

# Meditate & Heal

A person is seen from behind, sitting in a meditative lotus position on a rocky, moss-covered mountain peak. The sun is rising directly behind them, creating a strong backlight effect and lens flare. The person's arms are extended outwards, with their hands in a mudra (gesture). The background shows a vast, hazy mountain range under a sky with soft, golden clouds.

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We live in a very stressful world. You probably don't need me to remind you of that fact. Why are we so stressed out? Why do we feel so much pressure? Why does it seem like contentment and peace are so hard to find? Well, for most people,

they simply just have too many duties, responsibilities, distractions and routines taking up their time and attention.

If you were to slice and dice and dissect your daily schedule, you probably would fit into this category as well. There's just so much that you have to cram into your mind every single day.

It is no surprise that a lot of people develop the following symptoms of stress:

They have short attention spans. When they read stuff online, they can barely pay attention until another item shows up on their Facebook timeline and they forgot about the stuff that they were reading before. They don't really read materials, they just scan. That's how short most people's attention span is.

Next, stressed out people overreact emotionally. It seems like everything that you perceive or become aware of is some sort of judgment or is somehow, some way, related to you. You personalize everything. Everything is personal.

And it's no surprise that you tend to react emotionally. This may be due to the fact that you're stressed out. You may be reading too much into things.

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But unfortunately, once we open our mouths, we end up hurting

people. We end up making decisions that we come to regret later on.

Another symptom of too much stress is simply a lack of patience. You don't feel like you want to stick around for anything. This is a very serious problem because it can lead to road rage if you're stuck in traffic. This can lead to violent disagreements with friends and family members.

You might hurt your relationships because you simply have grown impatient in dealing with people. People are people. It often takes time for people to get their act together. Finally, you get this generalized sense of anxiety and frustration. You can't quite put your finger on it, but you feel that something is missing in your life. You feel that something is just not right.

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Not surprisingly, it's very hard for you to find peace and contentment. It seems that, at any given second, something wrong might happen. It may lead to you losing money, or it may lead to you suffering from some sort of illness. Whatever the case may be, something's off. Something's not right. Rarely do you feel that if your world is perfect.

It is no surprise that, given these symptoms, the western world suffers from several systemic dysfunctions. In the western world, there are high divorce rates. Too many people quickly conclude that their marriage is simply not worth



saving, so this blows up the divorce rate. People are just not that patient with their relationships.

Another symptom involves the high levels of drug use. This is particularly deadly in the United States because of the current opioid epidemic gripping that country. Some people have always self-medicated to deal with stress and anxiety.

Maybe they smoke weed, maybe they do cocaine, maybe they shoot up heroin. Whatever the case may be, it numbs or suspends the pain for at least a period of time until they have to go back to "the real world."



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Finally, the western world, as well as Japan, has always suffered from high suicide rates. This is another reflection of the prolonged systemic dysfunction produced by depression, stress and anxiety.

If you need proof of this, just look at the top prescribed medications in any given year in the United States and many parts of the "developed" world. What do you see at the top? Antidepressants or anti-anxiety



medications. This is guaranteed. In the top ten of prescribed medications, you will always see those two.

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Something's got to give. Unfortunately, most of the time, it is you. Thankfully, there is a better way to handle your mental resources. You don't have to stress out. You don't have to freak out. You don't have to be emotionally on edge every single time. You don't feel like something wrong is going on or something's about to get knocked loose.

The best thing about this better way of handling your mental resources is

that it is 100% drug free. That's right. No chemicals are involved. This method is also 100% natural. You deal with your mind as it exists. You don't have to

buy a machine. You don't have to take drugs. You don't have to ingest anything foreign into your body. It is 100% natural.

It works with how your mind works. It is also 100% conscious. You're not going to hypnotize yourself. You're not going to be under the mental control of another person.

Finally, this system enables you to remain in 100% control of your mind. You call the shots. You pick the method, and you work with it. It works on your schedule, on your own terms, and based on your needs.

Sound awesome? Wouldn't you like to try this better way? Are you sick and tired of the regular ways you deal with stress, anxiety and the daily strains of modern living?

Well, here's the answer: Meditation.

