



# SELF-LOVE LESSON: MEDITATION 101

**You need to feel empowered if you're going to answer your big calling and change the world, right?** Stress is an epidemic among women any time of year. At any given time you are juggling your beau, your work, your home, your hair, and you life! Inner peace can take a back seat.

**Well, the cure for chaos lies in our center, the mind-body-spirit, the breath.** However, nothing can be more annoying that someone saying, “Just breathe,” when things are falling apart! I feel you. For years I believed that I was unable to meditate. I had a narrow limited view that meditation had to be me sitting in a dark room, breathing and mentally vacant for hours. I couldn't sit for 3 minutes without wondering about the grocery list, my new pink stilettos, or trying to take over the world. Then I learned that I didn't have the whole picture when it comes to meditation.

***There's no need to feel guilty or hard on yourself if you're not into traditional meditation. I have women feeling the need to apologize to me for not meditating. Do you! If you have peace and calm through other means, work it! No need to jump on any bandwagon ever. Every religion and religious text includes some meditative form of getting connected to our source.***

Ministers like Bishop T.D. Jakes and Pastor Rick Warren may refer to meditation as “breath prayers.” As an empowerment coach and advice columnist, I teach meditation as a healing modality because there is nothing more powerful than us getting reconnected to our breath. Yoga is also a breath connection practice.



# Sacred Bombshell Chakra Clearing for Receiving Blessings

**We define “sacred bombshell” to mean a woman who loves, honors, and cherishes herself unconditionally; a woman who “owns it.”** What is owning it? It’s you receiving your greatness and accepting your power.

This is a 7-day treatment to open your energy to receiving blessings. I define blessings simply as spiritual solutions, the highest good and everyday miracles.

The concept of chakras is not as confusing as it may seem at first. Basically, just like we have arteries, veins and nerves running throughout our bodies like superhighways, we have chakras. Our bodies have countless chakras or energy centers but we’re going to work with the 7 main ones. Chakras are areas of spiritual energy. Each main of the 7 chakras represents an area of our emotional, spiritual, mental and physical lives.

If you have had challenges with receiving, this treatment will clear and open your chakra channels so that you can allow blessings to flow in your life. Each chakra receives and expresses life force energy, also known as prana or chi, into our bodies. When chakras are blocked or unbalanced it’s like being congested.

## **How do chakras become blocked or closed in the first place?**

Chakra blocks and imbalances can occur after fearful experiences, conflict, injury, emotional pain or overindulging in one area of your life. Blockages can also be residue from beliefs that no longer serve you. For example, you may experience a betrayal that causes you to close your heart chakra so that you won’t get hurt again. If you’re a Highly Sensitive Person like I am, it’s helpful for you to know how to close off your chakras to avoid taking in the energy of other people.

This seven day treatment will help open your receptive energy. Each day you will focus on clearing one chakra area and receiving positive and transformative energy. Repeat the day’s mantra 11 times in the morning, 11 times at noon and 11 times before bed. Say the mantra to yourself, and if you feel comfortable enough, to other people as situations arise. This is really powerful! The repetition is important because you’re retraining your brain. Add color therapy and wear the color that represents the day’s chakra and eat foods in that color as well for extra focus and healing. Close the day by meditating with your hands on the chakra area.

You can find my guided chakra clearing visualization on the site but you can also do it yourself right now. The word chakra is Sanskrit for wheel, so you can picture a wheel or gorgeous lotus flower spinning in each chakra area from the base of the spine to the top of the head. Breathe in through your nose and out through your mouth. Picture yourself standing on the ground with cleansing white light shooting up throughout your feet, pull it in, receive it and allow it to spread throughout your body.

As the light reaches each chakra area it spins like a vacuum cleaner, blowing out all that doesn't work and receiving blessings in the color and energy of the chakra. See each beautiful chakra opening and expanding to let in an abundance of blessings. Imagine how it would feel to be completely open in each area.

### **Day 1 –Root Chakra Opening for Receiving Security.**

- Mantra: "I have the right to exist. I am open to feeling safe and secure."
- Location: base of the spine; Energy Color: Red.
- When this chakra is in balance you feel secure in your skin and grounded in any situation.
- This day is all about your safety feelings; the root chakra represents: security, survival issues like money and food, grounding, stability.
- This chakra may be closed or out of balance if: you feel anxious, distrustful, resistant to new ideas and life changes, materialistic, afraid often or unstable.
- Healing Ritual: Go for a barefoot walk or skip.

