

A lit candle in a glass holder, a matchbox with gold polka dots, a spiral notebook, and a carnation flower.

5 Life Changing Meditation Practices for EVERYONE!

These FIVE
TRANSFORMATIONAL
Meditation Practices
CHANGED my life one day at a
time and I want to share them
with you!

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Being Grateful

A Daily Gratitude Practice

What if you could do ONE THING, do ONE PRACTICE, that made a difference every day of your life? And what if it were simple to boot? I know for most of you a gratitude practice is not something new. Some of you have already heard of it, or maybe even tried it. Well, now we are going to do it every day. This is the very first thing I do every morning when I wake up. Here are some suggestions to get you going!

- Every morning when I first wake up, before I even roll out of bed or move, I say either outloud or in my mind: "THANK YOU FOR THIS DAY, AND EVERYTHING IN IT. I OFFER IT BACK TO YOU." You start your day with a good intention and you offer it back to the Divine, the Universe, whatever works for you. How could anything go wrong after that?
- Go about your day silently expressing gratitude for the good things that happen. Thank others as well. The more you do this, the easier it becomes. It can be something as simple as, "I am grateful for this wonderful coffee, or for my co-worker today."
- You can start a gratitude journal and record 3 things that you were grateful for. You can also review your day before bed and catch something you might have overlooked and express your gratitude for it.



Offering a Blessing

A Daily Blessing Practice

What would be a second practice you could do that would make a BIG DIFFERENCE in your life, that would be simple as well? It is simply offering a blessing for the day, for a person in your life, or for a set of circumstances. You can literally bless anything in your life! And the more you bless, especially the people and things you have difficulty with, the more they shift and change.

- Begin your day by blessing yourself. Then bless anyone in your life that is experiencing a challenge. Bless a situation or set of circumstances that is difficult for you. Bless anyone who is helpful to you. I like to sign a lot of my social media posts in this simple way: :Blessings: followed by a "Heart" emoji.
- This truly is a transformational practice and one that I have done for many years. If you want to know more about how life changing it is, read the book, "The Gentle Art of Blessing" by Pierre Pradervand. It will inspire you and profoundly touch you.
- If you like, you can also start the practice of noting your blessings in a journal, or part of one. Better yet, designate one journal, with a half page each for your gratitude and blessing practices.



Ho'oponopono

A Hawaiian Healing

This is a very powerful practice and one I have used for 20 years. and it is explained in the book, "Zero Limits" by Joe Vitale. In it, he tells the story of a doctor that emptied out a ward of patients simply by doing this practice over the files of the patients there. Healing comes from connecting with our responsibility for everything around us. You do not have to believe in it, just practice it and know that it works over time.

- Simply say the following like a mantra, over and over again. You may focus on a person or situation, or nothing at all:

I AM SORRY.
FORGIVE ME.
THANK YOU.
I LOVE. YOU.

- Some people offer this to the Divine, or the Universe; others offer it to a specific person or situation. I like to say it over and over again, on a walk, or with something I find very challenging. Over time it has shifted so many things for me in a positive way.

- I call this practice "scrubbing bubbles" because it has a way of cleansing many deep seated issues for me, and from what I have read, it has the same effect for many. Try it! What do you have to lose?



Reiki Precepts

A Reiki Healing Practice

This is another very powerful practice and one I have done for 30 years. It doesn't matter whether you have practiced or been taught Reiki, you can still use this mantra. It is transformational and it can change your life over time. There are many variations out there of the Precepts but it does not matter which ones you use. They will all serve you.

- Begin with a few minutes of simple breathing. Then repeat the precepts 3 times.
- JUST FOR TODAY, DO NOT ANGER,
DO NOT WORRY,
BE GRATEFUL.
BE TRUE TO YOUR WAY
AND YOUR BEING.
SHOW COMPASSION TO YOURSELF
AND OTHERS.
FOR THIS IS YOUR TRUE NATURE.
- While there is more to the Reiki practice of the precepts, the recitation of them will be life changing. It is one of my essential every day practices. Afterward, just simply breathe and be still for a few moments.



Lovingkindness

A Metta Practice

This is originally a Buddhist practice which has morphed into many variations. At different times in my life, I have used different ones. Here, I will include the one I am currently using and one I call my "Default" variation. Normally it is practiced for oneself first, then a loved one, then someone neutral and finally someone we have difficulty with. I go through phases where I only work on myself.

MAY I BE FILLED WITH LOVINGKINDNESS.
MAY I BE WELL.
MAY MY HEART OPEN.
MAY I AWAKEN TO THE LIGHT OF MY TRUE NATURE .
MAY I HEAL.
MAY I HELP OTHERS HEAL.

MAY I BE FILLED WITH LOVINGKINDESS.
MAY I BE WELL.
MAY I BE AT PEACE AND AT EASE.
MAY I BE HAPPY.

Recite this as often as you need.
Experiment with using different words.
Sometimes my lovingkindness practice has evolved and I choose to say different things at different times, like "May I be safe." Don't be afraid to make it your own.



Make it Your Own

Create Your Own Blueprint

I have shared with you my five essential, life changing practices. I do these every day, and have for years. They are not the only ones in my toolbox, but they are the ones that I have found to be the most transformational. I suggest doing them for a while, They will not necessarily work overnight, but they could. However, if you practice them, you will reap what you sow. I cannot imagine my life without them!

Practice these 5 meditations every day. But be willing to experiment..You might find that something else arises when you do Lovingkindness. Go with that. Create your own template.

With the Ho'oponopono practice, it is perfectly acceptable to mix them around. Sometimes when I practice this mantra, I feel directed to re-order them in a different way. Go with that!

Be open to other practices that you may encounter along the way. Create your own toolbox, adding and subtracting what works for you the most. Just simply practice and enjoy!

