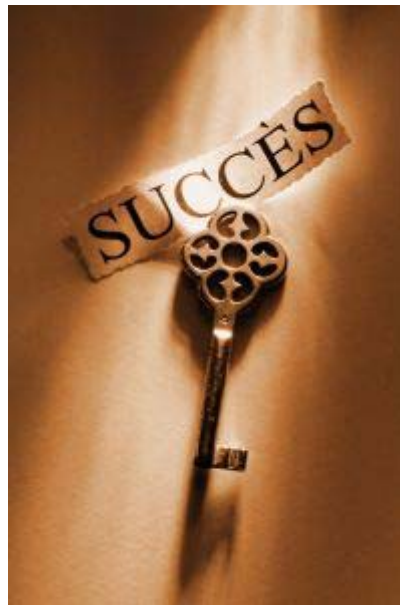




MONTH SIX

MEDITATIONS TO ACHIEVE YOUR GOALS



Lessons 6-1 to 6-4



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

MONTH SIX – MEDITATIONS TO ACHIEVE YOUR GOALS

<u>Month 6, Week 1 – The Importance of Goals</u>	4
<u>Lesson 6-1</u>	4
<u>Essential Insight – Discover which goals are important to you through the power of visualisation</u>	4
<u>This Week’s Practice</u>	7
1. <u>Movement: Foundation EBR</u>	8
2. <u>Parking the body:</u>	9
<u>Full Breath practice lying down</u>	9
<u>Breath awareness and Heart Space</u>	9
3. <u>Concentration: Goal setting contemplation</u>	9
4. <u>Entering silence: Extended time sitting</u>	10
<u>During the day: Reflect on your goals</u>	10
<u>Insight questions: Enhance your goal setting by defining how you feel about them</u>	11
<u>Month 6, Week 2—Core Yearnings</u>	12
<u>Lesson 6-2</u>	12
<u>Essential Insights—Align your goals with your core yearnings</u>	12
<u>The healing power of core yearnings</u>	12
<u>This Week’s Practice</u>	15
1. <u>Movement: Foundation EBR</u>	16
2. <u>Parking the body: Sitting Spinal Breathing</u>	16
3. <u>Breathing: The Full Breath</u>	17
<u>Heart Space</u>	17
4. <u>Concentration: Pebble Meditation</u>	18
5. <u>Entering Silence</u>	18
<u>During the Day: Practice the Full Breath in everyday situations</u>	19
<u>Insight questions:</u>	19
<u>Month 6, Week 3—The Law of Intention</u>	20
<u>Lesson 6-3</u>	20



<u>Essential insights—Use the power of intention to charge your goal-setting</u>	20
<u>How do I apply the law of intention?</u>	22
<u>This Week’s Practice</u>	24
1. <u>Movement</u>	25
2. <u>Parking the body</u>	25
<u>Sitting Spinal Wave Breathing</u>	25
<u>Full Breath Practice</u>	25
3. <u>Concentration: Goals within Your Heart meditation</u>	26
4. <u>Entering silence:</u>	26
<u>During the day: Make your goals become real</u>	27
<u>Insight questions</u>	27
<u>Month 6, Week 4—Understanding the Quantum Field</u>	28
<u>Lesson 6-4</u>	28
<u>Essential insights—Discover the power of the quantum field</u>	28
<u>This Week’s Practice</u>	31
1. <u>Movement: Releasing tension with the Foundation EBR</u>	32
2. <u>Parking the Body: Sitting Spinal Wave breathing</u>	32
<u>Breathing: Full Breath Practice</u>	32
3. <u>Concentration: The Goals within Your Heart meditation</u>	33
4. <u>Entering silence</u>	33
<u>During the day—Bringing all your goal-setting techniques together</u>	34
<u>Insight Questions</u>	35



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

MONTH 6, WEEK 1 – THE IMPORTANCE OF GOALS

Lesson 6-1



There are many things in life that will catch your eye, but only a few will catch your heart...pursue those.

