

Beth's Basic Daily Meditation Routine:

(It looks like a LOT, but once you do it a few times, it will seem quick/simple)

- Find a quiet place & time where you will not be interrupted for at least 15-30 minutes.
- Grab a notebook or journal & pen to jot down your intention and any “automatic thoughts” or insights that you may come to you while you meditate.
- Light a candle and incense (optional... some people hate incense, so it does *not* help them to relax)
- I don't listen to music, but feel free to listen to something instrumental if it helps you to relax/tune the world out.
- Set your intention (come up with a question that you would like answered, an issue that you might like help with, or anything that you would like some insight about and either say it aloud or write it down). *Sample intentions or prompts below
- Raise your vibration with any guided meditation that you choose. If you don't have one that you love, here's a quick and simple universal recording that I made for just this purpose. I think it helps to find one that works and use it over and over until it becomes automatic/you can run through it yourself in your mind after a while.
https://drive.google.com/file/d/1NduRbceKRw8vDXFEWZchTVEI2_DH8FcB/view?usp=s_haring
- Start “tuning in” (quietly “listening” as opposed to thinking) and write, draw or scribble whatever pops into your mind. ANYTHING. Any and all images or impressions that pop up. I find writing cathartic, but you can simply relax and enjoy the thoughts and images if you prefer... there are no “rules”. If you feel “stuck” or can't stop thinking, dump your these intrusive thoughts by writing them down and crumbling them up/throwing them away, or burning them... Voilà! Negative thoughts released and banished from your mind and sight!

*Sample intentions/prompts... they can be very specific or super general, whatever feels right to you.

“What might make me feel happier/more fulfilled?”

“What wisdom do I need before I _____?”

“What can I learn from the challenges I am facing with _____?”

“How can I better manage my relationship with _____?”

“How can I eliminate negative thoughts/create more positive thoughts?”

“How can I be a better _____?”

“How can I help someone else to have a better day?”

“How can I recognize when I need to let go/stop controlling a situation?”

“Why do I feel badly about _____?”

