

The  
**Original**  
Meditation

The Secret To Ultra High  
Performance In Work, Life  
And Play



# The Original Meditation

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Well now! So you'd like to know how best to meditate like it was originally invented? The first thing you must do, and please don't think I'm being too silly about it. Is remove your shoes. No matter how cold it is. Now sit in an upright chair. Not a lounge chair or a couch. A kitchen table chair is good. Or your desk chair is fine. As long as you are not resting your body, but rather sitting upright and straight. Now remove any chewing gum or lolly from your mouth if you are that way inclined. Just saying by the way. As it is funny what some may think is trite. However it is important to be relaxed.

Now take a pen and a piece of paper and write the following word for its sound value when spoken as one long word pronounced as a sound. It is the word OOOMMM. Now this piece of note paper will serve you well. So write it out neatly in your best printed handwritten copy. Now place it in your hand. Or place it on a table in front of your chair. This is important as you must be able to see the word OOOMMM written in your own handwriting, as your subconscious mind can tell it is you who wrote it down, whenever you need to read what word you have written, being the only word written being OOOMMM.

Now we are ready to begin and do not concern yourself with the type of lighting or if it is dark at the moment you will begin your first meditation. Now look at your own OOOMMM on the note paper, and say it out aloud 3 times slowly, then whisper it 3 times slowly. Then close your eyes and say OOOMMM in your brain and I do mean in your brain. Simply making this attempt to reach your brain rather than your mind will work just fine. Now close your eyes tightly at first and repeat the pronunciation of the word sound of OOOMMM inside your very own thoughts. I say inside your very own thoughts. So you just make sure you are not thinking about anybody else while you begin this your first meditation in this manner.

Now you are ready to begin in earnest your correct meditation. Repeat the OOOMMM in your mind over and over about one OOOMMM every two to three seconds. Just so you get into this round about rhythm of every 2 to 3 seconds between each OOOMMM said inside your mind. Now simple as simple does. Simply keep on saying OOOMMM until you reach about ten minutes of this most valuable meditation.

Now one of two things will occur. You'll easily reach ten minutes with your OOOMMM. Or you'll find you have stopped repeating OOOMMM

and your mind's free space has filled with some other thought other than your repetition of OOO MMM to yourself. When this happens for the first time open your eyes and reread the OOO MMM you have written down on your note paper. Then say it quietly once and re-close your eyes and beginning with a whisper of OOO MMM begin next to repeat OOO MMM inside your thoughts once again, until the ten minutes is up or until you find your mind has another thought in it other than OOO MMM.

Now do not open your eyes this second interruption. Simply say OOO MMM in your mind and repeat again every 2 to 3 seconds. Dependent upon your own preference of timing of each OOO MMM. Now just so you know what is happening. As to why you are finding your mind interrupting this flow of OOO MMM's. It is like whenever you have dreams at night during a good sleep where your subconscious mind is clearing out some of your thoughts during sleep.

Meditation in this way with OOO MMM clears your mind of troublesome thinking and paves the way for a peaceful mind free of little worries. And free of anything that was causing any undue stress. Now an important note is if ever you find you are unable to meditate because as soon as you begin to say OOO MMM in your thoughts you find yourself with another obstinate return of your mind back to some thinking other than OOO MMM.

Open your eyes again and take a look at your handwritten OOO MMM and say it 3 times out aloud followed by 3 times as a whisper and three times in your mind. Then close your eyes and try hard to pretend you can still see OOO MMM as you wrote it down, and at the same time repeat the OOO MMM in your imagination. This approach should be used only whenever you find your mind is very busy. Otherwise just meditate with OOO MMM with your eyes closed and without striving to see any written image of your handwritten OOO MMM in your mind.

And that is how the Holy Man of India explained how best to remove a stressed mind full of thoughts from a very special man with a very tough job to do looking after an entire regiment of British soldier's.

I wish you all the best with your meditation.

