

**FOCUSED  
MIND  
POWERFUL  
MIND**

**WORKBOOK**



# IMPORTANT

To begin—Please save this workbook to your desktop or in another location.

## How to Use This Interactive Workbook

How can you get the most out of this interactive workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document. By the end, you'll have your own personal success system.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Complete the exercises right in this workbook.

In addition to the exercises and questions, we've created a section called "INsight" to make this an even more interactive experience for you. At the end of each session, you can write down any additional thoughts, ideas, or insights that you had while meditating or working through the exercises. Remember, the more you apply this information, the more you'll get out of it.

We've also included some relaxing images at the end of the workbook for you to use if you are having a hard time focusing. You can look at these to relax and then put yourself in the image. Once you become more proficient at visualizing, you can use your own images.

***Let's get started!***

# Meditation Insight Journal

## Table of Contents

<b>Session One: Getting Control over the Chaos</b> .....	<b>3</b>
The Golden Elevator Exercise .....	3
Meditation Mission: Develop Your Stillness Room .....	4
INsight Session One .....	5
<b>Session Two: Calming the Storm</b> .....	<b>6</b>
The Top 10 Benefits of Meditation .....	6
The Problem Perspective Exercise .....	6
The Meditating Brain .....	7
Meditation Mission: Magic Carpet Ride .....	8
INsight Session Two .....	10
<b>Session Three: How to Meditate</b> .....	<b>11</b>
The 5 Types of Brain Waves .....	11
How to Sit During Meditation .....	11
Techniques to Control “Monkey Mind” .....	12
Meditation Mission: Just Be .....	12
INsight Session Three .....	13
<b>Session Four: The Different Kinds of Meditation</b> .....	<b>14</b>
The Different Kinds of Meditation .....	14
The Different Types of Meditators .....	14
Meditation Mission .....	15
INsight Session Four .....	16
<b>Session Five: Meditating for Love and Better Relationships</b> .....	<b>17</b>
The 7-Step Process for Overcoming Past Relationships.....	17
9 Ways that a Meditating Brain Creates Better Relationships .....	18
Meditation Mission .....	18
INsight Session Five .....	20
<b>Session Six: Meditation for Athletic Excellence</b> .....	<b>21</b>
Meditation Mission: Clearing Away the “I Can’t” Blocks .....	22
INsight Session Six.....	24
<b>Session Seven: Meditation to Enhance Creativity</b> .....	<b>25</b>
7 Tips to Increase Creativity .....	25
Meditation Mission: The Sleep Meditation .....	25
INsight Session Seven.....	26

<b>Session Eight: Heal Your Body with Your Mind through Meditation.....</b>	<b>27</b>
Ailments and Disorders that Can Be Improved through Meditation.....	27
The Meditation Diet .....	27
Meditation Mission: Public Meditation.....	28
INsight Session Eight .....	29
<b>Session Nine: Meditating for Greater Intelligence .....</b>	<b>30</b>
9 Ways You Know Your Brain Needs a Meditation Break.....	30
Meditation Mission: The One-Page Meditation .....	31
INsight Session Nine .....	33
<b>Session Ten: Meditation for Business Success .....</b>	<b>34</b>
4 Keys to Starting a Meditation Program at Work.....	34
3 Ways to Consciously Boost Serenity in Your Work/Life Merge .....	34
Meditation Mission: Leave It at the Stream.....	34
INsight Session Ten .....	36
<b>Session Eleven: Meditation for Wealth and Abundance .....</b>	<b>37</b>
4 Principles of Zen-Vesting.....	37
Suggestions on Planning an “As-If” Day.....	38
Meditation Mission: The Money Magnet Meditation.....	38
INsight Session Eleven.....	40
<b>Session Twelve: Advanced Meditation Techniques for You .....</b>	<b>41</b>
The 10 Qualities of the Total Meditator.....	41
Meditation Mission: Just Meditate .....	42
INsight Session Twelve.....	43
<b>Relaxing images to help in visualization.....</b>	<b>44</b>
References and Resources .....	52
Expand Your Personal Development Library with These Inspirational Programs from Nightingale-Conant!.....	58

## Session One: Getting Control over the Chaos

### The Golden Elevator Exercise

Imagine yourself walking toward an elevator. This elevator has a golden door. You approach the elevator and without your having to do anything, the doors open. You step inside and the doors softly close. The elevator feels like a warm, safe place. The elevator begins to slowly descend, and as it does, you are becoming more and more relaxed. The elevator goes down, and your breathing slows down. Down... down... down. All of your thoughts and problems fade away as this golden elevator goes down. Slowly, the elevator comes to a gentle rest. You're completely at peace and feeling calm and relaxed. The golden doors slowly slide open.

Now, take a few more deep breaths, and when you're ready, open your eyes. Come slowly back to the room you are in. How do you feel? Chances are you feel much more relaxed and calm than before the Golden Elevator Exercise.

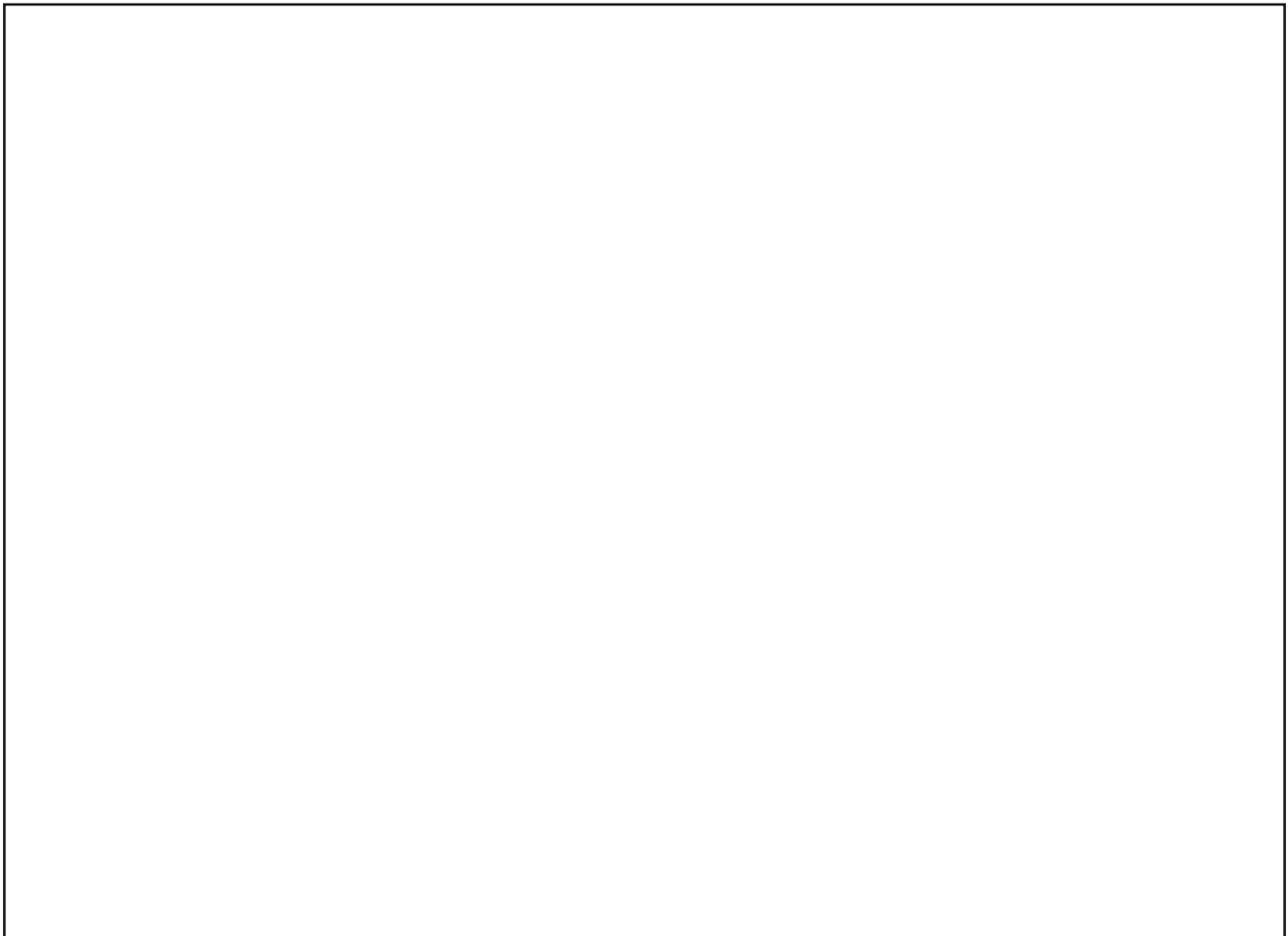
*~Empty your mind, be formless, shapeless—like water.  
Now you put water into a cup, it becomes the cup.  
You put water into a bottle, it becomes the bottle. You  
put it in a teapot, it becomes the teapot. Now water  
can flow or it can crash. Be water, my friend.~*

