

SUCCESS ACTIONS WORKSHEET

Unleash Your
MEDITATION MOTIVATION
&
Reap The Rewards
In All Areas of Your Life

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WEEK 1: 4 Keys To Success

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KEY 1 - Keep it Simple

The inherent ability to change our inner landscape to that of harmony is simple to access and easy to influence.

This fact surprises most people.

I believe there is an underlying belief that an effective meditation practice is something complex and/or difficult to get good at. This is a false belief and one that can get in the way of our jumping in and enjoying the learning process that leads to Meditation Mastery in our Lives.

Key 1 In our Meditation Motivation Journey is to address this. Lets KEEP IT SIMPLE and stick with the facts.

YOUR BODY KNOWS HOW... EVERY ONE OD YOUR 70 TRILLION CELL KNOWS HOW...

THEY HAVE BEING EVOLVING FOR MILLIONS OF YEARS...

*YOUR BODY KNOWs HOW TO **BE***

HINT : OUR BODYMIND FINDS IT SIMPLE ! And we are learning to jump right onto this wonderful knowing within our bodies... and enjoy!



Key 2 – Keep it Brief :

A daily practice can be brief.... And still hugely beneficial.

It can be merely minutes and still significantly effective.

In our Mediation Motivation Journey you will have access to the introductory 2 minute practice, and to 5 minute plus a range of other audios as we proceed. Each is designed to support you through each step of your personal Journey, relearning the art of **Being**.

You will notice we keep it SIMPLE and we KEEP it BRIEF....

JOIN IN.... ALLOW YOURSELF TO KNOW THAT BRIEF IS FANTASTIC !

HINT : The sitting into the practice, is where the victory always lies.



Key 3 – Be Realistic:

There are no straight lines in nature, it weaves and bends, it has highs and lows, and dip and dives.... Nature moves in cycles.... But never in a straight line. And this daily practice follows this law of nature too.

This practice will meander for you in its own natural pattern as you progress. So be realistic... be gentle with yourself... all of this is natural...

I invite you to stay focused on the Prize.. Which is the FELT SENSATION of the AIR during the in-breath... Even a few moments of awareness of the felt sensation in any one sitting is an incredible victory...

In our Meditation Motivation Journey, I will am bringing you tips and practices that can be used in all manner of settings. For example, if we ever feel the need of a little extra assistance to help us in to the felt sensation. There might be a moment or a even a whole sitting when we are highly anxious. If there is, that is ok. Its ok if this happens for you...

We all need to remember, there are no straight lines in Nature... The dips and dives are part of the process... And each sitting, builds upon the next whether we believe it does or not, whether we really felt the sensation in the sitting or not... We cannot force a seed to germinate. The natural environment exists where it just automatically does...

HINT: Each sitting BRINGS REWARDS and these ACCUMULATE within because THIS IS THE NATURAL LAW...



KEY 4 - Plan it into your day!

There are many personality types and the "Do-er" in each has its own unique quirks, but all have a "**Doer**" within. Now not everyone does all the **doing** that is magically expected in our modern world. However, deep within all ,of us there is an energetic response to the "**Doer**" within. Whether this is a guilty energy, or a lethargy, when we don't.... **Do!**

Some of our internal "**Do-ers**" hang out with internally located, Planners! The Planning part, loves to make lists of things to? Yes! You got it... "**Do**"!

The "**Doer**" is a prominent player in our life. And it hangs out with the *Planner*. They make a good team. And so, it goes... action, activity, planning and **doing** are the main-stay of every day. Even if the action is sitting with a bowl of popcorn and watching your favourite show.

Our goal is to relearn how to **BE** . So we need to PLAN the **Doing** of a **Being** Practice into our day ! GO ahead right now: Plan it into your day.

HINT : ANCHOR your Being Practice onto a practice that you already DO every day...

For Example :

- Each Morning Before I take my Shower
- In my safely parked car before I go into work
- Last thing at night before I go to sleep

Our goal is to learn to **BE**.

Now we all know that we are human **Beings**, however, we have lost sight of how it feels and what it is like, to **BE**, as opposed to **DO**

When we Provide the BEING environment, then just like the daisy seed, the positive changes germinate within.

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