



Meditation for the Self-Directed Learner
Michaela Scherr

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*“In the Beginning
I started breathing as if I were newly born,
And I was.
Mindfulness eventually came,
And I awoke.
My life changed forever in that moment,
And it would never be the same again.
How clear, new and real everything then became.”*

Michaela Scherr

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Introduction to Meditation

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I'm passionate about meditation and its benefits, anyone who knows me can attest to that. It's so much part of who I am that I really can't imagine living my life without it and I'll give it a shameless plug whenever and wherever an opportunity presents itself.

Some of the greatest benefits for me have been my ability to tap into 'my well of inner peace' whenever I need to such as in times of stress, my connection with, and to, spirit, achievement of greater clarity and balance at the end of each session, and my overall emotional wellbeing.

The discipline of meditation is open to anyone who's willing to put in the time and practise. It took me five months to really get the hang of it however some of my students 'got it' within three weeks! Once you begin this journey you'll notice how much more peaceful, centred and balanced you become not to mention greater clarity.

I've often heard say "I'd love to meditate because of my anxiety and stress levels, however I have absolutely no time..."

If you have next to no time – many don't and sometimes even I don't – however **you'd** really love to begin meditating because you believe there are benefits for doing so, consider this. Three minutes is a passing conversation with a work colleague at the elevator door, three minutes flicking through a magazine at the newsagency or news stand, or three minutes admiring a merchandise display outside your favourite store window. You could do a three minute breath meditation, three minute journal writing, three minute focus on an object, or even take a three minute walk. See! In next to no time at all you could be meditating and accessing your own well of inner peace!

Meditation can bring you profound changes as it did for me, as well as achieve overall wellbeing, peacefulness, clarity and balance, and connection to spirit and to you. It can also open the door to intuition and creative flow. Just as there are six billion unique people on this planet, so your experience will be unique to mine.

For maximum benefit it's highly recommended to practise meditation every day. Start by having five minute sessions initially, and gradually over time increase your sessions to 10 minutes, then to 20 minutes. The objective is to have a quality meditation session not a *hurried* session (which can lead to frustration). Some people like to meditate more than once per day for 30 minutes, which is what I like to do when time permits (usually I set my alarm).

There are three important things you'll come across after practicing meditation consistently over a period of time. They are:

### **Clarity**

- ❑ Understanding yourself
- ❑ Understanding big picture stuff
- ❑ Discovering never ending possibilities
- ❑ Clearness

### **Balance**

- ❑ Less stress.
- ❑ Better health.
- ❑ Creating time to build better personal and business relationships.
- ❑ Creating harmony for your self.
- ❑ Finding the middle ground.

## Mindfulness

- ❑ Paying attention to our bodies, mind and spirit, internally and externally and passing no judgements on what one becomes aware of.
- ❑ Acceptance.
- ❑ Being objective/non judgemental.
- ❑ Note patterns you become aware of.
- ❑ Use your senses: visual, kinaesthetic, auditory, gustatory and olfactory.

Use this e-book as a guide towards achieving greater relaxation. You may even find that you'd like to pursue this discipline at a deeper level through a meditation group or one-on-one meditation sessions with a good meditation teacher.

A good teacher is one who'll be able to teach you the step by step process involved in meditating and help you find a technique that works **well** for you and one you'll be happy with.

I hope you'll enjoy reading and using **Meditation for the Self-Directed Learner** as much as I enjoy meditation.

Wishing you many blissful and wonderful moments!

***“Meditation should form the basis for action.”***

*His Holiness the Dalai Lama*

*Michaela Scherr*

## Some Precautions

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Before we begin there are some precautions to be mindful:

- ▶ From my experience, there can be times during deep meditation when past negative memories start to bubble up to the surface. If this becomes the case it's worthwhile contacting a health professional to help you overcome any unresolved issues that might arise.

- ▶ If you're meditating to relieve yourself of aches, pains and other health symptoms that persist, please seek the advice of a medical doctor for treatment.

- ▶ Something I've come across many times is that when highly stressed individuals meditate and allow themselves to totally relax, it's possible they will find themselves not only extremely tired but also wake up the following morning with a dose of the flu, bad colds or other ailments. Not being a medical professional I'm unable to substantiate the above, this is merely from my observation and feedback received from others over the years.

- ▶ Do not drive or operate machinery whilst listening to your meditation recording, actually any meditation CD. There are many times in life when we need to be alert and prepared for surprises, driving or operating machinery is one of those times.