### **Day 2 – Sacral Chakra Opening for Receiving Pleasure.**

- Mantra: "I have a right to feel. I receive pleasure easily."
- Location: below the belly button; Energy Color: Orange.
- When this chakra is in balance you feel comfortable with intimacy, you can express your emotions in a healthy way and allow others to do the same and you readily accept pleasure.
- This day is all about your pleasure, creativity and feeling good. The sacral chakra represents gratification, sexuality, abundance, passion, feelings and delight.
- This chakra may be closed or out of balance if: you are cold, unemotional and seek to numb or avoid your own feelings or if you find your emotions out of control.
- Healing Ritual: Dance like every bodacious move brings you more pleasure.

### **Day 3 – Naval Chakra Opening for Receiving Power.**

- Mantra: “I have the right to think. I now allow myself to feel confident.”
- Location: slightly above the belly button; Energy Color: Yellow.
- When this chakra is in balance you love yourself unconditionally and have healthy self-esteem.
- This day is all about your confidence and standing in your personal power. The naval chakra represents self-esteem and self-worth.
- This chakra may be closed or out of balance if: you are timid, never get what you want or are overly aggressive and intimidating.
- Healing Ritual: Do one thing that you have been terrified to do for a long time.

#### **Day 4 – Heart Chakra Opening for Receiving Love.**

- Mantra: “I have the right to love. I receive love freely.”
- Location: Center of your chest; Energy Color: Green.
- When this chakra is in balance you easily give and receive love and your relationships are harmonious and balanced.
- This day is all about your love and compassion for others. The heart chakra represents joy, devotion, self-acceptance, healthy relationships and inner peace.
- This chakra may be closed or out of balance if: you are stuck in grief, distant and cold or overbearing and suffocating.
- Healing Ritual: Do a Metta Loving-Kindness Visualization by picturing love, joy and peace for yourself first then for someone who highly respect, then a loved one, then a person you feel neutral about then a person you are having difficulties with.

#### **Day 5 – Throat Chakra Opening for Receiving Self-Expression.**

- Mantra: “I have the right to speak. I am open to expressing my voice.”
- Location: Throat; Energy Color: Light Blue.
- When this chakra is in balance you communicate easily and effortlessly.
- This day is all about your voice and speaking your truth. The throat chakra represents self-expression, loyalty, trust and communication.
- This chakra may be closed or out of balance if: you feel unsure of yourself or uneasy expressing yourself or dominate the conversation.
- Healing Ritual: Call someone and say what you have been too afraid to say in a way that is compassionate to both you and the other person.

## Day 6 – Third Eye Chakra Opening for Receiving Intuition.

- Mantra: “I have the right to ‘see.’ I readily accept my intuition.”
- Location: Forehead; Energy Color: Indigo.
- When this chakra is in balance you trust your intuition and insight.
- This day is all about your intuition. The third eye chakra represents guidance, imagination, ability to make good decisions
- This chakra may be closed or out of balance if: you are unable to fantasize or visualize or if you need others to always weigh in on your decisions.
- Healing Ritual: Make a decision you have been holding off on.

## Day 7 – Crown Chakra

- Mantra: “I have the right to know. I am now open to receiving wisdom and higher consciousness.”
- Location: Top of the Head; Energy Color: Violet.
- When this chakra is in balance you are open –minded and aware of both the physical and spiritual world.
- This day is all about your inspiration and bliss. The crown chakra represents divine intelligence, connection to your Source, beauty, empathy, intelligence and self-being or living nowness.
- This chakra may be closed if: you have a lack of purpose, depression, nightmares or difficulty concentrating, or if you’re prejudiced, negative and judgmental.
- Healing Ritual: Play positive music than inspires you.



# How to Meditate When You Hate Meditation

*Set your alarm for 15 minutes and try any practice on the list. Light a candle or don't. Play calming music or don't. Pipe up the incense or not. Sit comfortably or lie down. Your meditation practice is yours and yours alone.*

## 1. Chanting Meditation.

Remember in “What’s Love Got to Do with It” when Angela Bassett as Tina Turner found peace in the Buddhist practice of Nam-Myoho-Renge-Kyo? That was chanting, which can be found in different forms with different names in churches, temples, mosques, and synagogues.

