

MOVING BEYOND *Grief*

*Five Power Principles To
Facilitate Healing*



MARYBETH HAINES

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Welcome to Healing

During our lifetime, we will have many opportunities to experience growth and healing. When we are healing, many times, we have a myriad of thoughts in our minds, sometimes making sense and sometimes not. Often we may feel like we have thoughts that appear to be spinning in circles.

Have you ever felt that way?

Most times, we do not allow ourselves full expression of how we feel when it comes to healing. Anger, sadness, anxiety and fear can be left to build up inside and come out at the most inappropriate times. It's like shaking a can of soda and not expecting it to explode. The carbonated bubbles build pressure until it finally blows through the top.

Releasing our emotions in a safe, constructive manner is very important and having an outlet in which to do so is a valuable resource for healing.

Each chapter of this book contains one Power Principle with a suggested exercise following each. At the time of each exercise, I invite you to remember the following statements:

- ❖ If you feel anger, sadness, frustration or depression, honour that within you and know that those feelings are happening for a reason.
- ❖ You are healing. Emotions are a gift so that we may release them and move forward in the way that we desire in our healing journeys.
- ❖ Give yourself the permission to honour yourself and your healing process.

Welcome to Healing

- ❖ Honouring yourself and the healing that you want to experience is one of the greatest gifts you can give yourself.

I encourage you to trust and remember that each step, even if it's a baby step, brings you one step closer to healing.

This book is to be used as a tool that is non-judgemental and unconditional. It allows you to release thoughts, feelings and emotions that have been built up in a safe way. It has been dedicated to everyone who is open to how they can accept healing into their lives.

If this is you, welcome!

Sincerely,

Marybeth Haines

Power Principal #1 ~ The Power of Gratitude

“If the only prayer you said in your whole life was,
“thank you”, that would suffice”

~ Meister Eckhart



The definition of gratitude has been described as, “a feeling, emotion or attitude in acknowledgement of a benefit that one has received or will receive.”

The simple act of being thankful can make an impact or positive change to our everyday surroundings.

This key factor of thankfulness plays an important role when it comes to the healing process.

During times of healing, negative emotions can rise to the surface. We often give precedence to those negative emotions. Our natural instinct is often to allow these heavy emotions to rise to the surface and I believe that this is all a part of the healing progression.

When we become conscious of gratitude and how it can influence our lives for the greater good, we soon find that the repetitious practise of feeling gracious moves up and up, bit by bit until it reaches the top of our thought processes. The rest of the feelings which may be negative feelings of fear or discomfort, become a bit easier to handle day by day.

Healing is a gift that we are given.

Power Principal #1 ~ The Power of Gratitude

When you find yourself in a situation where there is a life experience such as illness, death, change of employment, relationship etc., you will find that there is an opportunity for healing and growth.

Every day, we are given the chance to grow more and more on a personal and emotional level. That is what I like to call “living life to its fullest and embracing every single moment.”

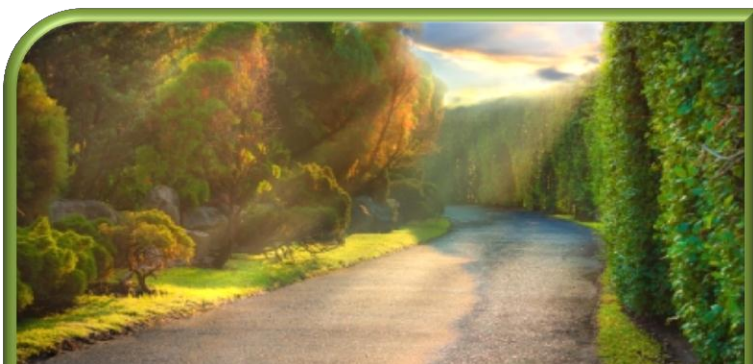
By implementing the aspect of gratitude, thankfulness and appreciation for what we currently have, we enter into the positive vibration that allows healing to happen. As the healing happens, we find that the positive process we choose to follow, seems to become a little clearer, and easier. I invite you to picture in your mind a roadway. This road leads to somewhere but you cannot see where it leads to. However, knowing that it is a road, you know there will be at some point, a destination. It's frightening to know exactly where you will go upon following this road because the end is unknown. When you drive your car at night, you have your headlights on and can see several feet in front of you but you cannot see your end destination.