Journal / Diary Writing

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Journal/diary writing is an option if you're interested in writing any experiences, insights or 'aha!' moments you may encounter during your meditation sessions.

Writing down what you experience can give you greater clarity of what's really going on in your life and from there you can then go about doing whatever needs doing to enhance your life in the best possible way. Also, because you've documented your experiences it's then possible for you to refer back to specific times when you received a message, an answer to a question you had, a healing, or clarity about some issue, or it could be a time when you finally 'got it'. It's simply a historical log of your meditation experiences.

Examples of what you can write about could be:

- Feelings / sensations you experience;
- Colours you see/sense/hear/feel;
- Words or sounds you hear;
- A symbol or symbols;
- Moving pictures that flash or remain steadfast in your mind's eye;
- People that you know or do not know – what are they doing, saying and what is the environment like surrounding them;

- Aware you are someplace else. A forest, beach, the moon, in space, or by a stream – describe your environment;
- Insight into the path your are currently on; and
- Insight into your health and wellbeing.

The possibilities are endless of what is received during a meditation session. The objective is to allow these images or feelings etc to rise up, acknowledge them, name them if you like, then move on and maybe even learn something from it.

If on the other hand you appear to have received nothing at all, that's pretty normal too and often happens to me. We still receive something whether consciously or unconsciously. For example the body is healing during meditation; our mind takes a break and we begin to relax our muscles (including our brain cells!) even if it's only for a short while.

## Setting up Your Sacred Space

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Your sacred space is that special area reserved for you and only you. It's a place where you can escape to and meditate in peace and be at one with your thoughts. This space will be a reflection of you and something you can easily decorate and set up with items that hold special meaning to you, and using colours that you resonate with.

If you're stuck around what would be suitable, I've included a few dot points below which may help you set up your sacred place. As you contemplate how you will set up this space allow your intuition to guide you, these will be the little thoughts, and flashes of inspiration that pop up unexpectedly:

- ◆ Where can you easily set up a sacred space within your home?
 - Corner of your bedroom, garden, veranda, spare room, garden shed etc
- ◆ Make the space your own. Collect items that hold special meaning to you, include fabrics, photographs, and colours.
 - Coloured silk scarves, crystals, incense, feathers, bells, photographs etc
- ◆ Give meaning to it. For what purpose are you setting up this space?
 - Meditation, rituals, prayers, quiet time, etc

- ◆ When would you be using this area? The more often you use this area the greater the feeling of it being special and a place of peace. Visit a Buddhist temple or church, and notice how peaceful the atmosphere is.
 - After work, before work, Sunday mornings, very early every morning etc
- ◆ Before using your sacred space, have a ritual (or house-warming), cleanse with a smudge stick, prayer, Tibetan cymbals, or aromatherapy space spray (find a stockist near you for details). See also [Basic House-Clearing 101, the Energy Way.](#)
- ◆ Who will you allow in this area? Set the boundary as who will have access.

“No great work has ever been produced except after a long interval of still and musing meditation.”

Walter Bagehot (1826-1877) English author, critic, editor and economist

Prepare Yourself First

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Before **every** meditation session it's very important to prepare yourself first. You might like to have a relaxing bath, shower, or change into something loose and comfortable first – anything where you'll feel comfortable. Also it's recommended not to meditate on a full stomach because your stomach will be hard at work on digesting your meal and can be a distraction (think of all that groaning and churning!).

Over the years there are two things that I've heard on a regular basis. They are:

1. To meditate you must completely clear your mind and think nothing.

This has never worked for me, nor have I observed this to work for anyone else new to meditation. How can anyone new to this practise think nothing? Words as well as immediate issues arise, and mind chatter just keeps on keeping on. The good news is that you can learn to overcome this; it just takes some practise coupled with patience.

2. If you're stressed, meditate.

If I am pretty stressed out (which happens every once in awhile) and I try to have a decent meditation session – relaxation, Zen, floating somewhere...else..., it rarely works well for me. That's because I'm not adequately prepared eg, not in the present moment and still in problem-solving mode. From my observation of others when they're stressed and try to meditate they actually become more frustrated because they're unable to stay focussed and get into the zone.

As you learn to meditate and practise please remember to be kind to yourself and take it gently and slowly at first. It took me five months of daily practise before I got the hang of meditation.

