

Breathe, Feel

**Breathe Feel A Beginners
Introduction to Meditation**
with bonus
Guided Audio Meditation



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Meditation

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1 A NOTE FOR YOU

Hello,

Meditation is one of the key self-development practices for beginning to know the real you. When you take time to meditate, you shift out of the illusions held in the mind and move into alignment with your true self.

The 'Self' is your natural state. This is when you feel peace in mind and heart.

With regular meditation, choices can be made from a place of greater clarity and in the flow of what feels right.

This Book explains meditation, what it does for you and how to practice it. Also included is a bonus audio guided meditation to learn how to meditate using your breath with 'breathe and feel meditation'.



With love and light,

Kel

2 WHAT IS MEDITATION

Meditation is a state in which the mind is still, and your sense of Self is established in the viewpoint of the 'observer'. When you are in a complete state of meditation, you are not thinking and feel relaxed and at ease."



We are given a body and a mind at birth. Most think that we are the body, and only some of us think that we are the mind, and even fewer question to know who we are beyond that.

Over time, the body changes as we age. In this way we are encouraged to let go of our physical appearance as a definition of who we are.

This leaves us with our mind, the instrument we use to see through and create our worldly experience. We hold illusions in our mind in the form of mental attachments such as a desire to control, and avoid pain or pursue pleasure.

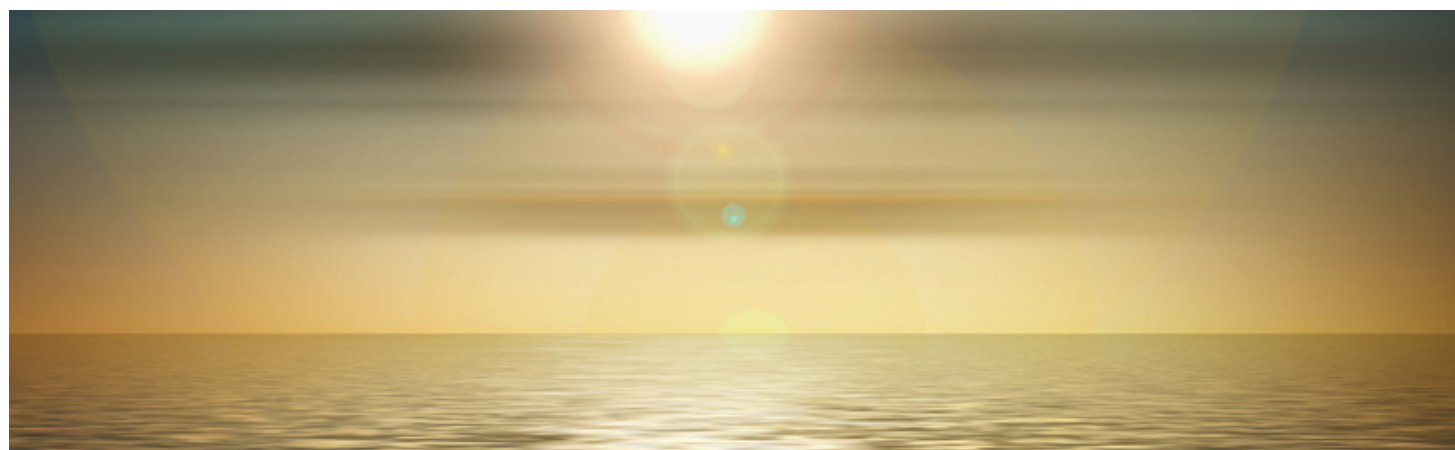


Meditation is a state in which the mind is still, and your sense of Self is established in the viewpoint of the 'observer'. When you are in a complete state of meditation, you are not thinking and feel relaxed and at ease. There is a sense of space and an expanded awareness of the present moment.

Meditation arises as a state of be-ing. It is action, in an actionless state. It happens as you focus your attention within, allowing you to recognise your true self. It occurs as a continuous unfolding of an experience of the real you. An understanding of you as energy or consciousness residing in a human body.

