

The Guidebook to HAPPINESS

Are You Leaving Your Happiness to Chance?
Learn Proven & Practical Solutions for
Experiencing Real Happiness



KNOWLEDGE



EXPERIENCE
(Activities)



WISDOM

The best shower for the MIND

Hi there happiness.

I hope that you are having an awesome day and awesome week and have been an absolute GRATITUDE FANATIC for this last week. How does that make you feel when you get big on the gratitude? I bet you feel great.

This week we are going to shower the mind with one of the best things on the planet that is freely available to us, when it comes to improving the mind. And when we improve our minds, we improve our bodies, our emotions and even the vibration we radiate externally. I have read SO many books and listened to so many great teachers and scientist who rave about the benefits of meditation.

Therefore, this weekly workout is going to be HUGE for you!!

The two major points I want to highlight before we get into the activities are:

1. It is MUCH better to show up and meditate consistently (daily) for a short period of time, rather than meditate for a much longer period of time every now and again.
2. Don't worry about whether the meditation is a 'good' meditation or not. Don't analyze it. There is no good or bad meditation. Just do it and trust in the process.

Weekly Activities (and beyond)

If you are currently a Newbie-mediator

This is a really simple, but powerful exercise for you. Your task, should you choose to accept it, is to 'SHOW UP' for meditation.

- For the next 7 days: **show up** for meditation* for 1 min
- Week 2: **show up** for meditation for 2 min
- Week 3: **show up** for meditation for 3 min
- Week 4: **show up** for meditation for 4 min
- Week 5: **show up** for meditation for 5 min

You are now most definitely, and most officially, someone who meditates daily.

* Meditation is sitting comfortably with your back straight, shoulders relaxed and your chin tucked slightly in to lengthen your neck. Imagine sitting with 'dignity'. Close your eyes. Focus your attention inwards on your breath. Then breathe in through the nose to the count of 4, hold for the count of 4, and breathe out through the nose to the count of 6. This means that you will do approx. four breaths every minute.

If you are somewhat of an Amateur-meditator

If you are already meditating, I want you to change one of the following variables to deepen your meditation over the next 7 days (plus).

1. Improve your consistency – so you meditate every day.
2. Attend a meditation class in your local area.
3. Lengthen your meditation by about 10-20% (if you are doing less than 15 mins at a time).
4. Practice a breathing pattern where you breathe in to the count of 5, you hold for the count of 15, and you breathe out for the count of 10.
5. Buy or borrow a book on meditation and then read it.

If you are a Seasoned-meditator

First of all, well done for making this a part of who you are. I am sure you are experiencing positive benefits as a result of doing regular meditation. All I would like you to do, as your practice, is to ensure you meditate for at least 15 minutes EVERY SINGLE DAY, for the next 30 days.

Secondly, I want you to teach at least one other person the benefits of meditating and exactly how to meditate. The reason I want you to do this is because when we teach others, we truly understand a topic at a deeper level. This will improve your own practice.

If you would like to listen to an interview that I did in 2012 with Georgia Jans – WorldsBIGGESTGym Coach, yoga & meditation instructor, and hypnotherapist - click on the link below:



http://strategichappiness.podomatic.com/entry/2012-06-07T13_00_00-07_00

Well done on this Weekly Workout. Now get in the practice and make this practice part of your journey of and to happiness. Learn, experience and grow!!

CARL MASSY

Books on Meditation:

1. *Why Meditate* by Matthieu Ricard
2. *Conquests of Mind* by Eknath Easwaran
3. *Wherever you go, there you are* by Jon Kabat Zin
4. *The Relaxation Revolution* by Herbert Benson, M.D.

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