Nevertheless you are okay with that because you know that your headlights will allow you to see and bring you there. The lights give you just enough vision to complete your drive and reach your destination.



Power Principal #1 ~ The Power of Gratitude

The same metaphor pertains to our lives. Knowing that we can drive on our roads to healing with our headlights in front of us can bring us comfort in reaching our goal. When we bring gratitude into this, all of a sudden, the driving on a dark road at night starts to become lighter and lighter and creates an environment where we find ourselves driving on that same road but with a beautiful light shining from above, directing us on our path and healing destination. We may find that it may change from driving in the dark to driving in the daylight depending on our day to day experiences, however now that we carry this tool of gratitude, we have the gift of knowing that no matter what, day or night, we will still be guided to heal.



~ Road is clear with light shining from above ~

The act of gratitude is not only FREE, it requires little time to do. At times, it (gratitude) can be difficult to implement into our lives, especially when we are used to focusing on negative thoughts and emotions.

It takes 3 weeks to turn something into a habit or routine.



Power Principal #1 ~ The Power of Gratitude

I can promise you, that when you implement the act of gratitude into your life on a daily basis, it becomes regular practice and happens without thinking.

Every morning before I get out of bed and every evening before I go to sleep, I state things in my mind that I am grateful for. This only takes a minute to do and brings a deep sense of calm, particularly after a stressful day or before beginning an anticipated one.

Now, all this talk is not meant to be “airy fairy.” When I speak about practicing gratitude on a regular basis, I don’t mean to say that there won’t be anything extremely hard and challenging in your life. We encounter situations regularly in our lives that test our thoughts, feelings and emotions and we grow!

It takes effort to heal, it takes effort to change things and it will take effort to implement gratitude. The beautiful blessing here, however, is that by this act of gratitude, we create a space that is ours. A sacred space in which we have the power to visualize how we want it to be opens up for us. Therefore, when we encounter life lessons and experiences, the challenges still remain, however we start to attract an easier way to be able to handle these challenges and cope much better and with more ease.

Power Principal #1 ~ The Power of Gratitude

Benefits of inviting the practice of gratitude into your life:

- ❖ Gratitude helps us learn and being grateful for every situation gives us the opportunity to learn something new and invite new blessings into our lives.
- ❖ Gratitude decreases negative energy. By practising the act of thankfulness, our energy becomes lighter and the strength of negativity depletes.
- ❖ Gratitude is one of the fastest ways to improve our mood and lift our spirits.
- ❖ Gratitude increases our appreciation for the little things, the big things and all things between. When we begin to appreciate everything, we find that more and more positive things find their way into our lives.
- ❖ Gratitude increases our ability to problem solve. We begin to find ways to handle the situation at hand.
- ❖ Gratitude assists and improves our relationships from childhood to adulthood. By sharing our gratitude with others, people's actions can change from negative to positive. Try it for yourself!
- ❖ Gratitude attracts more of what we want instead of what we do not want. When we think of what we do not want, we act like a magnet and pull more of that into our lives. When we focus on what we do want, we pull more of what we do want near us.
- ❖ Gratitude changes our energetic vibrational frequency to a higher level. When we vibrate higher, we create an environment for positive situations and optimistic options.
- ❖ And many more...