Entering meditation is not something that you can simply make happen, rather you need to train your mind to arrive there.

We are being encouraged to look within for peace and stillness. Every day we are repeating the same thoughts in our heads. Unconsciously, we have identified who we are with our thoughts or personal stories of pain and suffering.



These thoughts get stored as beliefs or attachments. They are held in the mind and keep us referencing the associated feelings or emotional states such as sadness, anger, or fear. Such intense, painful emotions can translate into mental imbalances such as anxiety or depression. They may show up in our body as pain or an illness.

With practice, meditation provides a way to guide us through the layers of distraction and dysfunctional thought to realise that life has meaning and purpose. It leads us from feeling disconnected to connected. We are encouraged to reach inward rather than outwards for the answers we seek.

Meditation shows how we can change who we are as we become more aware of our inner landscape. It alters the wiring of our brain and improves our ability to focus whilst shifting our perception of how we see ourselves. Through practice and experience of its effects we are brought to the present moment and our 'Self' awareness grows.

For it is not what or how much we do that determines our life's experience but the degree of 'Self' awareness we establish.



With the development of a consistent meditation practice, real and permanent change happens within.

One of the main instruments of meditation is the mind. For the purpose of this meditation book, it is important to distinguish between the meaning of the word brain and the word mind.

The brain is like a computer chip that stores the information sent and received through the body.

It is part of the physical body. It is the part we use to think thoughts and receive information that is fired along our neural pathways and communication systems of the body. These pathways look similar to electrical wiring and run through the the body carrying the energy of instructions and information.

This energy directly influences who we are being. How we think, feel and respond or react to life. It operates and communicates with our body's systems which include the physical, mental, emotional, and energetic parts of us.



The mind is the means by which we see and perceive the world. It's view is shaped by the nature of the individual mind, level of consciousness and awareness of the real Self.

The mind is comprised of our intellect, sense of identity, thoughts and desires, our five senses and degree of connection with the real Self or soul.

As an analogy, think of the mind as a set of eyes. The mind and what it sees changes over time as we experience, develop in our consciousness and make meaning of the world. Similarly, this unique vision or perception of our mind requires constant adjustment to see and perceive clearly the world as it is or not.

The state or condition of a mind's vision is determined by it's level of balance, calmness and clarity. This is the ideal view point, to have the capacity to observe the world with a balanced and calm mind.

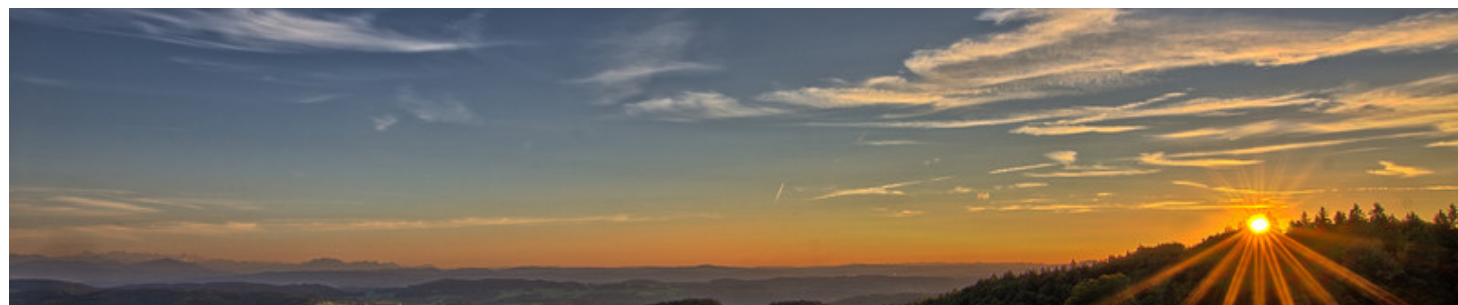


Looking from the outside upon someone with such a mind. It would appear as though this person has the capacity to remain still and peaceful in all circumstance. Some on with a discerning intellect, an ability to laser focus, is dispassionate and hold the ability to choose how they engage in the world.

