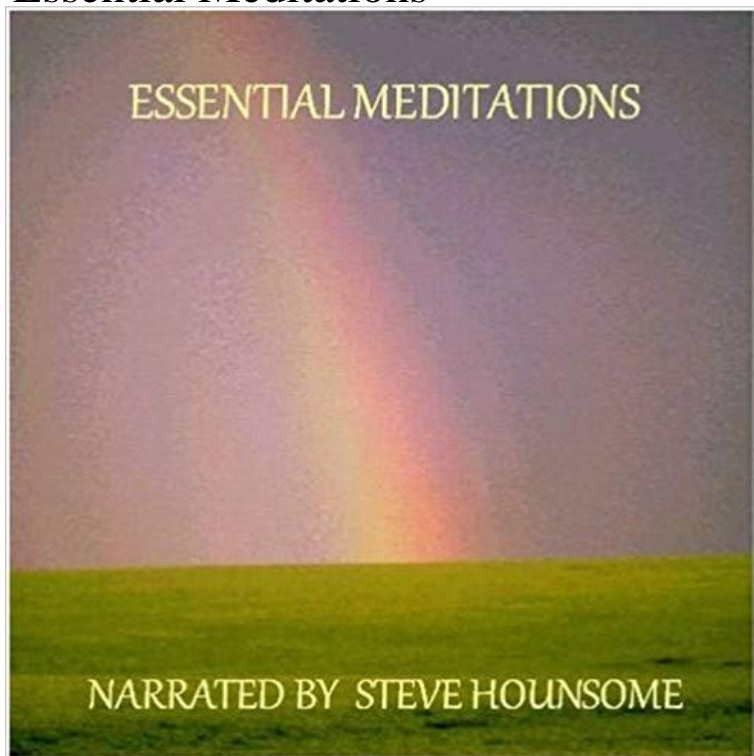


## Essential Meditations



ESSENTIAL MEDITATIONS WRITTEN, NARRATED & DESIGNED BY STEVE HOUNSOME These exercises have been chosen to help you establish your meditation practice. They are classic meditations that have been used for many years. They are perfect to help you learn meditation from the beginning. These meditations ensure that you have the basics right before moving on to more advanced techniques. They are also complete and powerful in themselves.

1. THE PERSONAL CENTRE You are guided through a deep relaxation process, then your awareness is adjusted to the energy level of reality. Once there, you direct the flow of energy to the centre of your self. This is achieved by focussing on energy from your base and crown chakras, then bringing them to balance at the centre of your being. Here is perfect rest and peace. You are left to experience this in blissful silence for a short time, then led back to the everyday world.

2. THE UNIVERSAL CENTRE This meditation takes you to a deeper and higher level of awareness, where you experience the balance that exists at the heart of yourself and of all things. You are guided into meditation, focussing energy to the Earth and the Universe, then brought to a wonderful place of rest and balance.

INSTRUCTIONS FOR USE When using this cd allow yourself 30 minutes where you will not be disturbed. Find a comfortable place to sit, without slouching. It is preferable to keep your back straight, but do not strain. Keep your legs and arms uncrossed and rest your hands on top of your legs. You may like to dim the lights and light some incense or essential oil. Dont forget to take the phone off the hook! Turn on the cd, close your eyes and relax. When the exercise is finished, ensure you are properly adjusted before standing up, then perhaps take a drink or snack. Do make brief notes to record your

experiences and progress. It is recommended that you become adept at each exercise before you progress to the next.

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