

The Holy Trinity Guided Meditation

Dear Friend in Light,

Thank you for your interest in a simple yet profound meditation technique that can help you make real changes in all PEMS Levels (Physical, Emotional, Mental and Spiritual). The Holy Trinity Guided Meditation gets its foundation from Yoga Nidra. Jesus is my teacher and my guide. In 2011, I heard His strong voice offering instructions. As I was waking and floating between consciousness, He said, "The name of the NEW meditation is The Holy Trinity Guided Meditation. Instructions to follow." The technique was adjusted and enhanced and participants had extremely profound experiences and revelations. In many cases, they saw the face of Jesus and often saw angels.

I will eventually make these meditations available, but you can begin by enjoying the Total Body Prana Flush meditation, which clears blocks in the body.

To help you understand your experience, this document contains the facts about the Yoga Nidra Technique. The Holy Trinity technique differs in that it specifically helps you connect to and interact with the Father, the Son and The Holy Spirit. During the experience, you may receive a message, assistance, blessings and healings, release guilt and more. They know what you need. Should you have any questions, please contact me through the website.

Blessings and Light,
~Charlotte.

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What is Yoga Nidra Guided Meditation?

An unfamiliar phrase to most of us, the translation of Yoga Nidra is Yogic Sleep. It is an ancient meditation technique developed 4,000 years ago by enlightened yogis. It takes you to incredibly deep levels of relaxation so you can unlock the powers of the subconscious mind and redirect your Life Force Energy (also referred to as Prana or Chi). How? While sleep is an unconscious state that allows Prana to replenish the body through rest, Yoga Nidra provides a platform for conscious transformation and the resolution of internal conflicts. In the dream state, the mind is still at work. Yoga Nidra allows you to transcend all lower level thoughts, emotions and the Self-Image, the identity we think we have rather than timeless beings who are one with the creator. Similar to the actual sleep state, Yoga Nidra puts your Body to "sleep" and activates alpha and theta brainwaves, the same brainwaves that govern during actual sleep periods. When you consciously drop into the alpha and theta states, you then have the ability to experience your true nature and make profound changes in your life from within. Even in this deep state, you remain consciously aware of what is happening. As you practice the technique, you connect to your Higher Self and Spirit much more deeply.

Whether or not you practice yoga, if you've been wanting to make changes in your life, this is what you've been looking for. Want to learn more? Read on...

Blessings to you,
~Char.

What we Believe...We Perceive

All of our problems exist in our minds. Because this technique takes you beyond the boundaries of the intellect, it takes the chattering, fearful mind out of the way. "I'll never be happy." "I can't lose weight." "I won't be promoted..." or "There's never enough Money!!" Escaping beyond the confines of destructive thoughts to address them at their Source is the key that will unlock the door that grants you access to all of your creative power. Turn fear into creativity and Miracles will happen.

We all have patterns in our lives on Physical, Emotional, Mental and Spiritual (PEMS) levels. Some we consciously recognize, others we do not. Outside of us, we see circumstances, behaviors and experiences that we deem negative or insufficient. Our outer experiences, however, are a reflection of the Inner Beliefs we hold in the subconscious mind. So, while the subconscious mind "creates" our outer experiences, the conscious mind resists and struggles against the "perceived reality" we're experiencing. This conflict between the conscious and subconscious mind is why so many of us are unhappy or dissatisfied with certain areas of our lives. But life is about relationships...our relationship with God or the Creator, our relationship with ourselves, family and others, with food, money, sex and so on. What if you had the ability to restructure one or all of those relationships so that you could experience more peace and fulfillment? Yoga Nidra allows you to neutralize negative beliefs and support the positive ones that create our outer experiences.

For instance, imagine that a young girl lost her father at an early age. Imagine that she developed an issue of Abandonment in "reaction" to the loss of her father. Because the belief in abandonment exists in the core of her subconscious mind, naturally, there will be experiences in her life that reflect that belief. Classmates or Co-workers may avoid her and not even know why. Romantic partners are often emotionally distant or consistently leave. How do you change this energy? Even with therapy, she could declare consciously that she will not be abandoned, but if that one seed still exists within her subconscious mind, it will serve as a magnet and will draw those experiences to her until she makes the shift that is needed. No matter where the belief and corresponding pattern originated, even if it's a Karmic issue, she can turn things around. With practice, using this technique will allow her to dissolve this unconscious, deep-seated fear. As this occurs, she will see a difference in all of her interactions with others. Give yourself the power to get to the core of any issue to eliminate self-destructive fears, self-sabotaging reactions and bad habits and create the life that you feel worthy of.

How does it help with Stress?

Simply put, Stress arises as a result of our relationship with Change. We either strive for things to be different or struggle to keep them the same. We struggle to make something happen, and prevent something from happening. It all stems from our attachments and expectations. When our expectations are not met, we become stressed. This is the number one cause of health problems and depression. You can alleviate these conditions by using this simple technique.

