

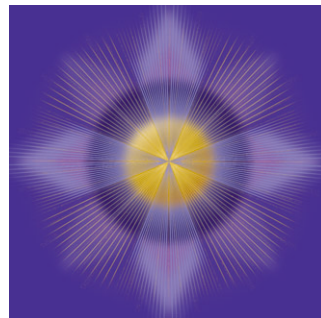
M E D I T A T I O N B O O K L E T

K E E P

I T

S O O T H I N G L Y

S I M P L E



A simple booklet on the basic methods of Meditation
By Maureen Perry, Spiritual Medium, Clairvoyant.
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MEDITATION BOOKLET

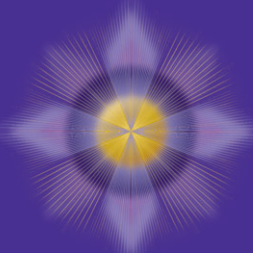
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KEEP IT SOOTHINGLY SIMPLE

By Maureen Perry INFINITE WISDOM

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SIMPLE MEDITATION

This booklet is designed to help you understand meditation -
It is meditation - made easy.

Basically, through meditation you become able to still the mind and the body, in order
to hear the 'inner voice'. Your inner voice is your true direction.
Through meditation You are able to connect to your Higher Mind / Self or
God Self (as some people call it).

This is the key to connecting to Source.

THERE ARE MANY DIFFERENT FORMS OF MEDITATION

Visualisation – going within (seeing)

Mantra – repeating a word or phrase over and over

Breathing – becoming aware of the breath

Higher Consciousness/Divine Awareness

I have chosen in this booklet to focus purely on the Breathing Technique. Although, some people find however, that through using the breathing technique, all of the above can be experienced.

Through breathing and the breath your awareness Shifts and Heightens, allowing you to become More aware of your 'Higher Self'.

The Breath of Life, so to speak helps us physically and emotionally as well as spiritually.

This booklet is designed to help those that, in the past have struggled to learn just how to 'be' - to be still - to be silent and to learn how to listen to their Inner Voice - Our true direction for ourselves. It is designed to help you Still Your Mind and Still Your Body - Long Enough to be Still Enough to Connect and to understand true connectedness to Source.

Through regular Meditation your life becomes stress free - you become extremely relaxed and Calm and this in turn helps you deal with day to day situations, as they arise, in a much more Positive way.

BEFORE YOU BEGIN YOUR MEDITATION

Make sure your room is quiet and if possible, close the blinds/curtains.
It is important to be warm and comfortable with no restrictive clothing,
nothing too tight or uncomfortable.

If you are not alone, make sure you tell others not to disturb you - it is crucial
that you are not interrupted during your meditation.

You can sit or lie down, whatever you are most comfortable with.

As with any spiritual work - before beginning you must make sure that you ask
for protection through the higher realms and divine light.
The following statement is just a suggestion, or you can make your own statement,
so long as you 'open to the light' somehow, before you begin anything.

“I now open to the Highest Realms of Light - Pure Light - Pure Love - Divine White Light
and I ask only to connect to the Highest Angelic Rays of Light - and that only
Beings of Pure Divine Light be present”.

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RELAXATION

1. BREATHING (TAKE 3 DEEP LONG SLOW BREATHS-THROUGH THE NOSE
(OUT THROUGH THE MOUTH))
2. RELAX AND UNTIGHTEN THE FACIAL MUSCLES - EYES, MOUTH, NECK
3. BEWARE OF YOUR CHEST - RAISING AND LOWERING
4. RELAX ARMS - BODY - LEGS AND FEET
5. FEEL YOUR WHOLE BODY BECOME 'LIMP'

NOW THE PROCESS OF 'HEALING ENLIGHTNEMENT AND
CONNECTING TO 'SOURCE' BEGINS.

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CONNECTING TO SOURCE - ENERGY / VIBRATION

1. BREATH

AS YOU SIT RELAXED, CLOSE YOUR EYES , START TO FOCUS ON YOUR BREATHING. SLOWLY BEGIN TO TAKE LONG, DEEP, SLOW BREATHS. BECOME AWARE OF YOUR CHEST - RAISING - THEN LOWERING FOCUS ON THIS FOR A MOMENT AND AS YOU INHALE - VISUALIZE BREATHING IN BEAUTIFUL WHITE LIGHT, BRINGING THIS WHITE LIGHT IN AND THROUGH YOUR WHOLE BODY - AS YOU BREATH OUT - ALLOW ANY NEGATIVITY, FRUSTRATIONS, HURT OR ANGER, TO BE WASHED AWAY BY YOUR OUTGOING BREATH SO, IT'S IN WITH 'WHITE LIGHT' OUT WITH NEGATIVITY (DARKNESS) CONTINUE THIS FOR A FEW MORE BREATHS, YOU WILL BEGIN TO FEEL CALM, VERY RELAXED AND AT PEACE WITH YOURSELF - AND THE WORLD (THIS IS YOUR TIME OF REPLENISHMENT, BREATH IT IN AND ENJOY EVERY MOMENT)

