

# 5 Meditations for change



This kind of e-book in English is dedicated to all fans of English speakers who read me, Thanks!

If the translation is not entirely correct sorry, I'm using a translator I have yet to learn English, for daring to write !!

Today we have countless meditation techniques which promise us at least silence our mind after a time to practice. **Osho, a contemporary mystic** sixties and creator of many different types of meditations, said there is need for technical or any kind of learning to meditate; but that to the Western mind as structured, hit, full of thoughts and stress easy prey, was certainly essential to create a method.

Theirs have been and continue to be for me, very healing and effective. However, throughout my life I have learned to design my own meditations or systems of self-help have been of much use, really have given me results are never the same after a while of practicing something in me whispers ... hey, it's time to quit!

It is usually when some days I feel just quietly meditating until finally emerges else to incorporate and thus are added until suddenly find me a new meditation practice.

Many who have done, including views and although some say that view and say things is useless, I can say that as far as I'm concerned it works!

Of course it is never the only thing I do have to add that when non-**self-Reiki** I do, I do **energy Zen** as there **Deeksha**, combined with reading and videos to learn and apply new things, and as I said to all this we sum the inevitable morning meditation before getting up in the morning every day, for 10 years.

Besides finding the way to many people with various methods (the I quote at the bottom) have contributed a lot to my life and will always be grateful to them.

And, as this site **SoySer** is shared is that from here I share with you some of the meditations that I myself have designed for me and I have been very useful, including certain personal experiences were mixed to have some way for what it has served me each meditation in particular.

If for changes in their lives, I invite you to implement them may work for them and encourage them to design their own, it is very easy to do so you just connect with what you want.

Rest assured that whatever you ask will materialize on the physical plane because we are creators of our own reality, you know the new paradigm is "**Believe to create.**" If you fail to manifest what you want to have to watch what you project every day in your life and watch for signs that the universe sends you to understand what resistance you are offering in relation to what you yearn but for some reason did not get.

It's all work, do not worry surely advance, I'm in the same way! Learning to be aware of my blocks to free them and to create my life to my taste!

## **Materialize your desires (if it should be)**

In a time when it was really bad economically, was overweight and thought little of me, I had to pay rent, feed my children and no way to find work, I began to hear **Louis Hay**, even before the I had done but I never felt good repeating statements, we could not find the way.

Finally, I began to listen again and in parallel was with all the new video "**The Secret**" with his famous law of attraction and then I kept wondering, why it does not work the damn law of attraction? He believed in it, something told me it was true and that he could get what he wanted, but somehow it was not.

Well, tired of my reality and eager to change it made a strange combination of **Louis Hay** with law of attraction and personal ingredients.

What then wanted more than anything was a good paying job for a minimum wage of € 1,000 plus it was only on weekdays and in the morning, so no one had to look after my children.

I also wanted to lose weight, and then those two things were a big concern.

The only thing that was clear was the job I wanted to do, they always say to order must be done with great detail, but I could not so I left it in the hands of the universe.

So it occurred to me every morning before getting up to do a few deep breaths and visualize very happy going to work Monday through Friday until 2pm having a salary of one thousand euros and also with my perfect weight.

**But it was not only verbalized also visualize what it was like saying softly ...**

**I Veronik**, I have a job I love and I'm ready to go to perform it, are Monday to Friday until two in the afternoon and I pay very well, my salary is a thousand euros with what I pay rent housing , feed my family and spare me money! Also whenever I feel healthier and more attractive because I'm losing weight.

But it does not end there, the visualization and verbalization I added two things that I think are more important than any other component to operate

and is always first to speak in the present tense and as if it were happening and the other is the emotion.

Emotion is the most important key, as you see in your mental screen while you express what you want your body to feel happiness, joy causes you could be living this reality.

I know it's not live, but you have to pretend that you are experiencing; maybe at first you can be complicated. The trick is to get it more easily remember a past experience that you have produced an equal excitement to the need felt in that moment, in this manner will evoke your mind and manifest in your body.

Over time, you will instantly or may be surprised and you get it the first time no more.

No I'll let the story half, after a month and a half of practice every day without rest the same meditation, they called me a job that paid me € 1000, Monday to Friday until 3 later. The only thing was with a contract start and end in six months would end without possibility of extension.

It was an exceptional job, was to work as an instructor of environment where was under the direction of the art environment, one of the best heads I've ever had (if not better) a person who valued me and thought with which I learned a lot and I am eternally grateful.

