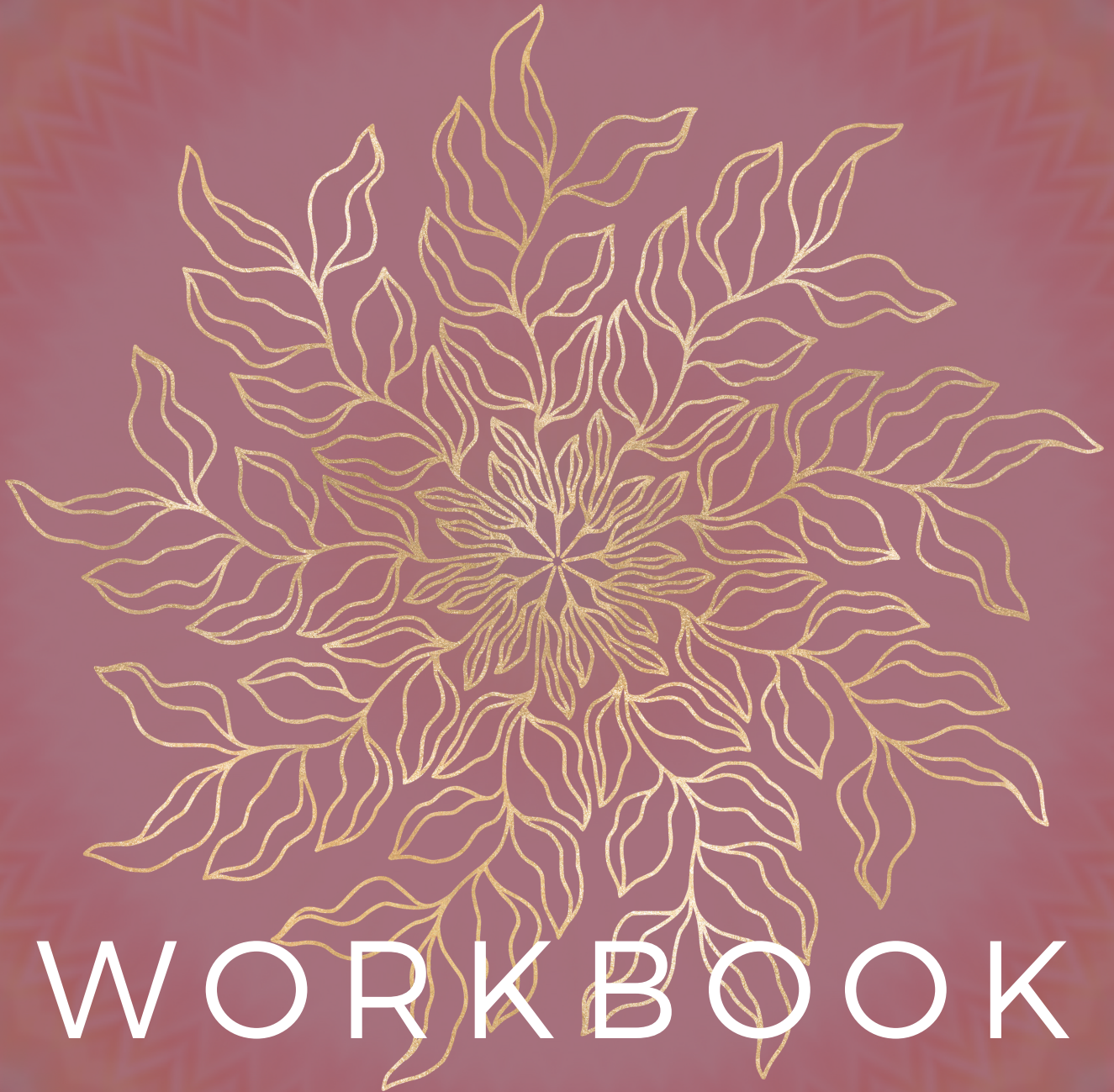


BY EMILY POLONUS



# WORKBOOK

**MEDITATION MAGIC IN MINUTES PER DAY**

**7-Days of Aromatherapy Affirmations &  
Journal Prompts**

[emilypolonus.com/meditationmagic](http://emilypolonus.com/meditationmagic)





# WELCOME TO YOUR MEDITATION MAGIC COMPANION

*Meditation = Good medicine for the soul...*

Thank you for trusting me as your magical meditation guide!

If you have ever said the words: **"I would meditate but I don't have time"** or **"I would meditate but I don't know what to do"**.... or **"I don't know how to turn off my mind"** or **"I feel so overwhelmed with the state of the world."** or **"My energy feels completely drained."** Then you are in the right place.