The body is a reflection of the mind. Yoga Nidra utilizes the third eye to achieve major shifts in consciousness, which result in physical changes. The third eye corresponds to the pineal gland, which is located in the center of the brain and increases the production of melatonin. This natural hormone helps **eliminate stress, induce restful sleep, prevent premature aging, reduce high blood pressure and boost the immune system.**

How can you reap the benefits of Yoga Nidra?

Yoga Nidra has the power to burn karma, accelerate the healing process and boost the immune system. Whether your body has been affected by stress, dis-ease, surgery or injury, you can use it to achieve "whole-ness" and program your body to operate at optimum levels of health and harmony.

Many people report that they have improved situations involving stress, addictions/bad habits, sleep difficulty, depression, anxiety, body aches and adrenal overload. The adrenals, located at the top of each kidney, secrete hormones such as epinephrine, norepinephrine, dopamine, cortisol and adrenaline to regulate the stress response throughout the body. When in overdrive in response to stress, however, the potential for illness is increased. Too much of these healing hormones will cause problems with the blood, leading to high blood pressure and issues with the heart, arteries, platelets and more.

Whether you use Yoga Nidra to increase intuition, creativity, peace, health or abundance, it is the simplest and most profound technique you will ever encounter. All you need is your Intention and willingness to let go of any belief that doesn't serve your highest truth. It's also an excellent practice for pregnant women to clear negative energy out of the body to create the most loving environment for the child.

What are the steps?

Yoga Nidra is performed lying down. If this is uncomfortable for you, you may use a chair. It's important that you remain absolutely motionless and alert throughout the session. You will be guided through various techniques for relaxation and grounding, internalizing awareness, clearing the mind and using the breath to "go under" and induce the Alpha and Delta brainwave states while remaining awake. After connecting to your body completely by focusing your complete attention to 61 individual points in the body, you are guided to "drop in" or state your intention. When you state your intention at such a deep level, it activates changes in the subconscious mind, which then impact the Energy Bodies (Physical Body, Mental Body, Energy Body, Wisdom Body and Bliss Body) and finally emanate outward to impact your life or health. Because of its capacity for healing, it is the perfect complement to traditional medicine.

How to Prepare:

Prepare your environment for a quiet, profound experience. Wear loose, comfortable clothing and have an area where you can lie down. You can light incense or candles and dim the lighting. If you are participating in an online broadcast, set your volume levels. If you are using a laptop, be sure to plug in as the volume may get lower on battery. You may want something to cover your eyes and body. Most like to feel as if they are in a cocoon. Unplug the phone and eliminate as many disturbances as possible. Should you hear a noise or disturbance during the session, use it as a trigger to go even deeper into relaxation.

Ask yourself:

What are you using Yoga Nidra to achieve? Once you determine your Desire, whether for Peace, Health, Abundance, Weight Loss, etc. build your intention using the words that will immediately place your desire in your subconscious mind. Intentions are seeds that we plant. What manifests is the fruit.

How to build an Intention to use during Yoga Nidra:

Toward the end of the meditation, after the exercise of putting the body to sleep and accessing the third eye, you will be asked to state your Intention 3 times.

Your intention should be worded so that it moves you toward integration and unity within the self. It should be 1) Timeless, 2) Positive and 3) Fairly Short. Do not use negative words such as can't, won't, want, need, I will, etc. Saying that you WILL lose weight denotes that it will happen in the future. You

want to embrace what you want to happen in the present tense. Be specific, and include visualization if you can. Develop a picture of what this looks like when you repeat your intention. Visualization provides a way to implant pictures in your subconscious that complement the words you say. Here are a few examples:

1. Rather than: "I will not get angry" use "I am at Peace in my situation with _____" and fill in the blank. You can use work, home, school, my children, husband, family members, specific individuals or situations.
2. Rather than: "I will be more patient" say "Patience fills me and brings me peace."
3. Rather than: "I want to lose weight so my husband will pay more attention to me" set your intention to "I am beautiful, loving and deserving of my husband's attention."
4. Rather than: "I will stop overeating" declare that "My eating habits and my mind are healthy and balanced and my body responds."

Reword these intentions any way you like. A word about losing weight. Again, our bodies reflect the condition of our minds. If it's in our mind that we are not safe or nurtured, our bodies put on "emotional padding." We also develop compulsions to acquire a sense of safety and nurturing from Outside of Ourselves in the form of food. To change your body, you must change your mind. Infuse yourself with Self Love and set the intention that you are indeed safe and nurtured by your Higher Power, no matter your situation. In this manner, your body will release whatever it is that there is "not enough of." Look to future workshops in Florida on weight loss, to be announced in 2011.

Some popular and impactful intentions are:

- I extend love, peace, contentment and trust to the world.
- I am at Peace with all there is.
- I forgive _____ completely. I am safe.
- I AM (this connects you to God).
- Guidance leads me to the correct solutions.
- I release my compulsion to _____. I am whole and satisfied.
- Abundance is my natural inheritance. Money comes to me easily.
- I release all Karma in my _____ (name a body part or a relationship with someone. Be creative.)

