

# *Meditation* OVERVIEW & GUIDE



By Leanne Lisbon. Mind Over Muffin.

# Meditation

## GUIDE

Hey lovely, welcome to my meditation guide to run alongside your meditation series.. If you're new to meditation, that's totally ok and if you're already a pro, awesome, just stay open to there always being more to learn.

Everyone meditates in different ways and teaches slightly different techniques, so over time you'll find your own way of doing this and find your own flow with your meditation practice. In this guide I've included a few little tips that will help your practice go as smoothly as possible.

The way I view meditation is like this; think of your mind like a busy road road, it has thousands of thoughts per day like passing cars. Instead of running around in the busyness of the road dodging the cars and trying not to get hit, we're going to take a seat on a bench at the side of the road, one that gives us distance and space to observe what's going on. By sitting on that bench and observing the cars (your thoughts) passing by you can gain a different perspective, you can step out of the emotion and become the observer. This allows you to process, learn and just breathe. It will help you decrease stress, change habits, find new ways of thinking and being. You can create anything you want in this space.

Some people think meditation is about stopping your thoughts and having an empty mind, to me this is virtually impossible, your mind is designed to think, it's made for coming up with ideas and creating. What it's not made for is holding onto all the muddle of thoughts, information and busyness. So instead of thinking you need to 'get rid' of the thoughts, think of it as though you're just observing them, quietening your mind and turning your focus inwards which is where all the answers to any problems you're experiencing lie. By giving yourself this inner time you can sort through the thoughts, release what's not important and focus on what is.



# When To Use It

You can use meditation whenever you like, it's a tool that will help with such a variety of problems. If you're feeling stressed, overwhelmed, anxious, worried, angry, lonely, any emotion can be processed with meditation. If you want to create something in your life, you can sit, focus on that future vision and it can help you call that experience into your life. And if you want to change a habit that's not serving you, it's also possible.

For yourself right now I'm guessing you want to focus on using meditation to help with emotional eating, natural weight loss and self love which is what the meditation series is designed for.

All you need to do is download your audios, add them to your device, grab some headphones (which I recommend doing for better sound quality) and sit back and listen. It doesn't matter if you fall asleep, it still goes in to your unconscious mind. You can listen any time of day that works for you, but choose a time you'll be undisturbed and have plenty of time for the whole recording. Make sure you're comfy, a good temperature and you want to be doing it, the intention behind your practice is very important.

Remember that it's the repetition and consistency of meditation that holds the power of change. Obviously you're not going to do one meditation and resolve your 10 years worth of emotional eating problems. But when practiced consistently meditation will help you make big changes in your life that last.

Avoid judging your practice. Somedays you may feel amazing after you finish, other days you might feel like you were so distracted the whole time, this still happens to me too, it's normal. In these moments just remember the most important thing was that you sat down and you did it. You showed up for yourself with intention and that in itself is an amazing habit that will start to set a new tone around food too.



# Quick Tips

## CONSISTENCY

I WOULD ENCOURAGE YOU TO MEDITATE CONSISTENTLY, EVEN AT THE TIMES YOU DON'T NECESSARILY FEEL LIKE YOU NEED IT BECAUSE THEN IT'S A TOOL THAT HELPS YOU PREVENT ISSUES BUILDING UP INSTEAD OF BEING USED ONCE YOU'RE ALREADY OVERWHELMED OR DEALING WITH TOO MUCH. CONSISTENCY WITH ANYTHING, IS THE KEY. IT'S THE REPETITION OF A CERTAIN ACT THAT ALLOWS THE BENEFIT TO BE FELT AND THE POWER.