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This training teaches you the ins and outs of practical meditation, so you can come up with a solution that works best for you!



Near the end of the introduction to this training, you might be a little bit skeptical. You probably have heard of meditation before; however, you might not have been excited at first.

I really can't blame you because a lot of people have certain preconceptions regarding meditation. A lot of these are really myths that serve to turn people off from this amazing practice that can free them from daily stress and pressure.

Part of the reason for this is because of the religious or spiritual baggage of meditation. After all, meditation was pioneered in the East, in the specific context of Buddhism and Hinduism.



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This cuts against the grain with most people from the West. Most Westerners are secular. It's no surprise that a lot of people are turned off by the spiritual or mystical reputation of meditation. But this is not the reality of meditation.

Here are 8 myths that might be holding you back about meditation. Learn to recognize these and hear the truth about meditation so you can make a real informed choice.

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### Myth #1: You have to be religious for meditation to work

According to this myth, you have to be a Buddhist or a Hindu for meditation to work for you. Absolutely wrong. Meditation works with how your mind naturally processes stimuli.



It doesn't need religion. It doesn't need spirituality. You just need to tune in to how your mind is already working.

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### Myth #2: You have to "believe" for meditation to produce benefits

You don't have to believe in anything. You just have to go through the steps of meditation because meditation works with how your mind works. It's



kind of like redecorating a room with existing furniture.

The furniture is already there. You just need to rearrange the furniture, so it produces better effects.

You're not imagining stuff for the process to work. You're not forcing yourself to change what you believe in for meditation to produce results.

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### Myth #3: You are fully unconscious when meditating

This is an absolute lie. A lot of people are under the impression that meditation is really like some variation of sleep and you're hypnotizing yourself or entering some sort of altered reality. No. This is not true.



Real practical meditation is actually the precise opposite. You remain fully

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conscious. However, you train your consciousness to purify its focus. It leads to a very empowering feeling because you start becoming more mentally disciplined. This is the complete opposite of just simply being unconscious.

### **Myth #4: You will fall under the influence of others easily when meditating**

When you meditate, you are calling the shots because your focus is super filtered. It is super fine. Only you can do this. Nobody outside of you can guide you to achieve this level of clarity and focus.



You have to do this yourself. Accordingly, you won't fall under the influence of others when meditating unless, of course, you want to. You always have that choice. But practically speaking, you are calling the shots.



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### Myth #5: Meditation is another form of hypnosis

Hypnosis works when somebody outside of you guides you to achieve an altered state of reality.



They basically change how you look at things. Maybe a hypnotist will

make you change your mind about smoking or some form of addictive behavior.

Meditation is very different from hypnosis because you're not gaining instructions. Instead, you are clearing away your mind to focus on how your mind works in a given moment. You're not taking in stuff. You're actually clearing stuff away, so there's nothing to get hypnotized about. What you have is pure focus.

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### Myth #6: It takes a lot of effort to meditate properly

Your mind is actually very powerful. To use machinery analogy, your mind already has gears that turn. And these are very powerful gears. You have to understand that you navigate reality with your mind. It's how



your body exists in reality. You perceive reality through your mind.

When you meditate, you tap into that machinery and you purify it. In other words, the energy is already there. You don't have to exert new effort. Instead, again, to use the analogy of the room with furniture, you're just rearranging the furniture to produce a different effect.

### Myth #7: You have to meditate for a long time for it to benefit you

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Meditation, to a lot of people, is a lot of work. They think that there are many levels to it.



Well, people who think that way are being confused by the traditional religion or spirituality that surrounded meditation

because Buddhists think in levels. Hindus too, to a certain degree.

Raw practical basic meditation can produce results for you right here, right now. Since your goal is not to attain some sort of mystical enlightenment but to just live in the present moment and focus your mental energies, the benefit is almost immediate if you do it right.

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### Myth #8: People who meditate are gullible

This really is a slam against people who are looking for natural and self-controlled ways to deal with stress. This is an insult.



The truth is, even if you are the most skeptical person in the world and you really have a tough time believing anything, if you just focus on the mental processes you are already engaged in and direct it to a more natural alignment, you don't need to be persuaded of anything. It just works on its own.

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