

The Secrets of Meditation & Mindfulness



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Foreword

The benefits of meditation are today well known both scientifically and in popular culture. The origins of meditation or mindfulness, go back many thousands of years in multiple cultures. Meditation is nature's way to help us reach optimal well being and functioning.

Some may wish to use the words prayer or mindfulness in place of meditation, which is fine. Regardless of the terminology, the benefits are the same. We are sufficiently still to put us into direct communication with the Divine. I will generally use the word meditation, but please think of whatever word you wish so that you feel comfortable.

Meditation assists us to live in the here and now. Being absolutely present, even if it is only for a short time, allows us to be aware of the universal life force (or chi) flowing through us. Conferred upon us during meditation are all the benefits that go with an increase in that life force.

If you want to be successful and happy, you need an edge and being as fully aware as you can be, is that edge. Meditating opens us up to new realities and spiritual experiences helping us grow into mature, confident and enlightened human beings. Meditation also revitalises and enlivens the physical, emotional, mental and spiritual bodies. More importantly, regular practise just makes us feel good which is more than sufficient reason to do it.

So read on and learn how to meditate so you can improve your life in all aspects and further your own evolution as a human being. Fundamentally, we are all aspects of Divine Essence experiencing itself anew on this planet in different physical containers. We are just drops of the infinite ocean of creation. When we incarnate onto this planet, it's just like putting on a new outfit! Through meditation you will become aware that you are more than your body, more than this present life and you are part of all that is.

Happy meditating and I hope you are looking forward to all the new things you will discover about yourself, the world and the Universe through the ancient spiritual practice of meditation.



Chapter 1: The Benefits of Meditation

If you want to be happy and fulfilled, there's only one way - you must confront yourself on every level – spiritual, mental, emotional and physical. Any feeling or energy you have denied in yourself doesn't magically disappear, it goes underground into your subconscious (beyond your mental faculties) and back into your body where it will sit and wait for an opportune moment to resurface, bringing your attention back to itself when you are strong enough to cope. This is nature's way to get us to face our own personal reality and truth in multiple dimensions. If we don't meditate and listen to Spirit's messages, Spirit has an alternative method of communicating with us:

1. Initially communication is like a feather being brushed across your cheek. Most people don't notice it or if they do, they pay little attention.
2. Next, Spirit taps us on the shoulder with an event that we do notice but don't particularly like. It's a warning tap and generally people don't change, they continue on with their programming. Although life might not be good, generally they are too lazy or unmotivated to change so they hope for the best and don't take action.
3. Then Spirit gives us a good hard kick up the backside. We are being warned to change. Our lives are not working properly and things are going wrong, often in multiple areas, but still we persist with the same attitudes and belief systems that have been inculcated into us from childhood. We are not thinking for ourselves and are being run by 'programs' that have been downloaded into our brains, usually by other people, especially parents, teachers and peer groups. We are following other people's rules to run our own very unique life and it doesn't work. We are not other people, we are infinite and unique Souls having a human experience. We experience problems in life when we are not true to ourselves and when we are partially disconnected from Divine Source.
4. Finally, in a desperate effort to get us to wake up, Spirit will allow a Mack truck (figuratively speaking) to run over us and it hurts a lot. This is a major life event such as a divorce, bankruptcy, serious ill health or loss of our home or loved ones. These events take a lot to recover from (if ever) but there is a silver lining in that we can change most during these periods of great loss. We finally 'wake up' and realise that there is a problem and set about

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Chapter 1: The Benefits of Meditation

trying to rectify it. Rather than go through all of this, it's just easier to listen in the first place.

Meditation is one safe and inexpensive way you can avail yourself of your own personal truth on a daily basis. You don't have to go through the 4 stages above if you are already listening to Spirit in meditation and you act on the messages you are given. If you do this you may be able to restructure yourself so you can ameliorate the effects of the most difficult events.



An example I can give you, I had a nasty cancer on my face, it was a squamous cell carcinoma (a mid range skin cancer). I only had it 3 weeks and had been to see a doctor who said it was nothing to worry about and I could have it off in a few weeks time. A few days later, a voice woke me up yelling at me "that comes off your face today". I got such a fright, I was on the phone ringing doctors to take it off that day. Obviously most wouldn't do it. Then I rang a good plastic surgeon who was operating at a hospital nearby that day. He had a two month waiting list. But his nurse told me to text photos and she would send them to him. She called me back ten minutes later telling me to be at the hospital at 3pm and not to eat anything that day.