—Bruce Lee

## **Meditation Mission: Develop Your Stillness Room**

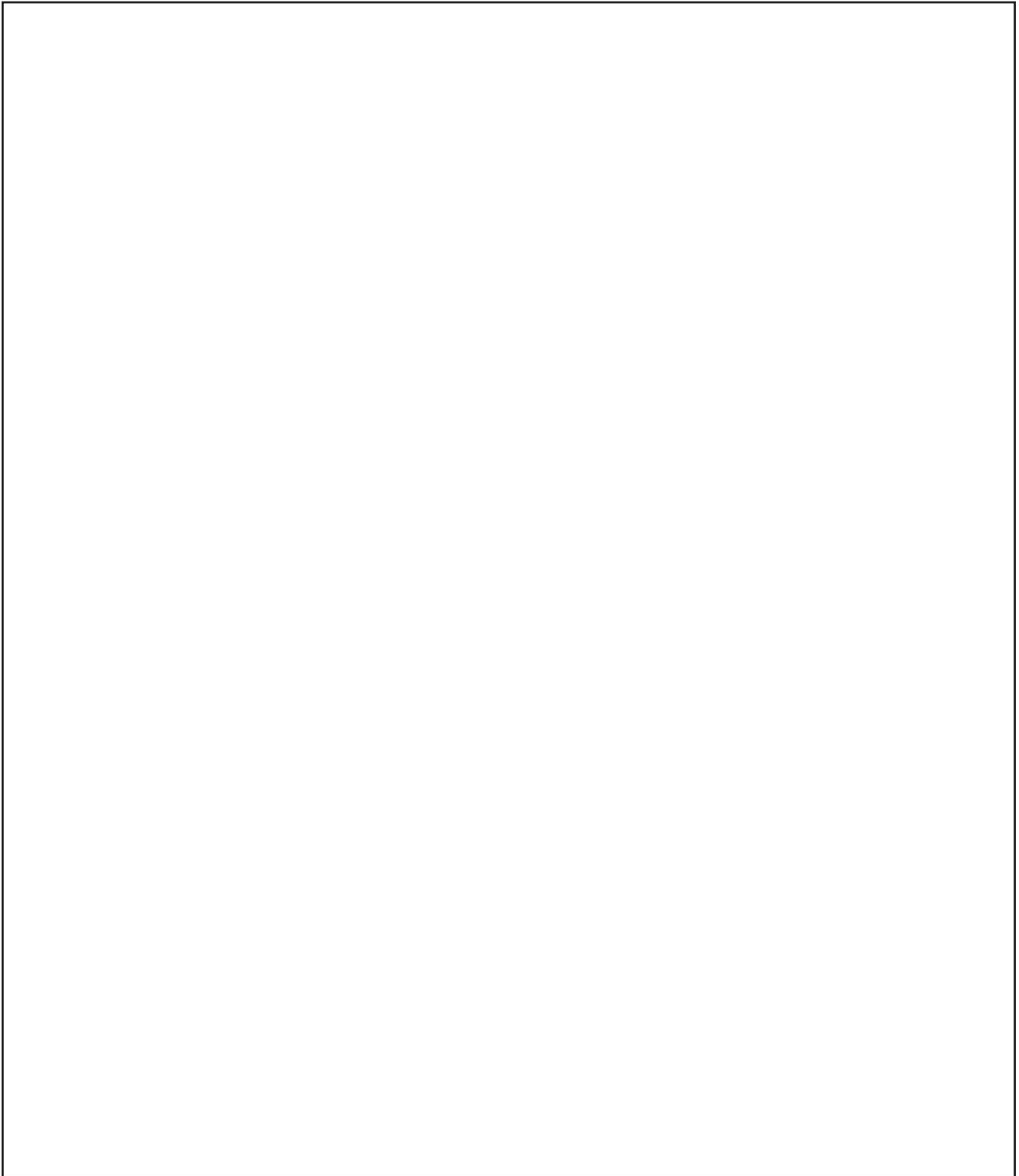
As mentioned in the audio, the Stillness Room is an imaginary room that you can imagine yourself in whenever you want to return to a warm, safe, happy feeling. This room is specifically decorated and designed for you. No problems, hassles, or negative thoughts are allowed in this room.

In the following space, create your own Stillness Room. Describe it in as much detail as possible. What kind of room is it? A bedroom? An office? A spa? How it is decorated? What furnishings are there? What is the ambience of the room? How does it feel? Be as specific as you can and fill the room with things that make you feel calm, safe, and peaceful.

A large, empty rectangular box with a thin black border, intended for the user to write their description of their Stillness Room.

**INsight Session One**

What insights, thoughts, or ideas did you get from this session or during your meditations?

A large, empty rectangular box with a thin black border, intended for the user to write their insights, thoughts, or ideas from the session or meditations.

## Session Two: Calming the Storm

### The Top 10 Benefits of Meditation

1. Enhanced creativity
2. High-level problem solving
3. Increased levels of happiness
4. Emotional stability
5. Improved mental focus and clarity
6. Better sleep
7. Better sex
8. Spiritual insight
9. Improved relationships
10. Greater physical health

### The Problem Perspective Exercise

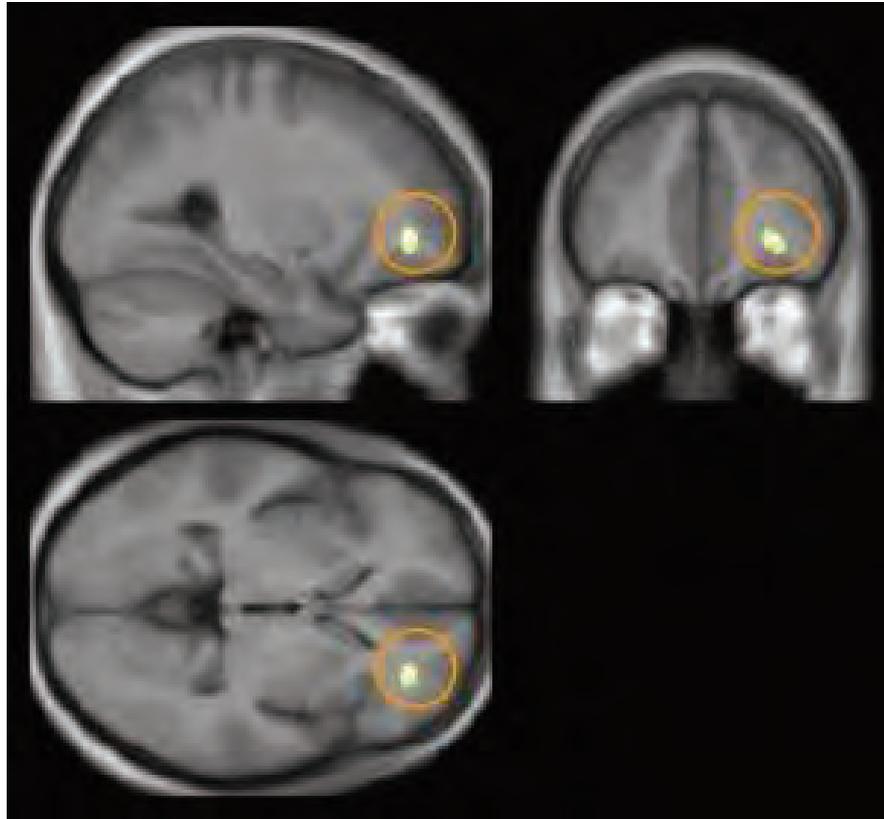
Here is a technique you can try the next time you're wrestling with a major problem. This technique is called The Problem Perspective.

In the following space, write down a problem you're dealing with. Take a few minutes and write down everything that is associated with the problem, including your frustrations, your negative thoughts, and any emotions you have concerning the problem. By getting it all out of your conscious mind, you're able to look at the problem from the outside in, making you more objective.

Next, take a few deep breaths and close your eyes. Spend another few minutes in meditation just clearing the problem right out of your mind. You can do one of the meditations that are described in this program. Just totally put the problem out of your mind. Then, slowly, bring your attention back to the day, take a few more deep breaths, and you're done.

The key, though, is to stop thinking about the problem at all. Just go about your day, and whenever the problem comes to mind, tell yourself, "Don't think about that now. My subconscious mind is working on it," and then place your attention on something else. Then, very soon, the answer or solution to the problem will pop into your mind. By using meditation to let the problem go out of your conscious mind, you're letting the deeper part of your mind work on it. That leads to the kind of breakthrough thinking that characterizes the high achievers.

### **The Meditating Brain** <sup>1</sup>



*The right orbito-frontal cortex, shown here, is one of the areas of the brain that appears to be enlarged due to meditation. (Credit: Image courtesy of University of California - Los Angeles)*

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<sup>1</sup> University of California - Los Angeles (2009, May 13). Meditation May Increase Gray Matter. ScienceDaily. Retrieved December 16, 2010, from <http://www.sciencedaily.com/releases/2009/05/090512134655.htm>

## **Meditation Mission: Magic Carpet Ride**

In this Mission, you'll be using a visualization technique similar to what Albert Einstein used. This is an exercise that can help you develop a "mind movie," where you can see your goals as clearly as if you were watching a movie.

First, choose a goal you would like to achieve. It might be your ideal weight, a perfect job, a loving relationship, or financial abundance. Whatever goal you choose, write it down here. Again, be as detailed as you can as to what it would LOOK like if your goal had been achieved.

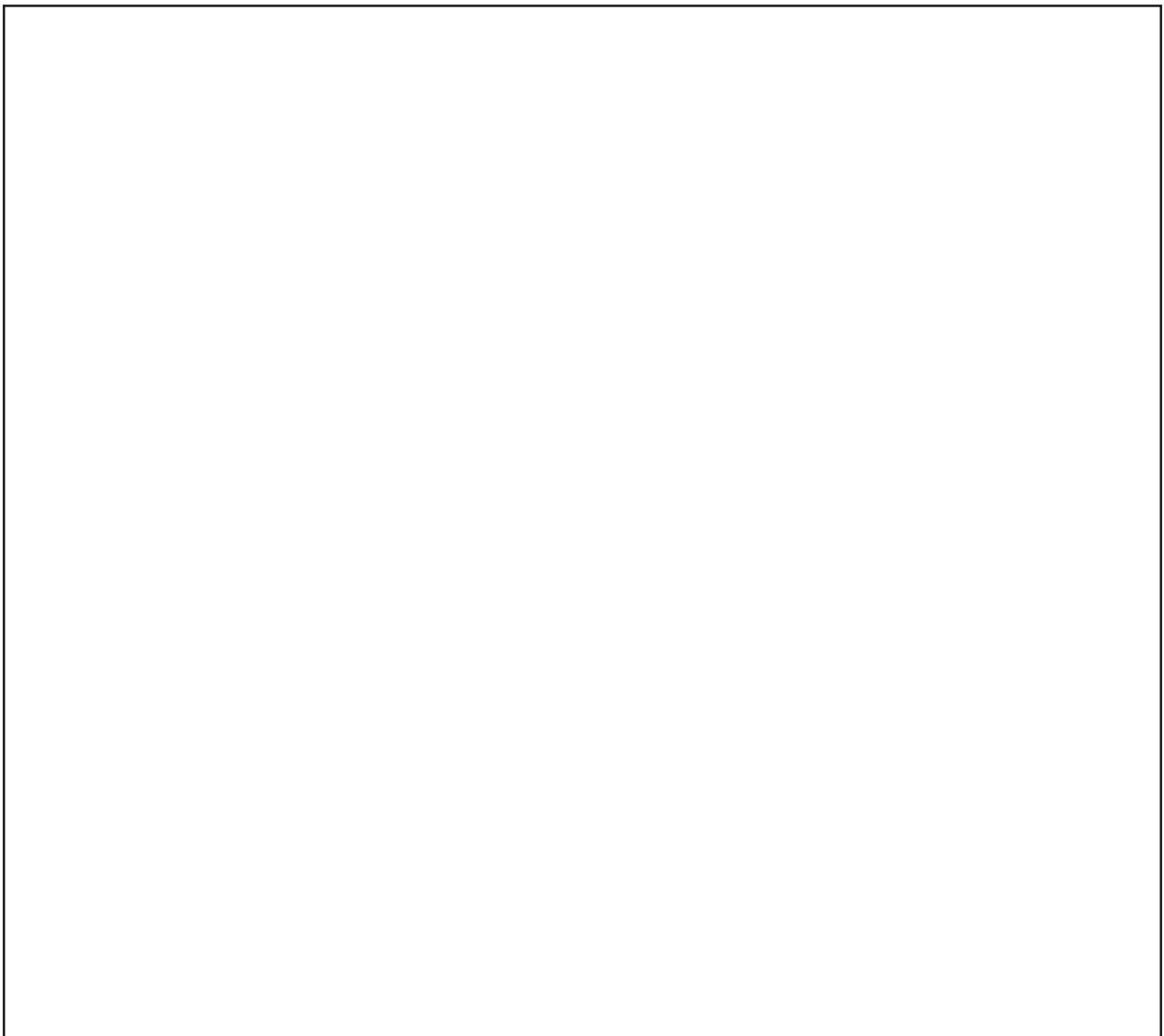
A large, empty rectangular box with a thin black border, intended for the user to write their goal in detail.

