



Meditation can be defined as "conscious union of mind, body & spirit ... There are many ways to meditate - mental/emotional, physical & spiritual ... The key to maintaining an effective & prioritized meditation practice is to discover the best way for you ... Considerations will have to be made, just as in any endeavor, as to your likes/dislikes, comfort, location, surroundings, time & most importantly, motivation ... Consider why you want to meditate, & allow this to be the foundation for the best meditation practice for you.

Some of us do not enjoy sitting still, which leads to "monkey brain" (all over the place) ... Find an alternative approach, moving simply & slowly to find a place of attentive relaxation within your mind & body ... Some folks can run a marathon & feel the bliss of heaven ... Some folks would find 26 miles hell on earth, only to be indulged if being chased by big snarling animals ... Some find solace in gardening, painting, reading, writing, puzzles, crosswords, Tai Chi, Qi Gong, Yoga or any other focused movements ... Some prefer music & nature sounds, while others prefer silence ... Again, personal choice ...

Meditation

Gladly, the good news is that all of us are meditating, 24/7 ... We can't separate our mind-body-spirit union; it is always connected ... With this in mind, find the best way to be of "meditation mind" in all that you do ... Change the perceptions of what meditation is & how you can practice it ... We do not have to be sitting in a cave, lotus position, candles, incense & deprived of food ... We can just as easily be on a bus or plane, in the office, at home with family or sitting in a favorite chair to be "Meditating" ... Any place that we feel peace, calm & joy is our meditation space ... Now, go meditate; & be happy & blissful, even if it is for only a few seconds ... We are always MEDITATING.



Examples of Meditation Methods

- Physical: arts/crafts, dancing, exercising, Tai Chi, Yoga, walking or any physical movement
- Mental: analytical thinking, daydreaming, puzzles, reading, visualization
- Emotional: "reflection" thinking or physical movements to release anger, grief or pain
- Spiritual: Angels/Elementals, Divine nature/God, metaphysical expansion

- Meditation is like any skill - the more you use it, the easier it is; & you establish a pattern for successful practice.
- Regardless of how much time you allow, continue your conscious union of mind, body & spirit ... You will find that you "meditate" more than you realize.
- Our mind, body & spirit are always connected, so in-joy this new ability anywhere you are.
- You have an innate talent for meditating ... Simply establish a relationship with everyone/everything around you.
- Start NOW with a simple walk, or sit still at home while relaxing ... Focus on your breathing - all natural things you do every day.



Quick-Start Techniques for Meditation

(Excerpt from *Simply Shaman Mystery School, Interdimensional Shamanism, 3D-4D-5D & Beyond* by Dale Stacy)

- **A-L-O-H-A Breath & Rainbow Bubble**
 - Deep breath, & say, "AHH-LOWWW-HA" – Imagine Rainbow Bubble around body.
- **Heart Toning**
 - Inhale; & exhale a single breath, toning, "Ah" – "Om" – Close lips, & hum – 3x.
 - Extend breath as long as possible, with equal amount of time for each part.
- **Vowel Toning – Ah – A – E – I – O – U**
 - Tone a single vowel, or combine all vowels in a full exhale.
 - Ah ("mama")
 - A ("say")
 - E ("see")
 - I ("eye")
 - O ("omega")
 - U ("boot")
- **Blessing/Prayers**
 - any vocal vibrations of appreciation, beauty, love, scriptures/texts
- **Using either technique above, be peaceful & joyful ...**
Find the CALM within you ... Ask a question or imagine a particular setting to explore ... Talk with God ... Feel the connection ... Start with a 10-minute session, progressing more every week.



EarthStar Website Meditations

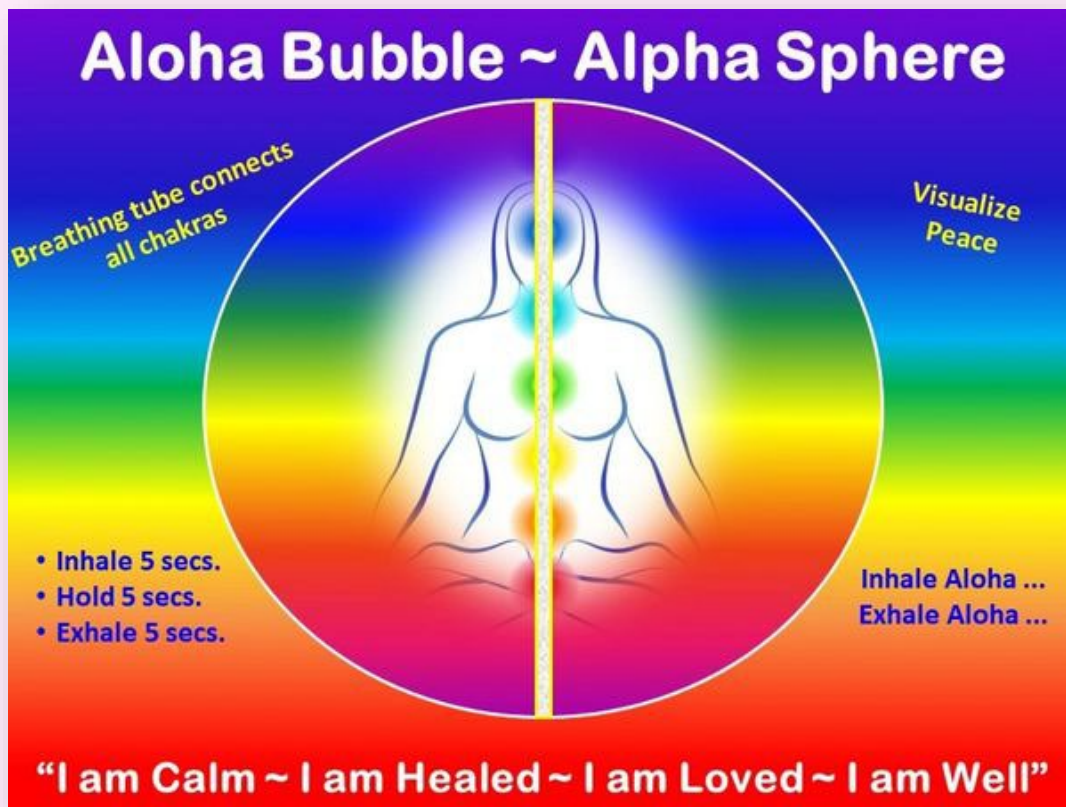
- 7 Elements of Huna Shamanism ...

<https://earthstarspiritualcenter.org/meditation-7-elements>

- Galactic Portals/Stargates

<https://earthstarspiritualcenter.org/meditation-portals>

- Aloha Bubble ~ Alpha Sphere ~ Personal Energy Field for Harmony ~ Do in the morning/night & when feeling stress.



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<https://earthstarspiritualcenter.org/>

Meditation

Weekly Meditation Class at EarthStar

Tuesday nights, 7:00-8:30

Begins Tuesday, November 1, 2022



W.I.S.E. Weekly Meditation Circle of Shamans

Resumes on November 1, 2022, Tuesday nights, 7:00-8:30 ... \$10

Guided Meditations & Self-Healing with weekly focus/rotation with the 8 Interfaith "cyber-altars" of Buddhism, Christianity, Energy Work, Goddess, Mother Earth, Native/Tribal, Sacred Geometry, Taoism



EarthStar Spiritual Center