



Life Healing Meditations to Raise your Vibration

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N.B. These meditations are not to be used while driving a car or operating machinery.

These meditations are not meant to replace traditional medical treatment, even though it may support your healing at the deepest level. If you are under medical care, you advised to consult your doctor before using this meditation series.

Meditations for Life Healing

1: INTRODUCTION

Introduction to Life Healing. Why the bad times in my life were the best times. The power of learning from your life experiences. Some of the benefits of Life Healing. How Life Healing has helped people transform their health, their career, their self-confidence and their finances. Where the intellect comes unstuck. How to heal your life: clarity, commitment and trust. Set a mental template for how you want your life to be. An overview of the meditations. How to use this meditation series.

2: THE HEALING WELL

Journey to a planet of light and rediscover your purpose in this lifetime. This deeply relaxing meditation will help you grow in wisdom, awareness and inner strength.

3: FORGIVENESS MEDITATION

Perhaps the most important healing meditation of all. Clear unwanted feelings of anger, resentment and guilt. Forgive yourself and others easily and effortlessly. Make peace with family members and those closest to you. Clear away any anger you may feel and make way for the love that you are.

4: ENDING SELF-SABOTAGE

A meditation to help you make contact with the part of you that may be stopping you achieving your goals. Work with this part to develop new choices that will help you go forward in your life with harmony, congruence and clarity of purpose.

5: CINEMA MEDITATION

A safe yet powerful meditation that will help you clear unwanted feelings and baggage from the past. Use this meditation repeatedly to clear any emotional pattern you feel is troubling you: anger, hurt, fear, guilt, shame, sadness, jealousy.

6: CLEANSING MEDITATION

Release aches, pains, blockages and stuck energy in every part of your physical body. Cleanse and heal as you relax deeply and joyfully. Replace old energy with powerful healing resources.

7: RELEASING ENMESHMENT: TAKING BACK YOUR POWER

A vitally important healing meditation. Cut disempowering, lower level ties with people in your life and reconnect with your own independence and inner strength. A sure way to develop yourself emotionally and spiritually.

8: WORKING WITH THE INNER CRITIC

Work with the part of you that gives yourself a hard time - your inner critic! Let go of old programming and transform your inner critic into a powerful ally and friend.

9: ACTIVATING YOUR INNER RESOURCES

Journey up a sacred mountain and receive wonderful gifts from seven wise beings or masters. An extremely powerful way to transform the way you think, feel and act in the world.

10: CHANGING YOUR BELIEFS

Your beliefs have the power to programme you for life or for death, for misery or for happiness, for failure or success. This meditation will enable you to release beliefs that have been holding you back in your life, and embrace new, empowering beliefs that will propel you towards achieving your goals.

11. ACCEPTING YOURSELF FOR WHO YOU ARE

Clear away old programming and transform your self-worth. Let go of negative messages that you may have taken on from parents or other influential figures in your life. Release guilt and judgement about actions you took in the past. Love and accept yourself for who you are right now.

12. LOVE MEDITATION

Love is the greatest healer of all. Transmute fear and anger through the power of love. Send love and healing to your whole lineage. Reconnect with the love that you are and send love to the whole of creation.

3 Steps to Life Healing

1. GET CLEAR ABOUT WHAT YOU WANT

The exercise on page 7, “Life Healing: Setting your Goals”, will help you achieve this.

2. COMMIT TO ACHIEVING IT

Commitment = a clear intention + action + perseverance until the goal is achieved.

Commitment means doing whatever it takes to achieve your goals. One of the most important actions will be a commitment to listen to these meditations regularly. As long as you are fully congruent about what you want, there is every chance that you will get it. If there is a part of you that you think might be sabotaging you, work with that part in the meditations. (It will probably be a part that is afraid, or in conflict about you achieving your goal.)

3. TRUST YOUR UNCONSCIOUS MIND TO BRING IT ABOUT

Your conscious mind plots the course (as in the goal setting exercise on page 7), but your unconscious mind is the driving force that brings about the changes you want. All learning, behaviour and change happens ultimately at the unconscious level. All your emotional language is stored in the unconscious. Equally your unconscious is a storehouse for all your resources. As you do the meditations, it is your unconscious mind that does the work, clearing out the emotional baggage, and bringing your resources to the fore. **Trust your unconscious mind!** It will help bring about the changes you want, as long as you are committed and it is for your highest good.