Next, use the Golden Elevator technique to get yourself into a meditative state of mind.

Once your mind is calmed down, envision yourself climbing onto a magic carpet. This is a safe, secure ride, and you feel exhilarated as you begin to travel in the sky. Imagine yourself on the magic carpet going up, up, and up above your building. You're flying over your town, over the hills and mountains, and over the ocean. You can see the clouds around you. Ahead of you, you can see a beautiful island. As you head over to the island, flying on your magic carpet, you can see yourself. Your goal has been achieved. Take some time to fly over and observe yourself in that goal state. How does it look? Do you look happy? Are there others with you? Observe yourself in that goal state as if you were watching a movie starring yourself. Take as long as you wish.

Then, imagine yourself flying back to where you are, and slowly come out of the meditation.

Write down the thoughts and feelings that came up about the experience here:

A large, empty rectangular box with a thin black border, intended for the user to write down their thoughts and feelings from the meditation experience.

**INsight Session Two**

What insights, thoughts, or ideas did you get from this session or during your meditations?

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## Session Three: How to Meditate

### The 5 Types of Brain Waves

1. **Delta:** The slowest. Is generally found during slow-wave sleep.
2. **Theta:** Is associated with drowsiness or idling.
3. **Alpha:** This is associated with relaxed or reflective thinking with the eyes closed.
4. **Beta:** Alert, working, active, busy, or anxious thinking, or active concentration.
5. **Gamma:** This is the fastest and is displayed when the brain is perceiving something using two different senses or during short-term memory tasks.

### How to Sit During Meditation

You can sit on a cushion or in a chair, as long as you can sit with your back straight. This is important for your breathing. You don't have to sit cross-legged or in a lotus position. Just find a comfortable sitting position. It's probably not a good idea to lie down, or else you might fall asleep.

Now, do your best to tilt your pelvis forward a little. You can see a photograph of the right position below. You're tilting your torso forward and your vertebrae are stacked on top of each other in an aligned posture.

As far as your arms and hands go, just relax them. They don't need to be in a special position. Just rest them on your thighs or let them hang at your sides.



## **Techniques to Control “Monkey Mind”**

1. **See the positive.** When a negative, anxious thought comes to your mind, imagine that right next to it is a positive counterpart. What is the positive counterpart to the thought? If you're worried about money problems, for example, the positive counterpart might be how much MORE abundance you have than someone else.
2. **Look at it directly.** Sometimes, a negative thought can lose its power if you look at it directly. Ask the part of you that is anxious or worried, “What are you trying to tell me? What good intention do you have?”
3. **Tell them to bug off.** Let's say your thoughts aren't necessarily negative or anxious, they're just distracting thoughts of things you need to do or remember. Imagine those thoughts as little bugs that are scurrying across a sidewalk. Just see the thoughts as they move on by. Don't dwell on them or focus on them, just let them go.
4. **Feel your feelings.** Sometimes during a meditation, strong or overwhelming negative feelings can come up. You might suddenly feel deep sadness or grief, or intense rage. Instead of pushing them down or away, allow the feelings to engulf you. Just feel them. Don't try to analyze why you're feeling that way or rationalize that you shouldn't be having the feelings. Just sit with the strong, intense feelings until they subside. This can be one of the most powerful experiences in meditation.

## **Meditation Mission: Just Be**

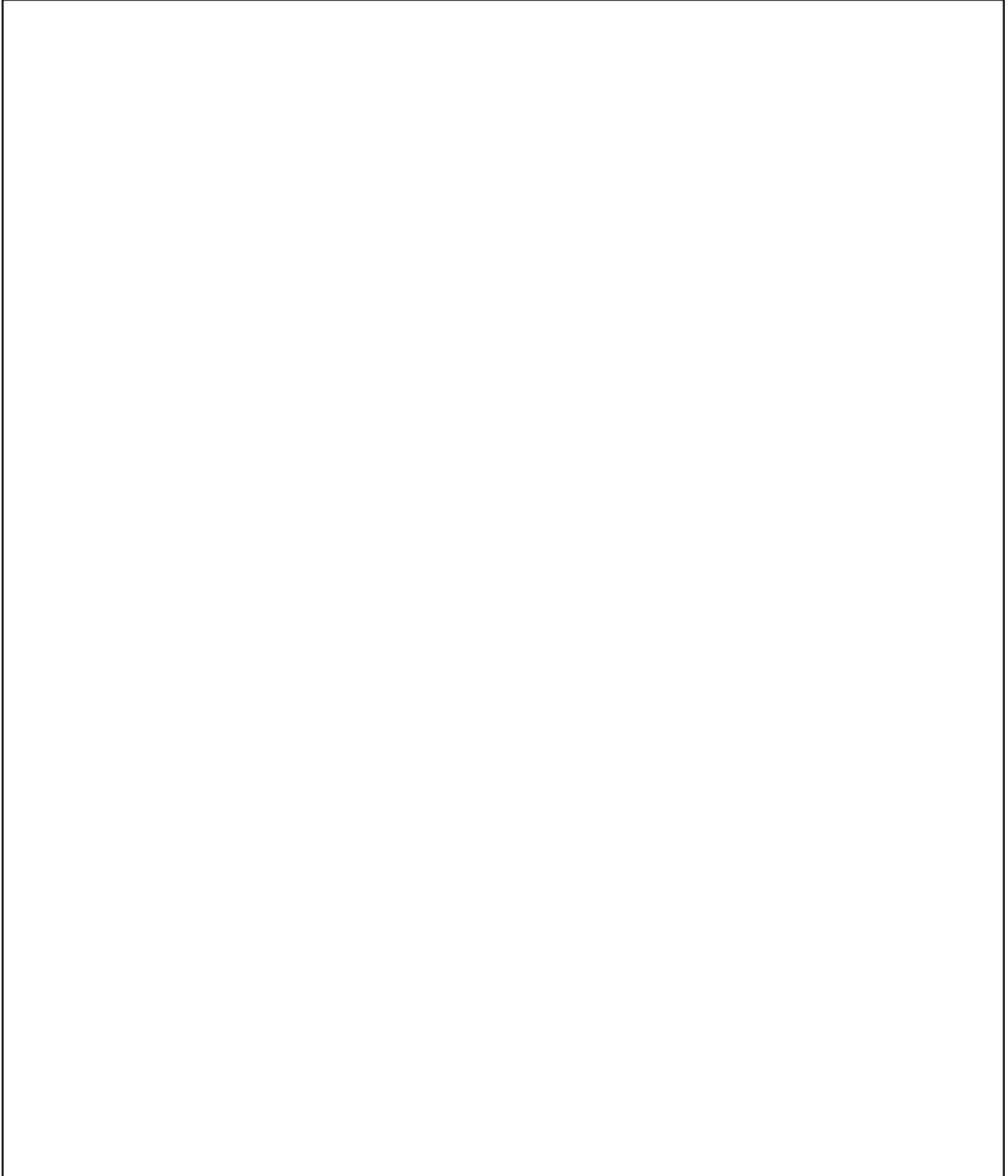
In this Mission, you're to practice sitting in stillness. Whatever your spiritual faith, instead of asking or telling in prayer, just sit in silence as if you were with a loved one. Just be. Spend a few minutes now, just sitting quietly.

*~When you meditate, the silence of the senses  
illuminates the presence of God within.~*

—Gurumayi Chidvilasananda

### **INsight Session Three**

What insights, thoughts, or ideas did you get from this session or during your meditations?

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## Session Four: The Different Kinds of Meditation

### The Different Kinds of Meditation

**TRANSCENDENTAL MEDITATION:**.....Uses a mantra.

**DYNAMIC OR ACTIVE MEDITATION:** ...Uses meditation to solve problems or attract goals.

**MINDFULNESS MEDITATION:**.....Focuses on emptying the mind of all things except what is going on in the moment.

**OBJECT MEDITATION:** .....Uses objects as a way to increase focus.

**WALKING MEDITATION:** .....Meditation done while walking.

### The Different Types of Meditators

**REFLECTIVE AND CONTEMPLATIVE:** ..For the Reflective Meditator, meditation is done for the sake of meditation, not with some other goal in mind.

**GOAL ORIENTED:** .....This is someone who meditates for a specific reason such as to find health, wealth, or a solution to some kind of problem.

**RELIGIOUS:**.....Religious Meditators use meditation to feel a closer connection to their spiritual source.

**CULTURAL:** .....This is a person who belongs to a cultural group that uses meditation as part of their practice. Subcategories include Transcendental meditation, Native American meditation, New Age meditation.

