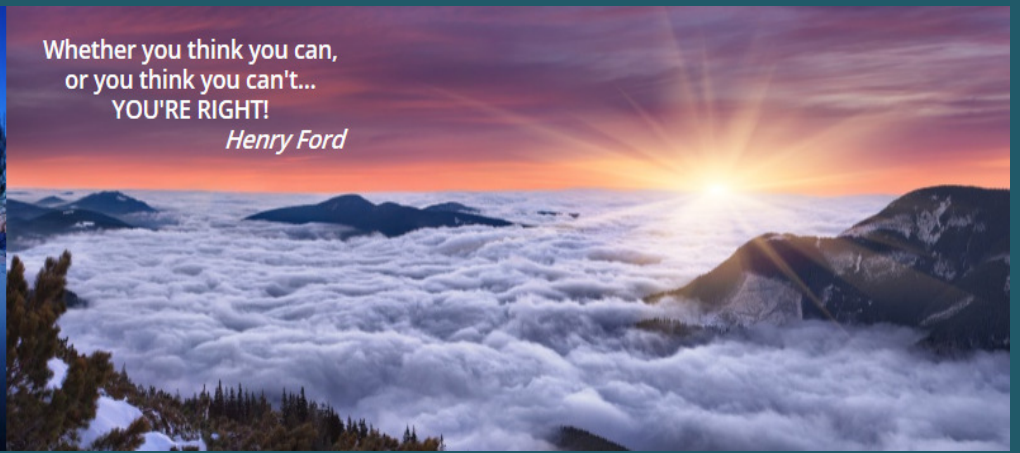


Whether you think you can,  
or you think you can't...  
**YOU'RE RIGHT!**  
*Henry Ford*

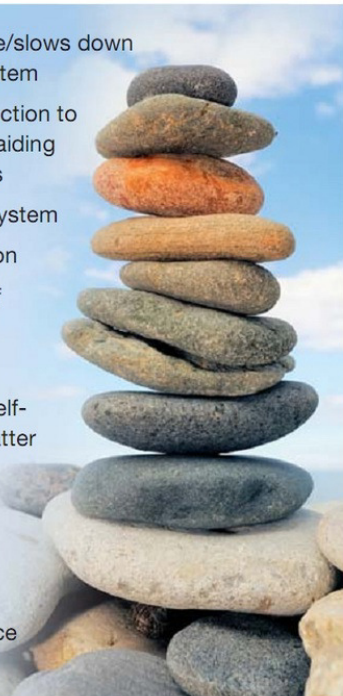


## How To Use Meditation For Success

Meditation is not something that the western society took seriously but over time it has been shown to be a powerful tool in many ways.

### Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.



Meditation has been used for centuries and you don't need a degree or specialist to do this on your own. All you need is about 10-20 minutes per day where you can sit in a quiet place to meditate.

All you need is an audio program/file that will take you through the process of sitting quietly, breathing, relaxing and being with your thoughts.

At the end of this guide you will find a link to an audio file I use regularly which you can download and use for yourself.



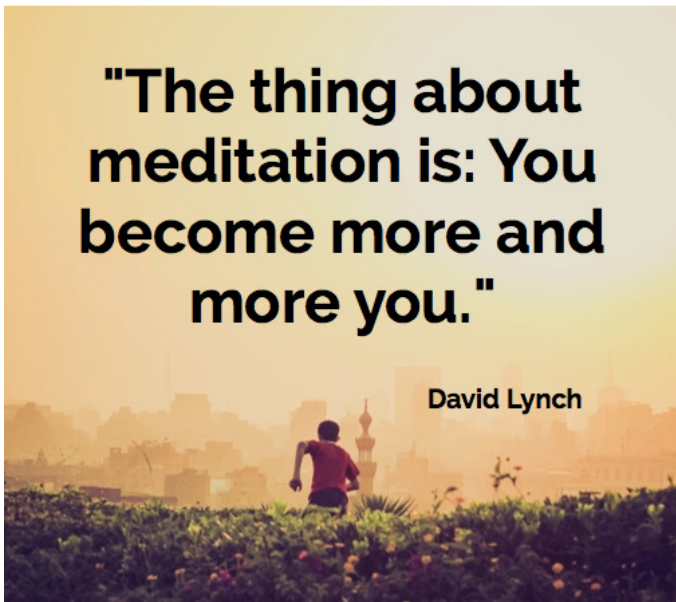
Many of the world's most successful entrepreneurs use meditation as a means to align themselves with their vision and stay on track to achieving their dreams.

Meditation can even be used to get answers to those difficult questions in your life. It is a means of communicating with your sub-conscious mind.

Being in touch with your sub-conscious mind gives you firstly the power to access what is stored there but you can also reprogram any negative thoughts that do not serve you.

Go ahead try it for yourself. What do you have to lose? It is only 10-20 minutes and if you really give it a chance, you will feel so much better afterwards.

Do it regularly and you will find better balance in your life.



*Resource:*

**Stress Relief.mp3**

(this can be download in the Resource Centre under "Resources")