When this doctor saw the photos he knew it was highly aggressive and growing. It had already invaded half way down the dermis but luckily had not yet reached my facial nerves. He removed it all in time before any serious long term damage was done. Mind you I looked like a pirate at the time, but the scar healed nicely. I had the cancer because I didn't sufficiently look after my skin twenty+ years ago (logical consequences to carelessness in my youth) but I took action immediately my Soul suggested it, so I minimised the damage.



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Chapter 1: The Benefits of Meditation

Your Soul speaks to you in your dreams as well as meditation and in various states of consciousness. Spirit was 'talking' to this doctor, his nurse told me she didn't understand why he operated on me like that when he was already booked out and he never does that. Who rings a plastic surgeon in the morning and is operated on in the afternoon with a general anaesthetic? Especially, when he has a 2 month waiting list? It just doesn't happen unless your Soul is in control.

So meditate and listen to your dreams. You will be in a better position to cope when things do go wrong (which incidentally maybe very right in some way. I'm writing about this now and telling the world about it so it might help someone?). You may even be able to avoid karmic events altogether, if you pay sufficient attention and understand the warnings being given to you. Here's another example, around August in 2014, I was thinking of travelling to Hong Kong. But as I was about to book my ticket, I was told during meditation "You are not going overseas next month". So I said "ok, I'm not going". Then I got the flu (a variation of the avian flu, so it was a bad one but I was over it in 2 weeks which was very fast), and then the very nasty cancer unexpectedly cut off my face. Then I hear on the news that there are ongoing pro-democracy riots in Hong Kong with people being hurt by the Chinese police for peacefully demonstrating. Imagine if I didn't listen, I would have been over there getting over the flu, with 14 stitches in my face in the midst of rioting! I don't fancy travelling in those conditions and congratulations to me for listening and taking action by changing my plans.

Through meditation, Spirit warned me. You can have the same guidance because you are the architect of your own life and this realisation can start right now! Don't forget to thank yourself when you hear Spirit's messages.



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Chapter 1: The Benefits of Meditation

Meditation is a journey worth doing. With regular daily practise, you will find hidden knowledge about yourself, the world and the Universe. You will feel safer, more confident and better about life generally.

For thousands of years in multiple cultures including those in India, Egypt, various islands (e.g. Hawaii and Australia), America and South American, meditation is associated with many benefits. So if you're not already convinced here are just a few more reasons to meditate:

- Improvement in multiple physiological functions, leading to good health and vitality.
- Awareness of various facets of consciousness and awareness.
- Reduction of stress and anxiety.
- Increased oxygenation of the bloodstream.
- Increased immune functioning and response.
- Decrease in physical and emotional pain.
- Slowing down the brain and helping to reduce ageing of the brain by thickening the cortical walls of the brain. Meditation has also has positive implications for various brain diseases including dementia.
- Slowing down the ageing process in the body generally by protecting the end caps (known as telomeres) of our chromosomes. As these reproduce, mutations at the ends of the chromosomes cause damage, one consequence of which is ageing.
- Increased relaxation and well being.

If you don't want to do it for yourself, then do it for your family and to help humanity generally. Every person who becomes even the slightest bit more aware has a 'knock on' effect to the rest of humanity. One aware person in a multitude of people is sufficient to effect change in that communal population.

Meditation leads you to spiritual discovery, the title of the next chapter, so keep reading....

The world needs you, so make a start. It all starts with you!



Chapter 2: Spiritual Discovery

When people think of spiritual wellbeing and meditation, they commonly think of God, The Universe or Divine Source, please use whatever term you feel comfortable with when thinking about the Infinite Source of all things.

Some consider this Universal power to be a supreme being and others consider him to be “the man upstairs” a belligerent father figure. Other people may think of a beneficial motherhood symbol of abundance and call her “The Great Mother Goddess”. Others reject the concept of any sort of being, and find their spirituality in the earth, in nature, or in humanity.

Some have noticed this spiritual awakening with a heightened sense of emotional experiences. This deeper experience of life causes us to begin to relate to each other in a deeper and far more profound way, leading to us becoming more compassionate and non-judgemental of others. We realise we are all connected.

We as people, consist of spiritual, mental (or intellectual), emotional and physical dimensions. We experience the world by filtering and looking at experiences through these four dimensions across space and time. We know that humanity has always considered these dimensions since the dawn of time when the beginnings of religion were cast. Early fertility and mother cults, Roman and Greek mythology and astrology are the antecedents to modern religion and all testify to the very real role spirituality has played in human evolution and development.