*~If you want to find God, hang out in  
the space between your thoughts.~  
—Unknown*

## **Meditation Mission**

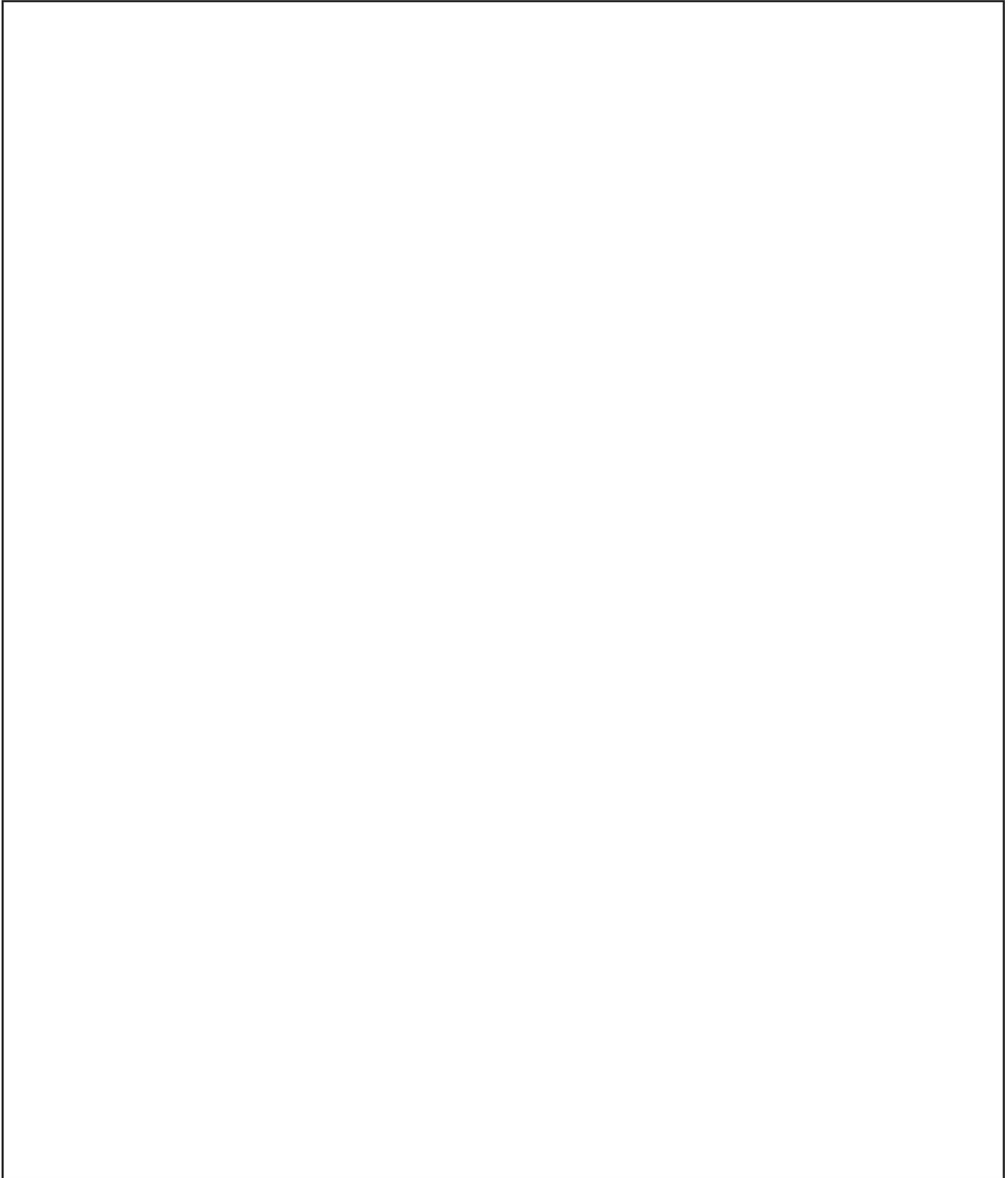
In the program, we learned that through tapping on the power of the subconscious mind through prayer, meditation, positive affirmation, and creative visualization as if one's dream has already been achieved, one can achieve almost anything. What is important is that one's goal benefits not only oneself but other people as well. Hence, the need to share with others whatever one dreams about is an essential element.

For this Mission, use your favorite meditation technique to meditate on your dream as if it's already been achieved. Afterward, in the following space, identify how achieving some of your goals will benefit others.

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## **INsight Session Four**

What insights, thoughts, or ideas did you get from this session or during your meditations?

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## Session Five: Meditating for Love and Better Relationships

### The 7-Step Process for Overcoming Past Relationships

Because this is such a powerful technique, we have included it in both the audio program and the Bonus CD. Most of us have more than one relationship we need to move past, and because the technique is included in the Bonus CD, you'll have easy access to it any time you want to use it.

Before working through the technique, in the following space, identify the relationship you wish to let go. Also write down your intent to let the relationship go.

Now, work through the steps on the audio to release the emotions of the relationship. Write down your thoughts and feelings here:

## **9 Ways that a Meditating Brain Creates Better Relationships**

1. Better management of your body's reactions
2. Emotional resiliency
3. Better communication
4. Response flexibility
5. Improved empathy
6. Improved insight
7. Better modulation of fear
8. Enhanced intuition
9. Increased morality

*~Whenever anyone has offended me, I try to raise my soul so high that the offense cannot reach it.~*  
—René Descartes

### **Meditation Mission**

Here is how to do a Passion Meditation:

First, decide what you want focus on for this meditation. It might be something you are grateful for and want to increase, a goal you want to achieve, or just to feel a closer sense of connection to your passion and purpose in life. It might be easiest to focus on a material object the first time you do a Passion Meditation. Write down what you want to focus on, in the following space:

Next, use your favorite meditation technique to get into a deep state of meditation. Once there, begin to focus on the object or state you chose. Start by saying in your mind, “I love and appreciate \_\_\_\_\_.” Then, allow the feelings of gratitude, love, and appreciation to grow. Don’t just THINK about loving and appreciating, keep doing it until you’re feeling the feelings.

Take it to the next level! Once you have the feelings of passion as you’re focusing on your object or state, increase them! Let the positive feelings take over like a roller coaster!

Hold that feeling for as long as you can while focusing on your object or state. Then, as it subsides automatically, say to yourself, “I love and appreciate \_\_\_\_\_,” and then come out of your meditation.

**INsight Session Five**

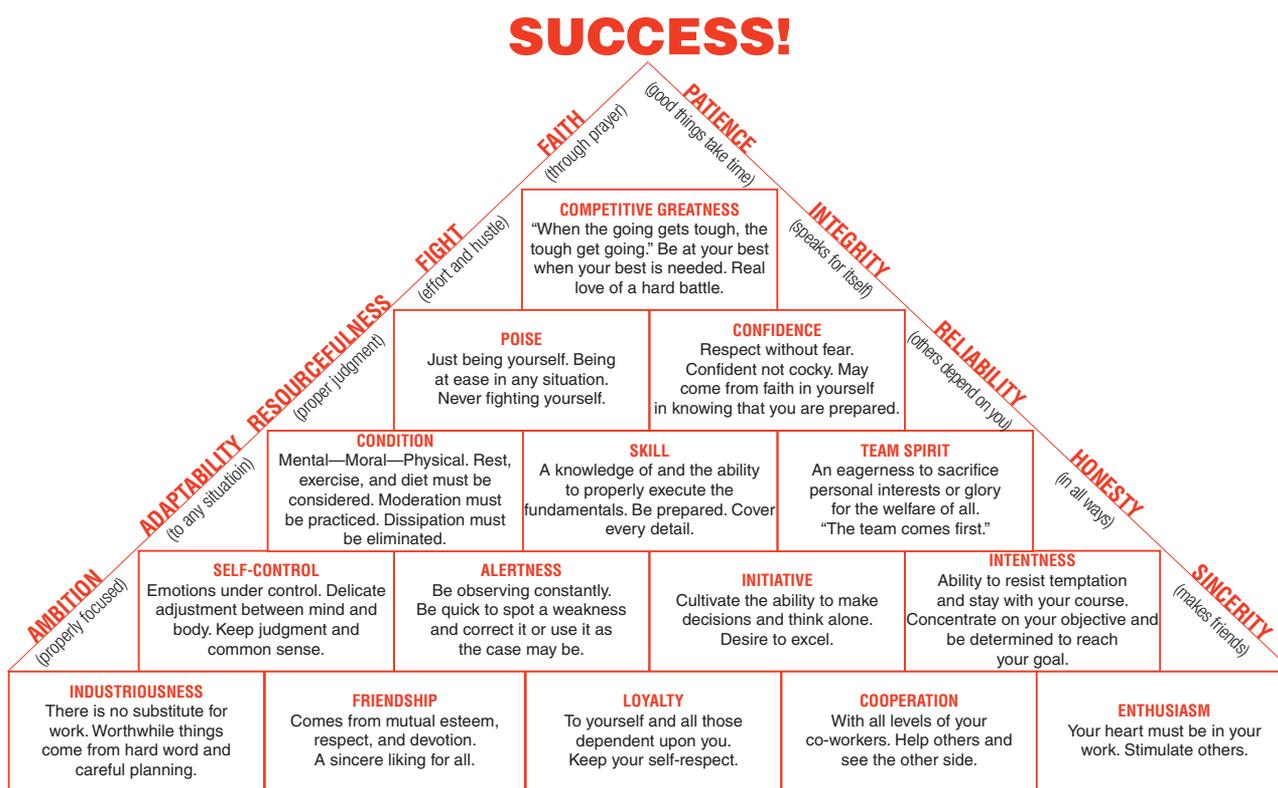
What insights, thoughts, or ideas did you get from this session or during your meditations?

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## Session Six: Meditation for Athletic Excellence

In a period of 14 years, ending with his tenure at Indiana State University, John Wooden worked on his famous “Pyramid of Success.” He put success, according to his definition, at the apex.

“The first two blocks of the pyramid are the two cornerstones because to be strong, you have to have a strong foundation,” said Wooden. “The cornerstones of success to me, in anything, are hard work and enjoy what you’re doing. So, one cornerstone is industriousness and the other is enthusiasm.”



## **Meditation Mission: Clearing Away the “I Can’t” Blocks**

Mental blocks surrounding athletics often involve changing your belief system about what you can and cannot do. In this Mission, answer the following questions about your “I Can’t” block.

What were your early experiences with athletics and sports?

