

Meditation Growth Resources

MEDITATION

Meditation is an easy thing to feel you are failing at, and that completely misses the point. It's about becoming aware of your thoughts so that you can learn to be in control of them, rather than letting the negative voices in your head drive the car.

There are a million resources on YouTube and the internet, but here are some that I use:

- **Headspace:**
A great place to start, and probably the world's most popular meditation app, which aims (and does a good job at) teaching people how to meditate without all the pressure. Easy, approachable, and helpful.
- **Calm App:**
Similar to Headspace, with meditations, check-ins, soothing sleep and background white noise or music, and guided yoga, mid-day stretch workouts, and meditation break reminders.

When you're ready for more...

- **Brainwaves Research and Zen 12 Meditation:**
These are meditations that use the latest neuroscience to shortcut the effects of meditation for decades, but in 12 to 30 minutes a day. I use Brainwaves because I started with it and like it. Zen 12 is also good and gives you different listening options.
- **Lisa Nichols Worthiness Meditation:**
Well, we can all use a little worthiness, and this meditation really moved me when I was first starting my own internal work. I listened to this meditation for a couple weeks until the idea that my failures were just fuel and I was not my mistakes really set in.
- **Emily Fletcher:**
The guru of meditation for the likes of the CEOs of Google and others. She made meditation do-able for me when she said "meditation isn't about clearing your mind, you'll feel like a failure instantly. If you notice one thought and let it drift pass without engaging with it, then it was a successful meditation." Hot damn, that changed everything for me. Anything she does is great.
- **Neuro-linguistic Programming (NLP):**
Essentially a shortcut or hack to re-program your subconscious without a lot of heavy lifting. I found these very helpful and still rotate them into my personal listening schedule. I'm sure there are many but I found and quite like the ones from www.learningstrategies.com. At \$29 each and with a host of options, they are a good resource. Ignore their horrible looking website, and when you visit, click on the section titled "Paraliminals" as that's what they call their NLP audios.
- **Brene Brown and Lisa Nichols:**
While not meditations directly, I listen to anything and everything these two women put up on YouTube. Brene's message is so powerful, and one we can all learn from and work to step into. Lisa is the most powerful storyteller I've ever heard and she motivates me to play bigger every time I listen to her.
- **Success Hypnosis: Paul McKenna's Change your Life in 7 Days:**
I am doing some research on hypnosis because, let's be honest, this seems a bit far out. From my early research, hypnosis seems to be just another way to get past the wall that blocks off our subconscious so that you can re-program it. I'm all about hacks, so I listened to this hypnosis for 7 days as suggested and can say I definitely felt more "large and in charge" and it stuck. So, from my personal experience, no downside and loads of upside.

Word of warning, don't try to do everything at once, or it gets overwhelming. Pick one thing, do it



consistently for 7 days and then, if you feel it, expand it. I'd start with Headspace if you're not a practiced meditator. Super easy, fun and a great entry point.

My own journey went like this, in addition to executive coaching:

- **Meditation:**
I started with Headspace, did that for 30 days, then found Lisa Nichols worthiness meditation and listened to that every day for a week, then moved onto Brainwaves Research, which I now use.
- **NLPs:**
I started with the one on peak performance (so typical), and noticed a big lift in my focus, so then did the one on self-worth (which helped), and then the ones on anxiety, breaking habits and so on. They're cheap so you can enjoy as many as you like.
- **Brene Brown:**
I just listen to her regularly. She reminds me to let go of my fear and just lean in and let the world know who I really am. Love her.
- **Lisa Nichols:**
I listen to Lisa all the time. It's not an official part of my morning ritual but I almost daily listen to things that "pump me up" and make me feel "powerful" and Lisa Nichols does this for me. She has some amazing YouTube videos of her presentations. The one about using your fear is fabulous. I went on a Lisa Nichols mind fast. I listened to anything and everything she did to help me feel my worth and stop holding back.
- **Success Hypnosis:**
I became interested in hypnosis after meeting Marisa Peer at a conference a few years ago. She's Britain's #1 therapist, uses hypnosis and her results are staggering. In spite of my hesitance, and given I'm all about results, I decided to check her out. She has some great audios, none of which I've listened to yet because well, let's be honest, the idea of someone getting in my head for real sort of freaks me out. What if they put in bad things? (Recall I don't easily trust people.) I never listened as a result and have only recently come back to this after learning so much more how the brain resists change. With more research, I realized hypnosis is really just changing your brain wave state into a higher state of consciousness that allows your sub-conscious to accept new messages. In theory, this is no different than the Brainwave meditation, except not only are we getting into that higher state of brain waves (consciousness), but we're also inserting new ideas/beliefs that support a better life. A few months ago, I decided to try the Success Hypnosis I shared. I listened to it for 7 days as instructed, and did feel a difference for the better. I'm doing it again as part of my 30-day sprint to listen to some belief-building materials every day in addition to my meditation.

That was my journey. More important, let me know your game plan, and how it goes.



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Blessings from Costa Rica,

Stephanie Bogan



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