



# beautiful calm

MOMENTS of TRANQUILITY eBook

by Ananga Sivyer

[www.ananga.squarespace.com](http://www.ananga.squarespace.com)

# Introduction

Hello and welcome to the world of beautiful calm. There is a place that exists deep within us all, far away from traffic, email, deadlines and cell phones. If that sounds like new age fluffy talk, it wasn't meant to. If you ask a passing neuroscientist, he or she, will happily tell you of the benefits of relaxation for your body and your brain. And that getting those benefits doesn't have to be complex or involve sitting in a cave for a few months.

How many times have you felt you "should" learn to relax more. Or maybe learn to meditate? But learning doesn't sound very inviting when you're already busy and feeling stressed.

That's why I made this eBook and it's accompanying audio program. I wanted to offer something that I would have liked when I was a stressed out commuter working in central London 20 years ago.

I wanted something to help me feel calm, some way of escaping, or retreating, from all the pressure and rushing about my job involved. I was lucky. I found solace, quit my job and changed my life. And now I'm able to spread some calm about too...

This eBook offers eight quick and easy ways to shrug of stress and tension and experience the relief of feeling relaxed and calm - it is my gift to you, I hope you enjoy it.

**spread the calm...** you are invited to share this eBook with your friends, or offer it as a free gift on your website, in your newsletter etc

## **Beautiful Calm eBook & Audio CDs**

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# Are You on the Journey to Snapping Point?

We don't suddenly break down, grind to a halt, get seriously ill. We do it over time, day by day, bit by bit, straw by straw, until \*snap\* - we broke the proverbial camel's back.

It seems sudden, shocking and out of the blue, but the truth is that all things manifest over time. They only appear sudden if we haven't noticed what was going on in the build up to the final crescendo that actually gets our attention.

## The High Price of Self-Neglect

To ignore the early warning signs is ignorance. Ignore-ance. The opposite of that ignore-ance is the simple self-supporting act of paying (as in investing) attention. Investing in ourselves, in self-care, in taking care of the little things. In doing what they tell you to on planes. That is, put your own oxygen mask on before you try and help anyone else.

Why? Because we can't help ourselves, or anyone else, if we're gasping for air. But sadly, that's exactly what many of us are doing. We're gasping for air, grabbing food to go, and snatching rest. We are ignoring the basic self-preserving, self-supportive acts that give us longevity, health, and peace of mind.

Now, more than ever, with information overload and the quick, quick, super quick, mood of how to get things done, we are running around with the sound of ticking in our ears and declaring that we have "no time" to eat properly, rest properly etc etc. It's not true! We have time. We have as much time as we ever did. What changed is our perception of it and our shift in values.

Moments of Tranquility are about s-l-o-w-i-n-g d-o-w-n. They are about finding "me" time. A few moments of peace and calm, to reduce stress and tension, to be free from anxiety, to escape from "shoulds" and "musts". No matter how busy you are, you can spare 5-10 minutes to indulge yourself in some Moments of Tranquility. For best results, you can **download the guided audio files** and listen to them on your PC, iPod, or MP3 player. With Moments of Tranquility it couldn't be quicker, or easier to get calm and feel good...

# Inviting Beautiful Calm Into Your Life

## Peaceful Moments

If you've ever taken the trouble to get up before the birds and do some meditation, you'll know that there exists a still and peaceful place, before the world starts rushing about. If you've ever taken time out during the day to sit quietly and breathe deeply, you'll know that you can slow it all down and get back in balance with yourself. If you've ever sat down to a home cooked meal, prepared with love, and eaten with gratitude, you'll know how content and nourished your body and mind feel afterwards.

A few minutes spent in peaceful contemplation sends signals to your body to lower its stress responses and stop pumping adrenaline through your veins. It tells your digestive system that its OK to give its full attention to the contents of your stomach and convert them into cell nourishing and repairing nutrients and it tells your mind and emotions that its OK to be still, be calm and be relaxed.