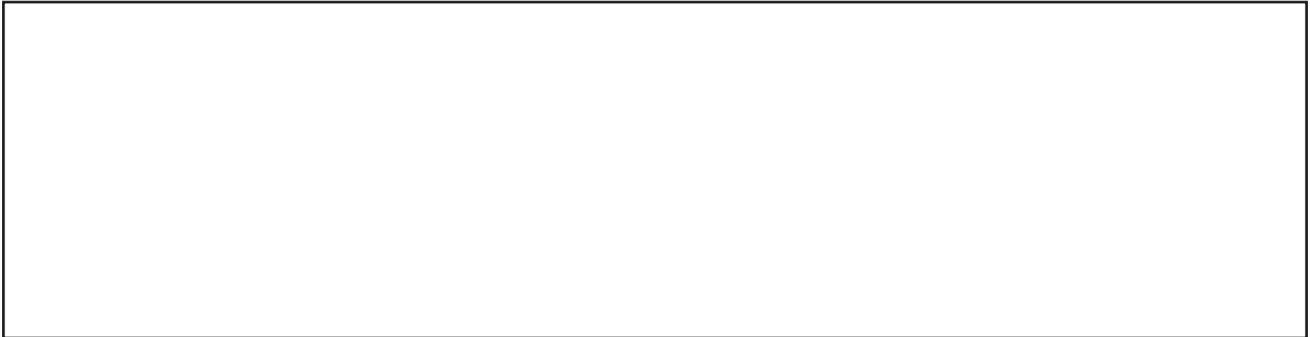
How have those early experiences influenced your current self-image about athletics?

Identify an example that “proves” your current self-perception. In other words, in the following space, describe a specific event incident that confirms your self-image about athletics and/or sports.

Now, do the following visualization meditation. Use your favorite meditation technique to get into a meditative state. Imagine the scene, event, or incident that you described above. At first, imagine it exactly as it happened. So, if you were picked last for the elementary school PE team, imagine seeing yourself as a child (looking from the inside of yourself outward as if you WERE the child again) and re-create the emotions and images of that scene. How did it feel?

Once you're fully immersed in that memory, imagine ANOTHER you walking into the scene. So, again, if you're on the playground and not getting picked for PE, another you walks up to you and says, "I'm here to take your place." And you switch places with that version of you. This version of you is a confident, talented athlete that everyone would want on his or her team.

Then, rewrite the scene in your mind using the new you. How the new you would feel? How would he or she stand? What would be the reactions of the other people around you?

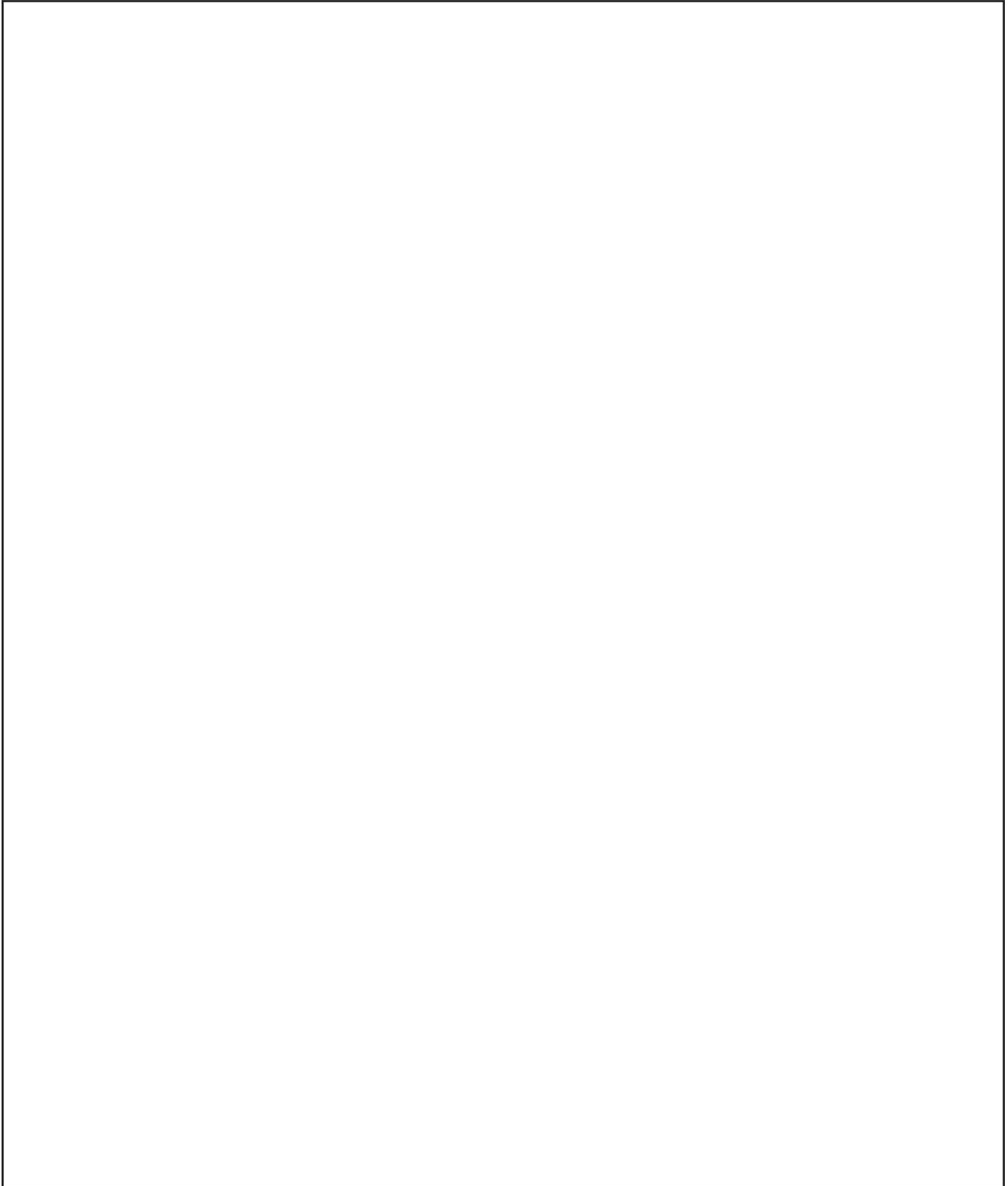
A large empty rectangular box with a black border, intended for the user to write their response to the previous question.

As you're coming out of the meditation, tell yourself an affirmation that is the opposite of your block. So, for example, if you believe that you are uncoordinated, tell yourself, "I am highly coordinated."

Practice this clearing technique as often as needed to clear away any mental blocks you have regarding athletics and sports.

## **INsight Session Six**

What insights, thoughts, or ideas did you get from this session or during your meditations?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the session.

## Session Seven: Meditation to Enhance Creativity

### 7 Tips to Increase Creativity

1. Think of a new way to do something.
2. Get silly! Don't be afraid to come up with "ridiculous" ideas.
3. Keep a "creativity notebook" with all of the ideas that come up.
4. Don't be afraid to make mistakes. So what if you mess it up?
5. Have a sense of humor. By seeing the absurd, you'll stimulate your creative thinking.
6. Take an improvisation class. Even if you don't plan on becoming an actor, it can help you overcome inhibition.
7. Play creative games like charades.

### Meditation Mission: The Sleep Meditation

Inspired by Thomas Edison, this Mission will help you use the power of the subconscious mind to solve problems through sleep. You can do this in the form of a nap or before you go to bed at night. Here's how to do it.

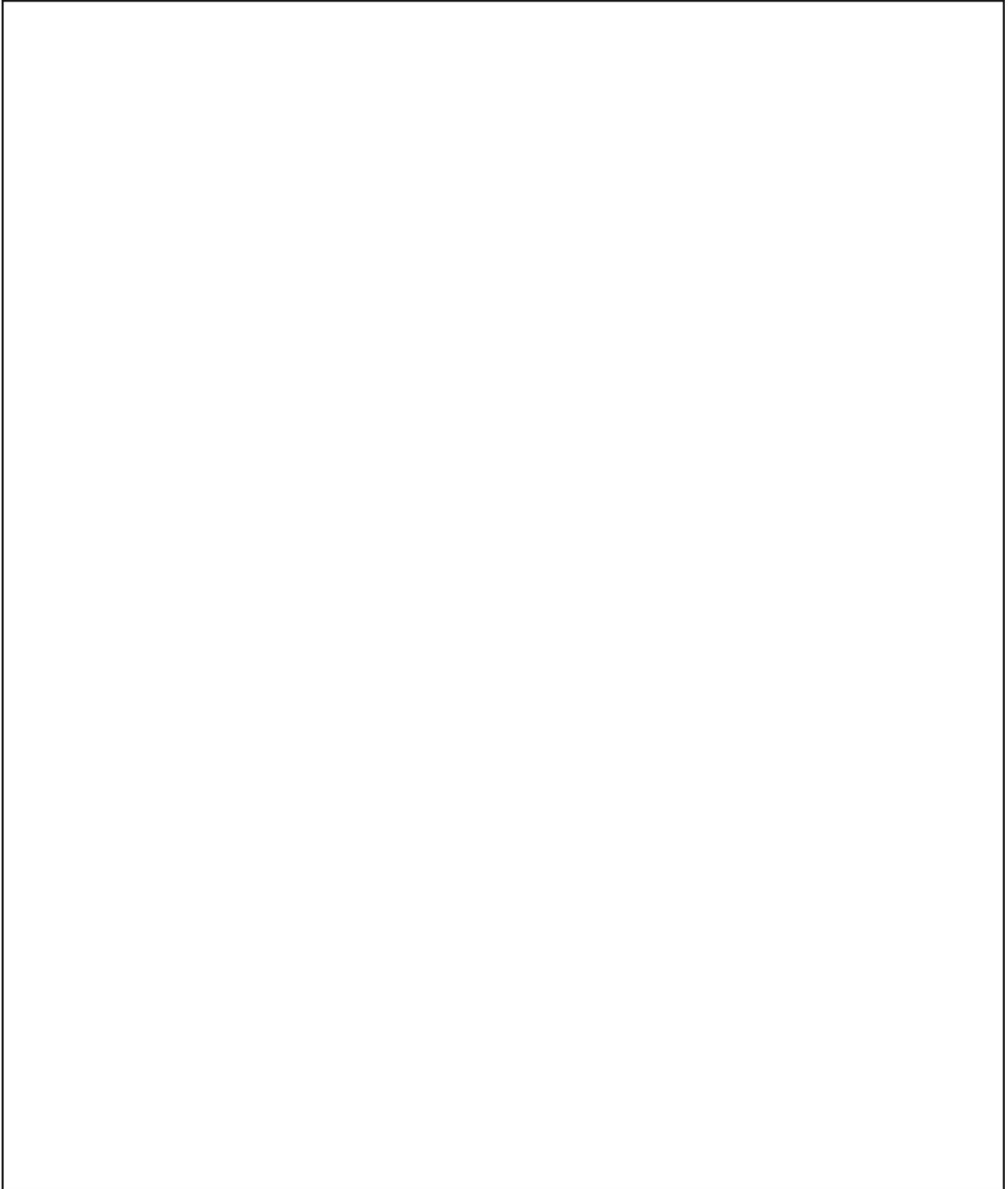
As you're falling asleep, focus on a particular problem you might be facing. For example, you might be struggling with something on the computer. Be as specific as possible. "I am going to focus on finding the solution to how to get moving images onto my website." Don't get emotionally involved with the problem or you might not fall asleep. Simply tell your mind to work on the problem while you're sleeping, like a night worker that keeps going while you're gone. Just turn the problem over to your mind, let it go, and go to sleep.