# The Power of Faith and Positive Thinking

1. Know what you want and believe that you can and will get it.
2. Give expressions of gratitude many times daily for having received that which you want. Even before you actually get physical possession of it. Possession starts first in the mind; please remember this.
3. Keep your mind open for hunches from within. And when you are inspired to action. Do not wait but move on your own personal initiative at once. Remember there can be no application of applied faith without action.
4. When you are overtaken by defeat as you may be many times. Remember that a person's faith is tested many times before he or she is crowned with final victory. And accept defeat as nothing more than the challenge to keep on trying.
5. A burning desire for the things or circumstances you want is the starting point of all applied faith. Be definite, believe and act. And keep on acting if you meet with defeat.
6. When doubt creeps into your mind remember that whatsoever a person believes that shall he or she reap. Remember faith is not something you already have. Faith is guidance to go after what you want and get it.
7. Learn to adjust yourself to other people's state of mind and difficulties so as to get along with them and to refrain from taking notice of trivial circumstances in your relationships with other people by refusing to allow them to become controversial incidents.
8. Establish for yourself a definite fixed system of conditioning your mind at the beginning of each day so you will keep it positive under all circumstances.
9. Learn the art of selling yourself to other people by indirection. Asking questions of others to bring out the kind of reaction from others you desire. And do not permit yourself to be drawn into argument over unimportant subjects.
10. Adopt the habit of having a good hearty laugh every time you become aware of comedy or a good joke well told. And it will help you

if you begin each day with one minute of healthy laughing. This will change the responses of your brain and start you off with a positive mental attitude.

11. Start each day with an expression of gratitude for all adversities, defeats, failures you have experienced in the past. Seek the benefit they have given then give thanks for the blessings you wish to receive today.

12. Learn to concentrate your attention on the can do portion of all your problems and desires and start an action where you stand to carry out this portion. No matter the problem, there is always something you can do right now that will help you.

13. Learn to transmute all unpleasant circumstances into immediate action which calls for a positive mental attitude. Switch to your major definite purpose in life and keep on this subject for five minutes.

14. Recognize that every circumstance which influences your life is power for your mill of life. And use it to make it pay you dividends in one form or another. Remembering that your strength grows out of your struggles.

15. Look upon your life as a continuous process of learning from all your experiences good and bad. And be always on the alert for gains of wisdom which come to you a little at a time.

16. Make the world over to fit your own pattern if you choose. But begin with self-improvement of self that will make you more open-minded, patient and generous.

17. Express gratitude twice daily for recognition of the fact that you have been given complete control over your own mind. And ask for guidance in prayer to Lord God in order that you may use this profound gift wisely; in all your thoughts and acts.

18. Go out of your way daily to comment enthusiastically on the good comments of those with whom you live and work. Remember I am still talking about how to keep your mind positive.

19. Accept all criticism of yourself as an occasion for self examination to determine how much of it is justified. And you will make discoveries about yourself that will remain with you until the end of your life.

20. Do not accept from life or anyone else anything you do not

desire.

21. Remember always that there are two kinds of circumstances which cause you to worry. Those you can do something about and those you can do nothing about.

22. Keep your mind eternally engaged in thinking of that which you desire most.

Your major purpose in life. So no time will be wasted on thinking of that which you do not want.

23. If you should ever be so unfortunate as to feel sorry for yourself. Look around until you find someone who is worse off than yourself. And start right away to help them. Because that which you do to another you do to yourself.

24. Choose some sort of a person you would like to be. Then go to work and emulate that person in every possible way.

25. Cultivate your tone of voice so that your words have a pleasing musical sound.

And remember the sound of your voice is the very window where people can look at your spirit.

26. Last but by no means the least write the following words where you will see it daily and on your mirror.

**Whatever The Mind Can Conceive And Believe The Mind Can Achieve!**

**Congratulations, You Are On Track To A Wonderful Way Of Being!**

If you have never meditated before or used to and fell away from it for any reason know that you are on track to a wonderful experience in a way that cannot be described in brief.