## Baby Steps towards a Permanent Sense of Tranquility

Learning something new can seem a daunting task for busy people, but taking care of yourself needn't be complex or time consuming. It can be as quick and easy as learning one simple breathing exercise or meditation technique and doing it for just 10 minutes a day.

We cannot afford to live in ignorance. It's too costly. To our relationships, our minds and our bodies. Why not start investing in yourself today with a commitment to a few daily moments of peace and tranquility? You're worth it!

# Your Breath & Your Mind

If you can read this, then the chances are you don't consider yourself a beginner at breathing. After all, you've been doing it for years. But are you really breathing consciously? Or are you operating on automatic pilot and missing out on a whole host of breath related benefits?

Breath awareness can help your body detox, repair, regenerate and recover from stress. Here are some simple secrets of how your breath can calm your mind and heal your body...

## Influencing Autonomy

Breathing is the only vital autonomic bodily function that can be consciously controlled and directed by the mind. This is so for a reason; your breathing is a bridge between your body and your mind. To allow your breathing to remain unconscious and automatic is to exist in a realm where that bridge is obstructed.

The breath is intended as a balancing device, a tuning tool that allows you conscious control of your emotions, and access to states of deep relaxation and harmony. Your breath holds the key to the door of compassion and understanding for all living beings. Why? Because it is in the moments of peace and stillness created by breath awareness that you can get in touch with the inner you. The peaceful, calm and competent you, and the you that can extend empathy, care and concern to others.

Being able to control your breath means being able to control your mind and being able to deeply nourish, oxygenate and detox the cells and tissues of your body.

*“When breathing is depressed or strained, all sorts of diseases will occur. Those who wish to nurture their lives must first learn the correct methods of controlling the breath and balancing energy. These breathing methods can cure all ailments great and small.”*

from **Precious Recipes** by Sun ssu-mo of the Tang Dynasty

## **Stress - Destroyer of Health & Relationships**

When you are rushing about too busy and too stressed to eat properly, breath properly etc etc you are also too busy to connect properly with others. Over years of observation it has come to my attention that stressed people are not popular people. They are snappy, selfish and a strain to be around. They are missing out on the sweetness and subtleties of life. Stress robs us of the pleasures to be found in simple things in life and can cause us to drive others nuts with our ranting about little inconveniences that become mountains of self-obsessed stupidity.

Stress is a personality spoiler, breathing practice nourishes personality. It may well be one of the most powerful, yet overlooked tools in the field of personal development.

## **Deeply Does it...**

Deep breathing is also detoxing to the internal organs as the diaphragm assists the heart by massaging the organs as it draws down to breath deeply and then pumping blood strongly back up to the heart and lungs for more effective cleansing and re-oxygenation.

Detoxing, regeneration and repair of the body are further enhanced and triggered by the parasympathetic switch brought about by deep breathing. Slowing and deepening your breathing is a sign to your body to switch off the “fight or flight” responses that operate when you’re under duress.

The trouble with the hustle and bustle of modern life is that your body may perceive you to be always experiencing stress to some degree. If you are in the habit of breathing rapidly and shallowly, your nervous system may not get the message to “stand down” and you may be rapidly burning your energy reserves by living on constant standby.

That standby state keeps adrenaline coursing through your veins, puts your digestive system on hold, and causes excess heat and acidity in the body - which are two major causes of degeneration and disease.

## Slow Your Breath and Lengthen Your Life

The Vedas (the ancient sacred texts of India) teach that life duration is measured in breaths and that there is a direct relationship between how fast you breath and how long you live. To breath rapidly and high up in the chest squanders your vitality. It makes you gasp like a fish out of water. Slowing your breathing preserves your vital energy and calms your spirit.

A recent study in India concluded that the average volume of air inhaled can be increased by up to 50% after just 15 minutes of deep diaphragmatic breathing and that the average number of breaths per minute reduced from 15 to just 5 breaths a minute thus making breathing more efficient, energy producing, and stress reducing.

