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SHADOWS AND SOULSCAPES

THEME: "AWAKEN"
EDITION 002



CONSCIOUSNESS | SELF-DISCOVERY

Step 1: Set Your Intention

- Goal : Establish a clear intention for your practice.
- Action : Spend a few minutes reflecting on why you want to meditate.
- Progress : Keep a journal to note your intentions and review them periodically to track your growth.



Step 2: Create a Calm Environment

- Goal : Develop a peaceful and comfortable space.
 - Action : Choose a quiet spot where you won't be disturbed.
 - Progress : Gradually enhance your space with additional items to promote tranquility as you feel you need to.
- **Over time your practice will stretch into busier environments which offer the challenges of distractions.**



Step 3: Focus on Breathing

-Goal : Build awareness of your breath. Your breath is your meditation anchor.

-Action : Begin with a simple box breathing exercise, Inhale in and Exhale out through your nose with this pattern:

Inhale slowly for a count of 4; Hold your breath in for a count of 4; Exhale for a count of 4; Hold your breath for a count of four; Repeat.

-Progress : Start with two minutes of focused breathing and then increase as you become more comfortable.



Step 4: Meditation Practice

-Goal : Begin developing your ability to stay present and observe thoughts without judgment.

-Action : During practice, if your mind wanders, gently bring your focus back to your breath. Also, notice your thoughts without getting caught up in them. Feel free to journal those thoughts as well.

-Progress : Set a timer for 2 to 5 minutes of practice, increasing your time as you feel more comfortable.



Step 5: Introduce Guided Meditation

-Goal : Use Guided meditations to deepen your practice. Over time this will help add custom layers to building your own meditation.

-Action : Find a recorded session that resonates with you. Start with short sessions; focus on themes such as relaxation, gratitude, or compassion.

-Progress : Experiment with different types, gradually extending your time.



Step 6: Reflect and Adjust

-Goal : Continuously refine your practice based on your experiences.

-Action : After each session, take a few moments to reflect on how you felt before, during, and after as well as any challenges you encountered. Note these in your journal.

-Progress : Use your reflections to adjust your practice.



Step 7: Commit to Consistent Practice

- Goal : Establish a consistent routine based on a schedule that works for you.
- Action : Set days/times up on a calendar with a reminder. Stay consistent with these days/times until you form a “habit”.
- Progress : Track your practice in a journal (or app) to stay motivated and observe your progress.



Step 8: Explore and Expand

- Goal : Explore different meditation techniques to deepen your understanding and incorporate new elements into building your custom routine.
- Action : See “Goals”
- Progress : Incorporate new techniques into your practice, noting how each affects your mental and emotional state.



Final Word

Our path to inner peace and wisdom begins with a single, mindful breath. By committing to small, consistent steps in our meditation practice, we unlock the boundless potential within. Each moment of stillness and each conscious breath brings us closer to our true self, where we cultivate a deep connection with the universe's energy.

As we progress, we'll discover the trans-formative power of meditation, shedding layers of negativity and awakening our intuitive spirit. Our journey is not one about perfection but continuous growth. Every effort we make, no matter how small, is one step toward a more peaceful, compassionate, and empowered life.

Remember, the strength of our spirit is limitless. By embracing these step guidelines, you are not only nurturing your own well-being but also radiating positive energy into the world.

Continue to explore, reflect, and evolve, knowing that each mindful moment brings you closer to the profound wisdom that lies within.

-Erick