As I mentioned earlier, when you're ready to start practising meditation, try five minute meditations, next 10 minute, 15 minute working up to 20 minutes. You may find that your meditation sessions become longer and longer over a period of time and it's not unusual for people to meditate twice per day.

Since mastering meditation I've never looked back – meditation is truly one the best things I've ever undertaken and very much something I strongly identify with these days.

So now that we know what the secret is to having a great meditation session let's start with a couple of breathing techniques.



“Success depends upon previous preparation, and without such preparation there is sure to be failure.”

**Confucius (551BC - 479BC)**

## Breathing Techniques

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Breathing in Rhythm

Breathing exercises are the best way to relax your body and mind at the start of each meditation session. Apply patience as you learn these breathing exercises, it takes a little while to become used to new habits.

If you find yourself becoming dizzy during your breathing exercises, stop, slow your breathing down, take a seat if necessary, and look straight in front of you. Restart if you need to.

- Allow yourself to get comfortable either sitting down or standing up.
- Take a deep breath from the diaphragm, in through your nose - hold the breath for a moment, and release slowly through slightly parted lips, focusing on your outward breath.
- With every outward breath notice how much more your muscles are starting to relax.
- Repeat *at least* three times.
- When you are relaxed and ready, become comfortable in your seat and begin your meditation session.

Personal Power

Personal power starts first by having inner peace or a sense of calm. Once you access this state of peace you may find that you have greater control or self-mastery over emotions and life decisions. Personal power is also about acceptance of Self and others and releasing attachment to things out of our control, it's about taking responsibility of choices made and not blaming others; and confident in ourselves as opposed to arrogant. Access personal power and it's possible to:

- ☯ Achieve goals;
- ☯ Have greater confidence and self-esteem;
- ☯ Be more assertive as opposed to aggressive;
- ☯ Have the courage to live an authentic life;
- ☯ Get things done;
- ☯ Let go of the past and that which no longer serves in a useful way; and
- ☯ Better communicate and influence others in positive and helpful ways.

When experiencing personal power through the breathing exercise (below) a vibrant energy can be felt throughout the body, the shoulders fall back, the chest puffs out, and our stature seems to grow as does our energy field. It's like a flower bud blossoming in all its splendour!

Unfortunately, we generally won't stay this way all the time. As with many things in our life it (personal power) requires daily maintenance (a bit like a daily exercise regime) and sometimes can take awhile to 'get', especially if limiting beliefs get in the way. Please be kind to yourself, as with all the exercises within this e-book, the following does require a little patience and practise before becoming comfortable and adept with it.

The following exercise can be done on a daily basis for greater emotional wellbeing or before meditation; you can also use it next time you go in to a meeting, an interview or when meeting that 'special' new person in your life.

Breathing in Personal Power

The following exercise is best done standing up to gain the full benefit of experiencing personal power, read through the following dot points before doing the exercise.

- Hands by your sides, knees slightly bent and toes pointing outwards at 30°, slowly inhale through your nose using your diaphragm muscles. Hold for several moments, and slowly breathe out through slightly parted lips, focusing on the outward breath.
- Slowly continue breathing in and out in gentle rhythm.
- Now imagine breathing in personal power up from your pelvic area all the way up your body, expanding this sensation through all your cells and muscles, your entire body and beyond. Fully experience this sensation of personal power.
- Notice your shoulders straightening, your body becoming more and more powerful, your head straight and you notice how much more taller you are becoming. If you find relating to personal power a challenge, imagine someone who you consider to have immense personal power and visualize how they would stand, their facial expressions, how they hold their heads, arms, legs and body.

- Do this several times until you are comfortable with the experience of breathing in personal power.
- When you are relaxed and ready, become comfortable in your seat and begin your meditation session.



Fitness Workout – Exercising the Present Moment!

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Living in the past or the future can take away many wonderful experiences in the here and now. Not only that, it can really slow us down in effectively working on our ‘must do jobs’, hey - procrastination is alive and well! For example, when I have many things I must do, I choose the most urgent then totally immerse myself in completing it. Nothing else matters during this time, there is no stress or anxiety, only me and what I need to do. End result is a great sense of satisfaction when the job's done. I forgot to mention that during these present moment times, I have my favourite meditation music playing in the background, and have a special aromatherapy oil blend for focus burning away nearby, and off I go!