Power Principal #1 ~ The Power of Gratitude

Suggested Exercise

- ❖ Take out a journal or piece of paper and write today's date on it. I am going to ask you to close your eyes for part of this exercise however if you feel better keeping them open, you are welcome to.
- ❖ Close your eyes and think of 5 things that you currently have and take for granted. Think of things that may be normal necessities for you and used every day. Examples can be: roof over your head, food in the fridge, a vehicle to bring you places, a computer to work on, the ability to read and write, the ability to see and hear, the ability to walk, to run etc.
- ❖ Open your eyes and write these 5 things down.
- ❖ Now, close your eyes again. This time, I want you to imagine losing each one of these things. They no longer are in your life. How do you feel? How would you feel if each of these 5 things were missing from your life?
- ❖ Open your eyes and write these feelings down.
- ❖ Finally, close your eyes one more time and imagine getting each one of these 5 things back into your life. You are being given the opportunity to receive each one so that you have them once again. Consider how thankful you would be to be given these 5 things again?
- ❖ Open your eyes and write these feelings down.

Power Principal #1 ~ The Power of Gratitude

- ❖ Take a look at your feelings of gratitude and turn them into a “Gratitude Statement”. For example, if you wrote down the feelings of thankfulness for being given back a home to live in, you can turn that into the Gratitude Statement of “thank you for shelter and a roof over my head” or “thank you that I am warm and protected.”

The 3 C’s; Choose, Create and Carry

1. Choose to welcome Gratitude into your life. 😊
2. Create the habit of practising Gratitude. It’s a wonderful healthy habit to have! 😊
3. Carry an “Attitude of Gratitude” with you wherever you go. 😊



“Dream big, soar high and always find joy in the small things.
Then, will you open the doorway to much bigger things
to be grateful for.”

~ Marybeth Haines

Power Principal #2 ~ The Power of Affirmations

"Affirmations and positive quotes lead to positive change."



The simple act of stating positive and healing affirmations on a daily basis has proven to be effective in helping people heal.

Even if you do not actually feel anything from the affirmation, repeating positive statements can bring your vibrational level to the point where healing can take place.

Dr. Wayne Dyer is known for being the "Father of Motivation." He is a bestselling author, spiritual teacher and internationally renowned lecturer.

In his PBS presentation titled "Wishes Fulfilled," Dr. Wayne Dyer states, "if you would like to accomplish something, you must first expect it of yourself."

If we look deeper into this statement, Dr. Dyer is speaking about two important parts, the intellectual part and spiritual part.

1. The intellectual part: "If you would like to be able to create something, you must first be able to imagine it, because everything that is created is first imagined." By stating the words "I am healing at the right pace for me" and imagining or creating a mental picture of where you wish to be in your life (example: happy, content, at peace) you are moving yourself forward towards healing.

Power Principal #2 ~ The Power of Affirmations

If you tell yourself that you are exactly where you need to be in that exact moment, amazing things can happen. You can imagine yourself being healed from the loss of a pet, a friend or family member, trauma or anything else that we might encounter on our life's journey.

2. The spiritual part: The spiritual part takes the intellectual part one step further. This part allows you "to be able to assume the feeling of the wish already fulfilled." Dr. Dyer states that you can "assume the feeling of accomplishment" in whatever you desire to attract into your life as long as your wish is aligned with "source energy or God" and that "it doesn't interfere with anybody else's right to do the same." This spiritual part allows you to feel as if it's already happened. When we take ownership of our healing and visualize it to be already completed, the steps that it takes for this to actually happen, beautifully weaves its way into our lives. This does not mean to say that all things will feel wonderful and great and that there won't be any more emotional feelings of sadness, but it paves a path and gets you on the right road to feeling better. It creates the blue print for the map to finding your treasure.

There are 2 very powerful words that Dr. Dyer refers to. The words are "I AM." Dr. Dyer attributes these words to the story of Moses in the Old Testament. By saying "I AM" you are connecting directly with your highest calling.

Power Principal #2 ~ The Power of Affirmations

“I AM” Statements

By saying statements beginning with “I AM”, you are in essence creating what it is that you desire.

Statements such as:

- “I AM Happy.”
- “I AM Well.”
- “I AM Healthy.”
- Or just very simply saying “I AM.”

These 2 simple words are so very powerful and will positively help shape your present state of mind.



Suggested Exercise:

- ❖ In the first 5 minutes of your day and in the last 5 minutes of your night, I invite you to say some powerful affirmations to yourself. Say them out loud if you can. If you are not able to, saying them silently to yourself is okay too.
- ❖ When I get out of bed each morning, I say 3 to 5 power statements no matter how I am feeling. And by doing this each day, I feel better and able to manage things that normally would be more challenging for me.

