

Meditations

The Peaceful Mind Recipe

The closer you get to disidentifying with that voice in your head, the louder it will shout to insist you listen and stay stuck in your suffering. In this four week recipe we sneak up on the mind as we embrace all aspects of who we are.

Week One:

Let's start with a seven day mental diet! Take ten minutes each day to sit quietly and listen to the Emotional Alchemy meditation. See for yourself how we attract the object of our concentration.

Week Two:

This week, begin to formalize your quiet time by establishing a sitting posture that is tall and well grounded. You may either sit in a chair with your feet grounded on the floor and your back straight (not leaning against the chair) or on the floor, cross-legged with perhaps a small pillow under your sit bones. This noble posture is the perfect foundation to experience the Endless Now. Enjoy the breathing exercises in the Endless Now as you develop a new awareness of your authentic nature.

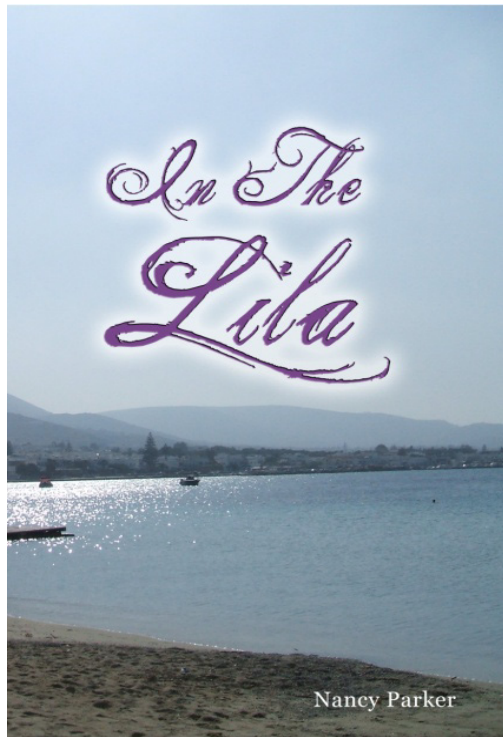
Week Three:

Can you send unconditional love out into the world? -- without attachment, without hoping someone else will send it back to you. This week during your ten minute practice listen to the Filling Your Heart meditation. Experience how the act of giving love is all that we need in order to feel completely satisfied and fulfilled. No one else is responsible for our happiness.

Week Four:

While focused meditations are a good way to establish a routine and to temporarily still our meandering mind. Ultimately we need to cultivate equanimity that carries us throughout our days. In this final week of our program we will begin to experience the stillness that is the foundation of every meditation practice. In this final week, enjoy all that is in the Watching What Is meditation.

In a month's time you will have come to know the voice of resistance and at times you may have even been able to recognize the separation between you as an infinite compassionate being and this mental noise. Perhaps you will consider continuing your own sitting practice of 10, 20 or even 30 minutes each day. Or perhaps you would like to explore some of the other CoolKarma Collections and continue this incredible journey.



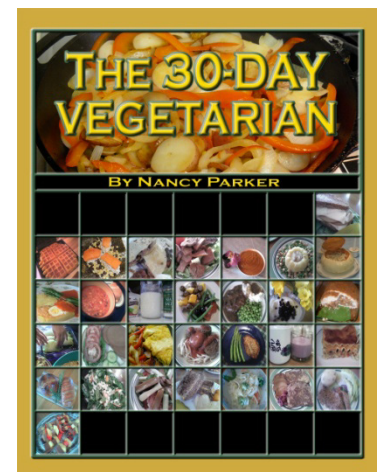
If you like our meditations check out our new book, *In The Lila*. Available in paperback or kindle at Amazon.com.

<http://InTheLila.com>

The word Lila is sanskrit for the cosmic play.

In The Lila is a warm story of courage and perseverance, our main character Dot is drawn into the enquiry not unlike many modern day seekers of Truth. But in her high-tech dotcom domain the ashram and sangha are found in a most unlikely of circumstances. Amidst the medical jargon of life limiting illness and the 2D world of a social networking game, this unusual account of a healing journey takes us out of our own egoic story and into a place of endless possibility. There are no spoilers to be had by saying that there is no magic bullet or fairytale endings. But within the groundlessness of the teaching there is something here for each of us to open up the sacred conversation about Life in the Lila.

Looking for something new to serve your family? Our cookbook, *The 30-Day Vegetarian* has healthy whole foods meal your family will love. With 90 meals this cookbook will take you through a full month of vegetarian eating for every occasion! From special dinners perfect for holidays to simple comfort food that will make your body smile. Color photographs and simple step-by-step instructions make this a perfect resource for those who are just starting out. Each week includes a meal plan and list of foods that you will need on hand. There is even an index that organizes foods that contain dairy, or are wheat free as well as plenty of vegan selections. This cookbook is a must for anyone who wants to explore cruelty-minimized eating or finds themselves cooking for friends and family who have adopted this lifestyle choice. But you don't need to be a vegetarian to enjoy the bounty of good eats contained in these pages -- you just need to enjoy good food!



<http://30DayVegetarian.com>