

INNER PEACE KIT



By Moira Hutchison

Ever wonder why you cannot overcome an obstacle in your life, even though there does not seem to be any real reason that you cannot? Discouraging, isn't it?

Sometimes you need a wee boost, some encouragement, or a different perspective to give you the motivation to achieve your goals. Think about it: If you wanted to do something and could have done it on your own, you would have done it already!!

One reason that people fall short of their goals is that they keep attempting to solve the same problems with the same toolkit—themselves. How can a toolkit be expected to fix itself?

If this is what you see happening in your life, the solution could be easier than you think. If you are committed to improving your situation, then talk to Moira about giving you the boost you need.

Welcome and thanks for deciding to create more inner peace for yourself!!

I am Moira Hutchison, and I am an Intuitive Coach, Mindset Mentor, Energy Healer & Tarot Card Reader and I work with professionals all over the world who have a feeling that there is something better in life for them but they have no idea how to access it.

Using my own approach, I help people create the trust, confidence, and inner awareness they need to be guided by their intuition, so they feel aligned with their unique calling.

What makes me distinctive and different in this work is that I have developed the ability to take complex spiritual ideas and interpret them in ways that people find easy to understand and integrate.

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Introduction

Do You Feel Stuck?

- Do you wonder how other people seem to achieve success while you stay stuck in the same place?
- Do you feel stuck in your career or in your business?
- Do you feel stuck in your relationship or with your wellness goals?

If you are tired of this never-ending cycle of frustration and disappointments from limiting beliefs and self-sabotage, this may well be the most important thing you've ever read...

**You Are Totally Worthy of Absolutely Everything
& Anything You Aspire to Be or Have!!**



How you derive your feelings of ease, confidence and peace is often complex. It's quite possible that every life event that you've experienced and everything ever said to you, have all contributed to your beliefs about yourself and the habits you currently have.

Before we start creating more inner peace for you – let's first discover how much you currently experience by doing the following assessment (many of my clients come back and re-do this assessment over and over depending upon what is going on in their lives – I hope you start to use it to gauge your progress in developing increased levels of inner peace too).

Inner Peace Evaluation

1. Usually:
 - a. I meditate regularly.
 - b. I meditate occasionally.
 - c. I don't have time to meditate.
2. I view other races as:
 - a. People I don't understand.
 - b. People with whom I need to be defensive.
 - c. People as one on the earth.
3. When anything irritating happens to me:
 - a. It irritates me all day.
 - b. I laugh about it a little later.
 - c. At times I take it out on people around me.
4. When I have time alone:
 - a. I can work or play or just be quietly at peace.
 - b. I keep busy by working.
 - c. I watch TV or read or eat.
5. As I evaluate what I do during the day:
 - a. I believe that there is a "big picture" and a purpose.
 - b. I understand how my work and activities help others.
 - c. I wonder what my purpose in life is.
6. My attitude toward my current life situation is:
 - a. I am very frustrated with what is going on.
 - b. I want to make some changes but wonder about the outcome.
 - c. I can continue what I am doing for now and prepare for the future.

7. When socializing with new people:
 - a. I learn about our likes and dislikes then debate about them.
 - b. I focus on subjects we agree upon.
 - c. I agree with them just to be friendly.
8. When I get angry with someone:
 - a. I am silent and patient.
 - b. I express my anger in order to let it out.
 - c. I acknowledge my being upset but try to work out a solution.
9. My most important goals are:
 - a. Reaching financial success.
 - b. Helping others for a better world.
 - c. Preparing myself and loved ones from life's dangers.
10. If I try anything new:
 - a. I know I will get it right however long it takes.
 - b. I make mistakes and get angry at myself.
 - c. I want to be shown exactly what to do before I start.
11. If I work with someone smarter than myself:
 - a. I feel intimidated.
 - b. I try to pool our resources.
 - c. I let that person know that I am just as smart as they are.
12. When trying to live up to my high expectations:
 - a. I am angry at myself if I fail.
 - b. I realize that my expectations are too high and stop trying.
 - c. I simply try to improve.
13. I consider myself to be in:
 - a. Excellent health.
 - b. Good health.
 - c. Poor health.

14. I think death is:
- The end of all.
 - The transition into new life.
 - The unknown.
15. When meditating, if my mind wanders:
- I relax and gently bring it back to focus on the subject.
 - I try to shut out everything.
 - I just let it go.
16. I feel a oneness with others when:
- We have a common complaint.
 - When we have the same opinion about something.
 - When we work toward the same goal.
17. In a social situation with new people:
- I am uncomfortable and try to leave.
 - I try to get to know them better.
 - I like to sit back and simply observe.

SCORING YOUR EVALUATION

Using the key below, add up your total points for all 17 questions.