Easier said than done right? I have ‘off’ days sometimes where I hardly get around to doing anything at all, but I figure that it’s okay to have those every now and again and I turn them into ‘a quality procrastination time’; it’s okay to be perfectly imperfect.

I’ve designed the following process to get the mind firmly in the here and now, not yesterday or tomorrow but right here, this present moment now.

It’s a particularly useful exercise to become familiar with because it can help particularly during times when you need to totally concentrate on an important task (how many more times does one need to clean out the refrigerator?) such as when a college assignment is due.

In the past I’ve also been overwhelmed by the multitude of different jobs on my ‘*to do list*’. Learning to become present has enabled me to focus totally on one thing at a time and enables me to be far more effective in regards to my work output. Recall how many times (if any) you’ve been overwhelmed by *all* those things you had to do.

You can try one, more than one, or all of the following exercises to access the present moment and as you do them, hold your focus for at least three minutes. The longer you stay focused the longer you'll be in the present moment (see also candle meditation) and the easier it will become.

If thoughts of 'what's for dinner?'; what movies are on television; the next shopping list; your next bill payment; or what your partner said last night, then you're no longer in the present but the future or the past.

If and when these thoughts start invading your mind, refocus on your inward and outward breaths several times, until you're again aware of you in the present moment. That's right...breathing in....and...out...until once again you know you're in rhythm with the present moment.

You can easily start this exercise by first finding a comfortable spot, making sure your back is totally supported and begin taking several slow deep breaths to relax even further and clear your mind.

- ☯ Sit or stand and let your mind be still, do nothing except become aware of the rise and fall of your chest as you breathe in and out, listening to the sound your breath makes as it goes into your body and out of your body.
  
- ☯ To become fully present, right here right now, focus on what is happening inside your body. Do you have hunger pains? Are you cold/hot? Move your tongue around inside your mouth and feel your teeth.
  
- ☯ Hear the sounds of people, traffic, music and anything else that is around you or just outside the door, at this present moment.

- ☯ Become aware of the colours around you, the colours of your clothing, the furniture, the seat you're in, the colours surrounding the windows and doors within your line of sight.
  
- ☯ Start to feel the texture of the materials you come in contact with. Right now feel the texture of the clothing you're wearing, is it soft, rough, cool, warm, fluffy? Do you notice the weave of the shirt, trousers or skirt you're wearing?
  
- ☯ Put your hands together and start massaging your palms. Do you notice the lines in your palms, does your skin feel dry, smooth or rough. Now massage the tops of your hands. Do you notice any differences?
  
- ☯ Concentrate only on what you're doing now. Nothing else exists while you're concentrating on the task at hand. When you do this you're in the present moment - tomorrow and yesterday no longer exist there is only you and this moment.
  
- ☯ When you next have conversations with others, be there with them. Listen attentively; match their tone, speed, volume and pitch and also their breathing rate. People can sense when you're not paying attention to them. Put yourself in their shoes. Do you want to be heard when you speak to others?

You can also practise the present moment wherever you have a mirror.

Face yourself in a mirror. Practise smiling at yourself, poke out your tongue, notice whether your shoulders rise and fall as you breathe, inspect the colour of your eyes, are your shoulders straight or lopsided? Arch your eyebrows! Laugh at yourself! Give yourself a cynical look. Scrutinise yourself some more! Smile the biggest smile you've ever had the pleasure of presenting to the world, screw your nose up, narrow your eyes, and have your earlobes pull back. Be totally present with yourself – it can be totally fun!

If you still have a little difficulty accessing the here and the now, team up with a friend or in a group. You could have the time of your life in the now, filled with much laughter, friendships and possibly an insight or two!



## The Peace Process Exercise

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Another preparation exercise you can utilise is what I call 'The Peace Process'. The more often you do this exercise the better you'll become at accessing this state of peace wherever you are and regardless of what is happening around you. Once you become familiar with this exercise and practise as often as possible it can also be used in lieu of other meditation scripts.

- ☯ Sit quietly – breathing comfortably and deeply – settled and safe in your space, give yourself permission to be fully present, now, here, just you and the sound of your inward and outward breaths – you may wish to begin closing your eyes gradually and notice how your breathing now as a gentle soothing rhythm.

- ☯ Fully experience stillness within in you and around you, there is you and only you.

- ☯ Imagine yourself now in the centre of your universe or a place similar that holds special meaning to you away from prying eyes and interruptions, fully supported, and drifting gently, and safely within this place. As you do this imagine what it would feel like if you were sitting or laying on a light, feathery cloud gently moving with the hint of breeze in no particular direction.