So how do we discover the spiritual side of our personalities? Some people discover it through embracing formal religion, others discover it through yoga or some other form of meditation that relies on inner focus, and others go on a journey of self-discovery through their physical and emotional experiences which may lead them to altered states of consciousness.

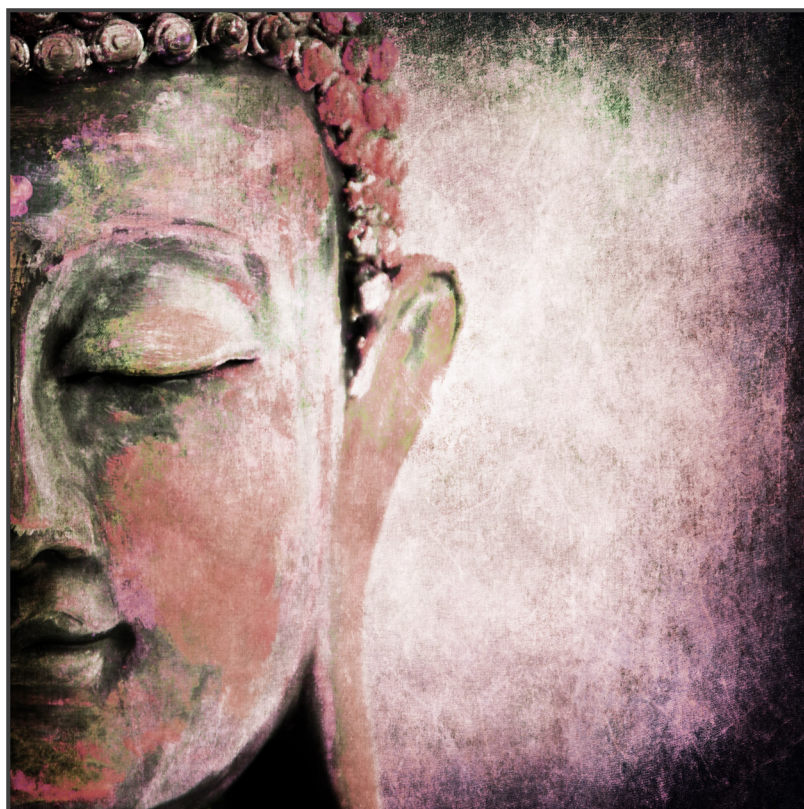
The vast majority of world religions use meditation or prayer in some form to connect with and get to know God, the Universe, Divine Source, Allah or whatever you wish to call the higher power that most people believe in. Of course, the risk that organised religions run is that this

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might actually happen. You might actually connect and learn to luxuriate in the divine energy of your own Soul which is the direct conduit to God, the Universe and everything else. As you strengthen your own Soul connection you will not require anyone else to tell you what to do or how to lead your life as your own Soul will be in control and compel you to do what is right for you.

The meditative journey towards the core of your being, that is your Soul; is a descent into the subconscious realms in order to resolve dysfunction and release trapped and stagnant energy. This often takes the form of a 'gift' which may be physical, emotional, mental or spiritual. To obtain this gift, we often have to pass through extreme emotional experiences or trials similar to biblical Job being swallowed by a whale, or Inanna in the ancient Babylonian legend who descended into hell, very nearly died because she was hung on a hook (similar to Christ on the cross) and then gained her freedom as she resurfaced into life. We make this journey countless times in varying degrees during our lifetimes, usually unknowingly.



Women make a variation of this journey in some form every month during their menstrual cycle. For greatest spiritual growth, a blood sacrifice must be made for creativity. The bible does say “the life is in the blood”. Unfortunately for men, they don’t have this option, so growth is slower and there is a danger that pressure can build up to an unacceptable level without a monthly or regular venting. By the time women are menopausal, they have usually had thirty five plus years of regular blood sacrificing and have integrated a large amount of subconscious energy. They should have become truly wise in the way of the crone, and meditative states should come easily and naturally even to those women who would not call themselves ‘spiritual’ or ‘religious’.

When people embark on a journey of self-discovery, they commonly focus only on the physical and emotional sides of their personality. When we take the time to explore the part of our psyche that we sometimes call Spirit or Soul, we discover a brand new world that we were previously unaware of. Previously, we may not even have realised that this new found spiritual dimension of ourselves even existed.