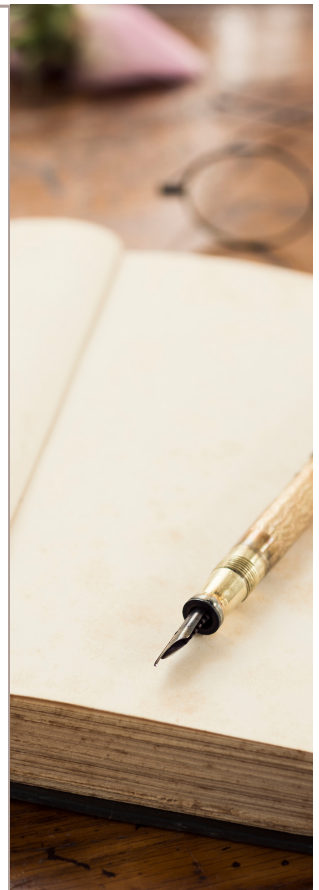
## ENVIRONMENT

I FIND SITTING IN A COMFY SPACE WHERE I KNOW I'LL BE UNDISTURBED WITH MY CRYSTALS, INCENSE OR OIL DIFFUSER. BUT MAYBE YOU LIKE TO MEDITATE OUTSIDE, OR IN BED, OR EVEN IN THE CAR AFTER WORK, AGAIN IT DOESN'T MATTER BUT JUST SOMEWHERE THAT FEELS GOOD FOR YOU.



## INTENTION

ONE MORE THING I WANT TO MENTION, AVOID FEELING LIKE YOU 'HAVE TO DO IT'. IF THAT'S THE INTENTION BEHIND YOUR MEDITATION PRACTICE IT'S NOT GOING TO FEEL GOOD. I'D RATHER YOU DO IT ONCE A WEEK WITH A FEELING OF 'I REALLY WANT TO DO THIS', INSTEAD OF EVERYDAY FEELING FORCED TO. INTENTION IS EVERYTHING, SO MAKE SURE IT'S IN ALIGNMENT WITH WHAT YOU WANT TO ACHIEVE. AVOID SETTING A GOAL THAT FEELS TOTALLY UNACHIEVABLE. IF YOU DON'T CURRENTLY MEDITATE, GOING FROM 0 TO 7 DAYS A WEEK IS TOO MUCH, DO 1-2 DAYS A WEEK AND SEE HOW YOU GO, ONCE THAT BECOMES A REGULAR AND CONSISTENT HABIT THEN REVIEW IT. DO YOU WANT TO ADD MORE OR IS THAT ENOUGH MEDITATION IN YOUR WEEK? THIS IS A VERY PERSONAL THING THAT NEEDS TO FIT FOR YOU AND YOUR LIFESTYLE.



# Intentions

USE THIS SHEET TO SET YOUR INTENTIONS WITH WHERE, WHEN  
AND HOW OFTEN YOU WILL MEDITATE.

MY #1 INTENTION FOR MEDITATING IS:

WHERE  
WILL I  
MEDITATE?

WHAT DO I  
WANT TO SET  
UP IN MY  
MEDITATION  
SPACE?

HOW  
OFTEN  
WILL I  
MEDITATE?

WHAT AM I  
USING THIS  
PRACTICE  
FOR?

HOW WOULD  
I LIKE TO  
FEEL AFTER  
MEDITATING?



# Meditation Practice

## TRACKER

USE THIS TRACKER SHEET TO TRACK YOUR PRACTICE. CIRCLE THE DAYS AT THE TOP THAT YOU WILL MEDITATE, LIST THE WEEK NUMBER ON THE LEFT HAND SIDE AND TICK THEM OFF AS YOU GO.

