

Self Awareness Institute

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A Simple Meditation That Works Wonders

By Steven S. Sadleir

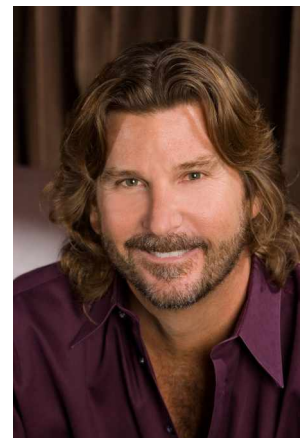
You can learn to meditate in a very profound way very easily. Follow these simple steps and enjoy.

1. Take a moment to sit quietly and be still. Acknowledge the part of you that feels compelled to meditate. Get in touch with that part of you that is evolving you and guiding you to realize your full potential. Get in touch with the volition or will that desires to meditate, find peace or enlighten.
2. Sit comfortably but sit up straight and take a few deep breaths to calm your mind and relax your body, as if you were sitting in a hot bath or jacuzzi. Open your heart to receive the grace and feel the life force energy in your body. That which causes your own heart to beat.
3. Close your eyes and forget about your mind. Do not try to stop your mind. Just relax, let your mind go on like a television left running in the room next door. Focus your eyes and attention at the *point between your eyebrows*. Gaze into the dark screen of your mind and tune into the subtle current of life force energy, or spirit, that is gathering at this point through your focus of attention.
4. Let this feeling be your guide. This current of life force energy is your homing beacon; tune into it like a radio tuning into a broadcast. Step out of your own way and let your spirit guide you. The more open you are to receive, the more you will receive. Open your heart.
5. Any time you are distracted by a thought, feeling or sound, just come back to the feeling and let it guide you. The more you focus the clearer it gets, and the more you allow the feeling to guide you the easier it gets. From peaceful to blissful. Enjoy the bliss.
6. If you would like additional help just picture me, call to me inwardly. I will meet you in spirit within the silence of your own mind. It will come as a feeling, as spirit. Like walking together with a brother. This inner guidance makes it easy, effortless and more enjoyable to meditate. You will go deeper faster with a trainer and will enjoy it more.
7. Guided Meditation tapes, distance learning courses, seminars and retreats are available when you are ready, and more information is provided on our website. May the whole world live in happiness and peace.

From the heart,

Steven S. Sadleir
Director

PS. Just look at me for 1 minute then close your eyes.



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Free Gifts:

Be sure to visit our website and leave your name and email with us and receive:

1. Free Mp3 Guided Meditations you can download and play
2. A Free 7 Meditations eBook by Steven S. Sadleir in PDF format
3. A Free Live Guided Meditation teleconferenced class
4. A Free Monthly E-Newsletter "The Present Moment"

Self Realization Course:

The Self Awareness Institute provides you the tools and training to take conscious control of your mind and realize your full potential. We offer our courses via a powerful distance learning program where lessons are sent each week via the Internet and weekly classes are held once a week via tele-conference, thus you can take the course from anywhere in the world, and thousands have and experience an awakening of consciousness, greater clarity, happiness and peace. For more information on the course visit www.SelfAwareness.com!



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