- ☯ Breathe in this experience and allow the sensation to expand through every cell within your body.

- ☯ Allow all attachments to the physical world to fall away now and dissolve, melt into a wonderfully relaxing moment in time, as you continue discovering your source, the very heart of you – attachments like tentacles falling away now as you let go of any fear.

- ☯ Suspended within this space – you can move your awareness all around – there are many wonderful things life has to offer – this is the place where you can see, feel, hear and know without prejudice.

- ☯ Locating your heart centre and the warm light that shines from it, notice how it radiates out from you in all directions, reaching and permeating through all time and beyond, filling your whole being with unconditional love and remember that feeling.

- ☯ Breathe in deeply knowing this light radiates from your being.

- ☯ Allow yourself to sit in this place of peace for awhile.

- ☯ Now notice a jelly-like substance that protects you from being impacted from the thoughts of others, words that potentially could hurt begin to bounce and fall away because you're now becoming thick-skinned – only universal and unconditional love reaches you here.

- ☯ You can access and experience this place of inner peace anytime you want to, simply practise quietening your mind, breathing gently and allow the sensation what you know peace to be, to expand within you.

Centering yourself prior to Meditation

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Before you start your meditation session take some time to organise your music, aromatherapy oil burner and space first.

Writing your preferred dates and times of meditation sessions into your diary may alleviate extra stress if you're pressed for time in an already bursting at the seams, daily schedule. Diarise these times when you know you won't be disturbed.

Maybe you want to meditate somewhere other than your sacred place, sounds like a great idea to me, whatever works for you is okay. Sometimes it's nice to meditate to the sound of running water coming from a fountain, or waves lapping a beach, or in a room containing a small water fountain.

- ☯ Set yourself a time when you'll be uninterrupted in your sacred place (or other spot) and move around until you are comfortable, making sure your back is fully supported.
  
- ☯ Imagine white light coming down from above going through you, and around you – this is much like having an energy shower.
  
- ☯ Bring your hands together in front of your chest area until your fingers touch in a steeple formation and focus. You may wish to place your hands on your lap when you're sufficiently centred and focused.
  
- ☯ Using your diaphragm muscles breathe in deeply and slowly through your nose and slowly exhale through slightly parted lips.
  
- ☯ Continue to breathe in and out deeply and slowly at least four times.

- 🌀 Notice whether you're relaxing more and more. If your shoulders are still stiff, breathe into your shoulder muscles, and exhale through your shoulder muscles, allow the muscles to release and deflate with every outward breath.
  
- 🌀 Shift your focus now on your outward breath.
  
- 🌀 Concentrate on your outward breath until you sense you're in rhythm with your self.
  
- 🌀 Become aware of whether you're centred and focussed enough to start your meditation.

If unsettled and in a scattered state, wriggle your toes and touch your nose and notice being fully in the present. When this has been done start the breathing exercise again focussing on the outward breath passing through slightly parted lips.

Preparation is very important if you're planning on doing meditation well. Attempting to go straight into a meditation session when you're rushed with a million and one things on your plate can create greater frustration and stress for you than when you first thought it would be a great idea! Do this a few times and it may be that you'll remember meditation as something that causes you anxiety and stress (a negative anchor) and is to be avoided at all costs...definitely no relaxation there!

## One Minute Closed Eye Meditation

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The exercise usually produces much laughter because of its title. It is however an exercise where **both eyes** are closed. So how does one know when the minute is up? Well initially you won't know unless you have a stop watch or timer there with you, or you practice sitting quietly with eyes closed until you get a sense your minute is up. You can start by having eyes open for one minute and getting a sense of time that way. It doesn't really matter if you go over. The one minute is purely a guide.

The purpose of the One Minute Closed Eye Meditation is to become more focused and clear minded through repeated practice and can be used in conjunction with the other exercises contained in this e-book.

I often used this exercise in the past before intuitive readings for clients and now use it to clear the mind clutter and allow me to more easily receive intuitive messages and answers to questions I may have.

Begin by noticing your breathing, then what your muscles are telling you – give them permission to relax.

With eyes closed and breathing in rhythm, focus in front of you allowing and keeping your mind blank (yes, not a thought!) for one minute.

If you start thinking thoughts, see images etc refocus on your breathing and again, with eyes closed and breathing in rhythm focus in front of you – continue to keep your mind blank.