To differentiate between Spirit and Soul, Spirit is the ‘fire’ of the Holy Spirit, or can be perhaps better understood as the spark of life that keeps us alive. It contains the collective energy of the Universe and all that is. This life spark actually commences at the top of the physical heart. It then spreads throughout the entire heart and it is this electrical activity that keeps our hearts beating.

Quite literally Spirit is keeping us alive. Some of us actually physically experience the sensation of flames or fire in the chest region, which is an extension of the Holy Spirit into the greater chest area and sometimes throughout the body. This is also known as ‘The Violet Flame’ which is a particular form the Holy Spirit may take so that we can perceive and understand its presence. Those people who are clairvoyant (have the second sight) may see angels in the light and flames. The sensation can be very strong to the point of discomfort so that some people actually seek medical intervention thinking they have some sort of medical problem. The sensation of flames is actually burning off spiritual dross or karma so in reality it’s a purification process.

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This is what Moses in the Bible experienced when he saw God in the burning bush. He was actually in a meditative state and perceived the Holy Spirit in his chest which he was able to communicate with as he was in an altered state of consciousness. Much has been made about the burning bush, this was actually the hair on his chest... he had a particularly hairy chest which in his meditation, he thought resembled a bush. I also suspect various translations over the past 4,000 - 5,000 years have mistranslated the story. I know this because Moses has been appearing to me in visions over the years and has given me this information.

I have been experiencing the Violet Flame on and off for 30 years, with some intense periods lasting several years at a time. I frequently feel the flames from my throat down my entire body into the Sacral chakra which can be quite overwhelming. Women going through perimenopause (from age 40 - 50 years) and menopause may find this sensation appearing for the first time or it may be more intense than previously during this time. Menopause can be quite a magical time if we explore it from a spiritual perspective. Of course seek medical advice if you have these 'symptoms' or you are concerned. If doctors can't find anything wrong, search your Soul and enquire if it is a spontaneous ignition of the Violet Flame. Ask and you shall receive the answers you need. I am unaware of how to 'tame' these flames but I haven't sought to do so as I would rather burn off anything and everything that no longer serves me.

The Soul contains our own individual evolution across many lifetimes and existences in multiple dimensions, not only on this planet. Your Soul is the core of your being and it has a mission for you to accomplish during this and other lifetimes. It is constantly guiding you towards fulfilment of that mission, and through meditation you can communicate with the vibration of your Soul through emotions, physical feelings, visions, words and sometimes you just 'know' what you are supposed to do.

Often a particular song will play over and over in your head or you may find that when you get into the car, a song will be playing that has a special meaning for you. Go and look up the lyrics on the internet, so you can get the message your Soul is giving you. Number plates may also convey messages from your Soul, so take note if you see any with a special meaning. You are more likely to understand the messages being given if you are in a meditative state, although



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that's not a good idea if you're driving. When we do focus on the more subtle spiritual realms through meditation, we commonly discover that we become more sensitive, vital and alive. This will have a profound effect on how we relate to ourselves and others giving us insight and understanding of the true nature of reality.

Through the regular practise of meditation, we embark on a wonderful lifelong journey that will take us to many amazing states of being. You will never be the same again once you begin this journey of self discovery.



Chapter 3: From Basic Meditation to Deep Esoteric Knowledge

Meditation is a process through which many people connect with the inner spiritual realms and at times even connect with God or the Universal Source of all things. God wants to communicate directly with everyone and everything so that it may experience all the 'flavours' of life through different vessels, that is us!

God has also denied and deluded itself in much the same way that we do. We are made in God's image and our denials and acknowledgements are God's denials and acknowledgements. Our delusions and realities are God's delusions and realities. Black and white, light and dark, good and evil, male and female - all opposites are contained within God's omnipotent presence. Meditation can assist us in coming to terms with these opposites and other unfathomable and inexplicable facts contained deep within our subconscious and the collective unconscious of humanity.

Physics and Psychics are very close, people mix them up all the time, although you may think they are opposites, they look and sound similar at least. Another reason people get confused is that they both seek reality, albeit using different methods. Universal laws echo across the spacetime continuum in different dimensions, but they remain constant. One such law is that of duality which is part of God's plan and in this physical world, we can't exist without it.

It is the electromagnetic forces of duality that give us the 'life spark'... it's like lightning when opposites come together. Lightning is caused by the potential difference of electrical charges and as the lightning strikes, it imparts the charge into the Earth to create equilibrium after the flow. It neutralises itself and creates power and light. Lightning is creation. Creation occurs because of the flow between opposites.