Guidelines to Effective Goal Setting

To set goals effectively your goals should be:

⇒ **STATED IN THE PRESENT NOT FUTURE**

E.g. ***I am*** vibrantly healthy
not: **I will be** vibrantly healthy

⇒ **STATED IN THE POSITIVE**

E.g. I am ***vibrantly healthy***
not: I am **much less ill than before**

⇒ **WITHIN YOUR OWN INFLUENCE**

E.g. I relate resourcefully ***to my partner***
not: **My partner** behaves respectfully and kindly **towards me**

⇒ **SPECIFIC**

E.g. I am in a ***warm loving respectful relationship***
not: I am in **a relationship** now

⇒ **EVIDENCE-BASED**

You should know how you will know when you have achieved this goal (question 3, on page 12 covers this)

⇒ **ECOLOGICAL**

Achieving the goal should not conflict with other aspects of your life. For example, if in your career, your goal is to become Area Manager of your company, you might need to decide whether the extra travelling may conflict with priorities at home.

⇒ **TIME BASED**

Give yourself a target date for the achievement of the goal.

Life Healing: Setting Your Goals

Getting clear about what you want is the first important step to healing your life. Without being clear about what you want in your life, your unconscious mind has no instructions as to where to take you. While these questions do take some time and more than a little thought, they are well worth answering. Completing these questions is evidence that you are committed to healing your life! (An example of a completed goals form follows on page 19)

1. Give yourself a happiness rating from 1 - 10 for each of the following areas of your life:

- a. Health: _____
- b. Family: _____
- c. Partner/Relationships: _____
- d. Way I relate to others: _____
- e. Way I look: _____
- f. Way I feel inside: _____
- g. Way I think about myself: _____
- h. Career: _____
- i. Spiritual: _____
- j. Emotions: _____
- k. Finances: _____

2. What do you want to achieve in each of these areas of your life? Imagine your happiness rating in each of these life areas can be a 10 out of 10. What do you want? (This is a very important step. It is important to get clear about what you want.)

a. **Health:** _____

b. **Family:** _____

c. **Partner/Relationships:** _____

d. Way I relate to others: _____

e. Way I look: _____

f. Way I feel inside: _____

g. Way I think about myself: _____

h. Career: _____

i. Spiritual: _____

j. Emotions: _____

k. Finances: _____

Now imagine that you have listened to the meditations as many times as is necessary for you and that you have achieved all you set out to achieve and more.

3. How do you know that you've achieved this goal? (What do you SEE, HEAR and FEEL that lets you know this?)

a. **Health:** _____

b. **Family:** _____

c. **Partner/Relationships:** _____

d. Way I relate to others: _____

e. Way I look: _____

f. Way I feel inside: _____

g. Way I think about myself: _____

h. Career: _____

i. Spiritual: _____

j. Emotions: _____

k. Finances: _____

4. How are you behaving differently within yourself now that you have achieved your goals?

5. How are you relating differently to people now that you have achieved your goals?

6. How does the world around you look, sound and feel different now that you have achieved your goals?

7. How do you perceive yourself does your life differently now that you have achieved your goals?

8. How have you been able to deal more resourcefully with things that happened to you now that you have achieved your goals?

9. What other changes have you made?

10. What were the main actions you took that ensured you achieved your goals?

An example of a completed goals form

1. Give yourself a happiness rating from 1 - 10 for each of the following areas of your life:

- a. **Health:** 8
- b. **Family:** 6
- c. **Partner/Relationships:** 5
- d. **Way I relate to others:** 5
- e. **Way I look:** 6
- f. **Way I feel inside:** 5
- g. **Way I think about myself:** 6
- h. **Career:** 4
- i. **Spiritual:** 6
- j. **Emotions:** 6
- k. **Finances:** 5

2. What do you want to achieve in each of these areas of your life? Imagine your happiness rating in each of these life areas can be a 10 out of 10. What do you want? (This is a very important step. It is important to get clear about what you want.)

a. Health:

I am dynamically and vibrantly healthy

b. Family:

I have a mutually respectful, adult relationship with my mother.

c. Partner/Relationships:

I relate resourcefully to my partner.

d. Way I relate to others:

I am assertive. Confident and clear in my communication.

e. Way I Look

I am slim, relaxed and shining with joy.

f. Way I feel inside:

I am strong, content and happy with myself.

g. Way I think about myself:

I am perfect just as I am.

h. Career:

I am an outstandingly successful writer.

i. Spiritual:

I feel a close connection to God and am living my mission.

j. Emotions:

I feel joyful, peaceful and loving.

k. Finances:

Abundance flows continually into my life.

