the floor with pillows elevating your legs and a pillow to rest your head. It is wherever you feel comfortable. You may find a drop of lavender oil may help.

Take a deep breath and as you inhale imagine peace all around you. As you exhale imagine your stress drain away. Let the quiet around you surround and engulf your body. Take a further deep breath in and relax and let your imagination open-up your mind.

Imagine yourself walking through a forest dwelling, through to some steps climbing down a gorge. As you make each step you can feel your feet touching the earth and the feeling it resonates.

As you reach to the bottom of the steps you hear the soothing trickle of water from a nearby waterfall. Close by are all your loved ones stood smiling at you. Their warm expressions are reassuring and supportive. You know they want you to do well. Feel the strength of the love they are sending you.

Notice the more you radiate positive energy, the more confident you feel.

When you are ready open your eyes and hold onto this loving feeling for as long as possible. Take this wherever you go.

#### **Meditation Session 2**

Get comfortable in the perfect place for you. Close your eyes and breath in and out slowly as you slow your breathing. As you do this, you will completely relax.

Imagine your thoughts rushing by you like passing traffic. You are stood watching your ideas pass you by in your minds eye. Watch your thoughts pass you by. Is it a thought related to your plan? If so, imagine grabbing it in your hands.

As you lie still, ask yourself is this an idea to develop your plan or hindering its development? If it is an obstacle, imagine dumping it in a bin. If it is a thought that is going to help you progress let the excitement flood you. Feel the exciting feeling flood your body. Doesn't it feel great? Give yourself time to feel this great feeling.

As each idea in the traffic is organised, you will see a clear road in front of you. This is the route you are going to take to get there.

Now, imagine getting in a car and driving down your road of adventure passing by the exciting events that will make it happen. Imagine the locations where the moments will be. Who will be there? How will you feel? This is a unique journey just for you. And as you see your goal lit up in front of you you pick up speed and the proudness take over your body. Feel the positive energy as you cross the finishing line. Enjoy it. You've done it!

When you are ready, open your eyes, and return to the now. You are unique as is your journey. Hold onto the route like it is your map of action in your thoughts as this will help the directions you will take.

**Do you need further support? If so, I would be very happy to discuss further. Email me at [directactionlifecoach@gmail.com](mailto:directactionlifecoach@gmail.com) or call me on 07544 899678.**