



GUIDED MEDITATION GUIDEBOOK

An easy guidebook to use for anyone who is wanting to
align their Mind, Body & Soul

Nicola Paull



My journey into guided meditation began when I had a series of negative racing thoughts. At the time I was going through a major turn of events in my life and was seeking a way to find peace in my mind and a feeling of living in the moment, instead of running away. Since this process has begun, I have qualified as a Rahanni spiritual healing teacher and a VCTC holistic therapy teacher. Both of these occupations have brought a sense of abundance for myself and others for over a decade now.

Guided meditation was one of the spiritual tools I mastered when I began exploring visualisation and meditation techniques. It helped me to be more aware of my internal emotions, through providing a deeper understanding of unanswered questions that I needed resolving.

Our need for understanding and resolve will be touched on in this free-guidebook, however, if you are interested in the longevity of guided meditation or visualisation advice, I would suggest booking in for a Guided Meditation Masterclass.

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Read about their life changing experiences



Introduction to Guided Meditation

How do you learn to meditate?

In mindfulness meditation, we will learn how to pay attention to the breath as it goes in and out, notice when the mind wanders from this moment.

This practice of returning to the breath builds the muscles of attention and mindfulness.

When we pay attention to our breath, we are learning how to return and remain in the present moment - to connect ourselves in the here and now with purpose, without judgement.

Here are five reasons to meditate:

- 1.Understanding your pain
- 2.Lower your stress
- 3.Connect with others better
- 4.Improve focus
- 5.Reduce brain chatter



Try this Simple Practice

Find a comfortable sitting position.

It is also OK if you are slightly reclined as long as your spine, neck and head are all in a straight line.

It helps to have a particular spot and chair or cushion that you use for comfort. Once you have found this spot, I would suggest meditating there whenever you can (although it is also fine to meditate wherever you are).

Start to focus on your breath, simply notice the sensations of your breath going in and out of your nose. Anytime your mind wanders, gently bring it back to focusing on your breath. It is completely normal for the mind to wander a lot, just keep bringing it back to the breath. You do not need to change the breath, or breathe more deeply. Just notice the sensations in your nose as you breathe normally.

Gently close your eyes, start with a short amount of time, maybe 5-10 minutes and gradually build up the length of time that you sit.

You may discover that longer meditations have a more unique experience, but allow yourself to increase the time by just a few minutes every week or so, to allow your body and mind to adjust and to build a steady habit without getting overwhelmed or discouraged.



Cultivate Mindfulness

Cultivating mindfulness is one of the best ways to use meditation for stress and anxiety relief.

Think of it as giving yourself permission to slow down, connect and take a break from worry.

If you find it difficult to sustain attention as you meditate, try visualising yourself from above. Watch yourself meditate and notice everything around you in the room.

Mindfulness inevitably expands your awareness of other people and enhances your relationships, which tends to relieve anxiety and stress.

Sometimes it's hard to figure out exactly what your emotions are. To better understand your emotion, first concentrate during meditation on the feeling without giving it a name.

When a strong emotion arises, take three breaths into the center of your chest (your spiritual heart) and allow the emotion to dissipate like ..a wave when it hits the shoreline as you blow a sharp breath out



Living in the present moment

- It stands to reason that many truths about the universe go beyond the inadequate words of human beings. As you meditate, notice thoughts and feelings you can't describe.
- Rather than looking for answers, allow yourself to observe the ideas that come to you during your meditation and wonder about them.
- Consciously let go of any expectations you have of yourself to understand the truth and explain it to others.
- In today's busy world, it can be a challenge to live in the moment. The reasons revolve around how our mind works, as well as outside influences.

Happy Clients Says:



John Ball said....

I have been seeing Nicola for over 2 years and found meditation a part of my everyday life now. Through practising certain techniques I have become full of new knowledge and experiences.



Zena Clarke Said....

I have been seeing Nicola for a while now; each time, I have felt not only re-energised but very calm and peaceful spiritually. Nicola is a wonderful healer. I feel completely safe in her hands and truly blessed to have her in my life.

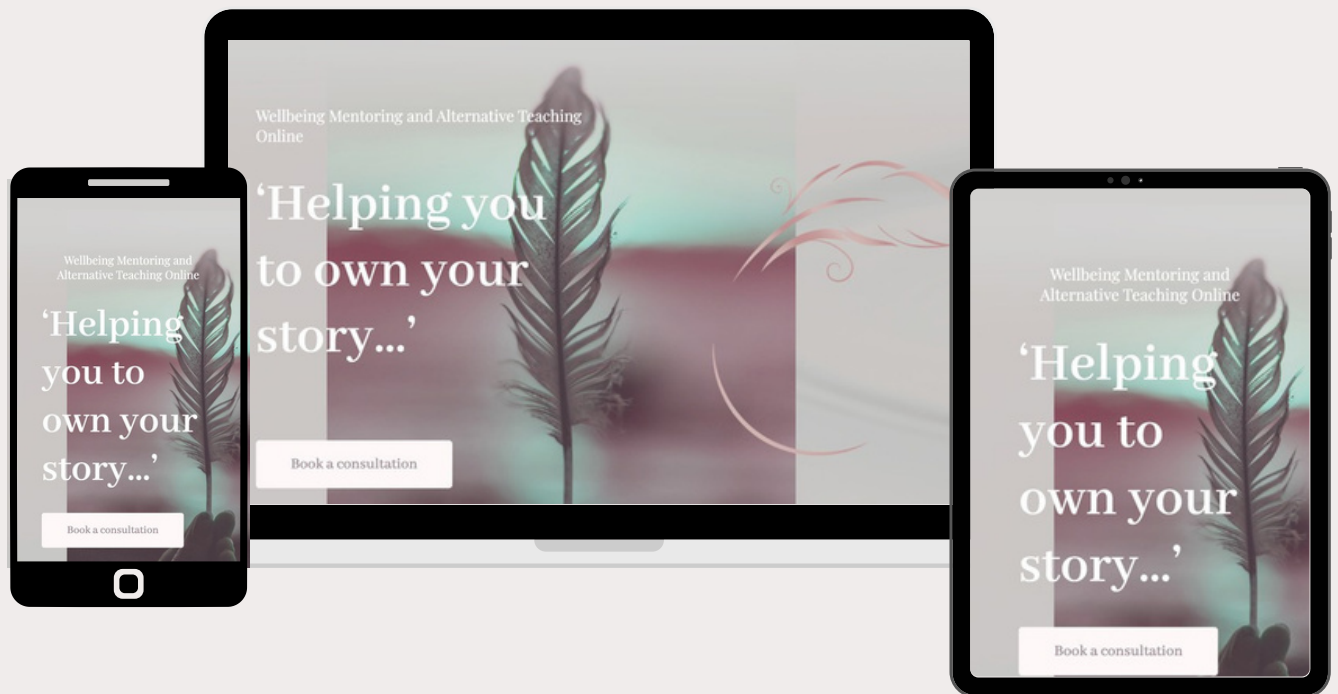
The Simple Practice Worksheet Page

Pick one of the meditations to practice on for around 5 minutes. With each one, write down how you feel after this session

1

2

3



Take a Masterclass in Guided Meditation.

Original Price £75

Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to visualise and manifest your dreams and desires. In this one-to-one online session, we will dedicate 1 hour to going through a visualisation process. By the end you will understand how to focus on the here and now and use these techniques in your everyday life.

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