- | | |
|--------------------|---------------------|
| 1. a=2 , b=1 , c=0 | 10. a=2 , b=0 , c=0 |
| 2. a=1 , b=0 , c=2 | 11. a=0 , b=2 , c=1 |
| 3. a=0 , b=2 , c=0 | 12. a=0 , b=0 , c=2 |
| 4. a=2 , b=1 , c=0 | 13. a=2 , b=1 , c=0 |
| 5. a=1 , b=2 , c=0 | 14. a=0 , b=2 , c=0 |
| 6. a=0 , b=1 , c=2 | 15. a=2 , b=1 , c=0 |
| 7. a=0 , b=2 , c=0 | 16. a=0 , b=1 , c=2 |
| 8. a=1 , b=0 , c=2 | 17. a=0 , b=2 , c=1 |
| 9. a=0 , b=2 , c=0 | |

TOTAL SCORE: _____

What your score means...

A score of 27 – 34 indicates that you already experience a great deal of inner peace most of the time and that you apply this inner peace in your relationship with others. You need to maintain this current level of inner peace as you evolve even more.

A score of 17 – 26 indicates that you experience a moderate amount of inner peace, yet there is always room for improvement.

A score of below 17 indicates that you probably are not feeling very peaceful about your life in general; however, you have the exciting opportunity for growth as you apply the principles for inner peace.

Inner Peace – Finding Peace of Mind

What does inner peace mean for you? Does it mean a place of sanctuary where you can come home from stressful situations and find that place of safety away from the ‘stresses of the world’? Does it mean a place where you can be yourself without the facade many of us wear throughout the day so that people won’t know how we really feel? Or is this place (often our home) one more place where we need to defend ourselves from the ongoing barrage of anger, hostility, and power games that are so often the measure of our lives in the 21st century?



The dictionary defines ***inner*** as: of or pertaining to the mind or spirit; mental; spiritual: the inner life. It's more intimate, private, or secret: the inner workings of the organization.

Peace is defined as: a state of calm and quiet; freedom from disturbing thoughts; and an agreement to end hostilities.

For our purposes here, I will combine these two notions and define inner peace as: the integration of our thoughts and feelings culminating in a state of tranquility and harmony.

One of the most important keys for this tranquility and harmony or ‘peace of mind’ as it is often called, is to honour our emotional nature and find methods to express feelings in appropriate ways that allow us to release them.

Practical Steps for Accessing & Releasing Emotions

1. ***Learn to listen to yourself.*** Many of us have been stressed for so long that we are out-of-touch with how we feel. A situation will present itself and we will ‘flip out’ and find it unbelievable that we have lost control. This is a result from a build-up of emotions that we’ve not been aware of.
2. ***Accept responsibility for your feelings.*** No one makes you feel anything; rather you choose how you think and feel based on what you interpret the situation to be. Blaming others gives away your power and when you feel like a ‘victim’ you react with anger and resentment.
3. ***Talk to a trusted friend or coach.*** Finding a ‘safe place’ where you can express feelings without anyone judging you provides an opportunity to release pent-up emotions.
4. ***Accept yourself.*** You are not supposed to be perfect and learning to accept yourself with all your strengths and weaknesses (i.e. ‘warts and all’!) creates feelings of peace within.
5. ***Don’t judge yourself.*** Judging yourself means thinking you must be perfect and creates feelings of not being ‘good enough.’ When feeling inadequate you judge yourself harshly and no matter what you do it will never be ‘good enough.’
6. ***Let go of the past.*** The past is over and you did the best you could with what you knew at the time. If the past evokes



memories of painful experiences for you, release the memories and find forgiveness for yourself and/or others.

This doesn't mean you condone bad behaviors. It means you release the memories and feelings to find your own inner healing and peace.

7. ***Learn to relax.*** Many methods exist that contribute to staying in balance and harmony. Practicing meditation as a daily ritual, reading, exercising, walking, or creating a sacred space where you can spend time feeling a sense of renewal and refreshment are all methods that take you away from focusing on 'what is wrong' to seeing yourself as having 'control of your life.'
8. ***Practice gratitude.*** What you pay attention to increases as you give energy to your thoughts. Thoughts of peace, love, and abundance increases the inner healing and peace and leads to living lives that feel more balanced and harmonious.
9. ***Keep a journal.*** People have used journaling for many years to release emotions and make sense of what is going on.



This journal or notebook is for your eyes only and allows you to say anything you want without anybody seeing it except you.

Once expressed, emotions tend to dissipate and you will find they are released through this exploration. If this process doesn't totally release them the first time, repeat the exercise.

10. *Spend time in nature.* We are part of nature and when we re-connect with the natural world we touch our inner self/ spiritual connection to something more. That something more is our connection to the Universal Energy whether we call it God, Goddess, All That Is, or Higher Power.

Whatever we call it, when we feel connected to the 'Whole' we recognize our place in the world and feel a sense of peace and harmony and that 'all is right in our world.'