## How to Educate Your Lungs

Both Qigong (which literally mean “energy work” or “breathing skill”) and Yoga teach a basic form of diaphragmatic breathing that can be learned and practised easily and without complex instruction.

Daily sessions of 10 to 15 minutes are long enough to make a significant difference to your life, the added benefit of regular practice being that you will educate yourself to be always more mindful of your breath, or at least to know how to stand down and recover quickly from stress and emotional upsets.



## *A quick guide to deep diaphragmatic breathing...*

### **Stage 1: Inhalation**

Inhale through your nose. Relax your diaphragm as you breath in and let it draw the air down deep into your abdominal cavity (i.e. Stomach area). Allow your ribcage to relax and expand as you breath in so that your lungs can get “topped up” right up to your collarbone area.

Then press the air down into your diaphragm so that your stomach wall is pushed out.

### **Stage 2: Retention**

Hold that breath! Consciously hold the breath for about 5 seconds then relax and let it out.

### **Stage 3: Exhalation**

Pull your stomach in and up and let the breath out in a slow steady stream through your mouth. Be sure to fully empty your lungs.

### **Stage 4: Empty Retention**

Pause for a few seconds with your lungs empty before starting again with the next complete and deep inhalation.

**Note:** In pranayama, Yoga’s ancient system of breathing for health and longevity, it is this held empty state that is considered the most beneficial to the body and the mind.





# Meditation 101

## **Meditation: an altered, yet natural, state**

What is an altered state? Simply put, it's a state that's different to your usual state of waking consciousness, and different from your sleeping state too. It's like a state between the two worlds of wakefulness and sleep, you're very relaxed, but you're awake, you can be very focused, yet you're very relaxed.

Meditation produces highly beneficial alpha brain-waves that result from deep relaxation. One of the many benefits of meditation is that it's positive effect on the nervous and immune systems of your body can stay with you for hours, unlike recreational relaxants where the body swings back into a stress aroused state as soon as their influence has worn off, the rewards of meditation are both long lasting and accumulative. The more you meditate the better you get at it and the better you feel.

## **Meditation: the ultimate antidote to stress**

Stress is considered a contributing factor in up to 80% of all illness. At best it makes you irritable, unpopular and unproductive, at it's worst it makes you miserable and sick.

Meditation helps soothe stress by allowing the sympathetic nervous system to stand down. The sympathetic nervous system is what fires the "fight or flight" response, but it's only designed for short-term use and if triggered to frequently or held on-line for too long you begin to loose vital energy and immunity. Your relationships suffer, your work suffers and your health suffers. In short, stress equals suffering, but meditation can quickly act as a powerful and enjoyable anti-dote and gain you entry into the pleasurable realm of the relaxation response.

Research has repeatedly shown that regular practice of meditation for just 10-20 minutes a day significantly reduces the symptoms of stress.

# Meditation 101 cont'd...

If you feel you are running too hot, it's because you are immersed in the red alert energy of your sympathetic nervous system. By learning some simple meditation exercises you can douse the fire of self-destruction and get cool, calm and collected in minutes.

Chinese Medicine considers the sympathetic nervous system to be yang and it's balancing counterpart - the parasympathetic nervous - system to be it's yin.

The parasympathetic nervous system serves to return the body and mind to a calmly functional state where no danger is perceived. It is a stand-down state, an "all clear" signal to your body and mind that they can relax and get on with what they want to be doing. Meditation triggers the parasympathetic nervous system and gives you a welcome break from the adrenaline fuelled states that can be so destructive to your body.

## **Meditation: an act of self-kindness**

When you go on an aeroplane, the flight attendants tell you that in the event of an emergency you should put your own oxygen mask on before trying to assist anyone else. Why? Because you're no good to yourself or others if you're gasping for air.