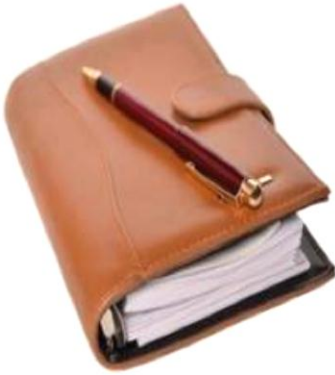
Power Principal #2 ~ The Power of Affirmations

These statements don't all have to be "I AM" statements. They can be statements such as:

- "I greet my day with gladness."
 - "All is well in my world."
 - "I welcome healing into my day"
 - "I connect to the Source Energy and fill my whole being with Love and Light."
 - "God surrounds me with such ever abundant love."
 - "Angels are watching over me, guiding me always."
 - "I celebrate each and every moment with love and healing."
 - "I listen with my heart and hear my true, divine guidance."
- ❖ Then before retiring to bed for the evening, these affirmations can be stated to remain in the subconscious for the rest of the night.
- ❖ You will find that after repeated use of this exercise, it will become a regular part of your routine and won't feel so "forced" as you may feel when you first begin. Try this exercise of saying affirmations every day for one week. If you miss a day, don't beat yourself up. At the end of the week write down your thoughts in your journal. Ask yourself how you felt throughout the week. Did you feel better after doing the affirmations? Were there any feelings that rose to the surface? After the week is up, keep going with stating positive affirmations. Make this ritual a part of your life.

Power Principal #3 ~ The Power of Pen to Paper

“Bringing thoughts from mind to paper allows for release and healing.” Affirmations and positive quotes lead to positive change.”



Many times, when we are in the healing process, we have a myriad of thoughts going through our minds, sometimes making sense and sometimes not.

Often we may feel like we have thoughts that appear to be spinning around and around.

Journaling can be a very effective tool for healing. It is a tool that is non-judgmental and unconditional. It allows you to release thoughts, feelings and emotions that have been built up inside in a safe way.

Usually we do not allow full expression of how we feel when it comes to various healing experiences. Anger, sadness, anxiety and fear can be left to build up inside ourselves and come out at the most inappropriate times. It's like shaking a can of pop and not expecting it to explode.

The carbonated bubbles build pressure until it finally blows through the top. Releasing our emotions in a safe, constructive and healing manner is very important.

And having an outlet in which to do so is a valuable resource for healing.

Power Principal #3 ~ The Power of Pen to Paper

Journaling is an open ended, unstructured activity. It creates an opportunity for the flow of thoughts and feelings openly and freely.

For those who like to write, letting your pen meet the paper and allowing your words to form into sentences is an absolutely wonderful way for releasing and healing.

For those who find that writing does not come easily, questions may pop in your head like:

“How do I start?”

“What if I am not a writer?”

“What if I’m not a good speller?” or

“What if I don’t like to write?”

Journaling may not be for everyone but a lot of times, all a person needs to do is take the pressure off themselves and just go on automatic pilot when writing. Instead of censoring what you write, just let it out. If nothing comes to the page, sit there a while, draw a picture or simply write how you are feeling in that moment. You do not need to be a professional writer or top notch speller. There are solutions for easy journaling and I’d like to share some with you.

Power Principal #3 ~ The Power of Pen to Paper

Journaling Tips for the “Non-Writer”:

- ❖ Write down 2 or 3 words. For example, if you are feeling mixed emotions, you may write “sad and angry. “ If you are experiencing anxiety and fear, you may write “I am afraid.” Starting with simple, short sentences can be all you need to release in your journal and help yourself with the healing process.
- ❖ Draw pictures to describe what you want to say. You may not feel like you are the best at writing; however you may be more comfortable drawing or may even be a talented artist. Drawing how you feel can be just as good as writing words. Sometimes, the pictures do not need to be actual pictures; they can be scribbles or shapes. I have often journaled using shapes and pictures that I could not give a description to. They were however, a release of emotion because it was from my emotions that I drew them.
- ❖ Use pictures from the internet, books and magazines and paste them into your journal. The saying, “a picture says a thousand words” is completely true!
- ❖ Use colours from crayons, markers or pencil crayons and let them guide you on your paper. Use the color that speaks to you the most and let that help you release your thoughts onto the paper. Whether it be words, drawings, shapes or scribbles, the use of colour is very beneficial.
- ❖ Drawing simple emotions can be fun. For example, using the emotion of a smiling face for happy 😊; a sad face for sadness ☹; and if you aren’t sure how you are feeling, you can use this one 😐.

Power Principal #3 ~ The Power of Pen to Paper

For angry or anxious, the mouth can be made with your pen/pencil into the shape you would like it to be.

Use your imagination.

The next common question asked is, “How do I start?”

Many times people aren’t sure where to start and that’s okay. There is no right or wrong place to start the process of journaling.

There are journals and books that can be purchased or you can staple pages together and make a cover. When you pick a journal, see what one speaks to you. The journals can consist of blank pages or there may be writing in parts of them. You choose what you would like and use that as your open canvas. An artist starts with a blank canvas and then fills it with a beautiful expression of his/her emotions. You will be doing the same in a journal format.

Others prefer to use simply a binder with some lined paper. Use what you feel is best for you. This is your sacred space, your private space – yours!



Power Principal #3 ~ The Power of Pen to Paper

Guidelines for Journaling:

- ❖ Embrace your book as your private healing journal. It is yours to write what you wish. If you wish to share, you may do so. The choice is up to you.
- ❖ There are no rules here. Do what you feel you would like to do in that moment.
- ❖ Start out with short journaling sessions. Usually when the emotions of healing are new, they sit very close to the surface.



The pain can be so fresh that spending a long period of time on journaling could create the feeling of being overwhelmed. Additionally, with your regular day to day activities and often the feeling of not having enough time to fit everything in, short sessions can be more adaptable and fit more easily into your routine. Therefore, start with a few minutes at a time. See how it flows and allow the release to happen.

- ❖ Date each page for future reference for when you go back to it for reflection.
- ❖ At the end of each journaling session, take a couple of minutes to write down 3 positive things. This can be hard to do when you aren't feeling well however, by repetition of this writing process, you also take in what good things are happening. If you aren't able to think of something positive to write, even something as simple as "I got out of bed this morning" or "I opened my journal today" is something positive. Try your best at this and see what unfolds.

Power Principal #3 ~ The Power of Pen to Paper

Benefits of Journaling:

- ❖ You allow yourself to open up and write whatever you wish to.
- ❖ There is no one judging you or place comments back to you in your journal entries.
- ❖ The act of writing/drawing/cut and pasting out your thoughts and feelings from pen to paper connects the mind to the subject at hand, creating an action of release.
- ❖ You allow the opportunity to have the feelings of control over your healing process. A feeling of stability.
- ❖ Increased focus.
- ❖ It helps to untangle your thoughts and ideas.
- ❖ Gives you a way to detach and let go of the situation so that healing can occur.
- ❖ Journaling is honest, trusting and non-judgemental.
- ❖ It helps you to feel better about yourself.
- ❖ It helps reveal different aspect of yourself.
- ❖ Helps you to find missing pieces and the unknown or unsaid.
- ❖ Plants the seeds required for healing.
- ❖ Helps you to find meaning in your life.
- ❖ And many more.....



Power Principal #3 ~ The Power of Pen to Paper

Suggested Exercise:

- ❖ Take out your journal and date your page.
- ❖ Whether it's by writing, drawing, cutting and pasting, take a few minutes (15 minutes is a good time frame to start) and let your thoughts and feelings flow onto your paper.
- ❖ If you feel anxious or overwhelmed, remind yourself that you are in a safe place. This journal is your safe haven where you can be exactly who you want to be.
- ❖ When you have finished, take a look at what you have written, drawn, pasted or coloured and review.
- ❖ Be unconditional with your thoughts and emotions upon reflection.
- ❖ Complete your session by writing down 3 positive things that you did today.
- ❖ Give yourself a pat on the back. You did it! Seriously, you made progress. Congratulations.