Finding Peace During Challenging Times

Creating inner peace is a choice. Each day, we're faced with the choice to create peace or create stress. This can be a challenging task on a good day. On a bad day, it feels impossible. The constant ups and downs in life are a given. They're largely uncontrollable. But you can control your response to them. You can learn to feel peaceful in challenging times.

Find the peace you need to thrive:

1. ***Give yourself the advice you would give a friend.*** It's difficult to make decisions when you're emotionally compromised. But the path forward is more obvious to you if someone else is struggling. Imagine that your friend has the same challenge you're facing. What advice would you give them?
2. ***Ask yourself what you are learning from this experience.*** Are you learning the importance of saving your money? Are you learning not to overextend yourself? Are you learning how to deal with the death of a loved one?

Every hardship provides a lesson. Determine what you can learn from the experience.
3. ***What are you afraid of?*** If you're feeling out of sorts, you're afraid of something. What is it? Defining your fear will make it a little less scary. Ask yourself what is the worst thing likely to happen.
4. ***Practice mindfulness.*** We make our challenges more challenging by continuously churning through them. You think

about your issue while you're in the shower, driving to work, eating lunch, talking with friends, or watching TV. You never get a break.

Mindfulness is simply paying attention to your environment and the task at hand. If you're eating dinner, your mind should be on eating, not thinking about your problems or issues. It's challenging to control your thoughts, but the peace you experience can't be beat.

5. ***Tame your mind first.*** It's a common mistake. You focus on solving your challenge first. Then you believe you'll feel better. This is logical, but slow and challenging. Get your mind under control, and then your problem is easier to solve. You'll also feel better more quickly. Quiet your mental noise first and then search for solutions.
6. ***Remember all your previous issues that turned out okay.*** Think about the challenges you've faced in the past. You survived and moved on. You'll get over this, too. Believe that everything will work out for the best.

What was the worst thing that happened to you during your elementary school years?

- High school?
- Early 20's?

7. ***Look for the helpers.*** Whether there's a fire, an earthquake, or a homeless family, there's always someone helping. There are people available to help you, too. Look for the helpers and you'll find them.

Feeling stressed is a typical response when life takes an unexpected turn. Our responses to hardship are habitual. Habits can be altered or broken. New habits can be created. Avoid the belief that your negative feelings are happening to you like bad weather. You can choose your focus and manage your thoughts. Find peace first and then solve your challenge.

Self-Love and Kindness Exercise

When you are feeling stuck, full of worry, fearful and struggling with some aspect of your life, try this quick exercise to improve and increase your quotient of self-love and inner peace.

Take a couple of deep breaths – in through your nose and out through your mouth and put your hand somewhere on your body that feels comforting to you – it could be over your heart or you could give yourself a hug, or cradle your cheek in your hand – something that feels loving and nurturing to you at this moment.

Acknowledge to yourself (out loud or in your mind) that this is a moment of suffering (or struggle or angst or what it is for you) and that there IS suffering in this world.

Now ask yourself (again – out loud or in your mind) what could you do for yourself right now that would feel loving and kind and see what intuitive answer comes up for you... myself and my clients find that we will receive guidance from our intuition to do things like have a cup of tea, have a nap, go and meditate, go for a walk, move your body... I wonder what your guidance will provide.

You can use this as a quick tool as you steer through your day or you can change it into a much longer meditative exercise.

Belonging: A Key Component for Inner Peace

I believe that for anyone to be successful in any type of relationship (marital, friendship, employer/employee, child/parent, sibling, etc.) the individual must believe and know full heartedly that they are whole exactly as they are.

When dysfunction shows up, the individual buys into an agreement that they are less than perfect, they need someone else to make them whole, in fact they give part of themselves away to make up for that perceived lack. They get to a point where they do not need any abuse from anyone else as they beat themselves up without any stimuli.

I do not intend to minimize the impact of an abusive relationship. Abuse does show up in many forms and many different levels of intensity. What is important however is to see that the core you is not the victim, you are a beautiful, whole and divine being. Connecting to your divine source is the only way in which the individual can cast off the impact of abuse.



To relate to anyone, the individual must spend time and become dedicated to the re-connection with Source, if this does not happen, you will go from one bad relationship to the next, there may be varying degrees of abuse, it might be physical, emotional or both. This pattern will only be interrupted when you take stock and connect with yourself.

Counseling is very beneficial for people dealing with abuse, but only as far as looking at what has happened and taking ownership for the experience. Unfortunately, many styles of counseling allow the

individual to get stuck in a loop which will never become undone until the person can release the emotion and then connect with their divinity. This will allow the person to grow through the experience and not feel like an invalid for the rest of their life.

Assigning blame and labeling someone as bad, wrong, evil is not healthy for the person who has experienced any type of abuse. It would be far more powerful to forgive the person who has hurt you and then release the whole experience. Forgiveness does not mean that you condone bad, inappropriate, or unjust behavior; you do not even have to speak to a person to forgive them. In fact, in my experience, it is much more powerful to communicate at a soul level; this can be done alone or through a guided meditation process.