The human collective comprises of many minds, all with their own unique perspective and level of consciousness. All interacting in their own worlds, yet also influencing and connected with the whole.

The body is another of the key instruments for meditation. The purpose of our body is to have a 'feeling' experience. Using the body to feel gives us access to sensation and anchors our awareness of being present in the moment. The body is however, the instrument of experience, it is important not to 'identify' our feelings and senses as who we are, rather they are sign posts leading us towards knowing our true Self.

We may draw upon thoughts to 'reason' why and how we use our mind to create the perceived reality, however, it is how we feel that shapes the reality we see and experience.



The knowing of our Self through the dynamic interaction of mind and body is the window to an absolute reality that lies beyond.

This brings us to the third tool for meditation, which is the breath. The breath is the link, the touch point between the energetic part of ourselves and our material existence.

It is the breath which is always moving in and out of us, giving life to our physical form. It is the breath that reflects and influences our state of mind and body.

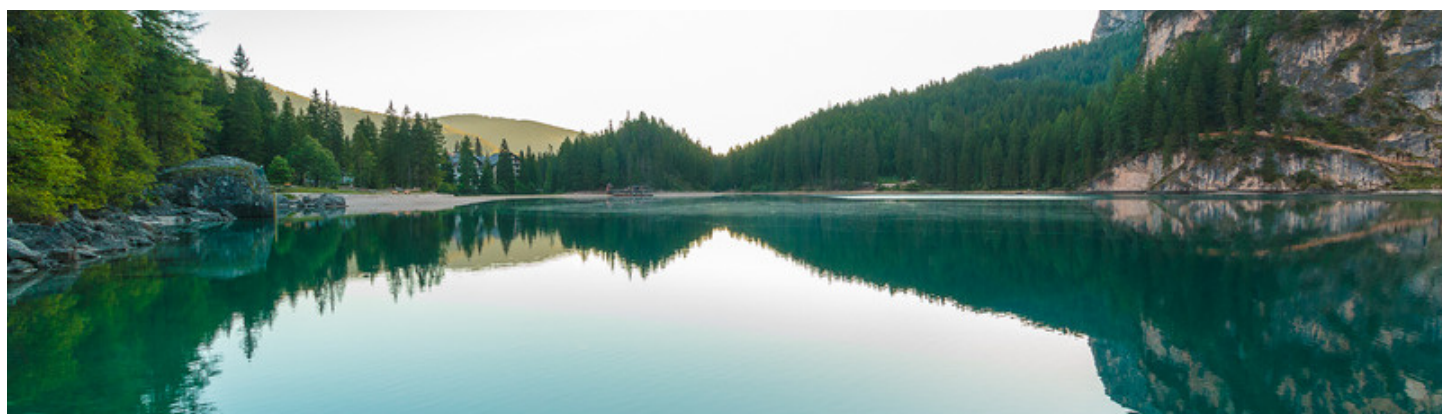
The breath simply happens with out trying. It is our breath that determines our life. What is causing the breath to move? It is the energy or life force that resides in and on each inhale and exhale from our body.

The action of breathing and feeling by-passes the mind to give us access to another part of us, which is our energy.

As we continue the conscious process of meditation by breathing and feeling in the body, our awareness becomes increasingly subtle. We strengthen our ability to understand and access our energy. It is a means by which we can review and upgrade how we use the mind and body to process our worldly experience. Meditation is the bridge to connect with the real Self from the inside out.

3 HOW DO YOU MEDITATE ?

"By regularly practicing meditation, your brain is rewired towards a more efficient and positive way of thinking. The way your brain processes information will also change as your ability to stay focussed increases."