Lightning occurs on the lid of the Ark of Covenant when the two angels Jael and Zarel,



embodying opposite principles, stretch out their wings towards each other. I will write more about this in my next ebook 'Secrets of the 10 Chakras', which is a must read if you want to create and be abundant. To create you must 'ground' the spark into the Earth, that is you take the inspiring life spark and flow it through your Heart to make it physical. It then runs down through your arms and hands (parts of the body that DO things) and throughout your entire body. This is secret, deep and hidden knowledge and should be respected accordingly. I will write more about this in the next ebook.



If we are aware, we can feel creation as it happens. With awareness we can integrate opposite energies so that the extreme ends of any emotional spectrum don't have the same power over us. We can harness that lightning force and have control of our emotions. As we become 'one' with whatever the issue is (sometimes experienced in dreams as having sex or eating), we gain the use of that energy which has been outside our control. Integration of energy which was previously lost to us is evidenced by a feeling of deep peace at the very epicentre of our being. We are reconnected in a way that we never have been before. After being disconnected then put back together again, we are complete and have restored God to wholeness in the process of our own (w)holiness. That's what being holy means... bringing lost and dissociated energetic complexes back into our conscious control and awareness. We are then made whole and God experiences itself fully through us engaging in this process. Mostly we engage in this process unknowingly and unconsciously.

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Chapter 3: From Basic Meditation to Deep Esoteric Knowledge

Remember the old law of magnetism... opposites attract... so when you meet that special person who is so absolutely magnetic and compelling to you, don't walk away because that would be a true sin. He/she is reflecting an energy deep down in your subconscious that needs to be integrated into the main part of your personality. He/she is the mirror to a hidden but very powerful part of your Soul that you have been unaware of.

Allow the attraction and the 'chemistry' or 'alchemy', so you can join with that energy (not necessarily that person) and become whole. This doesn't mean that you have to physically 'act' on the attraction but rather internally, you allow the magnetic forces to come together and the 'alchemy' to turn lead into gold within your subconscious.

Meditating will help with this process which may take some considerable time. We are containers that must hold the energies within while they magically transform. In the case of unrequited love, we are left hanging and it hurts a lot, as Christ did while hanging on the cross as he died. We too must die to our former selves so we can be reborn anew with transformed beliefs. It's a difficult and dangerous path to tread and part of us will die in the process, yet in some ways we all must die at some time in our lives to become whole again. Stand firm and hold the energy within while feeling every emotion and physical feeling you can stand. The less we fight it and the more we meditate upon it, the easier it will be. Mind you this process is never easy. We are creating something wonderful and belief systems must be destroyed to birth new creation.

Meditation can help us do this and it is a vital tool for anyone who wishes to grow spiritually. In fact, it is impossible to ignore meditation because it is a completely natural state that occurs at different states of consciousness. As we fall asleep, we naturally drift into a meditative state and when we wake, we traverse those altered states of consciousness back to full wakefulness. There is no way to avoid altered or meditative states of consciousness which is fabulous! So please don't ever think 'I'm doing it wrong' because it happens naturally. What we want to do is experience those natural altered states more regularly, for longer periods and under conscious awareness and this is where meditation comes into its forte.



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Chapter 3: From Basic Meditation to Deep Esoteric Knowledge

Experiencing altered states of awareness connects us more fully to our Soul and allows various energies which no longer serve us to be dealt with and released. Those energies are stored somewhere in the energy field in and around the body (known as the aura). Nature doesn't like a vacuum so when blocked energy is released, the Soul can then take its natural place and more fully inhabit the body. We then feel more grounded and it becomes easier for us to manifest what we want in life. Trauma and injury can 'dissociate' parts of the Soul from our body, leading to stagnation, lower blood supply to an area of the body and after time, restriction and illness.

When parts of our Soul are lost, there are also all the emotions that go along with not feeling entirely optimal including apathy, lack of motivation and in extreme cases, depression. It's hard to be successful and abundant when we don't have all the energy we should have. We have lost our birthright. When we are disconnected (even partially) from the Soul, we do not have control or awareness of a vast amount of potential energy which should be available to us. We are only existing rather than really living. Abundance is partially lost to us. We are like the Israelites wandering in the desert for forty years, making it far worse for themselves by whinging and turning away from Universal Source in their worship of fallen idols. They became negative and were 'distracted' by other things... much like many people today.