Power Principal # 4 ~ The Power of Thoughts and Words

Did you know? “Empowering Words Yield Powerful Results.”



I would like to begin by bringing you back to the childhood story of “The Little Engine That Could.” This is a story of a little steam engine that had a very long train of cars to pull. However, no matter how hard she tried, she was not physically strong enough.

She asked for help several times and was unable to find it.

Most of us in this situation might have given up stating the words similar to “I can’t do this” or “I give up!”

Every word we use in our spoken language has a vibrational frequency; a higher positive frequency and a lower disempowering frequency.

In the book titled “Power vs. Force” by David R. Hawkins, M.D., Ph.D., he discusses the usage of a tool called applied kinesiology.

This type of kinesiology is based on studies that show how indicator muscles can strengthen in the presence of positive emotional and intellectual stimuli as well as physical stimuli. Interestingly, indicator muscles being tested on would weaken in the presence of negative emotional, intellectual and physical stimuli. For example, studies reveal that a smile will make a person test strong however the statement of “I hate you” will make one test weak.

Power Principal # 4 ~ The Power of Thoughts and Words

(More information on how muscle testing is performed can be found on page 3 of the forward section at the beginning of his book.)

Dr. Hawkins found a means of calibrating a scale that was based on a range of 1 to 1,000.

In Chapter 4, Dr. Hawkins writes about how over the years of testing, all indicator muscle responses shown to be below the number 200 were disempowering and destructive. However all indicator muscle responses above 200 were empowering and constructive.

Some examples of disempowering or destructive levels under 200 are:

Shame: 20

Guilt: 30

Apathy: 50

Grief: 75

Fear: 100

Anger: 150

Pride: 175

Power Principal # 4 ~ The Power of Thoughts and Words

Examples of empowering and higher vibrational levels at 200 and above are:



Courage: 200

Willingness: 310

Acceptance: 350

Reason: 400

Love: 500

Joy: 540

Peace: 600

Enlightenment: 700 – 1,000

There is much more than this short tidbit that I have shared with you from this book, however the message that I want to communicate in this writing is that of the “Power of Thoughts and Words”.

Dr. Masaru Emoto is an internationally renowned Japanese researcher who has gained worldwide acclaim. His studies have been done with water molecules and gaining a better understanding of the true power of your thoughts, words & emotions and their effect on water as well as world peace.

His book titled “The Hidden Messages in Water” provides information on his findings through the use of high-speed photography. By utilizing this technology, Dr. Emoto discovered that crystals formed in frozen water revealed changes when specific, concentrated thoughts were directed toward them.

Power Principal # 4 ~ The Power of Thoughts and Words

He found that water from clear springs and water that had been exposed to loving words showed brilliant, complex, and colourful snowflake patterns! In contrast, polluted water, or water exposed to negative thoughts, formed incomplete, asymmetrical patterns with dull colors.

And this is where I really want to make note of the learning from today's reading.

The same thing happens to us (we weaken) when we become negative and think or say disempowering thoughts.

Now, it's important to note that the grieving process naturally includes all the emotions that rate under the level of 200. I want you to know that that is completely okay. You have experienced an emotional event that requires healing and in order to heal, you must go through the steps of the grieving process.

The gift and blessing here however, is that when you realize that healing is happening or taking place, you become more conscious of your thoughts and emotions.

Therefore step by step, as you walk your healing journey, you will be aware of how words can affect

yourself and then you can choose to focus on thoughts and words at higher, empowering vibrational levels. You have the choice.



Power Principal # 4 ~ The Power of Thoughts and Words

Getting back to the “The Little Engine That Could”, most of us would have given up but this little engine continued to ask for help. She then found help from another small engine and together with their mantra of saying “I think I can, I think I can, I think I can.....” connected with a positive and empowering energy and they did it! It’s a simple children’s tale but I think it’s one of the most brilliant stories of determination and inspiration.