- Author Unknown

Essential Insight – Discover which goals are important to you through the power of visualisation

Summary

- Great people in history have used the power of visualisation to become successful
- What's important is not to give up on our dreams even when they seem impossible or too hard
- To manifest your dreams it is essential to be crystal clear about what exactly you want
- Use the power of visualisation to create a map to your success



WEEK 1 – THE IMPORTANCE OF GOALS

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves: who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

- from Return to Love by Marianne Williamson

Most of us are very familiar with this famous quote used by Nelson Mandela in his inauguration speech as President of South Africa.

Inside each of us there is a hidden yearning to achieve our goals and to realise our greatness. For some people it burns like a mighty torch that illumines their life and the lives of people around them. They set about achieving every goal they set themselves with entrepreneurial zest and enthusiasm.

More commonly though the goals we really yearn to achieve can seem far off. As the years go by we can so easily let them go, one goal at a time.

Yet, meditation teachers know that the human mind is perfectly capable of achieving any goal it sets itself. There is never a need to let a goal fade away as years go by.

You can achieve your dreams! Usually the way to achieve these goals is to make them so clear and bright and strong in your life that they become so magnetic that they actually attract you towards them.

We will cover how the mind enables you to change the quantum field and attract you towards your thoughts in weeks 3 and 4. For now let's just be clear that a life without a goal is a little bit like an arrow without a target.

In Lewis Carroll's classic, Alice in Wonderland, Alice comes to a fork in the road. She looks up and sees a Cheshire cat grinning down at her from a tree. When she asks the Cheshire cat which way to go he replies, 'That depends a good deal on where you want to get to. Where do you want to go?' 'I don't know,' answered Alice, nonplussed. 'I don't much care where, so long as I get somewhere. The cat then comments, 'In that case it doesn't matter which way you walk.'



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

But does it matter? The world's most successful people seem to think it does. In the last 100 years or so, many have researched the world's most successful people—in every sphere—and collated their secrets. Throughout history, one successful person after another has a common characteristic—they clearly define what they want out of life and then live as if it was already with them.

In one such study Steven De Vore, former CEO and Chairman of Sybervision, said that the 'movers and shakers' he interviewed 'could see, taste, smell, and imagine the sounds and feelings associated with achieving their goals . . . before they ever reached them.' Their ability to visualise became one of the most powerful driving forces in their lives. Some of the people who have used these goal-setting techniques include Ray Kroc, the founder of McDonald's, Arnold Schwarzenegger, and Madonna.

Bruce Genna trained for the 1976 decathlon in his living room every night. He would sit back, close his eyes and visualise himself competing in each event. He saw himself capturing the gold medal in Montréal—and eventually he did just that.

Down through the ages, the masters of meditation have also taught us that you can achieve your goals. This month we will look at some foundation meditation techniques to begin this process. Once you have mastered these techniques, you'll gain still more by training in meditation personally with qualified instructors.

Meditation disciplines tell us that you have the power to achieve literally every single that is important to your life. So why give up on them? Don't let them pass by—you can do it!








*Deep in your heart you know you have come here on this planet to
achieve a certain level of greatness.*

Do not settle for less.

- Eknath Eshwaran

This Week's Practice

Month 6, Week 1—Lesson 6-1

Your suggested practice		
	10 minutes	20 minutes
 1. Movement: Foundation EBR	Choose your own movement programme from the Foundation EBR focusing on the shoulder girdle, neck and spinal twist	Choose from the Foundation EBR focusing on the shoulder girdle, neck and spinal twist and end with sternum rising stretches
 2. Parking the body: Full Breath lying down and heart space	Do 3 to 10 Full Breaths lying down and then review breath awareness and Heart Space from Lesson 5-2 (CD2: 4)	
 3. Concentration: Define your goals through Visualisation	Enjoy the Party! Several times this week, practise this remarkable visualisation and then write down your goals	Practise the visualisation and then write down all your goals and pick 5 of the most important ones over different time periods
 4. Entering silence	Continue your silent sitting for 3 to 5 minutes	
 During the day	Reflect on your goals during the day	

A friendly look, a kindly smile, one good act, and life's worthwhile.

- Author Unknown



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

Continued...

