



Meditations

The Wellness Recipe

Early on in my own healing journey, my focus was on relieving my symptoms, concentrating on the dis-ease I was experiencing and running towards anything new that might remove my personal pain. It never occurred to me that there was another way. That I could stop searching and begin living my life.

Week One:

This week when someone asks "How are you?" answer with a smile "Awesome." Even if your mind tells you that you are lying, know that you can BE AWESOME no matter what state your body is in, no matter what circumstances you find yourself. In this moment you are AWESOME.

Begin each day this week with the 10 minute meditation for Total Relaxation. The relaxation response can help boost your immune system and protect you from the negative effects of every day stress.

Week Two:

Did you notice the different reactions from friends and family when you began replying that you are awesome? You are planting seeds, there is not need to judge anyone else or change anything around you ... everything is lining up to serve your best interest.

This week, continue to start each morning with Total Relaxation and now begin to cap off each day with A Healing Journey. Select a comfy chair and see if you can find stereo headsets to maximize the right and left channel auditory experience of A Healing Journey.

Week Three:

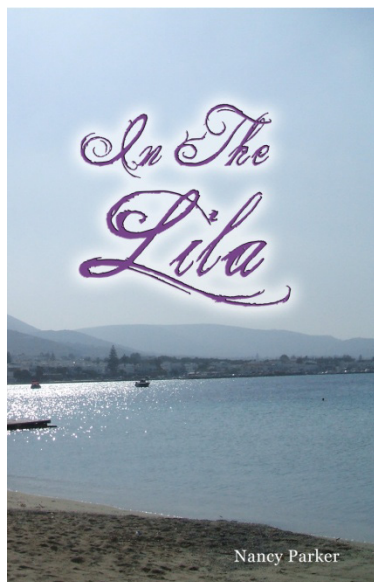
Know that from the cellular level to the mysteries in the cosmos all is working as it should.

Have you heard the expression? -- "When the student is ready, the teacher will come." This week we will put the idiom to the test as we start off each morning with the Finding Your Answers exercise. Continue listening to the Healing Journey meditation at the end of each day this week.

Week Four:

In only three weeks you have begun to uncover some of the nuisances of your own unique healing journey. Now let's take a panoramic view of the landscape and kick up our wellness program another notch by taking a contiguous 20 minutes. You can choose anytime morning through night that works best for you. But do commit to at least five days this week that you will sit uninterrupted and experience the Five Towers meditation.

Be patient and compassionate with yourself. You didn't know then what you know now about the power of the mind. Enjoy this journey just as it is. There is nothing to fix, no where to go and in this tiny moment you ARE AWESOME. Perhaps you will consider continuing to use some of the guided meditations or you may want to start your own formal sitting practice.



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

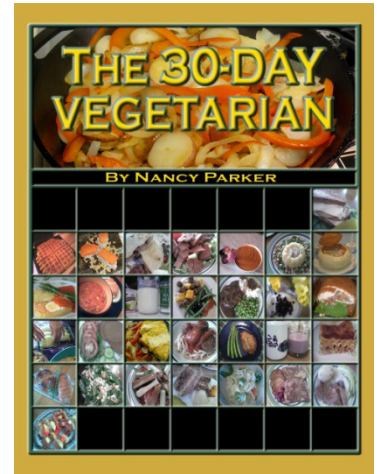
<http://InTheLila.com>

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>