Now is there anything unsatisfactory or wrong or self-defeating in your life? If there is let me tell you through The Original Meditation it can be changed. The secret is to meditate on a regular basis. Life is an adventurous journey and wherever you are right now on your own individual solo path I feel honored and special to share with you the wonderful gift of The Original Meditation. My purpose

is to enable you to enjoy the surprising benefits you deserve. Did you know people who use The Original Meditation daily are much happier, healthier, and are living longer than those who don't?

When you use The Original Meditation you produce a cascade of pleasurable chemicals, making you feel euphoric and delightfully contented paving the way for a life of enthusiasm.

## Scientific Studies Have Revealed!

You can rule your mental states. By controlling your brain waves and therefore bringing different more positive and upbeat thoughts. Many researchers found. Different states. Including those of super learning enhanced creativity, problem solving and meditation correspond to certain brain wave patterns. When you are in specific deeper brain states. Your brain is able to naturally release serotonin. Your body's happy drug. This affects mood, appetite and sleep. Serotonin also has some cognitive functions, including memory and learning. You also release a legion of healthy hormones and chemicals. Including human growth hormone. Causing the slowing down of the aging process. Creating longer life by its increasing of the bodies ability to grow and heal tissue and cells.

Over time. The more deeply. You are able. To descend. Into these deeper brain wave states. The more significant your improvements will be. And you will achieve the extreme benefits of The Original Meditation.

You can develop a greater learning capability. Improve your memory and mental clarity. Increase your spiritual and self-awareness and a whole multitude of other advances in mental and physical abilities.

With The Original Meditation ideas and solutions to problems will come more easily as your mind becomes sharper and more in synchronization.

You'll love the feeling of inner peace you can action and with this a greater inner rapport with yourself. As The Original Meditation causes tension and stress to fade and fall away.

You become more aware of your own intuitions and insights. And what's more it helps you release and let go of any socially impaired feelings and suppressed emotions you may have. Such as anger, depression, anxiety, sadness, addictive behaviors and many more. In a very safe manner and in a process so swift it will seem a miraculous change of state.

You will find The Original Meditation the nicest way to meditate ever. It will place you into perfect meditative states every time. It is revolutionizing traditional meditation, astonishing meditators worldwide.



## I Will Explain Some Of The Benefits You Will Receive!

Whether you want to improve your physical condition or emotional wellbeing The Original Meditation certainly deserves your fullest contemplation and consideration. You'll be taking firm control of your life. As you take it down the path of The Original Meditation and the positive thinking it gives.

Now negative thinking is a very dangerous thing. The negative thinker constantly sends out into the world around him negativity. There is a law known as the law of attraction. Like attracts like. If we constantly send out negative thoughts in the very nature of the case you tend to bring back to yourself negative results. On the contrary the positive Original Meditation equipped thinker sends out positive thoughts and activates the world around him positively. And on the basis of the same law of attraction draws back to himself positive results. Think and say only hopeful things about your job, your health, and your future. Restrain yourself from being negative. In addition pray and contemplate upon the wonderful things you have been given. Which is the ability to find the good in every situation. Faith is the taproot of positive thinking.

Keep your faith constant in every situation and you'll be a winner.

## Many Celebrities And Sports Professionals Practice And Enjoy The Benefits Of The Original Meditation!

They have learnt through The Original Meditation that enthusiasm comes from throwing away self-pity. Turning inward instead of focusing on personal troubles. Enthusiastic thinkers care about others in a self-less way. They are involved in the world around them. They are issue orientated. They have consuming hobbies and interests. They don't worry about yesterday because they are too interested in what tomorrows going to bring. Each day is a new adventure. Each problem a challenge that can be met and overcome. The Original Meditation enthusiastic person gives off an energy that is contagious. When you use the power of enthusiasm in your daily life you give freely of yourself to others. Whatever you send out comes back times ten.

Research has scientifically proven that The Original Meditation is a simple way, to develop your physical, spiritual and mental state. Having been practiced for thousands of years.