Chanting “ahhh” is said to be the sounds of creation and the “om” mantra is said the sound of the universe. Research transcendental and Japa meditation for more information. Dr. Wayne Dyer has a book and Japa meditation album called *Getting in the Gap: Making Conscious Contact with God Through Meditation* that may offer [guidance](#).

## 2. Prayer Beads as a Meditation Tool.

People ask the difference between prayer and meditation. For some of us it’s one in the same. Another description is that prayer and meditation is the cycle of us asking for guidance and receiving guidance.

Prayer beads are used in many religious traditions. According to [Wikipedia](#), prayer bead users include Christians, Hindus, Buddhists, and practitioners of “Islam, Sikhism and the Bahá’í Faith to mark the repetitions of prayers, chants or devotions, such as the rosary of Virgin Mary in Christianity, and dhikr (remembrance of God) in Islam.”

I have seen people praying with their rosary beads and mala beads in New York City on the subway and even in jury duty. This is proof that you don’t even have to use the word meditating to be meditating. My mala beads help me find a meditative re-connection even on the grocery line. Claim your calm [reconnect](#). Reconnect with your power.

## 3. Singing and Dancing as Meditation.

There’s a reason why praise from every tradition includes us raising our voices and swaying our beautiful bodies in exultation and celebration. When you’re singing, chanting, and dancing, you’re in the moment. You are not thinking of the past or the future. You are right there, raised up in the joy of the second. Ask gospel choir members or the whirling dervishes. This connection is sacred. This is meditation.

#### 4. Food Meditation.

Mindfulness is being present. Self-being is the term I created to describe the state of being powerfully present. For some this is an easier way to access the idea of meditation. Mindful eating is a meditative practice. With every bite think of the hands that have prepared it, the farmers who grew it, the spices and tastes. Be present on your plate, observing the smells and the colors of the meal. Any food can be a meditation from green beans to rich dark chocolate🌱. Yes!

#### 5. Guided Meditation Visualization.

Some of us like the practice of having someone gently guide us through our meditation. Then our minds don't have to feel like we are focusing on not focusing. Check out life coach Iyanla Vanzant's [meditation series](#). Reverend Michael Bernard Beckwith offers🌱 a free meditation on [his site](#) and [so do I](#). (That's me in the featured photo today!) These are often a combination of meditation and guided visualization. Do what works for you and chuck the rest. Other practices include Laughing Meditation, Freewriting, Journal Meditation, Walking Meditation, Mandala Meditation, Labyrinth Meditation, Firestarter Meditation, Koan Meditation, Crystal Meditation, Body Scan Meditation, LovingKindness, and Chakra Meditations.





# Benefits of Daily Meditation and Prayer

Is your daily routine so busy and full of activities that it's causing you stress and agitation? We've all heard of the health risks associated with too much stress, but how can you reduce that stress and find peace in your life?

***To achieve a sense of peace, you can turn to the gift of prayer and meditation.***

In addition to a blessed connection to the Divine, there are many benefits to meditation and prayer:

1. **Stress reduction.** Both meditation and prayer are wonderful for reducing stress. You'll find that it helps you learn how to get away from the worries of life to a more peaceful state of mind.
  - ***Just 15 minutes a day*** can make a huge difference by bringing peace and relaxation to your body and mind. A few minutes each day isn't much, considering that the positive effects will last hours.
2. **Improved health.** Many studies have proven that prayer and meditation foster vibrant health. Usually these health benefits, such as lower blood pressure and decreased risk of heart disease, occur because of the lowered stress levels.
  - ***Physical problems are often a symptom of turmoil on the inside*** and prayer and meditation can help to overcome that turmoil.
3. **Better control over your thoughts.** Having negative thoughts from time to time is part of being human. Many people who are stressed don't believe they're able to control what they think. The stress mounts, tempers flair, and before long arguments ensue.

However, by bringing prayer and meditation into your life, ***it's possible to control your thoughts and stop negative thinking*** as soon as it happens. This helps keep your mind at peace.

4. **Happiness.** Both peace of mind and happiness are true benefits of meditation and prayer. Everyone is seeking happiness in their lives, and when you're able to find peace of mind through prayer and meditation, you're also welcoming happiness into your life.

By spending some time in personal reflection, you'll gain a greater wisdom of your mission in this life, and you'll be better able to appreciate all that you've been given, both good and

bad. Meditation and prayer help banish those negative thoughts that threaten your peace of mind.

