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A Powerful Year–End Meditation

By ADD Coach Jennifer Koretsky

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At the close of the year, we often find ourselves thinking ahead to the next year. We think about all the things we didn't accomplish this year, and vow to accomplish them next year. Few of us take the time to reflect on the past year and look at our successes and the experiences that we have learned from.

Before you start thinking about New Year's Resolutions, take some time to meditate on the year that's gone by. Doing so will allow you to reflect on what's important to you, and to create a meaningful plan for the New Year. Set aside some time to think about, write about, or talk about your answers to the following questions.

Looking back on 2004...

What were my successes?

What did I do that I haven't given myself credit for?

What unrealistic expectations did I hold myself to?

What would I do over, if given the opportunity? What lesson did I learn from this experience?

Looking forward to 2005...

What did I want to accomplish in 2004 that I wasn't able to?

Why was this important to me?

What held me back?

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What am I willing to do differently?

End your meditation with...

Who are the people I am most grateful for?

What are the strengths and skills I am most grateful for?

What is my best quality? How will I share this quality with more people?

Happy New Year!

Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD and move forward in life. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting <http://www.ADDmanagement.com/e-newsletter.htm>.

Guided Meditation To Make You Whole

By Carl Walker

Guided meditation is a form of stress relief that is conducive to relaxing the whole body, in part by finding a way of peaceful and calming relaxation from within the body. Guided meditation may utilize soothing photographs or scenarios to enhance the ability of the mind to relax and guide the body to a point of relaxation so that the person in meditation can find a true sense of inner peace. Quite often, guided meditation will be accompanied by soft music or sounds of nature.

One of the keys to successfully having a session of Guided meditation is finding an area where the one meditating will be free of distractions. Any outside interference will prevent proper concentration and make the attempts at guided meditation futile and perhaps even frustrating, further aggravating the problem seeking to be solved by the very use of guided meditation.

After finding a suitable location for guided meditation, other factors need to be taken into consideration. Some practitioners of guided meditation feel that visual stimuli can be used to help achieve a sense of inner peace and help to achieve true relaxation. Still other practitioners of guided meditation feel that any outside visual simulation will detract from the mind's ability to properly focus on the body and the results of the guided meditation will be hindered or even reversed.

The same can be said for audio stimulation during sessions of guided meditation. While some individuals believe that soothing sound effects or even quiet music is conducive to the guided meditation, still others believe that it is only a hindrance and will do nothing more than create a harmful atmosphere for the practitioner of such guided meditation.

The basic concept of guided meditation is to relax. This is done by taking oneself on a guided tour of sorts through their own body. In the practice of guided meditation, it is normal to find a focus point in

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the body and begin there, someplace that is easy to relax. While staying focused on the body and in particular the muscles, the practitioner of guided meditation attempts to relax the muscles of the body. Allowing the body to completely relax allows the practitioner of guided meditation to next completely relax the mind.

When the mind and body are completely relaxed, the person can begin to concentrate on focusing his thoughts and ideas during the guided meditation. When using guided meditation, thoughts are usually thought to be transcendent and more in focus allowing the practitioner to perform better in all aspects of life. Whether or not guided meditation is right for a person is not only dependent on spiritual beliefs. Anyone contemplating the benefits of guided meditation must be seeking to improve themselves as a whole as well.

Free Self Improvement

examines all aspects of self improvement:

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