I can relate. That's why I built this course. I know how simple AND profound meditation can be, and know if I appreciated it being presented simply, you would too. Everything I share in my work has the intention to simplify and empower behind it, and is what I practice too. This past year has been about getting back to basics and simplifying on numerous levels. It's been a year of challenges for so many, and in this time of collective and individual upheaval and re-design it is imperative that we learn how to take personal responsibility for the state of our own energy in the process.

No one can, nor will they do it for you.

I've created this companion with the intention of using essential oils to enhance the meditation practice and help to seal in the affirmation work. Each meditation has a companion workbook with practical info detailing the energy focus on the body, suggested essential oils (w/ QR codes to purchase if you feel so inclined), affirmations and journal prompts. Aromatherapy, journaling and affirming are powerful companion practices to meditation. If you don't have oils don't let that stop you. You can still work through the journal prompts and derive great benefit from the meditation. (If you'd like to discuss your oil support options please text me on 678-888-5619 to set up a free consult.)

As you are, so it is. Whatever is happening inside of you is what matters most. So decide what you want that to be. Sit down for a few minutes each day to create that. Make your meditation the magic and medicine I know it can be for your life. Practicing with you.

*With joy, emily*





# ACKNOWLEDGMENTS & REFERENCES

*Ong namo Guru Dev namo  
(I bow to all that is)*

**HUGE THANK YOU** to exemplary sound engineer and friend, Stuart Breed at O'er the Moon Studios for recording, adding the music and mixing the audio beautifully. You can find him at [Stuartbreed.com](http://Stuartbreed.com)

Thank you to my teachers. There are so many inspirational forces near and far that have helped me a long the way to right here. My mom of course number one, and dad still teaching me from beyond for sure! My niece Nellie and sister Erica are also among my greatest sources of love and support.

My Teachers: Elena Brower, Gabby Bernstein, Keeli Martinez, Pam Cohen, Kelley Boyd, Ann Carroll, Ana Forrest, Jambo Truong, Erica Mather, Brian Campbell, Shannon James Coaching, Rebecca Hintze, Jenna Larson (Drive Performance Coaching) have all been instrumental in helping me find my inner teacher and voice. There are many more teachers who have touched my life...I have trained side by side with some of the best in the world, and somehow have found myself at the right places in odd corners of the world at the right times, many times. Lauren McDonald your reflection and insights were my rock throughout the turbulence of 2020 and managing my personal life. Thank you.

I am remembering how much knowledge and experience lives inside of me by simply recalling my inspirations and guides. If not for the countless hours in study and practice in courses and classes and conversations with these individuals this course would not be born. If you have been a part of my life in anyway, I consider you among those I thank.

Deep bows of thanks and appreciation. Thanks to God for all of you. Namaste.

## **References:**

Wheels of Life: Guide to the Chakra System by Anodea Judith, PhD.

Emotions and Essential Oils By Essential Emotions, LLC

Essential Life, by Total Wellness Publishing, LLC

Advanced Oil Magic, by Oil Magic Publishing

The Emotions Mentor (Rebecca Hintze)

The school of life. Many hours on the yoga mat and meditation cushion.

My own heart, body and spirit....by God, Mom, Dad and all that came before.