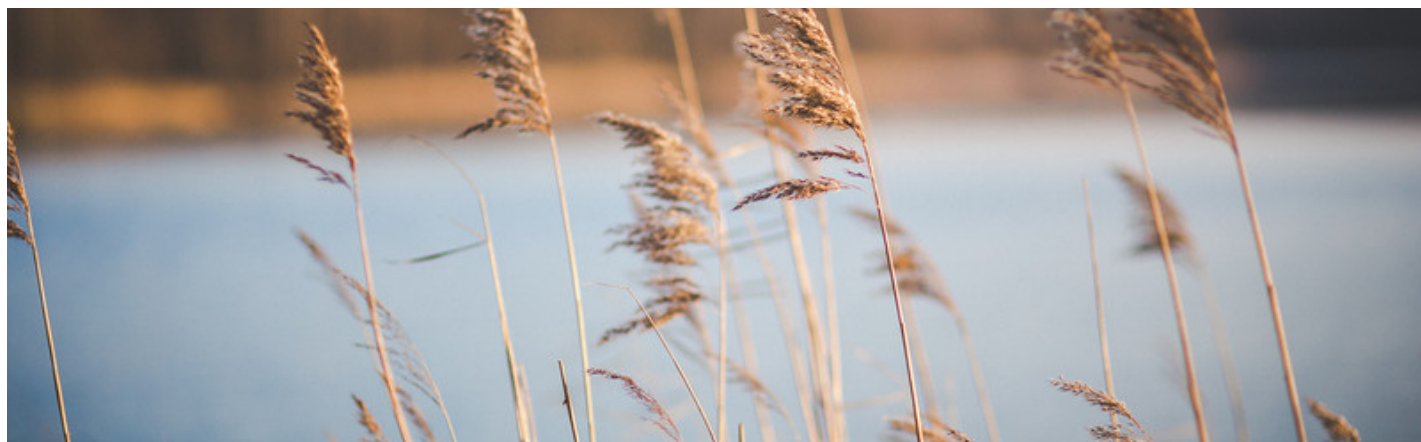


There are many illusions and attachments of the mind that we take on unconsciously as part of our self identity. As we become more Self aware, it is as though we unravel the unique knitting of thought illusion we created.

We begin to shift from identifying ourselves with the mind and move towards the viewpoint of the observer. We have the space to witness how we are using our mind and body.

We can see how our relationship with our mind and body and the outside world mirror each other. It is from here we come to understand more of who we are.

With continued discipline of practice, awareness expands and we experience the limitless, unending possibilities available to us as human beings through knowing who we are.



There are many different types of meditation such as those based on breath, concentration, contemplation, sound, colour, visualization and energy to name a few.

It is important to understand that particular meditations have differing affects on the mind, body and the individual as a whole. .

When you make a selection, do so in consideration of your habit of mind, personality, lifestyle and circumstance. It may be worthwhile to engage the assistance of a practicing meditation teacher who can observe these about you and align it to your needs.

This eBook and the accompanying audio meditation, focuses on the breath. It uses the relationship between the breath and body to leading you to awareness the richness and beauty of the 'right now moment'.



To train yourself to sit and meditate, requires regular practice. It takes time and effort, as you are building a new habit with your mind and body. When you meditate, you will come to face your own resistance to doing it. This may be in the form of excuses or reasons not to or pain discomforts in meditating.

This is all normal, stay strong. It is likely coming from your ego wanting things to stay the same. Keep going, at the very least this is time given to you by you to be present for your Self. With continued discipline you will begin to create a positive reference point for experiencing meditation.

The brain is being rewired towards a more effective, mindful, and uplifting way of thinking. Information processing will change as you increase your ability to stay focussed and direct your attention more deliberately.

The consciousness of your mind expands, you will access more information whilst also being able to process multiple ways of seeing objects and situations. This represents a change in the way you 'know' with the mind.



Solutions to problems that previously required 'hard linear thinking' now arrive spontaneously. This access to the intuitive part of your brain causes ideas to flow more freely as answers come to you with your intention to know them. People and circumstances will come forth as needed.