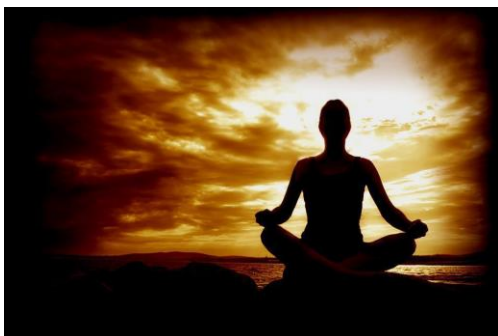
To move through the hurt and pain left in the wake of abuse, it is important to be completely willing to let it go in its entirety. If there are any blocks or hesitation to this, it would be very beneficial to go within and ask yourself 'what part of this hurt or pain serves me'. Using journaling and meditation as your tools to journey through this you will be able to remove all that is blocking your journey to regain your wholeness. I say regain here as we are all on a journey back to our divinity; we are recapturing what is already ours, already there within. This life is a process which allows the reconnection if you want it.

There will be times when journaling and meditation will not be enough for you to bring up the emotions that you need to let go of. When you feel like you have hit a block or need help, going for an energy healing session, guided meditation or hypnotherapy session will help you get through. All forms of massage and bodywork are also very beneficial to releasing emotions.

When you feel whole, fulfilled and right just as you are, you will find that like-minded people naturally gravitate toward you. You will also find that people who are stuck in their own stuff will either come through it or drift out of your life. Your life will take on a natural flow; you will find that your love of life will know no bounds.



Meditation for Stress



There is no doubt that stress is a huge issue for thousands of people today. In fact, stress is often referred to as the silent killer. It can creep up on you and take hold of your life in devastating ways. If you are dealing with stress in any way, it could be to your benefit to start incorporating some form of meditation into your daily routine.

One of the main benefits of meditation is that it can help calm your feelings. It can help both your physical health and your mental well-being. While you may only spend 10 or 20 minutes actively meditating, the benefits of this session will stay with you all day long.

Stress often builds up because you just have too much to do or to think about. Your mind is full of things that you want to accomplish and you just feel overwhelmed with it all.

Meditating will help you diminish these thoughts by calming and soothing your mind. You will find it much easier to prioritize all your daily tasks and chores and you will be able to focus on what is important.

A key element to all of this is that meditation will help you learn the skills that you need to manage your stress level effectively. Learning how to let go of the past and not dwell on it, is another important side effect of meditation.

As well as stress, meditation seems to be showing positive results when it comes to other health issues. People who are dealing with health

problems such as anxiety, depression, fatigue, sleep issues and substance abuse have seen great results after meditating.

Your goal when meditating is to discover your inner peace. Everyone has this, it is just extremely well hidden in some. There are different ways to find your inner peace such as using a physical form of meditation as in Yoga, Qigong or Tai Chi. Repeating a calming phrase is yet another method.

It is important to choose a way to meditate that will work for you. You may find that you need to experiment with various methods, before finding the one that works the best for you.

When it comes to dealing with stress you want to look at Mindfulness Meditation. This method helps you accept and deal with living in the present. These circumstances are often the root cause of your stress, so this should prove to be an effective way to manage your stress.

Meditating in Today's World

The face of meditation has changed to a certain extent today. This has been made possible by the acceptance of meditating in different places and in various ways. The whole purpose of meditating is to allow your mind and body to connect and to discover that inner peace.

The following ways are simple things that you can do to enjoy the benefits of meditation.

Enjoy sitting back and relaxing while soaking your feet in a tub of warm water with added bath salts. This can help you remove all the stresses from your long, hard day.

Use an icepack, wrapped in a washcloth, on the right side of your body while sitting and meditating. This is supposed to help cool your liver. It is thought that people with an overactive liver have more mind chatter than others.

Use some type of external aid to assist you with meditating. This could be a phone app to remind you when to meditate. Or you may prefer to use music or listen to motivational tapes.

Meditate while walking or jogging. You can listen to motivational tapes or just repeat your favorite quote whilst outside walking. You may wish to focus on just one thing during your walks, such as what a person or thing means to you.

While yoga and Tai Chi have been around for a long time. These are activities that have seen an increase in popularity in recent years. Both

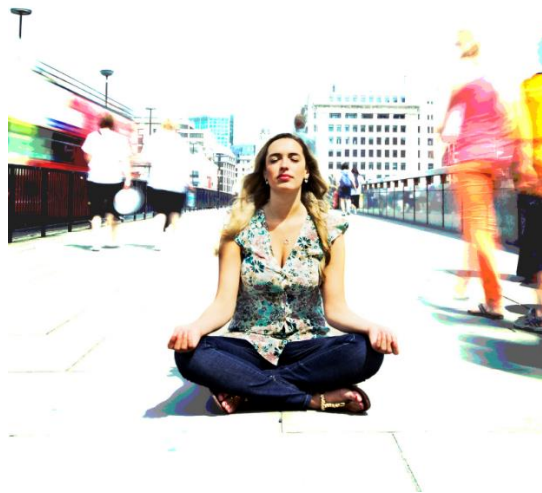
are excellent ways for helping you meditate and deal with the stresses of life.