How then does one try enthusiasm on his life? It's just a simple as this. Cultivate the ability to meditate and love living. Love the people who live, love the sky under which you live. Love all of the facets of living. The person who loves everything becomes enthusiastic. Filled with the joy and zest of life, it's just this simple.

More and more doctors are prescribing The Original Meditation. To cure stress-related illnesses. Including anxiety, trauma and insomnia. Every day most of us

experience stress. In many different ways. And I believe many of us are just not aware of how much stress we actually hold on to. Everybody more or less seems to be in a dither and this is a pity. Could just be that this is what's wrong with us both individually and socially. Allow The Original Meditation to bring a calm state of mind no matter what goes on. The person who is calm will be the person who learns to think creatively. You cannot think creatively when your mind is agitated. The deeper insights of the mind can't get through when you are thinking only with the nervous surface of the mind. It is most important to us The Original Meditation and maintain a state of mental calmness. And this can be done. The first step to reaching a calm state of mind is to sit quietly and breath in and out at the rate of six breaths per minute. Once your breathing slows down your entire body will relax and quiet. Your mind will be clearer. You'll think creatively. Practice this exercise several times a day and especially prior to meditation. With The Original Meditation you'll quickly notice the difference to how you notice stresses in your life. Remember the tortoise. Keep moving ahead. Take time to enjoy your life. See your surroundings as you have never seen them before.

## One Of The Most Important Health Benefits Of The Original Meditation!

Is how it releases stress from our body. The Original Meditation practiced on a regular basis will lead you to a deeper level of relaxation and contemplation. It increases serotonin, which influences mood and behavior. Low levels of serotonin are associated with depression, headaches and insomnia. The Original Meditation also lowers the level of blood lactate thus reducing anxiety attacks. You have to expect that something good is going to come out of a situation that appears less than perfect.

The Original Meditation builds self-confidence, enhances energy and strength and vigor and a general feeling of wellbeing. If you practice The Original Meditation on a regular basis you will begin to feel calmer and in control. You'll feel far more relaxed and happy and your ability to concentrate will be greater. You won't become stressed about things and you'll become more peaceful, and relaxed about everything. You'll simply go with the The Original Meditation flow. Things that used to irritate you before, will become insignificant.

## Dream And Make It Happen. . . Goals!

The power of goals is enhanced by The Original Meditation. The power of goals is the ability to turn the power of dreams into reality. There is nothing more important to where you are going then having a goal to strive for. Goals are not

wishes or dreams. They are not described as someday or one day. Written goals are firm decisions you make about what you want to have and when you want to have it. That decided then you can make out a specific written plan as to how you are going to achieve it. I personally believe that through The Original Meditation anyone of us can reach our goal in life. And the question is how is that done? Well from time immemorial it has been said in America that the way you do that is to work, work and work, and that is still valid. But beyond this I'd like to suggest three other methods by which any person can attain his or her goals. The first one is deep desire and intensity of belief, number two is creative thoughtsmanship, and the third is faith all the way. Intensity of belief means that you have absolute conviction about what you want. Be very specific and turn your goal into a concrete expectation. You should be able to see it in your mind as clearly as a photograph. Don't allow any soft focus. Learn all you can about what you have to do to attain your goal.

## When You Have Faith In Yourself And Use The Original Meditation You Are Invincible!

Many years ago when I first began, to study meditation as a goal I wanted to achieve. I was baffled with all the different techniques and the scientific technology. Yet because I had heard of the wonderful benefits being achieved. I carried on researching. I invested a lot of time and money. Learning various methods and types of meditation. The difference The Original Meditation has made is so amazing. I want to help you gain the wonderful benefits also.

The most outstanding way I believe I can help you from all my training. And experiences. Is to keep it very simple. The Original Meditation I share with you. Is a very simple and easy method. That is extremely effective. The explanation I will give you for the different things which you may experience. While using The Original Meditation. Within a few short weeks. The simple Original Meditation consistent habit will have become part of your daily routine. And you will be experiencing the wonderful benefits. Of the simple, easy, modern The Original Meditation.