Focus on an Object

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Focus on any object for a period of time, such as a candle flame and it will not only help to focus you but will also have a mesmerizing effect. This is also called the alpha state – when your brain is relaxed yet aware.

Speaking from experience, this is not a good exercise to practice if you're in a business meeting, conference or interview – especially if you want to consciously remember what has been said!

If focusing on a candle flame **please ensure fire safety precautions are exercised** wherever there is a naked flame and never leave lit candles or tea lights unattended in a room.



## Focus on Candle Flame

- ☯ Allow yourself to be comfortable in the space you're in with your back fully supported.
- ☯ Take a few slow deep breaths using your diaphragm muscles, allowing the muscles from the top of your head all the way down to your feet to relax.
- ☯ Watch the candle in front of you as its flame flickers, contracting and expanding, and notice the colors of the flame, the deep blue within to the outer golden yellow color, notice where the colors separate.
- ☯ Notice the colors entwine with other colors as you allow your eyes to defocus by focusing on the deep blue of the wick where it meets the candle itself.

## Quick Checklist – 10 Steps to Meditating

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Use the following as a guide to whenever you take some time out for quiet contemplation.

1. Decide where and when you want to meditate.
2. Prepare yourself and put on some relaxation or other mellow music (not of the punk, rock, techno, heavy metal etc genre), mix your favourite essential oil blend in an aromatherapy oil burner and switch on the answering machine. Ask yourself if there is there anything else you need?
3. You might like to have a journal and pen by your side for some note-taking at the end of your meditation (I sometimes get flashes of really useful stuff during the meditation itself).
4. Spend a little time settling into your space until you're happy with your comfort level.
5. Start slowing breathing in and out, using your diaphragm muscles tuning into the rhythm of your breathing and rise and fall of your chest.
6. You may wish to close your eyes at this point and enjoy this peaceful and relaxing moment. Naturally you would have read these instructions through first...
7. If closing your eyes is not for you, focus on an object such as a candle (take extra care with any lit flame), or something similar.

8. If images or internal mind chatter becomes frustrating, avoid suppressing this, instead name them, release them and move on. If this persists it simply means you're not in the present moment, come back into the now, refocus on your outward breath and continue (make a mental note to deal with it later).

9. When you're ready to return come back wide awake and alert, wiggling your toes and touching your nose and have a really, really big stretch. Welcome back!

10. Perhaps you have a new perspective on something that you want to write in your journal or jot down insights or 'aha' moments you may have experienced during your meditation journey. Or you can simply enjoy the present moment with greater clarity and peace.

“Practice meditation regularly.
Meditation leads to eternal bliss.
Therefore meditate, meditate.”

Swami Sivananda (1887-1963)

How to Record Meditation Scripts to Audio Equipment

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At the end of this e-book you'll find a healing meditation script called "Coloured Balloons Meditation" written some time ago and was used during past meditation programs.

You can use this script by either having someone read it to you in a group meditation, or you can record your own voice using the script, which is quite easy to do.

By recording your own voice you'll have control over your rhythm, volume, tone, and pitch to exactly how you'd like it to sound. If you're unhappy with your recording, you can easily start again by recording over your previous attempt.

### Setting the Mood

To start it's important to be well organised as well as relaxed and comfortable before you begin your recording session. Preparation will save lots of time, effort and also prevent frustration building up due to interruptions, eg you've forgotten something, or you're stressed – not mood setting, more like a mood melt down!

The following is offered as a quick guide in organising an audio session:

- ▶ Choose the quietest room you can work from. Will there be background noise? Close off doors and windows and shut down (where possible) anything that will create background noise.
  
- ▶ Pencil in some recording time in your diary and let people know you're going to be off-line for an hour or so.

- ▶ When you're ready to start your session switch on the answering machine (if you have one) and reduce the ring tone volume. If possible also decrease the number of times the telephone rings before going to the answering machine and you could even divert the calls elsewhere.
- ▶ Put some relaxing essential oils in an aromatherapy oil burner such as lavender, geranium or bergamot (you probably have your personal favourites) or go with what you prefer. Get the full benefit of relaxation **before** you even begin meditating (see breathing exercises, peace etc!)
- ▶ Prepare audio equipment of your choice (see below).
- ▶ If you'd like to, have your favourite relaxation music playing quietly in the background.
- ▶ Before starting your recording, read each script aloud and thoroughly first. When you read aloud you'll pick up more easily where your pauses should be and if you're happy with the speed, modulation etc.
- ▶ Finally – just before you press the record button - take a few deep breaths – relax and continue to relax until you have a sense that you're totally present and centred.
- ▶ Now that you've practised your rhythm, speed, volume and pitch to a stage where you're happy with your preparations, it's time to record the first script. When you're done, replay it and assess if you're happy with it. You'll soon hear whether you're going to be happy with it. The great thing is you can always re-record the scripts.