Listening to music is another great tool you can incorporate into your life. Binaural beats are extremely popular and effective when it comes to meditating.

Your doctor or health care provider may also have ideas for how you can incorporate meditation into your life. In fact, doctors are recommending meditation to their patients frequently these days. It is extremely cost effective as all it requires is your time to learn the different ways of meditating.

It is important to choose a meditation method that suits your body and your frame of mind. If you are dealing with a health issue you may not have the ability to sit with your legs crossed for longer periods. It may be easier and more soothing to sit in a chair and soak your feet.

When you feel at ease you will find it much easier to meditate and reap the full benefits successfully.



Finding Peace in a Busy Society

Today it seems as though everyone in our society is busy. Who isn't running around trying to juggle careers, schools and home life? This can become a traumatic experience for some. The pressure from your peers and friends to fit in and succeed are enormous. So how do you deal with all of this while still keeping your sanity?

Lately there has been a ton of research conducted on the benefits of meditating on a regular basis. Meditation is nothing new, by any means, it is an art form that has been practiced for centuries. So why is it now being looked at as a healing process?

In short, we can put it down to our society as a whole. Families today see both parents working and this puts added pressure on the entire family. Everyone is always rushed. You go to work to run home and prepare dinner. Then there is homework to be done, laundry that needs doing and there seems like there is never any time for you!

Just look at some of the tools that you use in your life. You probably carry around a Smartphone or an iPad or laptop. This just increases your activity levels. Even on the bus or in the car you are busy doing something. Years ago, a bus ride could have been viewed as a restful experience.

When was the last time you turned off all of your devices for 24 hours or even less? Likely quite some time ago I expect!!

Meditation gives you that time in your day when you can slow down and relax. Just sitting in a comfortable chair and closing your eyes for 10 - 20 minutes can be a huge help. Your body and your mind finally

have the time to take a break. You can stop thinking at a million miles per hour, instead you have the time to focus on just one thing.

Research has shown that using some type of meditation method has helped reduced stress, crime and violence in society. It has also shown increases in understanding, positivity and in people experiencing that peaceful, glad to be alive feeling.

You can really see just how busy we are as a society. Therefore taking up the art of meditation is an excellent choice for many people. Meditating gives you space and the ability to take time out, sit down and clear your mind.

After a few sessions of meditating, you will notice that your concentration levels have increased as well as your productivity levels. Overall, you will start to enjoy living life to the fullest again.



Benefits of Meditation

As you are aware there are several ways you can meditate. While each method may have different benefits, we will take a look at the overall benefits of meditation in general.

How Meditation Affects Your Brain

It is so easy to stress out your brain these days. You are busy at work, you have a family to take care of and provide for. This can lead to you not eating correctly, not exercising enough and we haven't even touched on social impacts such as drinking and smoking. It is easy to see that your brain is extremely taxed out.

As you become stressed out you start to make impulsive decisions. You are always in a rushed state, so you don't take the time to think things through. This can lead to making bad judgements that could affect everyone around you.