Then, immediately upon waking, write down your thoughts and ideas. You can use a notebook or this INsight Journal. Don't worry if you didn't come up with a solution right away. Usually what will happen is you'll be doing something else and the solution will pop into your head. Just let your subconscious keep working on the problem, and repeat the Sleep Meditation as needed.

*~Writing is an escape from a world that crowds me.  
I like being alone in a room. It's almost a form of  
meditation—an investigation of my own life. It has  
nothing to do with "I've got to get another play."~  
—Neil Simon*

## **INsight Session Seven**

What insights, thoughts, or ideas did you get from this session or during your meditations?

A large, empty rectangular box with a thin black border, intended for the user to write their insights, thoughts, or ideas from the session or meditations.

## Session Eight: Heal Your Body with Your Mind through Meditation

### Ailments and Disorders that Can Be Improved through Meditation

- Cancer
- Arthritis
- Allergies
- Eyesight
- Parkinson's disease
- Coronary heart disease
- Morning sickness
- High blood pressure
- High cholesterol
- Bipolar disorder
- Inflammatory bowel disease
- Congestive heart failure
- Smoking
- Alcoholism
- Obesity
- Chronic pain

### The Meditation Diet

1. Use Visualization Meditation to help you choose healthier foods and dislike unhealthy foods.
2. Use a Mindfulness Meditation to help you control your portions and stop eating when you've had a healthy amount of food.
3. Do a 10-minute Stillness Meditation when you're hungry to make sure you're not eating unless you're physically hungry. Also use a Stillness Meditation to relax and get into a "digestive frame of mind."

*~Is there some time for yourself today—just for you, to sit quietly and refresh and renew? Not escaping into the TV, or thrashing around a squash court. Just time to sit quietly, focus your thoughts, check your priorities, make sure there is nothing negative pushing you down in your own mind. Take some time and be... with yourself. If you don't, you may miss meeting the most important person in your life.~*

—Unknown

## **Meditation Mission: Public Meditation**

For this Mission, pick a public place to meditate. This is a great exercise to help you get centered wherever you are. Don't, however, do this while driving. You need to stay focused and alert when operating a motor vehicle.

Here are some suggestions of places you might choose:

- ✓ The food court at the mall
- ✓ A park
- ✓ A sporting event
- ✓ A parking lot
- ✓ Your child's karate or ballet class
- ✓ A "big box" store like Costco or Wal-Mart
- ✓ Your workplace (when you're on a break, of course)

Here's how to do it. You can either choose to do a walking meditation or a sitting meditation. Do some deep breathing to slow down your brain waves and your heart rate. You might even consider listening to some meditative music on your mp3 player.

Close your eyes for a moment or two while you get into a meditative state. Then, open your eyes and just observe the people and activities going on around you. Don't interpret them, judge them, analyze them... just observe. Feel as if you're removed from the environment, watching it from the outside.

Do this for five or 10 minutes, and notice how relaxed and refreshed you feel afterward!

## **INsight Session Eight**

What insights, thoughts, or ideas did you get from this session or during your meditations?

## Session Nine: Meditating for Greater Intelligence

### 9 Ways You Know Your Brain Needs a Meditation Break

1. You want to stretch and loosen your muscles. So, if you're sitting at your desk, and suddenly you start feeling as if you need to stretch your muscles, your brain probably needs a break too.
2. You yawn, sigh, experience drooping eyelids, or start rubbing your eyes.
3. You start thinking about food. You'll be sitting there reading or working, and suddenly you start to think about food. That's when you know your brain needs a break.
4. You start to daydream. You're writing that report, and suddenly you're looking out the window at a tree or you're staring down the hall. It's time for a break.
5. You want to check your email or go on Facebook. A lot of the time we spend fooling around on the Internet is because our brain needs a break and we didn't recognize the symptoms.
6. You start making typos. So, when you're typing something and all of a sudden you start making mistakes, your fingers are telling you that your brain needs a break.
7. You get a mental block. Suddenly you can't remember the name of that guy in Finance whom you need to call back. Or, you're trying to do something creative but you can't. That's a sign that your brain needs a meditation break.
8. You get a song stuck in your head. We've all had this one happen. You're sitting there, and suddenly the theme song from your favorite game show comes to mind, and you can't get it out of your head. This is another way your brain is trying to tell you it needs a break.
9. You feel as if you need a nap. If you're in the middle of doing something and you start to feel tired, sleepy, or nappish, that's a good sign that your brain needs a meditation break.

*~I still practice Transcendental Meditation and I think it's great. Marharishi only ever did good for us, and although I have not been with him physically, I never left him.~*

—George Harrison

## **Meditation Mission: The One-Page Meditation**

In the following spaces, create a clear, vivid visualization for each of the key areas of life. Write out what it would be like if your life were perfect in this area. Then, use these visualizations when you meditate.

Relationships:

Work/Career:

Finances:

Physical Health:

Emotional Health:

Spirituality:

Material Possessions:

## **INsight Session Nine**

What insights, thoughts, or ideas did you get from this session or during your meditations?

## Session Ten: Meditation for Business Success

### 4 Keys to Starting a Meditation Program at Work

1. Gauge the level of interest and/or resistance.
2. Find a company that runs a Corporate Meditation program in your area.
3. Approach the powers that be (maybe HR or an executive).
4. Be patient as the program catches on.

### 3 Ways to Consciously Boost Serenity in Your Work/Life Merge

1. Design your own meditation program to cultivate serenity.
2. Take a break to meditate at work.
3. Learn how to tell when you're getting overloaded with information.

*~Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.~*  
—Buddha

### Meditation Mission: Leave It at the Stream

In this Mission, you'll identify something that either you or a co-worker has done that you need to leave at the stream. You'll do a meditation practice that will allow you to let go of any real or imagined slights that have happened between the two of you in the past.

Here's what I need to leave at the stream:

Next, get into a meditative state, using your favorite meditation technique from this program. Once in a meditative state, imagine yourself and the other co-worker beside a stream. Visualize the two of you talking over the issue and resolving it. See yourself shaking hands with the other person and walking away from the stream. Just before you come out of the meditation, mentally tell yourself, “I have let that go and have left it at the stream.” Even if the other person can’t let it go, you have.

**INsight Session Ten**

What insights, thoughts, or ideas did you get from this session or during your meditations?

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## Session Eleven: Meditation for Wealth and Abundance

### 4 Principles of Zen-Vesting

1. **Your mind creates the money.** By meditating, you are able to focus your attention and resources on your ultimate goal, which is wealth building. By controlling your mind, you control your wealth.
2. **Money only amplifies who you are on the inside.** As Warren Buffett put it, “Of the billionaires I have known, money just brings out the basic traits in them.” He says, “If they were jerks before they had money, they are simply jerks with a billion dollars.” Meditation can help you develop the character traits that you want to have amplified.
3. **Put your money where your mind is.** In other words, you can use meditation to help you clarify what you value and what is really important to you. Then, you can invest your money in companies that further those causes. Are you strongly into animal rights? Feel passionately about minority issues? Is global warming your thing? By meditating to get clarity on your values, you can then know what you want to invest your money in.
4. **An empty mind equals a full wallet.** In investing and in meditation it’s a good idea to always have a beginner’s mind. No matter how much you know about a particular company, stock, or investment, the best strategy is to stay in the here and now. By having an open mind and not making assumptions about what you know or don’t know, you’ll be able to make better decisions. Meditation can help you keep your mind still and clear.

## **Suggestions on Planning an “As-If” Day**

In the audio, you learned how to do an As-If Meditation. But you can actually plan an “As-If” Day! Here are some suggestions.

1. Choose a day that you are free of any of your regular obligations.
2. Do some planning before the day so that you know what you’re going to do.
3. Conduct the day “as if” you had already achieved your financial goals. Here are some ideas:
  - Go to an auto show and “shop” for a new car.
  - Drive through the wealthy neighborhoods and look for “For Sale” signs.
  - Stop at some expensive boutiques and window shop, as if you were looking for a present for a friend.
  - Spend some time engaging in your ideal career. If you want to be an artist, spend some time painting or go to a museum.
  - Have lunch at a fancy restaurant. (Lunches are often less expensive than dinner.)
  - Visit a travel website and “plan” a vacation.
4. The most important key is your mindset. You’re not doing these things feeling bad that you’re only “pretending.” Instead, have a mindset that you are preparing for when these things actually show up in your life!

## **Meditation Mission: The Money Magnet Meditation**

In this Mission, you’ll do a meditation in which you envision yourself as a literal money magnet. Here’s how to do it.

First, get into a meditative state using your favorite technique. Then, once you are calm and relaxed, see yourself walking down the street and imagine money of all denominations flying through the air and sticking to you. It’s sticking to your clothes, your hair, your shoes. Pretty soon you are covered with money! Think to yourself. “I am a money magnet!”

Then, after the meditation, place small visual reminders around your environment. It could be a blank sticky note, a paper clip, or some other visual reminder. Whenever you see it, close your eyes for a moment and see yourself as a money magnet. This only needs to take a few seconds.

Next, look and notice where you actually see money. Perhaps you find a coin or a bill on the ground, in the pocket of an old coat, or somewhere else unexpected. Perhaps someone pays you back money he or she owes you. You might get a check in the mail or a rebate.

Write down those Money Magnet experiences here:

A large, empty rectangular box with a thin black border, intended for the user to write down their Money Magnet experiences.

Now, keep doing the Money Magnet Meditation to continue manifesting money in your life.

