



MEDITATION 101

by Glynis Brits

- WHAT DO YOU NEED TO DO IN ORDER TO ACHIEVE THE ABSOLUTE PERFECT STATE OF MEDITATION
- MEDITATION IS AN APPOINTMENT WITH THE SPIRIT WORLD
- 12 EASY STEPS TO FOLLOW



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Meditation means different things to different people. The official definition of meditation is as follows :

- To engage in contemplation or reflection
- To engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness
- Some people find it quite difficult to meditate. However, as with anything, it takes time and discipline, to master the art of meditation.

12 Easy Steps to Follow :

1. Find some quiet relaxing music to meditate to. It's not completely essential but it does help to keep the mind focused
2. Dress in loose comfortable clothing. You don't want to be distracted by a tight belt around your stomach or a jersey that scratches
3. Select a spot in your home that is quiet and you know you won't be disturbed
4. Make sure your phone is on silent and in another room
5. Light a candle and some incense. The candle assists in bringing in the light and incense will cleanse any negative energies
6. Sit in a straight-backed chair with your feet firmly on the ground and your hands in your lap. Do not fold your legs or arms. Sitting with your spine straight assists the energies from the Universal Consciousness to flow down your etheric body
7. Set your intention prior to beginning your meditation. Your intention can be to connect to your guide or to your loved ones or both. It's almost as if you have sent an agenda to the Spirit World – they will respond
8. Pay attention to your breathing. Breathe slowly in and out until you feel your body pulsating with the rhythm of your breathing
9. Pay attention to each part of your body, starting at your feet and working all the way up your legs, your torso, your neck and head – down your arms and to your fingertips. Feel each part of your body relax as you focus on it. Pay special attention to relaxing your shoulders and your facial muscles
10. When you feel yourself completely relaxed, allow yourself to be taken into a state where you no longer can feel your body and your awareness is placed only on the connection that is being formed to Spirit
11. At first, sit in your meditative state for no longer than around five minutes. You can lengthen this time as you become more comfortable with the sensation of being in a deep meditative state
12. When you return, give yourself a few moments to orientate back to your day to day existence. Drink a glass of water and see within your mind's eye, your energies being drawn back into yourself. You want to keep your connection to your Spirit Guide open, but you don't want your connection to Spirit to be so open that you begin to feel energy around you all the time. It can make you uncomfortable

This process needs to be practised daily and preferably at the same time every day. It's an appointment with the Spirit World and it's respectful to keep it.

So Spirit will show up for you, you need to show up for them.



Glynis Brits

I am a clairvoyant medium and spiritual teacher. Working from my home in North Riding, Fourways (Gauteng SA), I do private readings for clients where with the help of my Spirit Guide Oshvaria, I connect to my clients' Spirit Guides and Passed Loved ones to bring through messages of love and inspiration.

Our Spirit Guides are always with us and so with both my courses that I run - one to learn to connect to your Spirit Guides and develop your Mediumship should you so wish, and the other to work with Lightworkers wanting to start their own Spiritual Business Practise, or to develop their existing business - I teach my clients how to communicate with their Spirit Guides and the Universal Consciousness. Knowing that you are not alone and that you have their constant guidance in every aspect of your life, makes it so much easier for you to navigate your life.



If you'd like to do the full course, learning to connect to your Spirit Guides or develop your Mediumship, please do contact me.

glynis@spiritconnection.co.za
+27 (0)82 570 6473