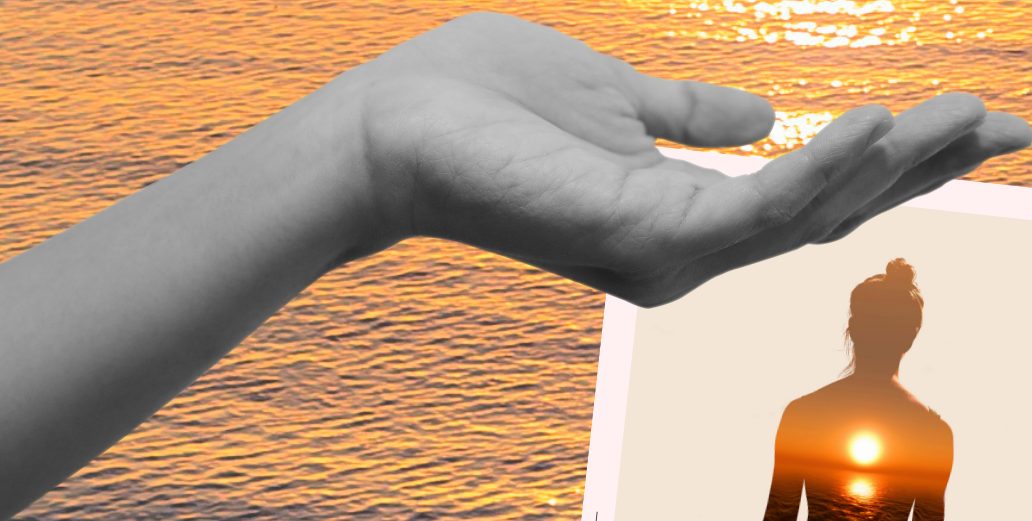


MEDITATION FOR HIGHER HEALING

MINI COURSE

by Lloyd Burrell



Dedicated to those trying to live their highest lives,
at the highest vibration, with the highest health.

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Meditation for Higher Healing

Mini Course

Why is meditation important?

1

Meditation and mindfulness are not just theories. They can be a total game-changer in terms of your health. These practices are poorly understood and often thought to be woo-woo. But there is some solid science behind them. Not to mention that ancient civilizations have been using meditation and mindfulness for thousands of years. They've been using them because they work! **Click the video to learn more about the myths, the research and the science-backed benefits of Meditation** in this short extract from the Healing With Vibration Mentorship.



Self-Love for Higher Healing

2

It's so easy to get lost in negative thinking. Life can be trying. If you let it. **However, we mustn't lose sight of who and what we really are and our greater purpose in life.** Self-love is more than just avoiding negative-self-talk, negative thoughts, and negative societal ideals. It's THE cornerstone to your health and well-being, that upon which everything else (prosperity, success, happiness) is built. And it can be practiced and cultivated daily. Practicing mindfulness and meditation are powerful tools for cultivating a sense of self-worth, value, love and forgiveness, and can act as a spring-board to higher states of health. **Click below for a 6-minute, easy-to-follow and powerful guided meditation to change your state of being and feel the awesome power of self-love.**



Qigong: Cultivating The Chi

There are many tools one can use for meditation, some of these include, humming, body movements, still meditations and sound meditation.. Qigong is far beyond mental exercise, physical exercise, or healing techniques; it's recognizing your full potential and discovering a deeper understanding of yourself. It's learning to acknowledge your own health and then taking responsibility for it. It is another level of mastery entirely - it's the mastery over yourself and of your energy. **In this powerful eGuide, Master Mingtong Gu guides you through this incredible and effective healing meditation practice.**



Observing Your Thoughts and Feelings Without Judgment

The wonderful thing about practicing meditation is that you can literally do it practically anywhere. You can meditate at your desk, in the bathtub, in bed, even on the bus. However, if you have the possibility to create yourself a space for meditation, you should. Prepare your body, remove distractions, do some light stretching, take a few focused breaths, practice gratitude. Taking the time to create the right conditions before you meditate can truly enhance your experience. **Use this one-page checklist to derive maximum healing benefits from this powerful healing practice.**

Before You Meditate...

- Prepare your space**
If you don't have a designated space to meditate, you can create one. Choose a calm, clean space without distractions to allow yourself to fully silence your mind during your meditation.
- Breathe**
Take a few focused breathing cycles in and out through your nose to help calm your nervous system before beginning your meditation.
- Prepare your body**
You'll want to feel clean of the day's chaos and stressors, so wash your face, your hands, brush your teeth, or whatever else you feel inclined to do in order to prepare your body for a full session.
- Practice Gratitude**
Think about or write down the names of 3 people or events that happened throughout your day that you are thankful for.
- Remove Distractions**
Silence your phone, turn off any other chores or issues that may interfere with your meditation.

CLICK HERE

Stretch & Release Built Up Tension

Do a few gentle stretches, or even yoga, before you get started. This not only will leave you feeling more relaxed, but it will allow you to not focus on stored tension during your meditation.

Set Your Intention

Reminding yourself of your intention before you meditate will help deepen your focus and your resolve.

