

Create Your Spiritual Living Lifestyle

Meditation Foundations



Unwind Your Soul, with simple meditation methods

Meditation can help in daily living. As you relax, your mind opens and feelings can emerge. That is when your inner resources start to surface. Through meditation you come to a deeper understanding of how valid decisions can be made.

Seldom do people relate to meditation with successful living. However successful people have the ability to tap into that “something extra” for insights and solutions. Everyone can learn how to achieve a successful lifestyle also.

At times it can be extremely difficult to “**think on your feet**” and find answers to immediate problems. As you unfold your inner sacred space, answers become more apparent.

Meditation is not new to the West. The Bible calls it prayer. Actually it is a way for a person to take a deeper look at himself or a situation in which he is involved.

Prayer is talking within. Meditation is listening. My meditation programs helps a person reach that deeper perspective simply and easily. Meditation is nothing mysterious. It is a tool to be understood and used.

Crucial Facts about meditation

Everyone agrees that meditation would be helpful in our modern lifestyles. There is a recognized need for relaxation and getting centered. However, the most common complaints by people are:

- Meditation is too hard. I can't remember all the steps.
- I can't turn my active mind off.
- I don't have time.
- What do I do when meditating?

Meditation is misunderstood in many ways. Meditation can be brief and still be effective. Simple meditation and breathing techniques that can be used during the day can have dramatic impacts in a person's life.

- Stress is reduced.
- Important insights or solutions to a problem can be gained from meditation.
- Simple deep breathing during the day can help reduce high blood pressure.
- Having a Sea of Tranquility will help keep problems in perspective.
- Meditation can help you stay attuned to Spirit.
- Personal relationships are enhanced with meditation.

Having an inner Sacred Space will help you overcome the above limitations. You will experience your innate world of relaxation.

Each of us lives in an Ocean of Energy every day. All the thoughts and feelings of people around you radiate out and affects your thoughts and energy. There is universal electromagnetic energy flowing through planet earth, and it will affect you. Every object gives radiates an energy field and it will affect you. Some of these energies can be positive and constructive. Other energies or negative and can be destructive.

Your aura is a filter and will buffer you from these energies. This is why it is important to be **mentally positive, physically active, and spiritually secure**. Being in **positive balance** in your mental, physical, and spiritual will keep your aura strong and minimize the affects of any negative energy that may be around you. You will have ample energy and motivation to achieve your goals.

Meditation and other relaxation techniques are critical in keeping your aura strong. Meditation helps you rejuvenate your soul essence. Relaxation techniques makes it easier to calm the mind and attain effective meditation.

Here is a simple Breathing Technique that will be very beneficial to use in the morning, during the day, and in the evening before going to bed.

Breathing Technique

The following is a simple four-count breathing technique that I have been using for over fifteen years. Using this technique at various times during your day will have very positive benefits.

Here are the steps

- Breathe in deeply to a count of four: In, 2, 3, 4
- Breath out deeply to a count of four: Out, 2, 3, 4
- In, 2, 3, 4
- Out 2, 3, 4
- Keep repeating

Each In and Out breathe needs to take about 4 seconds each. This will be you to fully fill your lungs and exhale your lungs.



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Only six complete cycles are needed to achieve benefits of this breathing technique. You can do more, but six cycles would be the minimum. Having a steady rhythm that is relaxing is an important aspect of this breathing technique.

Play the instructional video below and be guided through the breathing technique.

<https://youtu.be/EfB-2NZ2eHI>

This technique is very, very simple but powerful in its affect. Monitor your breathing throughout the day. If you find yourself taking short, shallow breaths, take a few moments and do the Breathing Technique. You will be surprised at the many ways this will benefit you over time.

Meditation Technique

After doing the above breathing technique, you will attain an inner calm and your mind will start to slow down

The following is a visualization technique I use to gain insights from my higher power. It can be used for personal regrouping and becoming more centered.

It is best to do at least six or more (ten would be best) breathing cycles before using this meditation technique. It will quiet your mind from events of the day and you will not become as mentally distracted.

I call this my **Sacred Space** meditation

After finishing your breathing cycles, close your eyes and take one last deep breathe in and slowing exhale.

Now imagine (visualize) yourself at a place that represents Serenity, Freedom, Gentle Breeze, and/or a connection with Nature.

See yourself in this image. What do the Feel? What do you See? What do you Smell? Are there any Sounds? Take time to just experience your Sacred Space.



Do you feel an attunement to something greater than yourself? Do you feel a Higher Power in your presence?

While in your Sacred Space ask the following question, "What do I need to change the most in my life at his time?" Remain quiet and alert to any insights.

In future meditations, you can ask any question you would like insights into. Here are some additional suggestions.

- What did I learn from my interactions with people today? How could I do better tomorrow?
- How could I respect myself more when interacting with my friends and people I work with?
- What gives me the most enjoyment in life? How could I experience that more?
- Who affects me the most in an unpleasant way? How could I change that?

Do this meditation each evening. It will regroup your day and help you have a more relaxing sleep so that you are fully recharged the next day.

Play the instructional video below and be guided through the meditation technique described above.

<https://youtu.be/hDaCBWKYIZc>

In Summary

Breathing technique: I cannot over emphasize the impact of this simple breathing technique each day. Doing this each day for thirty days will create powerful changes in your soul.

Sacred Space Meditation: A common pitfall of western society is that most people do not take time each day to regroup. There is an important need to take a little time for yourself and "tune back in." Meditation is a powerful method so that you can list to your soul, you inner feelings.

You can experience additional relaxation techniques and the unique Sea of Tranquility meditation by attending one of my workshops and online classes. You will be receiving announcements as they are scheduled.

My most popular workshop is the **Sea of Tranquility Meditation Training**. It is a special 4-hour workshop where you will learn simple visualization meditation and breathing techniques that you can use any time and any place. This workshop is part of the Profound Mystical Meditation accelerated spiritual lifestyle training series.

There are three different aspects of this training series.

1. **Effective techniques** for calming the mind before beginning meditation
2. Simple **Sea of Tranquility** visualization meditation
3. **Advanced Lifestyle Insights** that transcends societal programming. Few people are aware of these important insights.

Also you will learn how common myths relating to angels, life purpose, life after death, hunches, and healing affects your spiritual evolution. Now is a perfect time to start being in command of your life.

Thank you for your interest and may your journey be filled with satisfaction and enjoyment.



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