



**Simple Meditation  
for Busy People  
eBook**

Preview



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## ‘Simple Meditation for Busy People’ eBook Guide

**W**elcome to Energenzia Online and your journey of personal transformation and spiritual development. Our eBook is a self-study guide designed to bring spiritual and personal courses directly to you, in the comfort of your home undertake in your own time

It is recommended that you do not complete more than you are comfortable with, trust your instincts and your inner guidance to direct you as to when you should move on. It may be necessary to repeat or to spend more or less time on certain meditations and concepts as we all develop uniquely and assimilate information differently; and the outcome will be unique to each individual person.

Most of us live a very busy and full life. With everyone and everything demanding a piece of our time, it is no wonder we procrastinate when it comes to meditation. When we think of meditation, we think of a person sitting down to practice, with legs crossed, spine erect, and hands held in a prayer-like or meditative pose. Yes, this is just one aspect of meditation; meditation comes in many forms and can be done anywhere. This guide will focus on seven ways you can make meditation a part of your life no matter how, hectic or frenetic it gets.

### **Keep it short**

Most people think they have to meditate for a long time to get the full benefits. Not so! It is better to meditate, go within, for a short amount of time and to be completely focused than to spend 30 minutes attempting a distracted meditation.

### **Keep it simple**

By keeping it simple, using the body, breath and mind awareness coupled with everyday activities; you can get into a state of centered peace on a very busy or potentially stressful day.

### **Meditate in the morning**

Meditating in the morning is most effective as the demands of the day have not yet started yet. The only investment needed is time, set the alarm for 15 minutes earlier. Make meditation part of your routine just like brushing your teeth.

### **Make it a priority**

Perhaps the reason why you have been less than consistent with your meditation practice is because you have given it less value than other activities you do during the day. How we spend our time is a reflection of what is important in our life.

## Be mindful

Mindfulness is a form of meditation that does not require you to formally sit down and be still. Mindfulness can be done anytime and anywhere. It requires you pay attention to the present moment.

## Practice breathing

By being conscious of your breath and focusing on your breathing you will notice is that you will be far calmer and centered if you monitor your breathing noticing every inhale and every exhale.

## Use a mantra

Mantras are a powerful word or set of words that you repeat aloud or silently. A good mantra to use is 'Om'. By repeating a mantra during your day you will feel relaxed and happy.

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## Before We Get Started...

**Let's just take a moment to relax and to stop and smell the flowers, any flower will do.**



- Sit in front of and watch the flower
- What comes to mind?
- Can you see the components of the flower, the sun and water?
- It's all there...
- Don't let the mind wander to anything else only the beauty and life of the flower.
- Spend a few minutes.
- Breathe in and smile.

## Quick Fix De-stress Visualisation

**Practicing visualisation is a great way to break away from the day's activities to deal with stress. This quick fix de-stress visualisation will to calm and rejuvenate you within 10 minutes.**

- Sit comfortably at your workstation or in your car or yes, even in the loo!
- Let your eyelids drop to a relaxed position or close your eyes.
- Take deep breaths, slow breaths. You need to feel your heartbeat start to slow.
- Focus on your breathing.
- Temporarily erase all of those thoughts that are cluttering your mind. Keep focusing on your breathing until you start to feel calm and relaxed.
- Now, picture the ocean, with its waves rolling in and breaking at the shoreline, then rushing up the beach over the sand, then being swept back into the sea.
- Hold this visualisation in your mind's eye for a few minutes as you watch the waves rush up onto the beach and retreat back to the ocean...
- Now shift your focus to the waves offshore.
- Keep seeing them reduce in size until you visualise a smooth surface of water.
- Picture small ripples appearing and the sun as a soothing reflection off the water.
- Hold this visual. Feel the sense of quiet and calm.
- Once you feel relaxed, bring yourself back to focus on your breathing. Breathe a few slow, deep breaths, exhaling just as slowly.

## Introduction

### **Behind all creation is silence.**

Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The artist starts with a blank canvas - silence. The composer places it between and behind the notes. The very ground of your being, out of which comes all your thoughts, is silence. The way to silence is through meditation. When you arrive in your own silence you will know true freedom and real power.

Meditation is the art of silencing the mind. When the mind is silent, concentration is increased and we experience inner peace in the midst of worldly turmoil. This elusive inner peace is what attracts so many people to meditation and is a quality everyone can benefit from.

**The wonder of meditation is that our philosophy, spiritual and or religious belief is not important. Meditation is about consciousness and in that the belief of the mind becomes trivial.**

Meditation is enabling and facilitative, penetrating deep into the heart of the matter to gain access to our soul – our inner reality; our inner wisdom.

Mediation can and is practiced by many people of different belief systems, traditions and cultures

### **Benefits**

#### **Improved concentration**

Clarity of mind enhances thought processes and encourages creativity. It facilitates intuition and general productivity

### **More presence in the moment**

Meditation assists us in 'not sweating the small stuff'; to detach from drama and to mitigate the true nature of the mind which tends to make mountains out of molehills. Meditation helps us detach from drama, enabling us to live in the present moment without calling back the past or fretting about the future.

### **Improved health**

There have been numerous studies pointing to the health benefits of meditation. Meditation reduces stress levels and alleviates anxiety. Mental and emotional stress affects every cell in the body. What we think, what we say and how we manage our stress can either cause dis-ease or cure it

### **Knowledge of Self**

Meditation enables us to have a deeper understanding of our inner self. Through meditation we can better follow our path being open to our life's purpose.

### **What is the point in having a hectic life and not enjoying it?**

Clearing the mind makes the rest of the day more productive and nothing beats that feeling of inner peace. Meditation is not about withdrawing from the world and your reality; it is about inspiration and peace of mind in everything that you do. A calm mind is not just peaceful, it is focused, self-directing and divine.



### **About the Author**

Savvy and insightful, Debra Stevens is a Naturopathic Practitioner, Integrated Healer and Author. She brings together extensive training and expertise in wellness, both in the corporate and personal context. Over the past 20 years Debra has undertaken corporate wellness initiatives for global corporations. As a personal transformation coach she facilitates deeper consciousness, inner wisdom and empowerment workshops. Debra lives in Ramsgate on the East Coast of South Africa and with training academies, offering campus based courses in Herbology, Hypnotherapy, Meditation and Vibrational Healing Modalities including Reiki. [www.energencia.co.za](http://www.energencia.co.za) – [info@energencia.co.za](mailto:info@energencia.co.za)

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