5. **Better concentration.** As you pray and meditate, you welcome peace and tranquility into your mind, which then affects how you live your life. When you alleviate the stresses in your life, you're better able to concentrate on the things that are important, such as family or work.
  - Continued prayer and meditation will help you expand your focus to multiple areas of your life.

Although prayer and meditation can provide peace in your life, it can be hard to make the time at first, but it's easier than you think. ***Simply find a quiet place in your home and allow yourself to relax and feel at peace for 10-15 minutes.*** You *deserve* those 15 minutes of peace each day!

While there are plenty of positive benefits of prayer and meditation, it may take practice and perseverance to achieve them. Over time you'll begin to experience this wonderful gift in your own life and you'll be thankful that you did!

## 8 Ways to More Focused Meditation

Meditation isn't complicated. However, it can still be difficult to meditate effectively and gain the most benefits from your time meditating. It's a simple thing that requires a lot of experience to master.

There are many things that can disturb your ability to focus. ***If you can control the variables that interfere with your focus, you can learn to effectively meditate.***

### How to increase your meditation benefits:

1. **Limit the distractions.** Find a peaceful time and place for meditation. Turn off the radio, TV, and cell phone. Close the windows and doors to avoid the noise outside. Consider setting a timer to avoid meditating for too long or falling asleep.
2. **Slowly increase the distractions.** Most people meditate alone, in a dimly lit, quiet space. ***The real trick is to be able to meditate in a loud, crowded, uncomfortable space.*** If you can meditate under less-than-ideal conditions, the rest will be easy.

- Start with small distractions. Once you've mastered those, move on to more challenging ones.
  - ***A great idea is to take a minute or two and try to meditate in each situation you face throughout your day.***
3. **Try meditating at the same time each day.** Just as you get tired about the same time each night, your brain will learn to slow down and prepare for meditation. Just keep a consistent schedule to train your mind.
  4. **Limit your food intake before meditating.** Avoid eating anything for a few hours before you meditate. Digestion requires a lot of energy.
    - An empty stomach is one of the best ways to remain alert and focused during meditation.
  5. **Ensure you have the correct posture. *One of the most important parts of meditation is sitting in an upright position.*** Any slouching or leaning will create muscular tension to maintain that position. Sit up straight to achieve maximum comfort.
  6. **Relax your body.** Tension is the enemy. There is a tendency to tense the body when concentrating or focusing. This makes meditation more challenging.
    - Focus on relaxing your muscles so it becomes a habit. You'll find that when muscular tension starts to creep in, you'll automatically start to relax.
  7. **Meditate in a familiar environment. *It's important to learn to meditate in a variety of environments, but try to spend most of your meditation time in one place.*** You'll begin to associate that location with meditation.
  8. **Reflect on your meditation.** Ask yourself what you can do to meditate even better. Keep asking this question and use the answers to your advantage.

Meditation has so many benefits, but there are probably more benefits than you realize. ***The more effectively you meditate, the more you'll get out of it.*** When you first sit down to meditate, remind yourself that all your challenges and concerns will have to wait until you're finished. This can be a powerful tool to keep distracting thoughts at bay.

Enjoy the benefits of a deeper and more meaningful meditation session. Put these tips into practice to reap the greatest rewards.



# The Healing Power of Deep Breathing

Have you ever had one of those days where you were so stressed that you felt like you could use some help to save your sanity? If so, you'll be pleased to discover a strategy you can use to reduce stress and improve your health at the same time! This strategy is easy and convenient, and it's called *deep breathing*.

What exactly is deep breathing? Deep breathing is a breathing exercise that involves manipulating the breath in ways that bring about certain feelings on an emotional level.

***There are various deep breathing exercises that are designed for:***

- Developing the mind and the body
- Helping you enter a state of meditation
- Bringing on a healthy sweat, enabling you to feel revived

No matter what emotion you're trying to achieve with your breathing exercises, the beauty is that it doesn't cost you anything to breathe. But when is it appropriate to do breathing exercises? And how often can they be done?

## **When To Do Deep Breathing Exercises**

There are no hard and fast rules stipulating when to do breathing exercises. It really depends on what you're wishing to achieve by doing them.