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A spiritual law exists whereby we get what we focus upon and this is magnetised to us by our feelings. So whinging and whining begets more to whinge and whine about. We are powerful and can make a bad situation worse by our attitude towards it. The disconnection from the Soul occurs when we allow anything else to take precedence over the inclinations of the Soul. Being distracted by thinking, other people, computers, television, work, phones etc. takes us away from the beautiful connection with our own Soul that is our birthright. Being connected strongly to our own Soul makes us 'selfish' in the best and highest meaning of the word. But in order to be authentic and happy, this is what we must do – follow the dictates of the Soul.

Meditation redresses this imbalance by giving us back space to commune with our Divine Essence. We meet ourselves all over again. The Soul is the most perfect lover we could ever know who is reaching out to us on a daily basis, yet most people ignore the impassioned pleas of the Soul who exists in hopeless unrequited love for us. If only we realised the pain we cause ourselves!

Life itself is evidence of our Soul connection and so the stronger the connection, the more 'alive' we feel, the more vitality we have and the happier we are.

The Soul, that immortal and infinite part of you, gets its nourishment from the direct connection with the tenth Chakra which is known as 'The Godhead'. Regularly meditating gives us a stronger connection to our Soul and therefore a stronger connection to Source energies and more power to manifest what we want in life. The more aware we become, the more choice we have. With this power comes additional responsibility, so we must be careful how we wield this new found power.

Not meditating restricts spiritual sustenance and we die a slow death on the inside, existing rather than really living. Starving ourselves spiritually, we slowly deteriorate and various aspects in our lives begin to wind down e.g. health, wealth and/or relationships. We wander in a wasteland like Moses and the Israelites or the Knights of the Round Table under King Arthur searching for the Holy Grail. Incidentally, the Holy Grail is an energy that exists in the Earthstar chakra. You can read my next ebook on Secrets of the 10 Chakras to find out how to connect



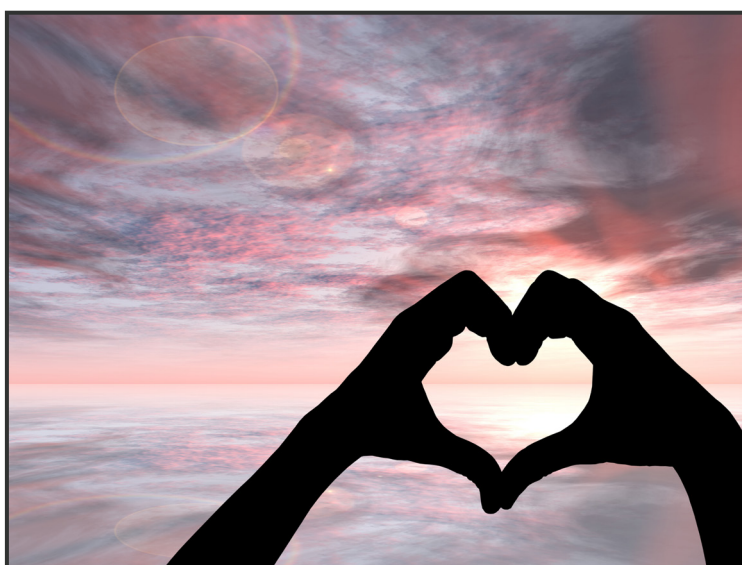
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with your own Holy Grail.

Some people have the will to meditate but end up frustrated due to lack of instant results. Why does this happen? They expect instant gratification like a baby still in the womb. Newsflash... once we get out of the womb, nothing in life is instant... so we need to get used to that fact and work gradually towards what we do want. Some people are stuck back in the womb or in their childhood psychologically, so they may turn to food, alcohol, drugs or other addictive habits. They are searching for something external to make the pain go away if only for a little while. They don't realise they need to look within by meditating to find spiritual sustenance to feed themselves so they can grow past that trauma and accomplish the necessary goals of that developmental stage of their evolution.

Sometimes beginners will start with the wrong meditation practices for their level of experience. Also they may not appreciate that meditation is a long term practice that does not necessarily achieve instant and miraculous results. Although over time peacefulness and tranquillity will result and they will feel more confident and accomplished in life. We do also get the odd miracle thrown in for good measure. Meditation teaches us to live under 'the grace of God' when things don't go according to the plan of the ego. We learn to trust ourselves and the Soul to guide us in fulfilment of our life's purpose.



Chapter 4: Meditation Techniques and Bibs 'n Bobs

Although there are many different approaches to meditation, the fundamental principles remain the same. An important principle is that of transcending thought to find a place of stillness. During this process, we may consciously and unconsciously release obstructive, negative, wandering thoughts and fantasies. Then the mind can be calmed with a deep sense of focus. Then the issues that need to be dealt with will rise up out of the subconscious for release and transformation.

