



## Health Professional Wellbeing Meditation

### General Instructions

- 1- find a relatively quiet space with minimum disturbances and, if you like, light a small candle and some incense to help you establish a calm and peaceful environment for your meditation
- 2- remove shoes, spectacles, and loosen any tight clothing
- 3- sit comfortably with both hands open, palms up on your lap
- 4- take a few deep breaths then breathe in a easy relaxed way
- 5- use the affirmations and hand positions (shown inside)
- 6- this sequence will help you to develop the experience of peace and mental silence - 'the space between the thoughts'
- 7- if you find it difficult to quieten the mind, repeat the affirmation sequence or try the balancing - clearing techniques (see inside)



- 8- allow your attention to dissolve into the silent space that is just above your head, in deep mental silence, in Meditation. (with the hands palms upward in the lap, and closed eyes)
- 9- enjoy the inner peace, and the flow, of mental silence, for 10-20 minutes, twice a day, morning and evening.



## Health Professional Wellbeing Meditation

What are the goals of meditation?



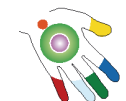
Experience less stress / more energy



Experience inner peace / mental silence

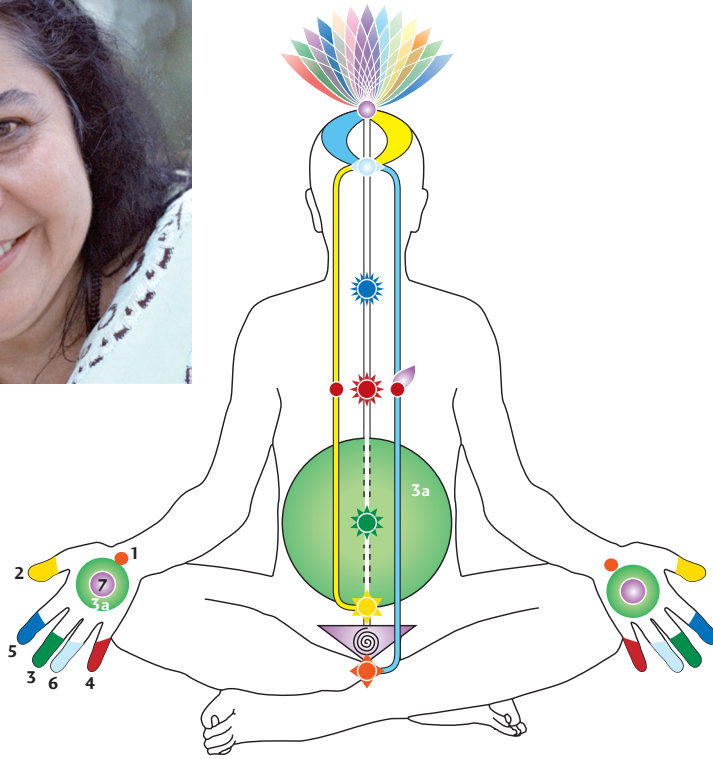


Experience clarity / ability to balance



Experience ability to meditate at will





## Clearing and Balancing Techniques



A- Clear Left-side



C- Clear Centre



B- Clear Right-side

## The Wellbeing Meditation Technique

Place the right hand on the centres as shown with following requests:

You may preface each request with the word “Mother or Divine Power”

(or any other respectful term that you would feel comfortable with)

please give me the pure knowledge



I am my own master



I am the pure spirit



I am not guilty at all



I forgive, I forgive everyone in general  
also please forgive me



please give me my self-realisation  
also give me the experience of mental silence



For full meditation sequence : Refer to Track One on your Guided Meditation CD