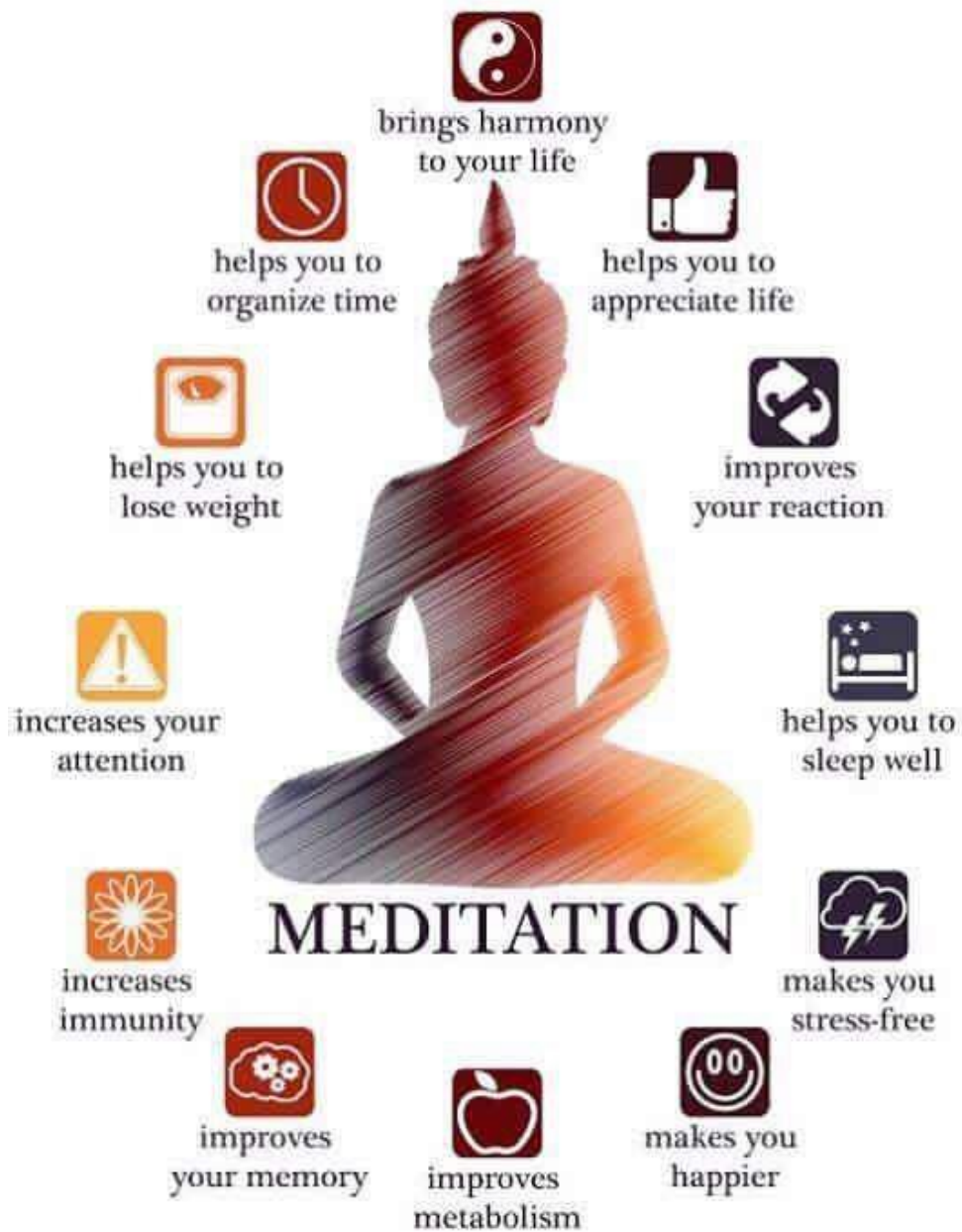
Using meditation methods such as Mindfulness or Transcendental you can minimize and even reverse these effects on your brain. By giving your brain permission to stop and relax, you are allowing it to enter a period of restfulness while still staying alert.

What this achieves is that it helps to strengthen the communication process in your brain. Without getting too technical, this is where your brain's prefrontal cortex and different areas that control brain functions are located.

The result of this restful period is that your ability to make strong, well thought out decisions is restored. Outwardly you project a more stable and confident appearance to your colleagues and family.

- The overall benefits you will reap from meditating include:
- Feeling as though you have a purpose in life
- Your behavior becomes less impulsive
- Your decision-making skills are enhanced
- Your memory works much better than it used to
- You stop abusing things such as cigarettes, drugs and alcohol
- Your energy levels are increased
- You become much healthier overall
- Your immune system works better
- Your self confidence level is increased
- Your feeling of well-being is improved
- Your relationships are better
- You just feel happy and optimistic about your life

So, if you are not totally happy or satisfied with your life then you may want to incorporate meditation into it. The nice thing about meditating is that it doesn't take very long at all. A twenty-minute session, once or twice a day, can do wonders for your health.



Creating Your Own Meditation Practice

1. **Choose a conducive environment.** Find a nice, quiet place where you won't be disturbed for fifteen minutes or longer. Sit down, relax and rest your hands on your lap. You can sit on the floor cross-legged with the support of a meditation cushion, or on any chair with your feet resting on the ground. It is not necessary to force yourself into a lotus position if you are not used to it.

Regardless of how you sit, it is important to maintain the natural curve of your back. That means no slouching. People with chronic back problems who cannot sit for a prolonged period of time can explore other meditation positions.

2. **Breathe slowly and deeply.** Close your eyes softly. Direct your soft, unfocused gaze downwards. Begin by taking a few slow and deep breaths — inhaling with your nose and exhaling from your mouth. Don't force your breathing; let it come naturally. The first few intakes of air are likely to be shallow, but as you allow more air to fill your lungs each time, your breaths will gradually become deeper and fuller. Take as long as you need to breathe slowly and deeply.
3. **Be aware.** When you are breathing deeply, you will begin to feel calmer and more relaxed. That is a good sign. Now, focus your attention on your breathing. Be aware of each breath that you take in through your nose. Be mindful of each breath that you exhale with your mouth. Continue focusing on your breaths for as long as you like.

If you find your attention straying away from your breaths, just gently bring it back. It may happen many times. Don't be disheartened. What's important is to realize that you have wandered and bring your attention back to where it should be. As you develop greater focus power, you will find it easier to concentrate.