The mind must become a blank slate or 'Tabula Rasa' (as Freud would say) so that impressions from Spirit can be clearly received and understood. This state of deep receptivity to Spirit takes practise and even if you start with just ten minutes morning and afternoon, this will set you up for a good day of peacefulness.

Strategies - Ridding Yourself of Distractions

The negative thoughts you have - those of noisy neighbours, bossy co-workers, those relationship problems, that unwanted financial worry – these are all distractions and contribute to 'pollution' of the mind. When you meditate, letting go of them allows for 'cleansing' of the mind so that it may focus on deeper, more meaningful pursuits. Negative thoughts are simply distractions from the intimate and beautiful relationship you have with your own Soul. Nothing and no one should be allowed to come between you and your Soul.

Unfortunately, most people are unaware of this intimate relationship. It's as if, every day a secret lover tries to communicate with them but is rejected over and over again because the person is 'too busy' to notice them. The Soul is the most perfect and beautiful lover a person could ever get to know and yet most of us ignore him/her.

Incidentally, the Soul is neither male nor female as it has experienced many lifetimes or incarnations, male and female upon this planet others. It has also experienced many lifetimes in other dimensions and on other physical planes including other planets and galaxies. Some



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of these dimensions are physical and some are not. Physicality is not the be all and end all... energy is and the most important energy is love.

In preparation for meditation, you can choose to shut out all sensory input - no sights, no sounds, and nothing to touch whilst you have the intent to detach yourself from the external world. Then focus on a deep and profound stillness as your key goal. It may seem uncomfortable to the point of being 'deafening' at first, since we are all too accustomed to being over stimulated by constant sight and sound. However, as you continue this exercise you will find yourself becoming more aware of everything around you. You will become more sensitive to every breeze and sign the world is showing you. Every day you can notice a little synchronicity or a message from Spirit, that you wouldn't have noticed previously. Little by little you will find your path as the Universe nudges you back on track to your life's true mission in accordance with your Soul.

Gradually, you will become the 'Observer' rather than being caught up in the trauma and drama of life. Meditation allows you to become a 'big picture' person directing the play of your life, rather than just BEING an actor on stage and feeling as if you have no control over what happens to you.

Most people are 'playing' a role in their own life rather than being who they really are... an authentic and genuine human being on an exciting journey of self discovery. Notice I use the words 'human being' because it is more important TO BE not TO DO. We are all so busy rushing around doing things instead of being who we really are. Doing can be another distraction taking us away from our true selves. Thinking is similar to doing, so not to be encouraged all the time, especially when we don't need it. Today many people in western cultures at least, are guilty of 'over thinking' situations. Thinking is necessary when doing certain things but it's not mandatory 24/7 and should be managed so it doesn't run our entire lives.

Of course sometimes it's appropriate and good to do things and think, but we need the correct balance of DOING, THINKING and BEING. Sitting in nature for example at the beach or in a forest can help us with this. Find the right balance for you of being receptive or BEING (a

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feminine function) and being active and DOING (a masculine function) and THINKING (which is asexual). We all need a good balance of both male and female energies within in order to be fulfilled and happy.

Positioning, Location and Bibs 'n Bobs

If you find various meditating positions uncomfortable - those with impossibly arched backs and painful-looking contortions - don't be concerned. The main thing is to be in a comfortable position conducive to concentration. This may be while sitting cross-legged, standing, lying down and even walking. Many activities can become meditative, exercising such as walking, running or swimming are great examples.

If the position allows you to relax and focus, then this is a good starting point. While sitting or standing, your back should be straight, but not tense or tight. In other positions, the only no-no is slouching and try not to fall asleep. If you do fall asleep, it's probably because you are not getting enough quality sleep at night time, so do not worry about it. Your intention to meditate is very important so don't beat yourself up because you think 'you're not doing it right'.

Loose, comfortable clothes help a lot in the process since tight fitting clothes have a tendency to distract you and make you feel tense.



The Secrets of Meditation and Mindfulness

Chapter 4: Meditation Techniques and Bibs 'n Bobs

The place you perform your meditation should have a soothing atmosphere. It may be in your living room, or bedroom, or any place that you feel comfortable. You might want an exercise mat if you plan to take on the more challenging positions (if you feel more focused doing so and if the contortionist in you is screaming for release). You may want to have the place arranged so that it is soothing to your senses. Do whatever is necessary to be comfortable, warm and peaceful. Make sure you are not hungry. Sometimes playing soft and gentle music in the background helps. There are many excellent meditations you can buy online.