If you're unhappy with the sound of your recorded voice (some of us are) maybe you could ask your partner or a close friend (who is willing) to help you.

### **The Audio Equipment**

You can record these scripts easily by using a blank cassette and a cassette recorder or a small digital recorder (very sound sensitive), save as an MP3 then burn to a blank CD or blank DVD.

Alternatively you might prefer to record them using a voice recorder such as the Windows Sound Recorder - you'll find this on every installation of Windows. When you've completed your recording, you can burn it to a CD using a commercial CD copying program. Not only that, there are many free audio editor, software programs available for downloading on the internet. If internet access isn't readily available, check out your local electronics store.

If you're still unsure about sourcing equipment ask your family and friends if they could help you locate something suitable that's simple and easy to use.

# Coloured Balloons Meditation Script

by ©Michaela Scherr

*This meditation is taken from The Book of 10 Colour Meditation Scripts by Michaela Scherr, and provides resources for the meditator from **within each coloured balloon**. The resource might be creativity, energy, forgiveness, humour and so on. The meditator is able to choose whichever resource is the most appropriate for them at the time.*

*Read the script through several times first to become familiar with it.*

*This meditation can be up to 20 minutes duration.*

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Close your eyes...uncross your arms and legs...and become comfortable in the space you're sitting in...allowing your back to lean comfortably against and into the support of your chair...or whatever it is you're being physically supported by...

***Pause for 10 seconds***

As you take your mind within begin by taking a slow deep breath...and exhaling slowly focusing on your outward breath...then take another...slow... deep breath...and again exhale slowly...feeling the sensation of your outward breath as it moves through and out of your slightly parted lips....

***Pause for 10 seconds***

As you continue taking those...slow...deep...breaths you become aware that you're relaxing more and more and becoming...more and more comfortable... lighter and brighter as you continue to breathe in rhythm with your lungs...and you sense how easy it is to relax and you find that you're enjoying this sensation....the sensation of your muscles relaxing more...and more... tensions releasing...one after the other....comfortably... easily... safely... right here in the space you're in...noticing and becoming aware that any stresses... concerns or worries are now continuing to be released from your muscles...your cells...and wherever you hold tension...and you know where that is do you not?...How wonderful this feeling and sensation is for you now...

***Pause for 10 seconds***

You discover that you're gradually and subtly being lifted...raised upwards... beginning to rise and float gently through the air....like a feather in the wind...how wonderful and liberating this sensation...floating weightlessness ...like a gentle air current it swirls around you and gently nudges you through the air...your inner guidance knows that you're supported and protected at all times... and in this present moment you have no cares...no worries...or stresses that you need hold on to...it's ok for you to release those things that have concerned you...and that which no longer serves you or you have a need for and you know what that is do you not...?

***Pause for 5 seconds***

Know you're safe and if at any time you'd like to be firmly back on the ground all you to do is just think it and it will be done...remember that you're totally supported and protected....as you continue to drift along through the air ...and you can reflect at how perfect this experience is for you right now...in this moment and you smile at the thought that it's alright to allow yourself to float...and relax...and be...drifting along...

***Pause for 5 seconds***

You can continue to enjoy this moment as you become aware of coloured balloons suddenly appearing and floating all around you...so many of them...

***Pause for 5 seconds***

You notice red balloons ...orange balloons...yellow...green... blue ... indigo and violet balloons...there are even some gold balloons and silver balloons... some balloons are a combination of all colours...some two colours and others three...four or five...maybe you see these colours...or maybe you hear them... maybe you feel the colours of these balloons...or you taste them...or even smell them...whatever works best for you...

***Pause for 5 seconds***

As you focus on these floating balloons you become aware that each coloured balloon has a resource...a skill available for you to use...if you wish to...you can even integrate these marvellous resources...skills...totally within your Self now...if that is what you want to...