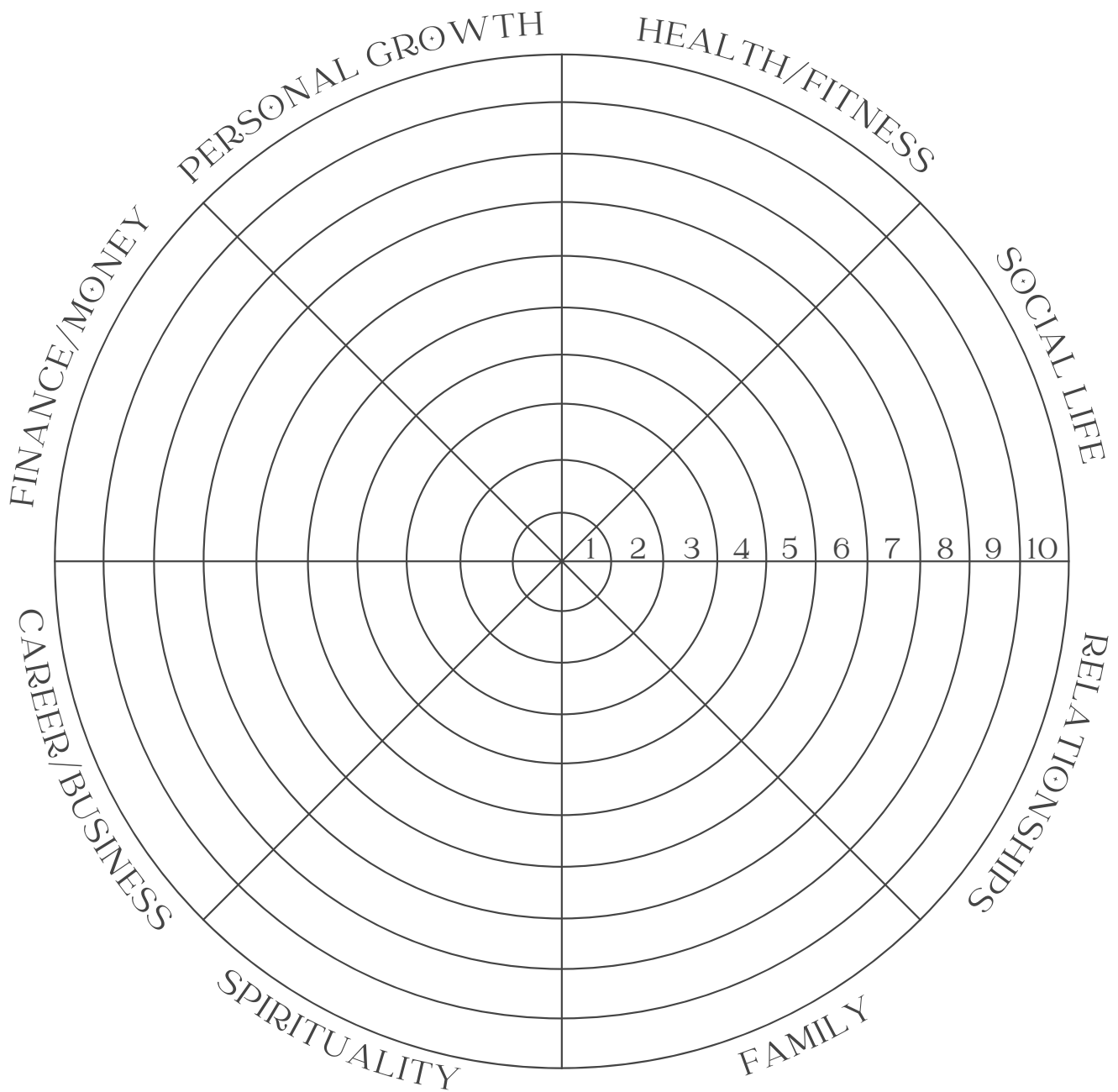
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# Wheel Of

# LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. THIS WILL HIGHLIGHT THE AREAS OF LIFE THAT ARE NOT CURRENTLY AS FULFILLED AS THEY COULD BE. STICK TO YOUR MEDITATION PRACTICE CONSISTENTLY FOR A MONTH, THEN DO THIS AGAIN AND SEE WHAT HAS IMPROVED.



DATE:.....



# *Enjoy* YOUR MEDITATION



I HOPE YOU ENJOY THE MEDITATION SERIES AND YOU BUILD A CONSISTENT AND POWERFUL PRACTICE.

THANK YOU FOR BEING PART OF THE MIND OVER MUFFIN COMMUNITY TOO, I'M SO GRATEFUL FOR ALL THE WOMEN I CONNECT WITH AND WHO I GET THE CHANCE TO HELP WITH THESE TOOLS.

IF YOU EVER HAVE QUESTIONS PLEASE REACH OUT, I'M HERE FOR YOU, EMAIL OR DM ME.

HAPPY MEDITATING!

*Leanne xxx*