Six months later I was at my ideal weight and looking for another job thanks to the accumulated experience and people who had known no trouble finding me.

The people who were in my immediate environment for those times know it's true what I say and why I dare to share.

A Worked for me! And it still works, although I have to be honest there are times when I forget and fail to do so, replace this kind of meditation-order with others where just breath and appreciate.

## **Meditation for working male energy**

This meditation is ideal for people who have a lot of feminine energy, tend to be passive and slow to take action.

It is done outdoors because it is essential **to connect with the male energy of the sun.**

You have to go for a walk or very early in the morning when the sun rises or shortly after you are done, either before sunset. You can also make sitting so you feel the warm sun on your body.

The time you put it, but I think that should do it at least 15 minutes.

If you do sitting close your eyes, if you walk obviously do not do it and breathe before saying each of the phrases it, and remember that it is better to express with feeling and in present time.

### **Breathe a few times before**

- I Veronik connect with the energy of the sun, I eat and I full of it
- (Deep breath, inhale and exhale)
- I am Veronik light and clarity, unconditional love and I am full of sunshine
- Breathe
- I am Veronik peace, freedom and gratitude and I am filled with sunlight
- Breathe
- I am aware Veronik and forgiveness and connect to the power of the sun that is my own power
- Breathe
- I am Veronik wisdom, abundance and healing and I am filled with sunlight

And so, you can add all the words or phrases you want olives not name the sun and especially feel the heat in your body; at some point you can visualize as its rays enter through your solar plexus where lies your self-esteem and personal power.

## **Meditation to work the feminine energy**

There are people regardless of who are women or men who never stop, hard time doing nothing or still for a few minutes. To them can be **very good practice in the light of the moon**, as soon it comes when there is no sun or sometime during the night; if full is better.

Lie, sit or walk in **the light of the moon** and do not do anything other than connecting with your breath, inhale deeply and exhale as slowly as you can. In case you fall asleep lying and nothing happens, it is fine because it is what it is; to be able to stop. For this reason, it is not appropriate to say or express anything because we have to encourage the "do".

Similarly should do it for 15 minutes minimum.

## **Meditation for Gratitude**

Se llama así porque consiste en dar las gracias por todo; por **todo aquello que tienes y quieres** y por **todo aquello que No tienes y quieres tener**.

Por la mañana antes de levantarte haz unas cuantas respiraciones profundas, luego puedes decir algo así como... (Añade todo lo que no tienes y quieres expresado como si ya lo tuvieras)

- Yo Veronik doy gracias por todo lo que soy y por todo lo que tengo
- Yo Veronik doy gracias por la sanación
- Yo Veronik doy gracias por la abundancia que hay y se manifiesta a cada instante en mi vida
- Yo Veronik doy gracias por el coche y la casa que tengo
- Yo Veronik doy gracias por el dinero que llega a mi vida siempre procedente de fuentes agradables e inagotables
- Yo Veronik doy gracias por la consciencia, el cuidado y el sustento
- Yo Veronik doy gracias por el perdón, la libertad y la paz
- Yo Veronik doy gracias por el amor incondicional

As you may have noticed I am also grateful for material respects; and I firmly believe, that we live in a material and physical world so that money and material things are nothing but energy part of it and therefore are deserving of it all, full and absolute abundance for each of we will be delivered, to the extent that we allow ourselves to receive it.

## **Love Meditation**

This meditation began to make as a result of receiving initiation **facilitator Deeksha**, a part of the ritual phrase must repeat "**I am Love**" for a few minutes and then do it felt so good that I decided to make a meditation with sentence.

Thus, for two months to get up every day and before doing anything I sat half an hour in lotus position with eyes closed loudly repeating "I am Love", "I am Love" I am love "... And so, without stop for 30 minutes.

Then do step into a state of indescribable peace, I encourage you to try it.

And this has been my contribution at this moment for you. If any practice I would love to write me telling me the results and arising out of them and likewise experiences, if you design your own meditations I invite you to send me to publish your name and share them with other readers.

My heartfelt thanks to all those who today have passed through my life **referring to the spiritual path** and taught me with his expertise to see and feel life from another perspective, plus about smoothing the way to transcend barriers. I have set in the order in which I got to know. Thank you !!

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I hope you enjoyed it, with love: Veronik

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