Here on the ground, things might be less dramatic, but the principle still applies. If you are riddled with stress, then you are (to a degree directly related to the amount of your stress) useless.

If you want to care for yourself and your friends and family better there are few gifts you could give yourself that are as valuable as the [experience of meditation](#).



# 5 Tips for Developing a Good Meditation Practice

## 1. Stretch Before you Sit...

Stretch your body out to release tension before sitting down to meditate. If you know a yoga posture or two, like the triangle, or the warrior pose, you could try those to relax and stretch your major muscle groups. Otherwise just stretch how you feel comfortable, trying to give all your major muscles a few moments attention and relief.

You could give your arms and legs a bit of a shake too, just to make sure everything is loose and relaxed before you begin.

It's up to you how long you invest in preparing your body, if you're short on time, even a minute spent stretching can free you of a lot of tension.

## 2. Practice Daily

For maximum benefit from meditation, make it a habit. Set aside a time each day for your quiet time. Recommended times for meditation are the peaceful morning hours before the world gets up and starts rushing about, and twilight.

By making meditation a daily event in your life you will gain numerous benefits, not just from the practice itself, but from the simple act of commitment and awareness to meditation being a part of your life and your attunement to beneficial times of regular practice.

Regularity is one of yoga and ayurveda's recommendations for a strong and peaceful mind.

### 3. Setting the Scene

It's not always easy to enter into a meditative state, especially when meditating later in the day when your mind has picked up the pace. Or when you know you have other things that need your attention too.

To slide into a meditative state more easily you could use **guided techniques** where someone already in that state talks you through, or you could simply prepare yourself with a prayer, or statement of intention, that the next few minutes can be spent in peaceful contemplation and that everything else can wait.

You could breathe deeply for a minute or two, emptying your lungs with some push from your diaphragm and dropping your shoulders as you settle down to begin.

### 4. Don't Feel Pressured by Time

Meditation should be a pleasant and welcome experience, once you get into a routine, you may find your mind hankering for those moments of peace. But if you feel uncomfortable committing to 15-20 minute sessions, allow yourself the freedom to practice regularly and briefly. It's better to invest 5-10 minutes every day in meditation, that to sporadically enter into 30 minute meditation marathons. Remember the benefits of regularity, and focus on developing a self-healing habit that's easy for you to maintain.



## 5. Floating Thoughts

Meditators often refer to restless mind as the "monkey mind", In India's timeless classic, the Bhagavad Gita, Lord Krishna states that: "controlling the mind is more difficult than controlling the wind".

It's practically impossible to think of nothing, the secret of meditation is to let thoughts float by without giving them your attention. Your mind will wander, that's OK, just keep bringing it back to awareness of your breath, try focusing on the sounds of your breath as it enters and leaves your body. Practice keeping still and quiet and, though you can't silence your thoughts, you can hush them for a while and slow the swirling winds of your mind into a contemplative breeze for just a few minutes...

## Get beautifully calm today....

beautiful calm - eight guided meditation experiences (as featured in this eBook) PLUS 8 relaxing musical compositions

available as a **2CD audio set** or as instant MP3 downloads .

**CD1:** 8 step-by-step guided relaxation & meditation experiences. With backing music designed to enhance the feeling of well-being you will enjoy when you listen to each session.

**CD2:** 8 compositions for relaxation, meditation or daydreaming. Let tension drain away as the sounds of bamboo flutes, tibetan bowls, and other traditional meditative instruments transport you to a place of beautiful calm...



[tell me more...](#)

# 9 Ways to Find Calm & Tranquility

- New Beginnings in Breathing
- Beginners Buddhist Meditation
- Five Finger QiGong
- Body Gratitude Meditation
- Counting Breaths
- Healing Energy Meditation
- The Grounding Technique
- The Relaxing Breath
- Mindfulness Meditation

*these meditations are also available as guided exercises with soothing background music in the beautiful calm CD set or as instant access MP3 downloads...*



“me time...”