Now imagine that you have listened to the meditations as many times as is necessary for you and that you have achieved all you set out to achieve and more.

3. How do you know that you've achieved this goal? (What do you SEE, HEAR and FEEL that lets you know this?)

a. Health:

I feel vital and alive within. I feel refreshed when I wake up each morning. People say I look tremendously well.

b. Family:

My mother is no longer treating me as a child. She respects my own space and minds her business. We get on well with one another as adults.

c. Partner/Relationships:

I am assertive and firm with my partner where appropriate. I feel strong within. My partner says he respects me much more.

d. Way I relate to others:

I feel strong and confident when I speak to colleagues. I'm speaking succinctly and clearly. I receive positive feedback on my communication.

e. Way I look:

I look slim, relaxed and shining with joy.

f. Way I feel inside:

I feel strong and content within.

g. Way I think about myself:

I am perfect just as I am. My self-talk is positive. I am compassionate with myself when I make mistakes. I know that who I am is enough.

h. Career:

I have published 3 new books (3 years from now) which have sold 300.000 copies. Each book has had excellent reviews and feedback. I feel totally committed to being a writer.

i. Spiritual:

I feel closely connected to God and I enjoy praying and meditating each day. I am writing on topics I feel compelled to write about that feel in line with my mission.

j. Emotions:

I feel joyful, peaceful and loving. I handle challenges resourcefully and with ease. I no longer react to trivial matters

k. Finances:

I live in a beautiful 3 bedroom house in Surrey. I am earning £85,000 per annum. I feel gratitude for what I have in my life.

4. How are you behaving differently within yourself now that you have achieved your goals?

I feel strong, confident and energetic. I know exactly what I want and how to get it. I feel independent and resourceful within.

5. How are you relating differently to people now that you have achieved your goals?

I am confident and relaxed in my communication with others. Where appropriate I am open and assertive.

6. How does the world around you look, sound and feel different now that you have achieved your goals?

The world is bright, happy and safe. It feels wonderful to live my life in the world.

7. How do you perceive yourself does your life differently now that you have achieved your goals?

I am perfect and whole. I am happy being who I am. I'm continuously evolving.

8. How have you been able to deal more resourcefully with things that happened to you now that you have achieved your goals?

By trusting that whatever is happening is for my highest good. By committing to working on myself each day. By watching my mind and being positive.

9. What other changes have you made?

I now choose to focus on the things that matter in my life. I ensure I go to bed feeling at peace with everyone I have met during the day. I know how to let things go.

10. What were the main actions you took that ensured you achieved your goals?

I took time daily to do the meditations. I believed in my own abilities. I focused on what I wanted and was disciplined.

A Note on Meditation 10: Changing your Beliefs

In this meditation you asked to think of a current limiting belief (which at least a part of you believes), and replace it with an empowering new belief you would prefer to be able to believe, but currently do not (or do not yet fully) believe.

The new beliefs should be stated in the positive (e.g. not 'I am less unhappy than before', but 'I am happy and content with my life'). Use the meditation again and again for reinforcement where necessary and for additional beliefs.

Other Examples:

Current belief: I don't deserve to be successful

New belief: **I fully deserve to succeed**

Current belief: It's hard for me to generate money

New belief: **Abundance flows into my life**

Current belief: Relationships equal pain

New belief: **I relate wonderfully to others**

Current belief: I can't get well

New belief: **I'm getting better every single day**

Now select a belief you would like to change, and an empowering belief to replace it.

Current Belief: _____

New Belief: _____

A Note On (Never!) Completing the Meditation Series....

Top martial artists will practise the basic moves of their art again and again, even after having achieved mastery. Why? Because the basic moves help ensure continuing mastery. In the same way, I recommend that you listen to these meditations regularly, and that you make your developing yourself an ongoing and enjoyable task. (You might even want to think of doing meditations to improve how you think, feel and act in the world as the 'basic moves' of Life Healing!) In fact, one of the fundamental attitudes of Life Healing is that of continuous self-improvement - there is always more you can do to increase your experience of happiness, achievement, balance, peace, contribution, abundance and love.

I wish you well on your journey....

Love and light,

Shírín