**INsight Session Eleven**

What insights, thoughts, or ideas did you get from this session or during your meditations?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the session.

## Session Twelve: Advanced Meditation Techniques for You

### The 10 Qualities of the Total Meditator

1. The Total Meditator is creative. He or she is able to develop out-of-the-box-ideas and is able to creatively channel his or her thoughts into form.
2. The Total Meditator also is capable of high-level problem solving. Whether you are the CEO of a major corporation or a stay-at-home parent, meditating can help you solve some of your most perplexing and complex problems.
3. The Total Meditator is happy. Sure, he or she has goals and dreams for the future. But meditation decreases stress hormones and leads to a greater sense of happiness and fulfillment.
4. Total Meditators are emotionally stable. Meditation helps you to make a gap between your feelings and your reactions. Meditators don't fly off the handle in anger, but instead have measured emotional reactions to events.
5. Total Meditators also have strong powers of mental focus and clarity. And, because Thoughts Become Things, this mental focus enables the meditator to attract and manifest the things in life that are important to him or her.
6. Meditators sleep great! Because the brain becomes trained to slow down, the meditating brain knows how to get into a deep sleep. Plus, with less stress for the body to deal with, the Total Meditator falls asleep faster.
7. Total Meditators have better sex. Because they are in tune with the mind/body connection and are more fully present in the moment, they can be more tuned in to the other person's needs.
8. Total Meditators have better spiritual insight and connection with their values. This enables meditators to live their lives in accordance with their values. If you know what is important to you and you feel as if you are part of something bigger than yourself, life has much more depth and meaning.
9. Total Meditators have improved relationships with friends, family members, and co-workers. We have heard plenty of stories of people who became much nicer once they started meditating.
10. Total Meditators are healthy. Meditation can improve overall health as well as reduce the severity and symptoms of specific illnesses. Meditation can help you eat right, learn to love exercise, and bring you an overall sense of health and wellness.

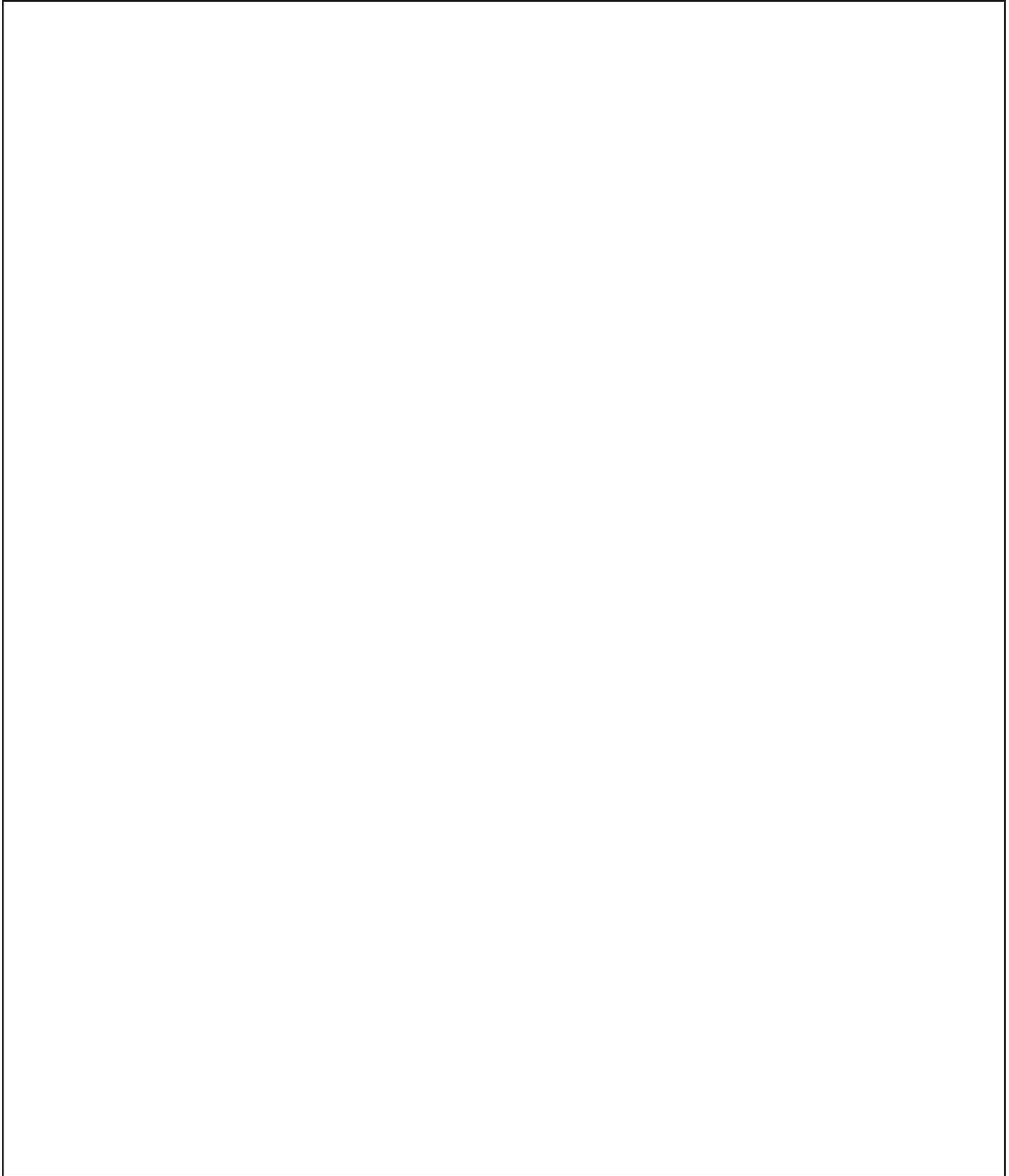
## **Meditation Mission: Just Meditate**

This Mission is simply to meditate. If you've never meditated, start. If you meditate a little, meditate more. If you're a seasoned meditator, keep it up and take it to the next level. We've seen in this program that there are so many benefits to meditation. But learning about meditation isn't enough. You actually have to get out there and do it. Once you do, you'll see why meditation has been around for thousands of years.

*~Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes.~*  
—Peter McWilliams

**INsight Session Twelve**

What insights, thoughts, or ideas did you get from this session or during your meditations?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the session.

Relaxing images to help in visualization.

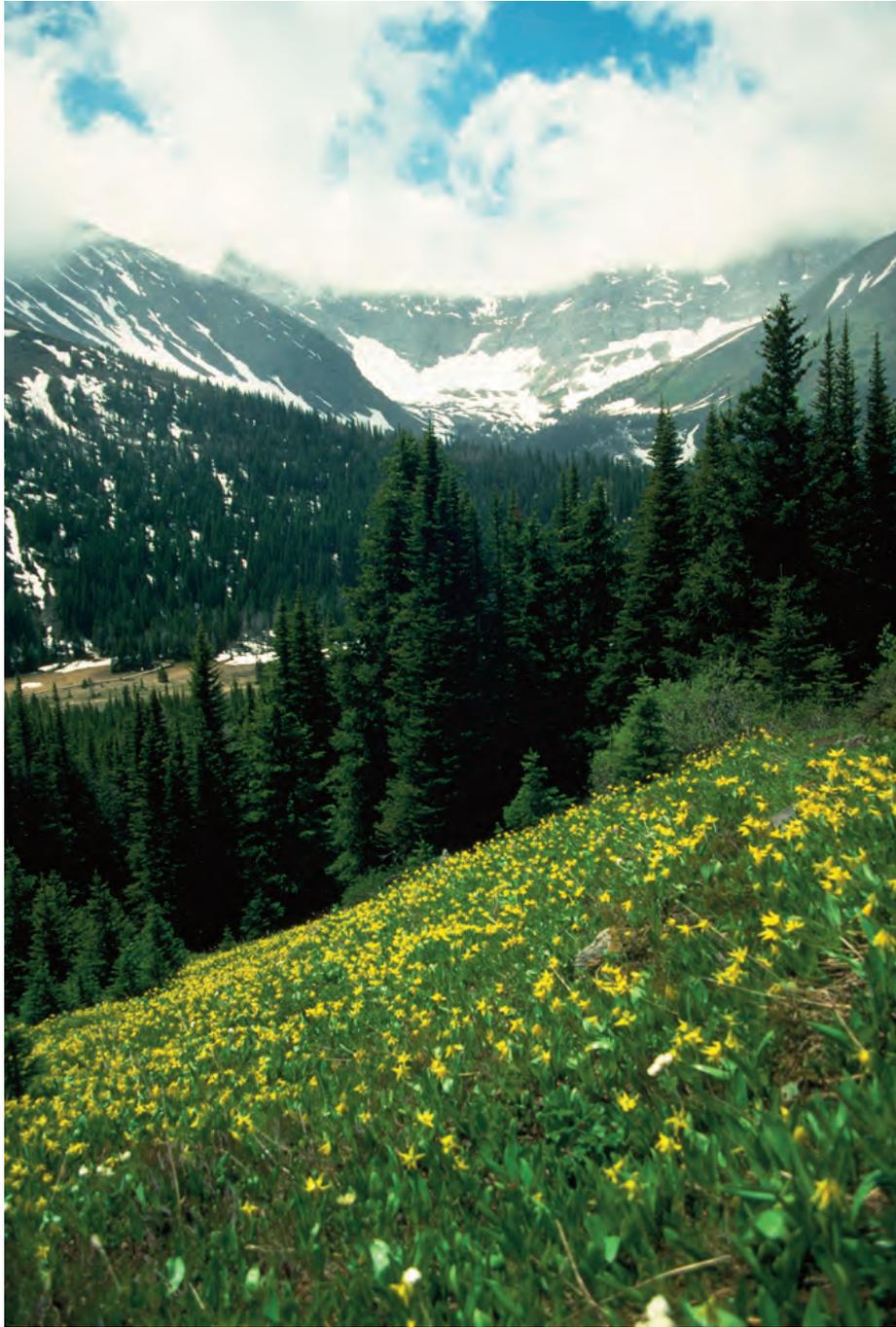
















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25770CD

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By Nightingale Learning Systems  
26110CD

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# FOCUSED MIND POWERFUL MIND

**BONUS**

Clearing Exercises  
**WORKBOOK**

*presented by* **Nightingale**  
Learning Systems 

# **FOCUSED MIND POWERFUL MIND**

*Release Your Mind's Greater Powers with  
Advanced Meditation Techniques*

**BONUS**  
Clearing Exercises  
**WORKBOOK**

**Nightingale Learning Systems**

# IMPORTANT

To begin—Please save this workbook to your desktop or in another location.