We can learn a lot from children’s stories! ~ They speak so much truth!

Power Principal # 4 ~ The Power of Thoughts and Words

Suggested Exercise:

- ❖ I invite you to become conscious of your thoughts and feelings WHEN they occur through your day.
- ❖ When you realize you have thought or said something disempowering, simply take a step back, observe what has happened and then replace that thought or wording with a positive, empowering one.
- ❖ In your journal, have fun with making a list of positive words. You can use crayons or markers or you can draw pictures of each word. Now, during your day, if you forget to replace a negative thought or word with a positive, at some point you may stop yourself and later realize that you are in a rut. You are practising self-awareness. Instead of allowing yourself to stay in a negative or destructive state of mind, realize that you can change your thought patterns. Give it a try. If you have questions or if different situations arise, write them down. There is no correct way to do this exercise. I believe it's more about playing with words and realizing when things aren't going well to nip things in the bud. When you realize that you can change your state of mind, the pressure somehow is relieved or perhaps the helpless feelings dissipate.
- ❖ At the end of your week, do something nice for yourself and read over your journal. Be creative with your journals. I often create words in different colours or visualize a positive word with a colour that I love. It's just something that helps me stay on track and play. Playing makes this exercise seem less like work.

Power Principal #5 ~ The Power of Meditation

“If you meditate, sooner or later you will come upon love. If you meditate deeply, sooner or later you will start feeling a tremendous love arising in you that you have never known before. “

~ Osho

Did you know that by spending just a few minutes each day to do some form of meditation; you can speed up your healing process and feel better about yourself?

Daily Meditation has been proven to:

- ❖ Overcome depression, anxiety and confusion.
- ❖ Overcome feelings of stress.
- ❖ Decrease perception of pain and improve cognitive processing.
- ❖ Cultivate healthy habits.
- ❖ Decrease risk of heart attack and other ailments.
- ❖ Increase focus.
- ❖ Increase mental clarity.
- ❖ And many more...

Power Principal #5 ~ The Power of Meditation

There are many misconceptions and misunderstandings about meditation.

Some feel that meditation is a religious practice while others feel it is a spiritual practice.



The amazing thing about meditation is that it is one of the most powerful tools that one can bring to their lifestyle to help in healing.

Giving your mind a chance to relax, slow down and just “BE” yields immeasurable rewards.

Just a few minutes each day can bring such clarity into your healing journey.

When becoming calm and still, the mind may want to wander and that’s ok. Many meditation courses tell you that you must still the mind in order to properly meditate, however during the healing process, I always recommend that to “let whatever happen be ok.” Sometimes I’ve found myself breaking into laughter other times feelings of frustration just pop up. The more you meditate, the easier it will become to quiet the mind and shift the healing focus into fruition.

Power Principal #5 ~ The Power of Meditation

Suggested Exercise:

- ❖ Sit in a comfortable position, away from distractions such as the telephone, TV or external noise.
- ❖ Close your eyes and take 3 slow, deep breaths.
- ❖ Each time you breathe in, breathe in love, healing and comfort. You can picture these things being colours or shapes or images of the outdoors.
- ❖ Each time you breathe out, breathe out and hold the intention of releasing anything that is not serving you any longer. You may wish to breathe out all the negative feelings and emotions you may be carrying. You may wish to breathe out colours or shapes if this helps you release.
- ❖ If you feel the need to cry or laugh as a release, I welcome you to do so. Releasing is an important part of healing. Remember to keep breathing and your breath will bring you back when you are ready.
- ❖ Do this for a couple of minutes to start and then gradually increase the minutes over time.
- ❖ You will soon find that your mind will thank you for giving it the opportunity to have a well needed rest.
- ❖ If you wish to have some music to listen to while doing a quiet, seated meditation, there are many MP3's and downloads that you can get from the internet by doing an online Google search using keywords such as: "Music for Meditation: or "Meditation Music". Many are free to download and use.

Power Principal #5 ~ The Power of Meditation