As you progress, less effort will be required to do your meditation.

Your mind (the perceiver) and the brain (the processor) will begin to function in a more balanced and refined way. Your physical and mental being will begin to associate more pleasure with meditating and experience increased discomfort when not.

Your level of consciousness will elevate which then positively affects the condition of your mind and body.

So maintain the discipline of doing meditation, it is something that can support, guide, and keep you calm through the ups and downs of everyday life.

What you are doing is bringing into alignment your energetic being with your physical and mental body to know your true Self. A Self that is powerful, purposeful, and peaceful.

4 WHAT IS THE OBSERVER?

"Established in witness consciousness, we see not from the eyes but from a part of ourselves beyond the mind and body. We see have the ability to see from single or multiple points of view a new reality of 'what is'."



To 'be' the observer is to be the witness of your life.

When we are the observer, it is as though we are sitting out in the universe looking down at planet earth. This high level view represents how we see our mind and body. We sit in observation of our world and what is occurring inside and outside of us.

Established in the witness consciousness, we see not from the eyes, but from a part of ourselves beyond the mind and body. We have the ability to see from single or multiple points of view an absolute reality of 'what is'.

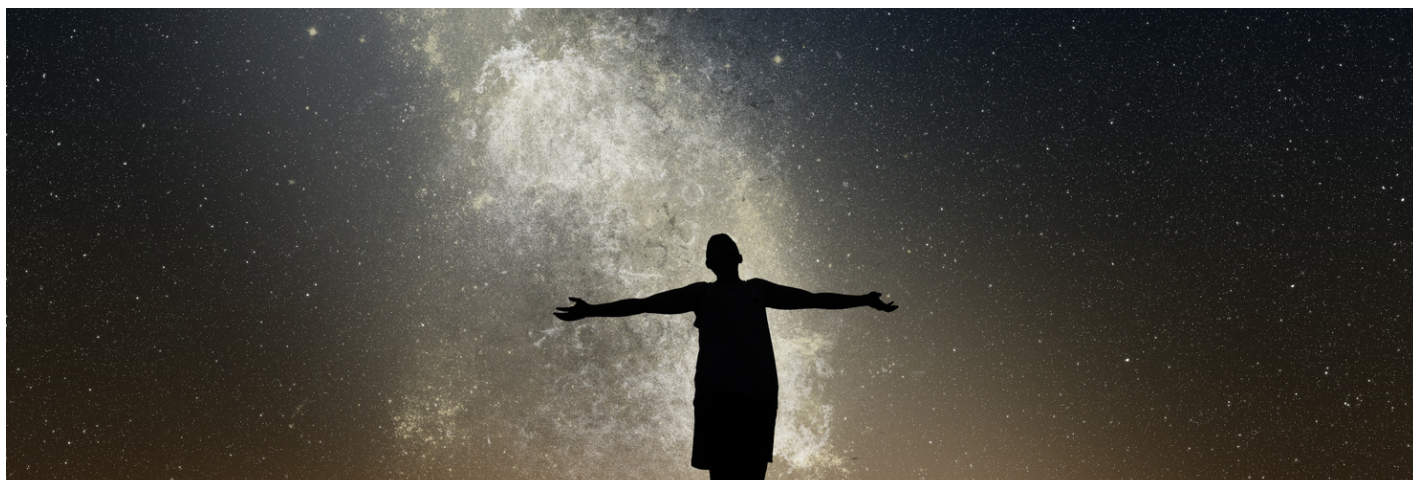


The 'Self' is the part of you that is the observer. It is unchanging, wise, nurturing and eternal. This Self is still, peaceful, and is the connection that is, energy.

As we become more Self-aware with meditation, the obstacles of the mind dissolve. We begin to surrender and let go layer by layer the false ideas of who we are.

There are many illusions of identity held in the mind. Most we have adopted unconsciously. For example, we may have identified with roles we play like father or mother, or with what we do for a career.. Some may identify their self with how much money they have or through what they have achieved. These are all beliefs sourced from the external world. A world of constant change which makes them a temporary and false identity.