2. THE JOURNEY

NOW, YOU ARE READY TO RAISE YOUR VIBRATION START BY VISUALIZING A BEAUTIFUL PEACEFUL SCENE - THIS CAN BE - SITTING BY THE OCEAN, WALKING THROUGH AN OPEN FIELD, IN THE MIDST OF A FOREST, ON A MOUNTAIN TOP - THINK OF ANYWHERE - ANYTHING THAT GIVES YOU GREAT PLEASURE, PEACE AND RELAXATION

3. DESTINATION

NOW, BECOME FAMILIAR WITH YOUR SURROUNDINGS, LISTEN TO WHAT YOU HEAR - LISTEN TO NATURE,
ALLOW YOUR WHOLE BEING TO TAKE IN EVERYTHING THAT YOU SENSE IS
AROUND YOU - SEE IT ALL - BREATH IT ALL IN.

4. FEELING THE CONNECTION

BECOME AWARE OF ANY PARTICULAR COLOUR THAT MAY BE SURROUNDING YOU. BREATH IT IN, ENGULF
YOUR WHOLE BEING WITH THIS COLOUR AS YOU SIT IN THIS STATE, ALLOW YOUR WHOLE BEING TO JUST -
BE - BECOME AWARE OF HOW YOUR 'INNER BEING' FEELS -
ENERGY, LIGHT, CALM, PERFECT, WHOLE.

WHEN YOU ARE COMPLETELY ABSORBED IN THIS STATE, NOW IS THE TIME TO ASK YOUR GUIDES TO COME
IN CLOSE TO YOU NOW. TAKE A MOMENT TO SEE WHAT IT IS THAT YOU ARE FEELING AND SEEING
AROUND YOU - ASK YOUR GUIDES FOR ANYTHING NOW, FOR ANYTHING THAT YOU WANT AT THIS
PARTICULAR TIME IN YOUR LIFE, YOU MAY WANT AN ANSWER TO A PARTICULAR PROBLEM THAT YOU
TRYING TO DEAL WITH RIGHT NOW - ASK ANYTHING OF YOUR GUIDES AND SPIRIT HELPERS NOW,
SIT QUIET - IN THE MOMENT - LISTEN FOR ANY WORDS OF 'HELP' AND 'GUIDANCE'
THAT MAY COME TO YOU.

REMEMBER, THIS MAY COME IN THE FORM OF PICTURES, COLOURS, WORDS, SYMBOLS. JUST GO WITH THE
FLOW - KEEP BREATHING ALLOWING YOUR BREATH TO BE RHYTHMIC. NOW, ASK YOUR GUIDES AND
SPECIAL HELPERS, IF THERE IS ANYTHING THAT THEY WANT TO TELL YOU -
ASK FOR CLARITY IN UNDERSTANDING THEIR MESSAGES

5. SENSING ENERGY - VIBRATION

SPEND SOME TIME IN THIS STATE ALLOWING YOUR WHOLE BEING TO
ABSORB THIS BEAUTIFUL, PEACEFUL ENERGY.

6. THE JOURNEY BACK

WHEN YOU FEEL YOU ARE READY, ALLOW YOUR THOUGHTS TO BEGIN YOUR JOURNEY BACK SLOWLY AND
VERY GENTLY, BECOMING AWARE OF YOUR SURROUNDINGS PHYSICALLY. VERY, VERY GENTLY, START TO
WRIGGLE YOUR TOES, GENTLY STRETCH YOUR FINGERS, OPEN YOUR EYES LOOK AROUND YOU - BREATH.

REMEMBER, WHATEVER PEACE, PLEASURE AND ENLIGHTENMENT THAT YOU FELT ON YOUR JOURNEY, BRING
THIS SAME ENERGY BACK WITH YOU NOW - FEEL IT, ALLOW IT TO ABSORB YOUR WHOLE BODY THIS WAS
YOUR SPECIAL JOURNEY - CONNECTING WITH YOUR GUIDES AND HELPERS - RECEIVING AND FEELING
THEIR LOVE, COMFORT AND PROTECTION IF THERE IS ANYTHING IN PARTICULAR THAT YOU FEEL YOU NEED
TO REMEMBER TO HELP YOU ON YOUR JOURNEY - WRITE IT DOWN WHEN YOU FINISH YOUR MEDITATION.

THE MORE WE MEDITATE, THE MORE BALANCED, CALM AND RELAXED WE BECOME AND
EVERYTHING PHYSICALLY AND EMOTIONALLY TAKES CARE OF ITSELF.

Through meditation we become spiritually more aware of our spirit being, enabling us to bring more love and
light into our lives - which in turn helps us in our everyday physical life.



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