# New Beginnings in Breathing

New beginnings in breathing is a simple exercise designed to help you learn to breathe slowly and deeply, down into your stomach area. This simple technique is effective in reducing stress and anxiety, and can be practised anywhere and anytime you choose.

Here's how to do it:

- make yourself comfortable either sitting or standing. Drop your shoulders and relax your mouth.
- place your right hand over your navel - now take a slow deep breath in through your nose and try to make the hand resting on your stomach push out slightly as you draw the breathe down into your body.
- hold the breath for a couple of seconds
- now release it through your mouth in a steady stream, until your lungs are completely empty
- now breath in again, deeply filling your lungs down into your abdomen and feel your right hand being pushed out again
- and hold that breath for a couple of seconds
- then fully release it and feel your hand sink back in again

Next time you breath in focus on your breath and hear the sound of it filling your lungs and then leaving your body. You might notice that the sound of your incoming breath is different to the sound of it leaving your body. By focusing on the sounds of your breath you are turning this exercise into a mindfulness meditation

Keep breathing slowly and deeply for the next five minutes, be sure to bring the breath down deeply into your body and release each breath fully, listen to the sounds of your breath and let all other thoughts drift away.

# Beginners Buddhist Meditation

Find a private and comfortable place to sit, somewhere where you won't be disturbed for the next 10 minutes. When you're ready, drop your shoulders, close your eyes, and begin to focus on your breathing. Focus on your breath as it enters and leaves your nose, this is your point of focus for this meditation, and this is where your attention should stay.

If your mind wanders, just keep drawing it back to this point. Take some deep breaths and allow your stomach to fill out with each inhalation and fall back in with each breath out.

Let any thoughts just wander through your mind and out again, don't try to push them away, or focus on them, just let them drift past.

Keep drawing your attention back to your breathing, back to the point at the tip of your nose, where each new breath enters your body.

Continue like this breathing deeply and focused on your breath for the next few minutes.

*Beyond anything else, listen to yourself.  
You are meant to discover reality from inside and to direct your life in this way.  
As you begin to live according to your own guidance and your own daring,  
everything changes completely.*

B. Marciniak





# Five Finger QiGong

Five finger qigong is an exercise often used for calming the mind and easing anxiety.

To begin sit down in a comfortable position and make an o shaped ring with the thumb and index finger of both your hands (see image below).

Rest your hands lightly on your lap, with your palms facing upwards and breathe deeply becoming aware of the cooling sensation as the air enters your nose. Remain like this breathing calmly for a few moments.

Focus on your breath and the slightest, lightest pressure between your thumbs and index fingers.

Now move your thumbs to connect lightly with your middle fingers and continue to breath slowly and deeply for the next minute.

When a minute has passed move your thumbs lightly onto your ring fingers and keep breathing deeply and calmly for the next few moments.

And when another minute has passed, move your thumbs to make contact with you little fingers - keep your posture and your breathing relaxed and remain, breathing deeply and calmly, for another minute

*When practicing meditation, though you may encounter difficulties, let not your mind be anxious.*

*When the moon has been eclipsed will it not freely shine again?*

*Tishan*



# Body Gratitude Meditation

Let your eyes gently close, and draw a deep breath down into the bottom of your belly. And take a few minutes to meditate with gratitude and appreciation on your body.

Your body is an army of a million cells that act as your subordinates, every day doing your conscious and unconscious bidding, digesting your food, nourishing your brain, oxygenating your blood, removing wastes and toxins from your body, without direct request and often without appreciation.

Settle down now and take a few moments to appreciate the miracle that is your body. Your beating heart, your breathing lungs, your wonderful brain, better than any computer ever made by man. And your muscles and bones, that hold you up and that you can direct to move you wherever you want to go.