4. **Ending the session.** When you are ready to end the session, open your eyes and stand up slowly. Stretch yourself and extend your increased awareness to your next activities. Well done! You have done it!

Meditation Tips for Beginners

Guided meditation MP3s or CDs as meditation tools. For beginners, audio guided meditations provide step-by-step instructions that help to introduce meditation in an easy and non-intimidating way.

Experienced meditators may also benefit from guided meditation programs as they can reveal different perspectives and approaches that might have escaped one's awareness.

As there are many types of guided meditation available, it is important to be clear on what you are looking for. No matter what your objectives are, you are likely to find a guided meditation that suits your needs.

Aim to have the length of your exhalations as long, if not longer, than your inhalations. By expelling more used air, you make more room for fresh air to fill your lungs. If your out-breaths are much shorter than the in-breaths, you can help to expel more air by gently contracting your abdominal muscles.

If the weather is chilly, keep yourself warm with a blanket or shawl during meditation.

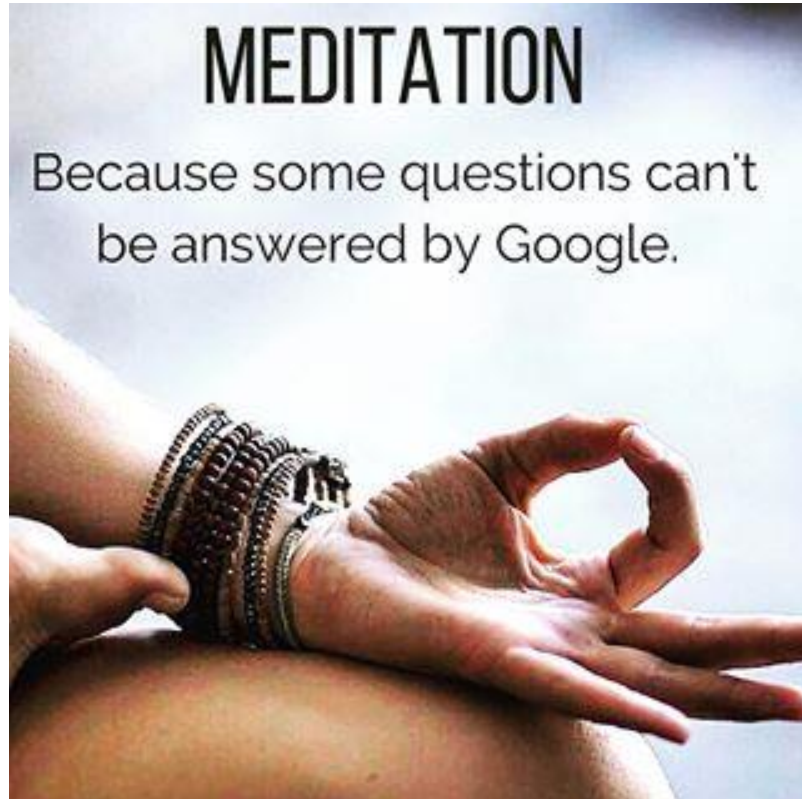
Meditating with an empty or full stomach may be distracting or even uncomfortable. Make sure there is something in your tummy, but not so much that you feel distracted while sitting.

Some people find it easier to meditate with light music or other relaxing sounds in the background, while others prefer total silence. If you belong to the first group, choose an appropriate music that helps you to calm down and yet won't distract you from your practice. Some examples are sounds of nature (such as rain and ocean waves), traditional music (like native American flute music) as well as contemporary meditation music (Music for Healing by Steven Halpern comes to mind). The choice of music, or lack of, is entirely a matter of personal preference. So, feel free to experiment and see what works best for you.

Use a meditation timer or any countdown timer. It tells you your time is up without you having to think about it constantly. You can use the timer that is built into your mobile phone or digital watch. Alternatively, you can also use a free online meditation timer (I really like Insight Timer - available for iPhone or Android)

Talking about ***Insight Timer*** – I have a library of guided meditations available there – this is an amazing free meditation app (there are paid memberships offered there too) ... if you don't already, I encourage you to follow me on the app so you can receive updates when I upload new content. You can find me here: <https://insig.ht/9k5jlyhgllb>

Once you have mastered breathing meditation, you can choose to continue with it or try other meditation techniques. There are many types of meditation techniques that can help you to develop inner qualities which you never knew existed.



Meditation FAQs



1. How often should I meditate?

Once a day, or more if you wish. Some people meditate in the morning before breakfast and have another session just before they sleep.

Meditation may seem like a chore at first, but I encourage you to learn to enjoy it and look forward to it everyday. See it as an opportunity, rather than an item on your to-do list, to spend some intimate moments with yourself.

Cultivate meditation as a habit that you'd do naturally every day, like brushing of your teeth.

2. How long do I need to meditate each time?

Aim for at least fifteen minutes for each session. For most people, it will normally take ten minutes or more for the mind to settle down. So, if your meditation is too short, you would find the session has ended before you even have a chance to get into it.

