



7 DAY MINDFUL RESET

SCHOOL FOR PRACTICAL MYSTICS

7 Steps to Setting Up Your Practice.

Here are seven steps when setting up your very own personal practice.

1.) Create the Space.

Pick a spot-- your favorite chair, the spot on the floor by a beautiful window, the couch in the guest room. There are no specific parameters except that you feel good there, and it is not a high-traffic spot, i.e.- your kid's bed. The feeling should be that this is your sacred area that can be filled with your energy and love. Take your time in finding that perfect, safe, and sacred place for you.

2.) Make it Special.

Everyone will have a different idea of what this means. For me it was a journal, my favorite spiritual books and the sun rising through the blinds. You might prefer candles and incense, or seashells and rocks gathered from favorite spots. Whether or not we believe in this, these special items carry an energy about them. They can support you in your quest for the inner sanctum. Have fun doing this! Make it uniquely yours!

3.) Prepare your Body.

In a way, meditating is very similar to setting up a workout routine. You prepare, you show up, you stick with it. With meditation, balance is key. Don't do it on a full stomach, but also you will be distracted if you are too hungry. Don't be over-caffeinated, or over-stimulated. If you are accustomed to a certain amount of caffeine, a small amount will probably help you to be present in the beginning. Wear comfortable clothing, and as little jewelry as possible.

4.) Show up.

This is the big one! Pick a time of day, and stick to it! As we all know, showing up is the majority of the work. Whatever excuses your mind comes up with, whatever you think is more important than this that needs to be tended to... don't listen! Show up!!! Remember that you are showing up for your Self, for your highest good, for healing, for peace and clarity.. whatever it is, it is worth your effort.

5.) Sit.

Meditation can be done sitting in a chair, standing, dancing, or even eating. For now, sit in the most comfortable position for you with your back straight, and your arms in an open gesture. I like to rest my hands on my thighs, palms up. Begin to watch with your inner eye your breath, your thoughts, your surroundings. Pick one. Watch what happens. If you get uncomfortable, move in an easy way.

6.) Practice Loving Acceptance.

Now this is the fun part. Once you dive in, thoughts will arise. Most likely, you will attach to the thought and before you know it you will be lost thinking your wonderful/horrible/trivial thought. Eventually, there will come a moment of awareness. A moment when you catch yourself thinking. "Ah-ha!!! Eureka, I'm thinking about what I need at the grocery store!" Practice acceptance, "Interesting." Release the thought gently. Return to your breath (or point of concentration), and simply rest in the NOW until these moments happen again.

7.) Rinse and Repeat.

We will all have a different "first" experience. Whatever your experience, practice non-judgment (even if it was super-groovy) and simply return again. Remember, "This, too, shall pass." All emotions, and experiences are temporary. Returning again and again to your space of meditation will help you to be in this flow of life. Oh! I am just so excited for you!