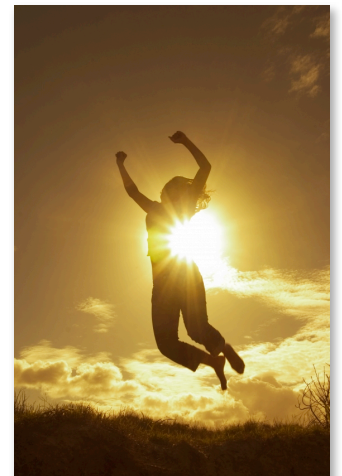
Breathe deeply down into your lungs and take a moment to melt away any tension, allow yourself to sink back into your resting place and let your jaw go slack. Let your shoulders drop and relax.

Allow yourself and your body to relax now from all the hard work, all the rushing around, and all the things you have to do together every day.

In this time you can say thank you to your body, as you know it's serving you the best it can...

*This meditation is included in the [Beautiful Calm meditation set](#) - it is spoken as a gently guided exercise so you can get maximum benefit and relaxation without having to read or remember what to do.*

*Accompanied by traditional Celtic instruments, this session is a very calming experience. You can [get your copy by instant download, or on CD here...](#)*



# Counting Breaths

Sit in a comfortable position with your spine straight and a slight smile on your lips to relax your face. Close your eyes and rest your tongue against the roof of your mouth as if you were going to pronounce the sound of the letter "l".

Now take a few deep breaths, drop your shoulders and concentrate on breathing steadily and calmly.

To begin counting breaths count one to yourself as you exhale, and the next time you exhale count two, on the next exhalation count three, and keep counting as you breathe out until you have counted five outward breaths.

Then begin a new cycle. Starting again when you next breath out count one, try and breath deeply and steadily, slowing your breath gradually as you become more relaxed and keep counting until you have counted five more exhalations.

And then begin again. Keep breathing and counting until you have completed five cycles of five exhalations.

Try and keep your attention on counting and breathing, and as you do you can enter a state of mindfulness and awareness of the present, which is greatly beneficial to your peace of mind and to your immune system too.

Don't worry if you loose count, just begin again at number one. Loosing count means your mind wandered on to other thoughts, with practice you can learn to keep bringing it back to counting and letting any other thoughts wander through your mind without it chasing after them.



# Healing Energy Meditation

Stand with your feet about shoulder width apart, slightly bend your knees, keeping your spine straight, and allow yourself to sink down into the ground a little. Shake your arms and hands and release any tension from your arms and shoulders.

Now cup your hands but keep your fingers slightly apart, bring your hands in front of you level with your navel have your left hand cupped facing palm upwards as if it was holding an imaginary ball and place your right hand on top of that imaginary ball with it's palm facing downwards so the ball is contained in the curved space of your two cupped palms, with your left hand at the bottom and your right hand resting on the top.

Keeping your knees soft, your spine straight and your breathing deep and steady, focus your attention on that imaginary ball and begin to move your hands around it, rotating it in front of you. As you breathe you can imagine that ball filling with vital energy.

Keep moving your hands around, breathe deeply and focus your attention on the ball of healing energy, with each breath in imagine filling the ball with more and more vital energy, and soon you might notice a slight warm resistance between your hands.

Keep breathing deeply and building the energy in the ball as you move your hands around it, focus on the ball, focus on it's warmth, on the resistance between your hands and on your deep, steady breath.

Now bring your two hands around the ball until they are resting side by side in front of your navel, with your little fingers next to each other and your palms facing upwards so the ball is sitting on top of your hands.

Gradually raise your hands up the front of your body, keeping them parallel with the floor, bring them up to your face lifting the ball past the front of your face, feeling it's warmth, and on up to the top of your head, and let it go over the top of your head.

# Healing Energy Meditation continued...

Stretch your arms out and up to the sky so that you are forming the shape of the letter “Y” and as you release that ball feel it melting into the top of your head and sinking down through your body, nourishing you and replenishing your energy as it moves down your body through your legs, and feet, and into the ground.