*With joy, emily*



# HOW TO USE THIS GUIDE

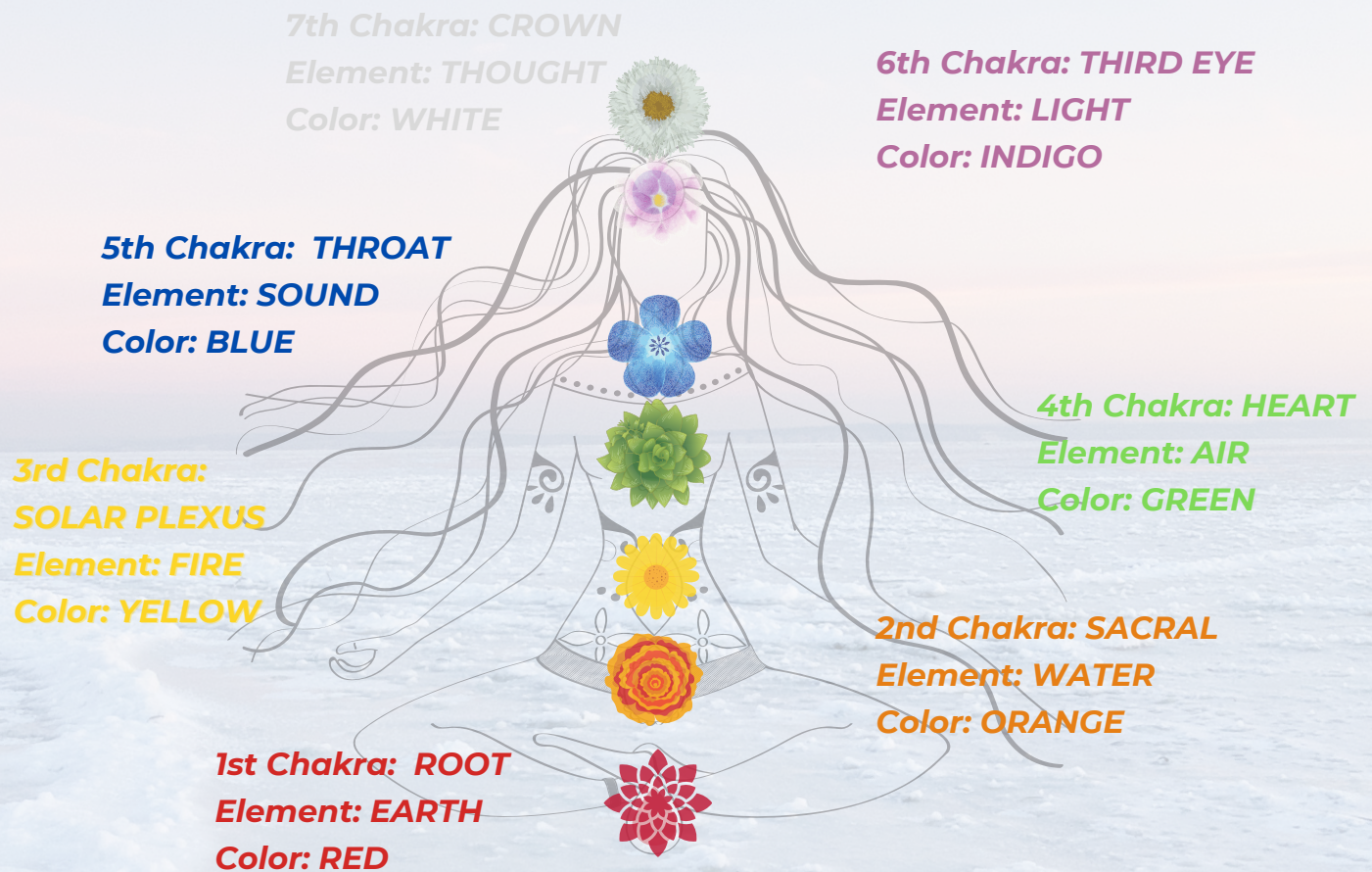
YOUR COMPANION FOR MEDITATION MAGIC

## KNOW THE ELEMENTS OF THE SYSTEM

### ANATOMY OF THE CHAKRAS

Each meditation in your audio course corresponds to an energy center in the body known as a Chakra (energetic wheel) in yogic philosophy/psychology.

Simply stated, the Chakra system provides a framework for understanding the connection between our energetic and physical body.



Each of these seven main chakras has a corresponding number, name, color, element, specific area of the spine from pelvic floor to crown of the head, and health focus.

Chakra literally means "wheel" or "disk" and can be thought of as programming on a floppy disk that runs elements of our lives and governs the way we behave.



# HOW TO USE THIS GUIDE

YOUR COMPANION FOR MEDITATION MAGIC

## UNDERSTANDING MEDITATION: A SIMPLE BREAKDOWN

### WHAT MEDITATION IS

Training in awareness

Befriending the mind

Choosing a meditation object (the breath, for example) and paying attention to it for a specified amount of time

### WHAT MEDITATION ISN'T

Zoning out

Controlling the mind

Having earth-shattering experiences (though expanded and altered states may occur)

Meditation is a simple  
three -step process:

#### Step 1:

Prioritize 10-15 minutes of  
time for yourself

#### Step 2. Sit still.

Pay attention  
to the breath and body  
and (follow the audio  
guidance)

#### Step 3:

Notice when  
you get  
distracted,  
as soon as you can,  
and repeat step 2.



# HOW TO USE THIS GUIDE

YOUR COMPANION FOR MEDITATION MAGIC

## UNDERSTANDING ESSENTIAL OILS + AFFIRMATIONS

**M**

**A**

**G**

**I**

**C**

### **Essential oils are:**

Natural aromatic compounds found in plants

Steam distilled or cold pressed extraction

Powerful, safe benefits for addressing health at root cellular level

50x to 70x more powerful than herbs

A powerful way to consciously shift mood and energy

Substance that help to access the cellular memory of the limbic system - the seat of our emotions

Essential oils AND words have frequencies that help to shift our emotional and mental states

**WORDS**

### **Affirmations are:**

Positive sentences phrased in the present tense, that we repeat to help us reprogram our minds and moods to be more positive and life enhancing

Simple, short and powerful expressions

Affect our behavior, thinking patterns, habits, and environment

A powerful way to consciously shift mood and energy

Tips for working with affirmations:

Start with a focus.

Be consistent.

Repeat them daily.

**MATTER**

The words you speak become the house you live in.  
-Hafiz

**scent memory + word's vibration = powerful shift**