Silence can also help you relax and meditate, so you may want a quiet, isolated area far from the ringing of phones or the noisy washing machine. Pleasing scents such as lavender are also a help, so stocking up on aromatic candles is a great idea.

Alternatively there are meditations utilising sounds including those that change your brain waves from alpha state or full wakefulness right down to theta or even delta state which is deep sleep. Some mantras practised by monks can also achieve altered brain wave states.

Even focusing on repeated actions such as breathing and humming will help you get into the right zone to enter a higher state of consciousness.

The principles here are focus and intention. You could also try focusing on a certain object or thought, or even, while keeping your eyes open, focus on a single point. Your intention is also very important as it is a signal to your subconscious and to Divine Source that you are 'open for business' and ready to listen and commune with your Soul through meditation.

While in a meditative state, concentrate on silently naming every part of your body and focusing your consciousness on that part. While doing this you should be aware of any tension in any part of your body. Mentally visualise releasing this tension by imagining ocean waves are washing away all the stress and tension in various areas of your body. This technique is sometimes used in preparation for yoga nidra which is a type of deep yogic sleep where you remain conscious but your brainwaves descend down to delta level. This can work wonders and make you feel refreshed and ready for the day.

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Chapter 4: Meditation Techniques and Bibs 'n Bobs

Visualisation can be a very important part of meditation. You can visualise a waterfall washing away negativity or your thoughts being written on a blackboard and then being wiped away. Use your imagination to come up with ideas to assist you in getting the results you want. Imagination is a direct conduit of your Soul who inspires you through creativity. Imagination is a gift of Divine Source to get you to take physical action.

These visualisation practices are also useful if you have problems getting to sleep.

Limit your use of mobile phones, television, computers and devices so that you can have quality downtime alone. This step is crucial to you feeling and connecting to the beauty of your own Soul. Everyone needs sometime alone away from the energy fields of other people and electrical equipment. It's difficult to know who you really are, if you have a constant stream of energy around you.

For more information on meditation techniques, contact a meditation expert (some yoga teachers are great resource people). Or join a meditation group. You will then be in a better position to choose which meditation technique suits you.



Chapter 5: Where to Now?

As you advance in meditation you will begin to sense more, feel more, see more, hear more and know more. You will be more confident and your intuitions will prove themselves to be accurate over and over again. Sometimes you may see visions or colours, pay attention here because they should always appear bright and clear. If they are dull or murky, you may need to use your imagination to call in light. Often however they will change by themselves as the light enters, without any special effort on your part.

Whenever you encounter darkness that is threatening or doesn't feel quite right, just focus on the concept of light and call in whatever higher power you believe in to guide you through. You will learn to trust your instincts and trust the forces of light and love. If ever you feel unsafe, again I say, use your imagination if the light doesn't appear spontaneously. Little by little, with regular meditation practice you will become masterful and realise your own power.

Sometimes people ask me about setting up protection during meditation. I'm not a fan, as I believe the need for protection is largely based upon fear. I would acknowledge the fear and embrace it, rather than try to avoid it by invoking protection. Imagine you have a torch and shine it in front of you. Use protection invocations if you feel you must, but it's not a regular thing I do. Very rarely do I come across anything where I feel unsafe. If that ever happens to you, call on Jesus or Buddha or whoever you believe in and focus upon the light.

As you evolve in meditation, you may notice over some considerable time, that new colours will come in. One sure sign of advanced spiritual growth occurs if you see gold, silver or opalescent type colours. You may even detect colours that are beyond the vision of normal human eyes. Another sign of advancement is the ability to 'hear' colours in Spirit, which sounds like a strange concept, but I can assure you that colours do have sounds and may even sound like a musical symphony. You may also hear choirs of angels singing which is always lovely. We are a full expression of God or Divine Source in every respect... our denials, our confusion and ignorance are all reflections of the perfect plan that the Universe has in place. We are mirrors of the Divine as we sort through our 'stuff' and get on with living. Meditate regularly and

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set yourself up for power and happiness in a way you've never known before. It is possible and it's available to you right now.

Good luck and God Bless!

Rose Smith © 2023 MBA, BA, DRM, ATMS, RPPL, Usui & Karuna Reiki Master

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You might also like to watch this video on the 'Soul Connection' at https://www.youtube.com/watch?v=djTew-uA1G0&list=UU4kXwXd_Y78VJKBFPSvHpOw