Take a deep breath, and bring the palms of your hands together, bring them down the front of your face, with your palms touching as if in prayer, and bring them down to your chest and keep them moving down the front of your body allowing them to naturally part as they reach your waist and now bring them to rest at your side.

Take a few more deep, slow breaths, give your whole body a shake, and enjoy feeling relaxed, energised, centred and calm.

*“The wish for healing has ever been the half of health”*

*Hippolytus (Christian martyr, 170-235)*



# The Grounding Technique

The Grounding Technique is a great way to calm the chatter of your mind. It also improves co-ordination and increases mental clarity and alertness.

## Here's how to do it:

Bend your knees slightly and place your tongue on the roof of your mouth behind your top teeth, shrug your shoulders and shake your arms for a few moments to free up any tension.

Now focus on your feet and imagine them sinking down into the ground that supports them, imagine them feeling rooted deep into the earth.

Place the fingertips of your left hand beneath your lower lip in the centre of your chin and place the heel of your right hand over your navel with the fingertips of that hand pointing down towards the ground, breath deeply and gradually slow your breathing down.

If you want to, you can imagine the colour red at the base of your spine, deep earthy red. Stay like this and hold your hands on these energy points for the next few moments.

Now push your feet down into the floor and switch hands, breath deeply and allow yourself to let any tension go from your neck and shoulders. Remain like this for a few moments.

Then push your feet down into the floor and switch hands, focus on your feet and imagine them being deeply rooted into the earth, and remain again for a few more moments, breathing deeply and steadily down into your stomach.

*"In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present."*

*Tao Te Ching*



# The Relaxing Breath

The relaxing breath is sometimes called the 4:7:8 breath because of the counting pattern involved, it's a very simple and calming exercise, and once you've practised it here, you'll be able to use it anywhere and anytime you choose.

Make yourself comfortable and place the tip of your tongue behind your teeth on the top of your mouth and keep it there throughout the entire exercise.

Inhale through your nose slowly and deeply and exhale again through your nose, keep your mouth relaxed and loose, keep your shoulders down, and as you breathe allow any tension to drain away from your face and neck.

Now breathe in through your nose and count in your mind to four, hold the breath for a count of seven and exhale completely while you count to eight, be sure to completely empty your lungs.

Now begin again, breathe in through your nose and count 1... 2... 3... 4...

Hold the breath and count to seven 1... 2... 3... 4... 5... 6... 7...

And release the breath fully for the count of eight 1... 2... 3... 4... 5... 6... 7... 8... and begin again until you have completed four full cycles of breathing in, holding and releasing as you count.

*When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.*

*Marcus Aurelius (121 - 180)*



# Mindfulness Meditation

The aim of mindfulness meditation is to train the mind to become still and calm and develop a sense of awareness of the present moment.

Ayurveda (India's ancient science of health and longevity) teaches that most of our stress and anxiety is caused by agitation of our internal energies, and that this, in turn, leads to feeling scattered or unsteady.

A few moments spent in meditation helps to steady the body and mind, calm stress and disturbed emotions and develop a centered state that is a very pleasant experience

## **Mindfulness Meditation Exercise**

Make yourself comfortable and let your vision drift out of focus, now breath in deeply and let your eyes gently close. Relax your shoulders, arms, wrists and fingers, wear a slight smile on your lips to relax your face and place your tongue on the roof of your mouth behind your top teeth. Now sit still and calm and pay attention to your breath as you draw it deeply down into your stomach and release it fully in a long slow exhalation.

You can imagine that you are inviting calm and energy into your body with each in breath, and with each breath out that you are releasing tension, stress and anxiety.

Every so often, check in with yourself for any areas of tension in your body and relax them as best you can. Keep sitting still and breathing deeply and allow yourself to fully rest and be aware of yourself, and of your breath, here and now...