These intentions really work!!!

Common Experiences during Yoga Nidra:

It's difficult not to fall asleep the first time unless you're an experienced meditator, but with practice you can maintain conscious awareness. Each experience with Yoga Nidra can be different, but below is a short list of things that commonly occur as a result of the deep connection to Spirit. Whatever your experience, trust that whatever comes within your field of attention and awareness is precisely right for you. Remember that anywhere a blockage exists, so does the potential for illness or pain. Endeavor to remove all blocks to your awareness and on Physical, Emotional, Mental and Spiritual levels.

Most experiences fall into 5 or 6 categories:

Mental: a barrage of thoughts, very distracting during the first few practices, but will dissipate with practice. When you find that your mind starts to wander or following a dream, just return to the guidance of the facilitator. There is no need to backtrack or try and catch up. Just follow what is present.

Emotional Catharsis: deep feelings of joy, bliss, peace and contentment well up for no reason. This is actually your natural state. Feelings of sorrow, sadness, heaviness or re-experiencing past negative impressions or situations may arise. These are merely the surfacing of karmic blockages, traumas, fears, hurts, pain and abuse that you may have experienced in the past. These experiences and the emotions associated with them actually become trapped in the body and cause physical illness, disrupt loving relationships and keep you caught in a pattern of reacting to present situations based on a bad memory. Releasing what comes up will eliminate the cause of any pain and suffering.

Both crying and laughing are common. Do not judge or change anything; simply allow it to come and go. What comes up is passing through for recognition and review and is on its way out. Merely detach from what you're seeing, hearing or feeling and observe from a distance. Through observation, attachments to past experiences diminish and are more easily replaced with forgiveness and peace. In order to be free, remember to forgive completely any person or situation you feel has hurt you while in this state. If you truly want Peace, the deeper you go and the more you clear out, the more Peace you will feel.

Physical Manifestation: muscle tremors, contracting, itching, floating, tingling, involuntary movements, awareness of heartbeat, pulsation or streaming of the blood, feeling energy or an electrical sensation, etc. During Yoga Nidra, people with disabilities may feel affected parts of the body for the first time.

Spiritual experiences: profound stillness, peace, silence, the realization of the vastness of space, disconnection from Time, the appearance of angels, saints, deities or Jesus.

Psychic phenomenon: colors, sounds, lights, unawareness of having a body, expanded senses or sensory perception, hearing the facilitator far away or next to you yet they haven't moved.

Falling asleep: this tends to happen most frequently to those who do not have a regular meditation practice, but your ability to remain alert does get stronger. If you keep falling asleep, practice Yoga Nidra in a chair until you feel ready to practice lying down. Also, know that even though you are asleep, your subconscious mind hears all that the facilitator is saying. So, you do have experiences...you just need to work on remaining consciously aware of what they are.

Experiences Reported

- sensations of deep relaxation and peace
- intense light or bright colors
- visions, symbols or clairvoyant images
- sounds and clairaudient messages from Spirit Guides or departed loved ones
- smells/fragrances
- past life recall
- images of familiar places (even if you know you haven't been there before)
- visions of Jesus, Angels the Blessed Mother, Krishna, Ganesh and other religious deities
- anxiousness or fear of falling
- hearing yourself snore

- out of body experiences and/or looking down at yourself
- dream-like scenes and images
- emotional catharsis/release of pent up emotions
- images that illustrate your deepest feelings
- involuntary body movements
- hearing your spine adjust
- feeling energetic adjustments in the chakras
- feeling a person next to you or their hands on you (Guides/Loved Ones)
- the rising of Kundalini from the base of the spine
- knowing when a true, complete "letting go" occurs
- knowing when a solution is in place
- sensations of floating or sinking
- arms floating up in the air to receive
- graceful movements filled with meaning
- intense feelings of warmth or cold
- revelations
- sensations of healing
- deep knowing of your true essence
- upsurge of repressed memories that need to be released
- energy moving through or filling your body or individual parts
- audible messages from body parts that are usually ignored or neglected
- beautiful nature scenes that inspire
- finding yourself in a "place" that is unrecognizable yet familiar
- some report experiencing nothing at all, but know that changes are happening at subtle levels.

This list has been provided so that you can gain an understanding of the potential for certain experiences. You may experience a few, some or none of these occurrences. You can certainly request an experience or vision, however, it is extremely important that you not set a high expectation that leads to disappointment if your request is not granted. Anticipating an experience that is shocking and sensational is merely a wish for "spectacles" that make us feel special. Miracles happen in so many ways on so many levels. Trust that a Miracle is happening each time you practice Yoga Nidra and let go of any expectations on what you hope will happen or are afraid will happen. Your intention and desire for peace manifest the Miracles required for your growth.

I hope this information is helpful and inspires you to embrace a unique, simple and timeless method to change your life for the better. To review products and services available, please visit my Services Page. Should you have any questions, please contact me.

Be at Peace.