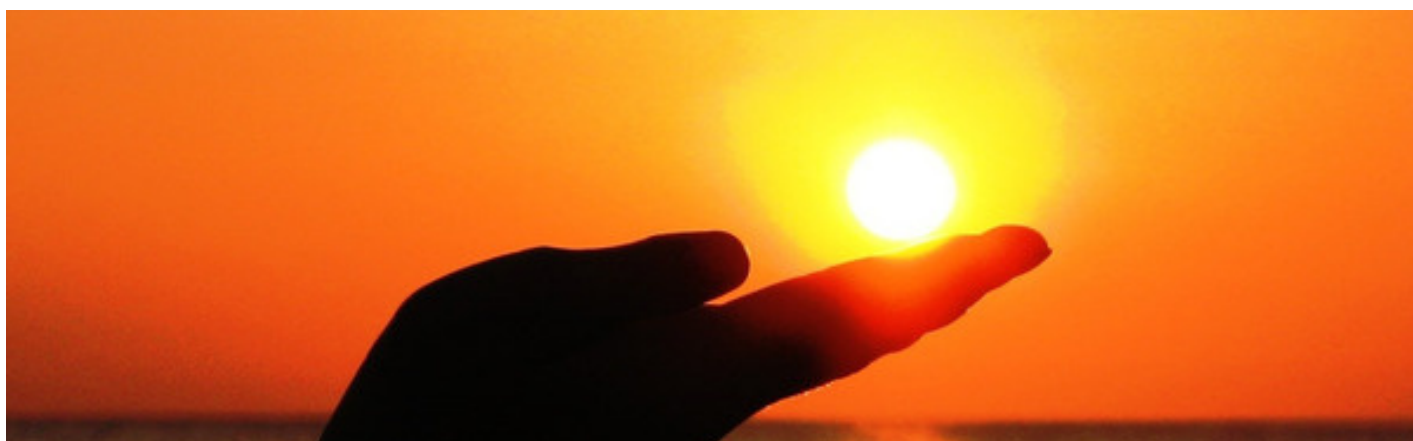
For many of us, it is like experiencing a death when we let go of the illusions. It may feel like we are going through a type of internal death as we begin to realise that we have been living in the 'matrix' of the mind.



Who we are is not defined by by the world of matter and form. The real self is eternal, unchanging and exists beyond the mind. To become the observer we must take let go of identifying with thoughts in the mind. To know it, we must look within ourselves and have our own, direct experience.

This introduces a new awareness as to the purpose of having a body. We can begin by being present to our body's sensations. Its pleasure, pain, ease and effort in different situations. This is the first step inward to a deeper understanding of our being. Through exploring our personal experience in the physical body we are opened to the more subtle metaphysical one.

No longer are we identified with the mind or body, our awareness now moves into a world of experiences. As the observer, we are not attached to what is before us or what occurs. We simply sit and witness the world whilst allowing the experiences to move through us. This way of being brings from within a deep sense of peace with all that is.



This view point is an understanding of self as energy, source, or God. Whatever we name it, can not contain it.

This energy is an unlimited and all-powerful force. It creates the physical world, the dynamics of birth, life and death and so we are a part of it. It is greater than the universe in which our planet resides and permeates all that exists.

As the observer, we are lead to understand the nature and existence of source energy. We gradually come to know the true self. In this way we are freed from the confines the mind whilst at the same time becoming the master of It. Meditation changes our way of operating so that we constantly become more self aware.

The outcome is self realisation. An alignment of the true self with mind and body. Our mind is still and clear and the body's subtle senses are awakened. In alignment, our body, mind and energy become a whole be-ing. Life no longer happens to us, but moves through us. We live with power, peace and purpose.

5 B E G I N N I N G T O M E D I T A T E

"If you're just starting out, the most important thing is to develop a regular practice. Daily routine makes it a habit in your brain, and will create a reference point for meditation bringing you more pleasure than pain."