***Pause for 5 seconds***

A balloon brushes against you and you know somehow that this balloon offers you energy...beautiful and magnificent energy that has the power to revitalise every cell in your body and allows for your body to receive energy to use during your daily life...this balloon is the colour red...

***Pause for 5 seconds***

Another balloon brushes against you...this time you know it contains creativity ...inspiring and perfect creativity in all things that can help you in ways you wish...this colour is orange....

***Pause for 5 seconds***

Other balloons around you contain clarity...healing energy for wherever it's needed...strength...courage...humour ...fun... ingenuity...optimum health - both spiritually and physically...relaxation ... learning...wisdom... forgiveness ...compassion....with every new balloon that brushes past you or floats beside you...around you...or beneath you...you know it will contain something else you can use...a skill...here you will find the perfect opportunity to choose whichever colour and resource you need at this moment and you know what you need...do you not...?

Spend some time now gently floating among these coloured balloons collecting whichever coloured balloon you're drawn to...and remember that the choice is always yours...

***Continue meditating for approximately 15 minutes more or less – this can vary according to your needs***

And when you are ready to return again into the space you're sitting in bring your awareness back and notice the rise and fall of your chest...hearing the soft sounds of your breathing...as you gently float back to your seat gently reconnecting with your physical environment once again...gently touching the ground with your feet to allow for a safe landing returning once again to the physical world ...safely...easily and comfortably... becoming more and more fully alert and wide awake...touching your nose and wiggling your toes... bringing back with you all those perfectly wonderful new resources...skills that you've chosen to access...and remember you can always return to this meditation any time you'd like...

## Recommended Reading

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An avid writer and reader of just about any genre there is Michaela wanted to share with you a selection of books which relate both directly and indirectly to meditation.

Creative Visualisation, Shakti Gawain Batam, USA 1982, ISBN 0 553 27044 3

Live Better Meditation, Bill Anderton Thorsons, USA, 2002, ISBN 0-00-7644487-6

Meditations for Women Who Do Too Much, Anne Wilson Schaef Harper, San Francisco USA
ISBN 19900 06 250784 2

Do You Want to Meditate? Eric Harrison Perth Meditation Centre, WA 2002, No ISBN

Subtle Aromatherapy Patricia Davis, The C.W. Daniel Co Ltd, UK, 1996, ISBN 0 852 072 279

The Fragrant Heavens, Valerie Ann Worwood Transworld Publishers Ltd, UK, 1999, ISBN 0385 408994

Change your Life in 7 Days, Paul McKenna Random House Australia Pty Ltd 2004, ISBN 0593 05055X

Love is in the Earth: A Kaleidoscope of Crystals Updated, Melody Earthlove Publishing House, USA, 1997,
ISBN 0 962 819 034

The Book of Chakra Healing, Liz Simpson Gaia Books Ltd, 1999, ISBN 1 85675 083 3

The Present Spencer Johnson, MD Doubleday, Australia, 2003, ISBN 1 86471 082 9

Making Dreams Come True, Vicki Bennett Gazebo, UK, 1999, ISBN 0 953 508 609

What Shintaro taught Me. Zen and the Art of Success, Ron Lee 'The Corporate Ninja', Parker Pattison
Publishing, Hurstville NSW, 2002, ISBN 0 646 41803 3

The Artist's Way, Julia Cameron, Tenth Anniversary Edition, Jeremy P. Tarcher/Putnam a member of Penguin
Putnam Inc. New York, 1992, ISBN 1-58542-146-4 (pbk), ISBN 1-58542-147-2 (hardcover)

Walking in This World, Julia Cameron, Publishers Jeremy P. Tarcher/Putnam, New York, 2002,
ISBN 1-58542-183-9

About the Author

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Michaela Scherr is a graduate of a well known parapsychology academy in NSW Australia, and is a highly-regarded professional within this field.

She's also a Personal Change Facilitator, certified Master Practitioner of Neuro-Linguistic Programming (NLP), and writer who is totally committed to helping others create positive and action oriented changes to their lives. ([www.michaelascherr.com](http://www.michaelascherr.com))



A high achiever in many areas of her life, Michaela has extensive experience through not only her varied careers but also her interests and education in the fields of spirituality, alternative health, personal development and personal change facilitation, to writing, meditation, and psychometry.

Michaela has two children, and a grandson. Michaela and her family currently live Queensland Australia.

You can visit her website at <http://www.michaelascherr.com/shop/pages-main/index.html>