MONTH 6, WEEK 3—THE LAW OF INTENTION

Lesson 6-3



*Inside each and every one of us is our one, true authentic swing.
 Something we were born with. Something that's ours and ours
 alone. Something that can't be learned...
 Something that's got to be remembered.
 - Will Smith (Bagger) in Legend of Bagger Vance (2000)*

Essential insights—Use the power of intention to charge your goal-setting

Summary

- Live your goals as if they are already achieved.
- Apply the law of intention and make sure your goals are in line with your core yearnings.
- Express gratitude for achieving your goals even before they happen.

The popular film 'The Secret' introduced the law of intention to millions of people around the world. The film showed clearly the importance of formulating our goals, for when we do this it makes it possible to magnetise them into reality.

This material is based on ancient techniques of goal setting that can be found in most of the world's meditation traditions. For example, the Bhagavad Gita, which is a major source-book for meditation, says simply, 'You take the form of whatever your predominant thoughts are.'









MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

Continued...

This Week's Practice

Month 6, Week 3—Lesson 6-3

Your suggested practice		
<i>(This week's new practices are shaded in blue)</i>		
	10 minutes	20 minutes
 1. Movement: Foundation EBR	Choose your own movement programme from the Foundation EBR—focus on shoulder girdle, neck & spinal twist	Choose your movement programme from the Foundation EBR—focus on shoulder girdle, neck & spinal twist and end with sternum rising stretches
 2. Parking the body: Sitting Spinal Wave breathing	Review the sitting spinal wave breathing we did in Month 5, week 2	
 Breathing: Full Breath	Do 10 rounds unless you feel very comfortable for then you can continue it throughout your sitting practice staying focused on the heart area	
 3. Concentration: Goals within Your Heart meditation	Energise you goals by listening and practicing this meditation CD 2: 7	
 4. Entering Silence	Sit silently for 3 to 5 minutes	Sit silently for 3 to 5 minutes or more
 During the day	Plan how to achieve your goals	

*Keep smiling—it makes people wonder what you've been up to.
- Author Unknown*









MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

Continued...

THIS WEEK'S PRACTICE

Month 6, Week 4—Lesson 6-4

Your suggested practice		
	10 minutes	20 minutes
 1. Movement: Foundation EBR	Listen to your body and choose a set of movements that are going to help your body	Listen to your body and choose a set of movements that are going to help your body repeating them until you have done up to 10 minutes preparation
 2. Parking the Body: Sitting Spinal Breathing	Practise for about 3 minutes	Practise for about 5 minutes
 Breathing: Full Breath	Do 10 rounds and if comfortable continue it throughout your sitting practice again with a focus on your heart area	
 3. Concentration: Goals within Your Heart meditation	Try to memorise this meditation so that you can practise it without the CD CD2: 7	
 4. Entering silence	Allow silent sitting to deeply nurture you for 5 minutes	
 During the day: Goal setting	Do more focused goal setting during your spare time and use the Full Breath at some time during the day	

If you cannot read this, please ask the flight attendant for assistance.

- Airline flight safety brochure



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

Continued...



During the day—Bringing all your goal-setting techniques together

This week we would like to invite you to continue your goal setting practices from last week. They have the potential to make a huge difference in your life so we want you to have the opportunity to anchor them really well. We would also like you to consider extending the goal setting that you are doing in your meditation practice into your everyday life. Here is a way to put it all together:

Pick a short term goal that you could achieve this week and apply every thing you have learnt to achieve this goal. Set yourself up for success by starting with a goal that is really easy to achieve. Later, you can go on to having a crack at the big ones, but for now, build your confidence by choosing a goal you can definitely succeed at.

The key things you may want to apply are:

- Define the goal incredibly clearly
- Start living it now
- Meditate with it in your heart space
- Work out what you have to be doing each day of this week in order for it to have been achieved by the end of this week
- Start now

You may like to incorporate the Full Breath into your everyday goal setting as well.



MONTH 6 – MEDITATION FOR ACHIEVING YOUR GOALS

Insight Questions

1. *What is your experience working with a goal during this week?*
2. *What did you like about choosing a short term goal and aiming for it this week?*
3. *How could you use this experience of goal setting in other parts of your life?*



*On a clear day we can see forever and ever.
We know where we came from and why we are here on earth
And where we ultimately are going.
The threads woven into the fabric of our lives
are beginning to create a beautiful tapestry.
- Marilyn S. Bateman*