When you first begin to meditate, it is important to establish a regular practice. I would recommend beginning with 15 minutes and building up to 40 mins each day.

Start with my guided audio meditation provided with this eBook, or simply sit and focus on your breath for 40 continuous days. If you miss a day, begin the 40 days again.

It assists to support yourself with a few daily notes of observation in how this practice is changing your experience of life.

Recording your observations reinforces the changes you are making and will highlight to you the benefits of introducing meditation into your routine.

6 ABOUT BREATHE, FEEL MEDITATION

"The only real option to experience lasting peace and happiness is to pursue an exploration of who we are beyond the body and mind."



The mind is not a refuge for our pain and frustration. We remain trapped in constant effort to maintain a false perception of who we 'think' we are and with others. This is not real!

The only real option is to look within and pursue an exploration of who we are beyond the body and mind.

It is important to realise that peace and happiness are our natural state.

What lies between us knowing this and where we are right now is our state of consciousness. With meditation, we can come to know that which we already are.



With breathe and feel, we bypass the blocks in the mind and tune into the flow of breath. Using the simple technique of breathing into the body, and feeling the body breathe we become the observer.

Through feeling, we can access our energy. It is this energy that is causing the breath to move in and out of our body. As we feel, we are integrating the energy part of who we are into our consciousness.

By focusing on the touch point between breath and body, the illusions and attachments of the mind are revealed.

This invites clarity and present moment awareness.

We use the breath and body relationship to understand our true Self.

5



Accompanying this ebook is a 25 minute Breathe and Feel guided audio meditation
set to music for learning to meditate
Please use this link, to download..

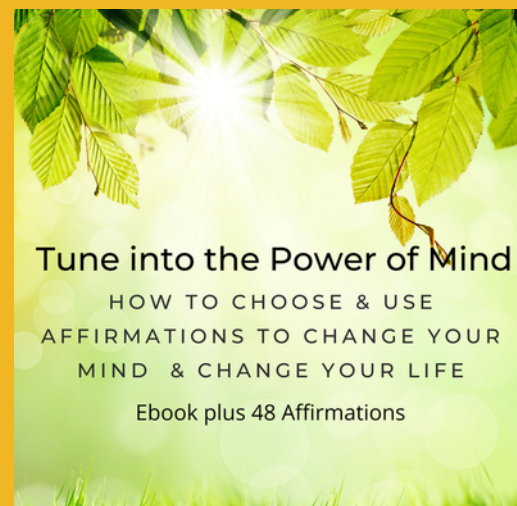
Everything is within.

10 MORE WAYS TO SELF AWARENESS

Power of the Mind

Tune into the Power of your Mind with this affirmations 40 page ebook. A step by step guide describing what affirmations are and how to use them. We use our mind by default to see, translate and make meaning of what is happening in the world around and within us. Affirmations inspire, and motivate us to change our habits of seeing, thinking, and being in the world.

Contains 48 unique and powerful affirmations to open the mind, body, heart & soul. Plus you receive a bonus sample affirmations pre-recorded audio, (all 48 affirmation audio recordings available separately)



Move from Pain to Peace Workbook

The Pain to Peace ebook is a ten-step practical process designed to support you in working through the big issues and challenges in your life. When the sh!t really hits the fan and your emotions are at boiling point, it is a great time to use and redirect that energy to make real change and to gain wisdom from the experience. In this thirty minute, 10 step process to move your experience from pain to peace. Learn how to stop reacting to the people around you, and to start choosing how you respond instead. Teach yourself to master your mind and balance your energy to live a fulfilled and happier life.

Self Awareness Conversation

Self Awareness is at the core of living the life you dream of. It powers up your ability to fulfil your full potential as a human being. Self Awareness is about self mastery in mind, body and energy. Break the habits of using your mind, take the path to true Self and create a whole new way of looking at your life. One on one Self Awareness conversations available via Zoom with Kel Green. M.A.