You can use breathing exercises at any time to:

- Achieve a state of calm
- Feel alive, invigorated, and ready for your day
- Reduce stress in tense situations
- Wind down at the end of the day

When you wake up in the morning, you may wish to do some quick deep breathing exercises to feel invigorated and ready to go. You can go outside, take a deep breath, and then breathe in through your nose, and out through your mouth.

This breathing exercise can serve as a workout for your abdominal muscles and lungs. It can make you feel quite refreshed at the beginning of your day and provides a similar effect to taking a morning jog.

When you're having a rough day at work or dealing with conflict, you can use a few calming breaths to help reduce stress. Sit back, close your eyes, and take a deep breath. Hold it in and then let it out. Repeat the process until you feel relaxed.

### **Health Benefits of Breathing Exercises**

If you just need a quick lift, then you'll only need to spend a short time here and there doing some deep breathing exercises. On the other hand, if you're looking to have a significant impact on your health and serenity, you can form a routine of several breathing exercises throughout your day.

***Whatever the duration, breathing exercises can bring you many health benefits, including:***

- Reduce your blood pressure
- Calm your nerves
- Tighten your core muscles
- Aid in better digestion
- Aid in the elimination of waste and toxins
- Bring you higher levels of energy
- Increase your awareness of the functions within your body
- Reduce stress

Your own results will depend upon the type and frequency of breathing exercises you use.

### **Anyone Can Benefit From Breathing Exercises**

Breathing exercises can benefit virtually anyone. The only individuals who should take extreme caution are those with respiratory issues. Always check with your physician before attempting these exercises.

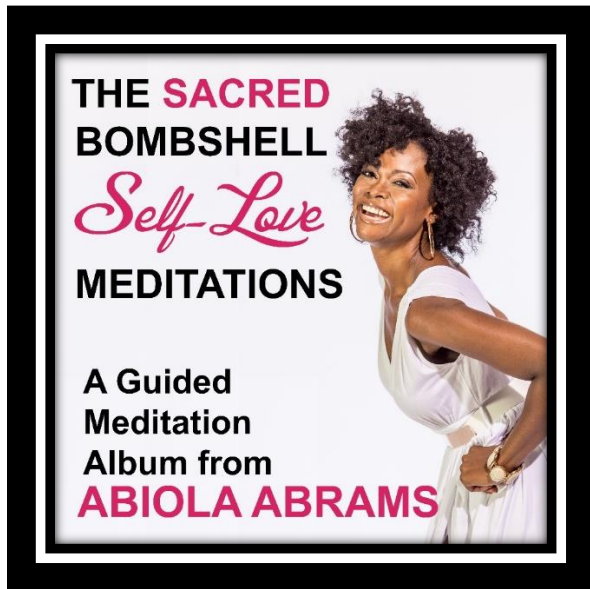
Nevertheless, sit back, close your eyes, and enjoy the relaxing effects that deep breathing can provide. It's an effective solution to reduce stress, bring you peace, and improve your life.

*Namaste, beautiful one.*

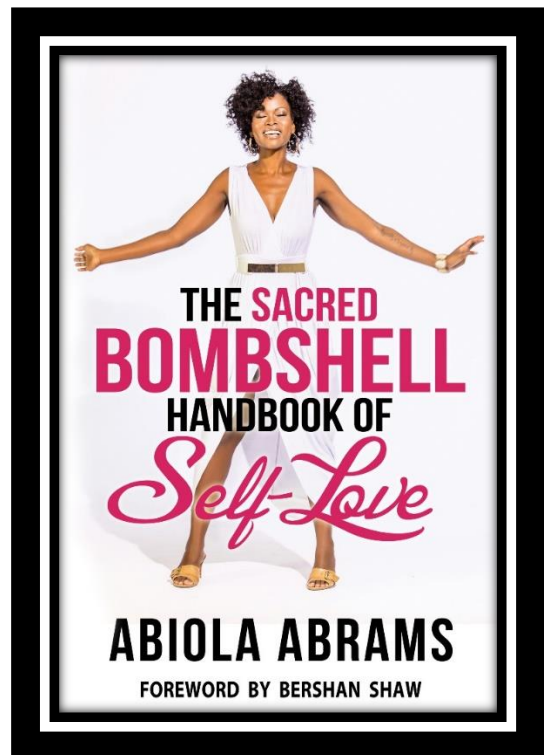
*The Sacred in Me Loves the Sacred in You.*



## Sacred Tools for Your Self-Love Journey



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