*This meditation is included in the [Beautiful Calm CD set](#) - it is spoken as a gently guided exercise so you can get maximum benefit and relaxation without having to read or remember what to do. Accompanied by traditional Asian meditative instruments, this session is a very calming experience. You can [get your copy by instant download, or on CD here](#).*

*"Just by sitting and doing nothing, we are doing a tremendous amount."*



# Invite Beautiful Calm into your life today...

Imagine feeling calm anywhere and any time you choose with these 8 specially created relaxation and meditation experiences.

With these short and sweet meditations there's no need to read books, or travel to classes to try and fit the benefits of meditation into your life. Simply sit back and listen on your PC, CD player, iPod, or any portable music device and let relaxation happen for you as I guide you step-by-step into a state of pure peacefulness.

Each carefully created relaxation is just 5-10 minutes long , so you can enjoy the benefits of meditation no matter how busy you are.

But don't just take my word for it, read this message from a lady in New York who's been listening to these meditations:

*"I started counselling about 3 months ago for depression & anxiety. My counsellor suggested your meditations for help.*

*I can't begin to thank you enough for the help you've provided me! I feel more in control of my life, after years of flying off the handle when things got a little bit stressed. My family has noticed a big change in me. I also have a terrible back problem, and your meditations have relaxed me to the point where my pain is much more manageable because my body is less stressed."*

## Get beautifully calm now...

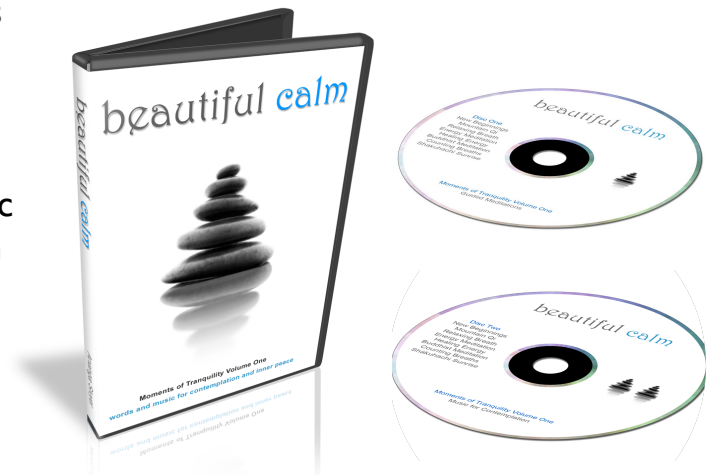
the exercises you have enjoyed in this eBook are available as instant MP3 downloads or as a double CD set - both with soothing background music

### beautiful calm guided meditations & relaxations

**CD1:** 8 step-by-step guided relaxation & meditation experiences. With backing music designed to enhance the feeling of well-being you will enjoy when you listen to each session.

**Includes:** the relaxing breath, body gratitude mediation, mindfulness meditation, healing energy meditation etc...

**CD2:** 8 compositions for relaxation, meditation or daydreaming. Let tension drain away as the sounds of bamboo flutes, tibetan bowls, and other traditional meditative instruments transport **you** to a place of beautiful calm...



[yes, I want to feel more relaxed,  
take me to where I can find out  
more now...](#)

# About the author

Ananga Sivyer is a health writer with a passion for helping people feel positive and in control of their lives. She's a contributing health editor and columnist for Lifescape Magazine and the author of the self-help workbook The Art & Science of Emotional Freedom.

For access to Ananga's personal development articles and natural health tips visit her on her blog at: [www.ananga.squarespace.com](http://www.ananga.squarespace.com)

In addition to writing, Ananga is also a flautist and composer specialising in creating relaxing soundscapes. She is renowned for her work on the HypnoDreams projects, and is currently enjoying developing her Moments of Tranquility collection. The Beautiful Calm CD set is the first in a series of recordings that Ananga hopes will help stressed or busy people the world over find easy access to states of genuine relaxation and calm.

[Find out more about Ananga's music here](#)

[find out more about the Beautiful Calm guided meditations here](#)

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