# Table of Contents

The Limit Lifter .....	5
The Should Shifter .....	7
The Failure Buster .....	9
The Inner Child Exercise .....	11
Releasing Relationships .....	13
Expand Your Personal Development Library with These Inspirational Programs from Nightingale-Conant!.....	15

I can do it! I will do it! I can do it! I will do it! I can do it! I will do it!

## How to Use This Interactive Workbook

How can you get the most out of this interactive workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be.

Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down.

In fact, this workbook is designed so that you can fill in your answers right inside this document. By the end, you'll have your own personal success system.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Complete the exercises right in this workbook.

Let's get started!

## The Limit Lifter

Limiting beliefs can be huge obstacles to being your best. This exercise is designed to break through those limiting beliefs once and for all.

This exercise involves three steps. First, you're going to identify a limiting belief or a set of limiting beliefs about a topic.

Then, you're going to create an opposite belief. We're calling it a Lifting Belief because instead of limiting you and holding you back, this belief lifts you up to a higher level.

Third, you're going to break the old belief and reveal the new belief.

In the following spaces, follow the instructions.

Step one, identify your limiting beliefs. Write down all of the thoughts you have regarding something that you think you cannot do. Start them with the phrase, "I won't/can't \_\_\_\_\_ because \_\_\_\_\_" and then fill in your limiting beliefs. For example, "I won't ever find a relationship because I'm too old."

I won't/can't \_\_\_\_\_  
because \_\_\_\_\_."

I can do it! I will do it! I can do it!

# FOCUSED MIND POWERFUL MIND

Now, take one of those beliefs and write the opposite of it. “I will/can \_\_\_\_\_ because \_\_\_\_\_ and then you blast the limiting belief apart. Do this for each of the limiting beliefs you wrote in the above section.

I will/can \_\_\_\_\_

because \_\_\_\_\_.”

Finally, and this is the important step, imagine the limiting belief is painted on a wooden board. So, for example, the phrase, “I won’t find a meaningful relationship because I’m too old” is painted on a wooden board. Now, imagine yourself karate chopping or kung fu kicking the board so that it breaks. Just break that board in your mind! Behind the board you see a beautiful color mural that shows the lifting belief. “I will find a meaningful relationship because my age has given me wisdom and the qualities I need to be a fantastic partner.”

Do this with each limiting belief. See the limiting belief on a board and break it apart. Behind it is the lifting belief.

By replacing the limiting belief with the lifting belief, soon new thoughts will be formed and your life can be transformed. You really DO become what you think about.

## The Should Shifter

This next exercise is a great one to use to help change your perceptions of the things you “should” do into things you “want” to do. This is one that will take a little planning to implement, but once you do it, you’ll be able to use this technique to change feelings of “should” to feelings of “want to.”

First, identify an action that you think you “should do” but don’t really want to do. This might be exercising, paying your bills, cleaning the garage, or some other activity that will benefit you in the long run but that you don’t really want to do.

In the following space, write down what that action is.

Next, imagine how you feel when you DON’T want to do the activity but know you should. Write those feelings here: “I feel...”

Now, actually FEEL the feelings. Let yourself feel heavy, tired, sluggish, or whatever it was.

In the following space, describe the feelings you would feel if you had completed the task you didn’t want to do.

I can do it! I will do it! I can do it!

# FOCUSED MIND POWERFUL MIND

Next, get an object of some kind that represents the project. Don't just imagine the object; actually get it. What is the object?

---

All right, so now you have the object. Set it aside. Think again about what you don't want to do and how it feels to not want to do it. Get yourself into that sluggish, heavy state.

Now, if you're not already standing, do so. Grab the object you chose and look at it. Think of the completed task and how great it feels to have it done. Let that object be the focus of all those light, positive feelings. Think, "I want to do this!" Look at your object and WANT to engage in the behavior because you know how great it will make you feel afterward.

Repeat this exercise often—at least once a day. Feel the negative "should" feelings, and then focus on your object while feeling the positive "want to" feelings. What will happen is that soon you'll be able to get yourself into a state of wanting to do the activity just by thinking about the object. This is a great tool for removing the mental blocks that are keeping you focused on "should" instead of "want to."

## The Failure Buster

Pretty much everyone has failed at something at one time or another. Some of us make a regular practice of failing! So how are some people able to bounce back from failure, while others get knocked down and stay down? Resilient people are able to take the negative energy of failure and get rid of it. That's what this exercise is designed to do. Are you ready to bust apart failure?

### ***Let's do it!***

First, choose an experience of failure. It might be a bad performance review at work, someone making a valid criticism, a bad financial investment, a failed diet... just some experience where you tried something and it failed. Write that experience down here:

Now, take a moment and feel where those negative feelings are in your body. It might be in the stomach area, the chest or heart area, your neck and shoulders... somewhere in your body where you can feel the negative feelings when you remember that failure. Where in your body do you feel the failure?

Okay, now we are going to disassociate you from the failure experience. When you experience the failure as a feeling in your body, imagine the feeling as a ball of negative energy. It's a glowing ball of negative energy that is stored somewhere in your body. Now, imagine the ball of energy moving outside your body, hovering over the area it used to be. So, if you store your negative emotions in your stomach, see the energy moving outside your body and hovering right over the stomach area.

I can do it! I will do it! I can do it! I will do it!

## FOCUSED MIND POWERFUL MIND

Again, stand up if you aren't already. Wherever that ball of negative energy is, take your hands and grab it as if it were a real ball. Don't just imagine standing up and doing this. Really stand up and do it. Grab the ball of negative energy that is your memory of that failure, and throw it! Throw the ball of energy as far as you can.

Now take a few deep breaths. Fill the space where the negative energy was with fresh, clean air.

If you ever start to think about that failure again or start to feel bad about it, repeat this process. Do it as many times as you need to or with different failure experiences. This is a great way to clear any blocks associated with failure in the past.

I can do it! I will do it! I can do it! I will do it! I can do it! I will do it!

## The Inner Child Exercise

This exercise can help you let go of any blocks that may be present from your past. This is one of those exercises that involve an activity, so you'll need to do a bit of preparation first.

You'll need to gather together some photographs that represent each stage of your life. It's important to have each part of your life represented, starting around the age of 4 or 5. Take a few minutes and gather some photographs with one in early childhood, say 4-7 years old, another that represents middle childhood, say 8-11 years old, your teenage years, all the way up to 18 or so, when you feel you became an adult.

Now, as you look at each one of these pictures, ask yourself if you love that "child." So, for example, take the photograph of yourself as a young child. Look at the child. Look at his or her face, eyes, clothing, body... What are the feelings that come up? See the child as if he or she were another person. Don't look at the image as a memory, but as if the child were someone else's child. Can you love that child? Write down your thoughts about the photographs in the following space.



I can do it! I will do it! I can do it! I will do it! I can do it!

## FOCUSED MIND POWERFUL MIND

Many people have deep emotional blocks that occur around an age, usually triggered by an event or action. If you can love each of these “children,” you are in good shape. But if you can’t, then you need to take the one picture you are struggling with, put it up in your bedroom, and look at it every morning and evening. Work through a process of forgiveness, think through the event until you learn to love that child.

You’ll find that this is an amazing tool that really helps you to get over any negative blocks from your past that might be holding you back.

I can do it! I will do it! I can do it! I will do it! I can do it! I will do it!

## Releasing Relationships

This next exercise is one from the audio program. It's called Releasing Relationships because it can help you remove any blocks that are there from past relationships.

Imagine yourself at the edge of a dock that is on a river that leads to the ocean. Tied to the dock is a big wooden raft with a giant trash container on it. Also, imagine you have brought with you several boxes containing all of the emotions, memories, pictures, and experiences from the relationship. Take a moment to just see yourself there on the dock, with the boxes and the trash container. Really get clear on what it looks and feels like to be there.

Take some time to go through the boxes in your mind. Mentally going backward in time, think of the breakup. Remember the painful, hurtful feelings and all of the things that were said and done. In the following space, write down some of the things you'd like to let go.

Imagine yourself putting each one of those in the Dumpster. You might see yourself putting words in there, or photographs of painful times. Now, what's important in this exercise is to actually let yourself FEEL the hurt and pain. In order to release your feelings, you have to let them out, and this means feeling them. Don't worry if you start to cry or get angry. Just imagine yourself taking all of those feelings and putting them into the Dumpster that is there at the dock. Take however long you need to go through all of the memories that are negative. In the following space, write down what is going in the Dumpster, and as you're writing the words, feel the feelings associated with them.

I can do it! I will do it! I can do it! I will do it! I can do it! I will do it!

## FOCUSED MIND POWERFUL MIND

After you've worked through the negative memories, feelings, and emotions, now it's time to choose the parts of the relationship you want to keep. Remember when you first met the person. Remember the places you went together and what it was like to fall in love with the person. Take each of the positive, happy memories and put them in a box that is labeled "Save." As with the negative experiences, let yourself feel the love, excitement, warmth, and happiness that you had together. If you find yourself feeling sad that it ended or angry about something again, don't dwell on it, just toss it in the Dumpster. Take as long as you need to, remembering the relationship and sorting the memories into the Keep box and into the Dumpster. What memories do you want to keep?



Once you've done this, it's time to let the Dumpster go. Mentally imagine yourself sealing up the trash, taking the ropes off the raft, and giving it a good push. You stand back and see the raft containing the Dumpster with all of your negative feelings and emotions, and it starts to go down the river toward the ocean. Stand there on the dock and watch it as it gets smaller and smaller and smaller. Soon, you can see that the raft has gone out into the ocean and is only a tiny speck. Then, it disappears over the horizon. It's gone. The negativity is gone. The pain and hurt from the relationship are gone.

Finally, you pick up the box containing the positive, loving parts of the relationship, and you head back down the dock. Standing at the end of the dock waiting for you are all the people in your life who love you now. It might be your parents, your children, or some good friends. Everyone is smiling and happy and hugging you. Together, you take your box and your loved ones, and you walk home. And afterward, you come out of the meditation experience.

When you do this clearing exercise, you'll most likely find that your feelings about the relationship have changed. If you still have some leftover negativity, you can always do it again. But you'll probably find that if you really let yourself feel the emotions as you were doing the meditation, any future meditations will be much less emotionally charged.

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