



Meditation

The world is saturated with noise, volatile energy and technodespair. It is almost impossible to find a place where you can be quiet, unwind and take back some of the lost energy. Functioning with any measure of efficiency is impossible because of constant intrusion and demand for your attention. Your energy and effort is scattered and multitasking has become multi-level insanity.

In this chaos you are expected to come up with a strategy to take your business to a higher level and live life with balance. You want nurturing relationships as you care for the people in your lives at all levels.

The result of this lifestyle is personal chaos, relationship strain, workplace stress. You find yourself in a double bind being expected to be hard and demanding at work yet kind and loving at home. You live two lives and neither is satisfying.

Most of us cannot retire to a villa in the Alps to get away from it all. How can you remain in the game yet play it more effectively? How can you switch from work person to home person and achieve success in the workplace and at home?

To access your brilliance, hit the flow zone and connect to the fields of genius requires that you practice the INNERSKILL of meditation, focus, concentration and flow.

Meditation is the art and skill of connecting to your inner creativity, intuition, genius and exceptional ability.

The workshop

Duration: 1 day

Who should attend? The workshop is presented on two levels.

1. People who want to learn the power of meditation for normal life and living
2. Using meditation as a strategic tool to connect to genius, overcome overload and increase their overall performance at work while becoming more focussed and directed in their business life.

Contents

You will understand how meditation works, removing all the mystery concerning the practice while putting you in a position to practice meditation with deep understanding of what is happening . There are no mysteries concerning meditation once the science is understood.

1. What is meditation?
2. What meditation is not. Debunking the myths and misinformation about meditation
3. Understanding the universe from cosmology to quantum physics and the energy soup in which we live
4. Our place in the whole, where we fit into the bigger picture
5. How the brain works with us to produce our lives
6. Understanding power vs. force
7. The functions of meditation from biology to inspiration
8. Different types of meditation
9. Contemplation, mindfulness, gratitude and purpose meditation
10. Directed meditation and intuitive “listening”
11. Asking and requesting in meditation
12. Practicing detachment and turning on your intuition
13. Using technology to meditate
14. Meditations for circumstances and situations
15. Thought control and connecting to the 11th dimension
16. Disengaging from the collective mind
17. Meditative reading and allowing for answers to emerge
18. The pharmacy of the soul
19. Turning stress into a catalyst for greatness
20. Awareness and relaxation
21. Collection of 50 meditations for every occasion and situation

The workshop is interactive and practical. Attendees will be taught how to apply the skills immediately. The learning curve is steep but very rewarding.