3. Why do I find it so hard to concentrate or sit still during meditation?

Many people, including long-time meditators, have experienced occasions when they find their concentration is not as focused as they want it to be. So, it is important to be patient and compassionate with yourself, especially if you are a beginner.

Meditation requires your mind to be calm and quiet. Therefore, anything that stimulates your mind just before your sitting is not going to be very helpful, such as a heated argument with your partner, an exciting computer game, a dramatic movie or a thought-provoking book. If you find yourself often having a hard time sitting still during meditation, try to avoid engaging in any of these activities prior to your session.

Some people also find a relaxation exercise or a gentle stretch before meditation helps them to get into a tranquil state faster.

Alternatively, you can try walking meditation if you face difficulty with the sitting version or work on improving your concentration.

4. When I meditate, I feel like I'm betraying my religious beliefs. Why is that?

Meditation is often associated with Eastern cultures and religions, like Buddhism, because it probably originated from there, or at least became popular first in that region. That is why many people have mistakenly equated meditation with a particular religion when in essence, it is not. This is a common myth.

As you can see from the steps shared above, meditation does not require you to believe in any deity or God, neither does it require you to give up your existing religious beliefs.

On the other hand, some forms of meditation do involve the visualization of popular religious icons or recitation of mantras from religious texts. But labeling meditation as religious just because of its diverse use is as good as saying all knives are weapons of destruction and hence should be avoided.

5. My mind keeps wandering off during meditation. I feel so frustrated and disappointed with myself. Am I wasting my time?

I shall let St. Francis de Sales, French saint and Bishop of Geneva, answer this question:

“If the heart wanders or is distracted, bring it back to the point quite gently... And even if you did nothing during the whole of your hour but bring your heart back, though it went away every time you brought it back, your hour would be very well employed.”

Though it may not be apparent to you, there is a gentle yet profound transformation taking place within you every time you meditate. It is like a fruit ripening on a tree. The ripening process is slow, but no doubt it is happening. So, rest assured that every minute that you put into calming your body, mind and soul is never wasted.

6. I tend to fall asleep during meditation. What should I do?

Allowing more light to enter the eyes is a good way to stay awake. Lifting your eyelids higher, while keeping your gaze soft and unfocused, will help to keep the brain stimulated and alert. Your physical and mental states also play a key role. When you are lethargic or dull, it is much harder to concentrate, which means you will need to put in more effort to stay awake. In meditation, we are always trying to strike a balance between being too distracted and too relaxed and drowsy. It is perfectly normal. Just keep trying.

7. How do I know I'm meditating?

In short, when you are focused on your breathing, yet fully aware of the random thoughts in your mind and not distracted by them.

8. I feel very uncomfortable in a sitting position due to mental and physical issues. Is sitting the only way to meditate? Can I lie down?

Thankfully, sitting is not the only way to meditate. You can also meditate while lying down. But it can be a 'dangerous' position. No, not physical danger of course. You are in danger of falling asleep halfway through your meditation. A lying position,

especially one on the bed, is so comfortable that many people find it a challenge to complete their meditation. That is why you don't find it mentioned often. However, if you can overcome that, then do it.

9. Who are not suitable to learn meditation on their own?

People suffering from moderate to severe mental or learning disabilities should learn meditation under the guidance and supervision of a qualified trainer.

10. What is the best meditation technique for beginners?

If you are new to meditation, I would recommend that you start with a meditation that strengthens your concentration power, such as the breathing meditation and the breath counting meditation.

What's Possible Now?

I specialize in helping people get unstuck in their lives so that they can feel healthy, prosperous, and whole – just the way they originally intended. If you (or someone you know) are asking yourself things like “Is this all there is for me?” or “I thought my life was going to amount to more than this” or “Surely there is a better way than this” – perhaps it is time to look at a different way!

1. Are you ready to identify and remove the roadblocks to your success once and for all?
2. Are you feeling stuck or some aspect of your life?
3. Are you aware that things could be so much better in your life – but just not sure how to get from where you are to where you wish to be?



As mentioned previously, I have a library of guided meditations which I keep adding to (and two courses) available on ***Insight Timer*** – this is an amazing free meditation app (there are paid memberships offered there too) ... if you don't already, I encourage you to follow me there so you can receive updates when I upload new content. You can find me here: <https://insig.ht/9k5jlyhgllb>

Please contact me to set up your complimentary assessment to look at how to get you from where you are to where you desire and deserve to be.

You can arrange for your breakthrough session with me by going to <http://wellnesswithmoira.com/breakthrough-to-success-session>

Or you can contact me directly at Moira@WellnessWithMoira.com

I look forward to hearing from you!

And above all – I wish you much increased Inner Peace!

Many Blessings,



P.S. Just in case you missed downloading the guided meditations I created to help you find inner peace and balance in your life... here are the download links:

[**Balance Your Life**](#)

[**Awakening the Spirit**](#)