

SELF-HELP RESOURCES

SQUARE BREATHING (BOX BREATHING) VIDEOS

Square Breathing Exercise 2 min.

<https://www.youtube.com/watch?v=2FriSddUY84>

Square Beathing Video 3 min. The University of Alabama at Birmingham

https://www.youtube.com/watch?v=bF_1ZiFta-E

Box Breathing Relaxation Exercises | 5 minutes Beginner Pace

<https://www.youtube.com/watch?v=oN8xV3Kb5-Q>

Squared breathing is one of the best processes for how we establish our spiritual connection to our Higher Self. We breathe in the energy of Spirit to revitalize the form – the physical body. This breathing exercise brings soul energy through the Crown Center and to the vagus nerve. This helps to relieve stress by calming the sympathetic nervous system, calming the emotions, and quietening the mind.

MINDFULNESS MEDITATION VIDEOS & INSTRUCTIONS

VIDEOS:

10 Min Guided Mindfulness Meditation - Jon Kabat Zinn

<https://www.youtube.com/watch?v=2GjZanuXWWk&t=495s>

Mindfulness of the Breath: Guided Meditation Practices (MBSR) by Jon Kabat Zinn

<https://www.youtube.com/watch?v=MUxwA1TDMnY&t=409s>

15 Min Guided Mindfulness Meditation - Jon Kabat Zinn

<https://www.youtube.com/watch?v=B0HaexbCd5M>

Mindfulness Meditation with Vidyamala Burch 5

min. <https://vimeo.com/123101992>

Self-Healing Meditation with Anna Wise 21 min.

<https://www.youtube.com/watch?v=nbHtzwkRnZo>

WRITTEN INSTRUCTIONS:

Mindfulness exercises: See how mindfulness helps you live in the moment
By Mayo Clinic Staff

<https://newsnetwork.mayoclinic.org/discussion/mayo-mindfulness-how-mindfulness-helps-you-live-in-the-moment/>

Mindfulness Meditation: Steps to Finding Peace in the Present Moment from Jerry Rosser (See next page).

Mindfulness Meditation: Steps to Finding Peace in the Present Moment

From Jerry Rosser MS, MA, LMFT

Getting Ready

- Find a Quiet Space: Choose a quiet and comfortable place where you won't be disturbed.
- Set a Time Limit: If you're just beginning, it might help to choose a short time, such as 5 or 10 minutes.
- Wear Comfortable Clothes: Make sure your clothing is comfortable and not too tight.

Beginning the Practice

- Sit or Lie Down: You can practice mindfulness meditation sitting in a chair or on the floor, or lying down, whichever is more comfortable. Ensure your back is straight but not stiff.
- Close Your Eyes: If comfortable, gently close your eyes. Alternatively, you can keep them slightly open, focusing softly on a spot on the floor.
- Focus on Your Breath: Pay attention to your breath as it enters and leaves your nostrils, or to the rise and fall of your chest. Don't try to control it—just observe.

During the Meditation

- Bring Your Mind to the Present: Notice the sensations of your body, the air on your skin, and any sounds around you. When your mind wanders, gently bring your focus back to your breathing.
- Observe Without Judgment: When thoughts or feelings arise, note them without judgment and return to your breath. It's normal for the mind to wander; mindfulness is the practice of returning, again and again, to the present moment.
- Stay Relaxed: Keep your muscles relaxed. Notice if any areas feel tense and consciously relax them.

Ending the Session

- Gradually Widen Your Focus: In the last few minutes, expand your awareness beyond your breath. Notice the sounds in the environment, the sensations in your body, and your thoughts and emotions.
- Open Your Eyes: When you're ready, gently lift your gaze (if your eyes were closed) and take a moment to notice any sounds in the environment. Acknowledge your presence in the space around you.
- Move Slowly: Before standing up, gently move your fingers and toes to bring awareness back to your body. Then, slowly rise to your feet.

After the Meditation

- Reflect: Take a moment to think about the experience. Notice how your mind feels compared to before the meditation.
- Practice Regularly: Consistency is key. Try to meditate daily, even if it's just for a few minutes at a time.

Remember, mindfulness is a skill that takes time to develop. Be patient with yourself and treat your practice as a journey rather than a destination.

GUIDED MEDITATION RECORDINGS

Audio Recordings: 30 min

<https://naeh.memberclicks.net/recordings-of-group-meditations>

- Listen to various guided meditations led by experienced meditators

DAILY SPIRITUAL ALIGNMENT

VIDEO: 6 mins <https://www.youtube.com/watch?v=qobbqy3zlZM>

- Learn the process of alignment with your Heart, Soul, and Source energy.
 - Helps you in life.
 - Build and strengthens your Antahkarana (Rainbow Bridge).
 - Develop a stronger spiritual connection with your Higher Self and Source.
 - Brings energy into your chakras.
- Use this simple technique daily.
 - Once you have learned the steps to this process, you will find it is a simple and quick technique that helps you in your daily life.

REQUEST THE MOST BENEVOLENT OUTCOME!

<https://www.bonniedysinger.com/general-1>

- Talk with your angels and request the most benevolent outcome of any situation in your life.
- How to request your most benevolent outcome.