

## The Structure Of The 8 Phase Meditation

We don't always have the 20 minutes or the device to hand, to listen to the mp3 of the guided 8 Phase Meditation. Once I developed the structure that really worked for me I was able to make it shorter or longer depending on time. So here is the structure so you can do the same.

1. **Even Deep Breathing:** Breathing more deeply and in and out for around the count of 4/5. Try to keep this rhythm going through the meditation.
2. **Body Scan:** Take your attention to your body imagine a light above your head that you can bring down through the body – allowing the light to fill your heart and chest area. That light can be imagined as sunshine warmth or your favourite colour as it comes through the head and throat, fills your chest and expands throughout the rest of the body.
3. **Gratitude and love:** Take your attention to the things you are grateful for.
  - a. The small things in life
  - b. What you are grateful about in your home?
  - c. What do you treasure about your friends or family. And if you think of one thing or person..... dwell on that for a moment and look for the detail that builds that gratitude -
4. **Space outside and around your body:**
  - a. Focus your attention back to your body and inside your head and now go beyond the edges of the space your head is in and sense the area around it.
  - b. Move down your body doing this, noticing the centre of your throat and then the space around your throat. Moving down to your chest and noticing the centre of your chest and moving outwards to beyond the edges of your body and noticing the space around that body. Drop inwards to the centre of your diaphragm and again moving outwards to take your attention to the area beyond that, and the centre of your lower stomach and the space beyond and around your body.
5. **Call upon a higher force** – It doesn't matter what you do or don't believe in. Angels, guides, God, Buddah or simply the highest best part of you. Ask whatever fits your beliefs to help you create the best life you can, to support you and help you line up with your best self. Have conscious awareness that the universe has your back, appreciating you, supporting you and guiding you every moment of every day and night.
6. **Clearing Negativity:** Think of anything or anyone that you hold a grudge against or who has rubbed you up the wrong way lately and any circumstance that is difficult at this moment – ask your higher force to help you resolve this situation and be open to the

many different ways that can happen. Maybe you need to say sorry, or thanks for what you have learnt from the tough time..... Just see yourself now making amends or forgiving and remember forgiving doesn't make the other person right it just sets you free from the negative charge you are carrying.

7. **Perfect day unfolding:** (If you are doing this in the evening you can see how you want tomorrow to unfold.) So start to think about what you are going to be doing today and the best outcomes for this day, the experiences you would like to manifest and what is your dominant intention for this day? Notice how your experiences will make you feel and if you are not sure of what you are going to be doing set your attention on how you want to feel through the day. Remember what you are doing is to fill your energy field with things you desire and then through the appreciation, forgiveness and connection you start to align yourself with their creation. And then allow them into your experience.
8. **Long-term dream:** So how would life be in 3 years, what could you accomplish in this time? When you imagine what you want regularly and include the emotions of how it would feel, your brain gets to create the neural network that will create the new subconscious blueprints. And that is the beginning of you creating a new experience of reality. Match up your desires and your subconscious blueprint and you have a mighty force that will help you live the life you have always wanted. So let your imagination flow through your goals and dreams – and if you are not sure of what they are start with how you want to feel. So much can be achieved in one year and in 3 you could be living a life that brings deep fulfillment, a career you love and the ability to create what makes you happy. Who is around you? What experiences are you having? Are you serving your community or the world in some way by sharing your gifts? It doesn't matter how far that may feel right now – start this by feeling as if it was happening now and that will start the alignment to those wishes. Remember to include the emotions that those experiences create – Name the emotions that you will be feeling – ease – closeness – fun – inspiration what are your words? Really experience those times as if they really were happening now.

And gradually re-orientate yourself to the surroundings you are in. Go forward into your day and start to live that bigger life!