## My Analogy Of Meditation!

I use analogies in life to explain things simply. And my analogy of meditation is told in the following story of a woodcutter. "There once was a very hard working man. Who got work as a woodcutter. The pay was good. The conditions excellent. He wanted to give his all to the job. The boss gave him an axe. On his first day he felled eight trees. And went home tired and very happy as his boss was so pleased with his efforts. He was the first in work the next day. And felt so motivated. He decided to beat his record and fell nine trees. By the end of the day. After working

harder than the previous day. He went home frustrated and disappointed. He had only felled five trees. After a restless night sleep he returned to work the following day determined to fell eight trees. And at least achieve what he had done on his first day. Once again he was first to start chopping down trees. Halfway through the day he sat in a heap exhausted and dismayed. He couldn't believe it. He'd only managed to chop down two trees. He just didn't understand. He was working harder than ever and he began to doubt himself. When his boss walked over.

He felt extremely guilty and began to apologize and explain he had been working really hard. His boss asked him only one question. When was the last time you took time out to sharpen your axe?

And so it is with life. We are so busy rushing here, rushing there. Wondering if we will get everything done today. Worrying what we may have to deal with tomorrow. And beating ourselves up for what we should have done last year. That we don't take the time out to sharpen our mind. Please understand that I do appreciate that it may not be easy for you to make time each day to do The Original Meditation.

By way of The Original Meditation. But I believe it is as essential as breathing and eating. And therefore it is necessary for us all to make some time.

But examine your own life. Where are you now? And try to relate it to the way you have been contemplating yourself for the last 25 years. If you are on top of things and life is good. It's got to mean you've been thinking right for the last quarter of a century. But if it isn't all that good then you just got to know that you've got the wrong mental picture.

Sometimes it isn't that we can't make the time to meditate. I believe it is more to do with ever since we can remember so many of us are pressurized to work hard. Keeping on going so we won't be labeled lazy or idle. And if we try harder and harder we might be good enough and if we are good enough, we will then be loved and accepted.

## The Power Of Love Is One Of The Strongest Powers We Have!

If you are going to be a successful person you have got to live by the love principle. Now of course we have a lot of wise sophisticated people who down grade love. The only way you can get anywhere is by being slick, clever, a wise guy. Now when you call the roll of those who have really achieved. It's the people who were loving, kindly, who esteemed others who lived successfully. Many of us feel selfish. Or guilty if we take time out for ourselves. We shouldn't get so busy that we neglect the most important things in life. Like taking time out to relax and be quiet and take stock with The Original Meditation. To use The Original Meditation is to recharge your batteries, to be more effective and productive, to be more hopeful and alive, to find that special place within, where there is total

peace. As Buddha quoted: “Meditation brings wisdom, lack of meditation leaves ignorance, know well what leads you forward and what holds you back and choose the path leading to wisdom”.

Most of us think that if we just keep going. Someday when we have more time, or someday when we have more money, or someday when we have the right mindset, things will ease up and get better. The fact is; the road to somewhere, leads to a town called Nowhere.

Instead of taking control of our health and future. Most of us distract ourselves with television or food or alcohol. The Original Meditation is the antidote to the fast pace of life and stress and all kinds of emotional and physical problems.

A huge percentage of illnesses and diseases are stress related. High blood pressure and stomach ulcers are just a couple of examples. Of course we know that some of us can achieve more and perform better under pressure. And we are all well equipped to cope with stress at different times of our lives. But when it is constant and doesn't give up, something has to give. The Original Meditation in simple terms clears the mind in the similar way that dreams do at night after the pressures of the day.

Have you ever lain awake in the middle of the night unable to sleep? Television is switched off and everything is quiet except your constant chatterbox, your subconscious thoughts never ceasing to ask you questions. Criticizing and judging you. It's more noticeable to hear in the quiet of night. Yet amidst all the noises in the busy day the need for The Original Meditation often goes unnoticed.

Through The Original Meditation you will learn to quiet your mind. Clearing your mind makes room for solutions to problems to suddenly become cleared. People from all walks of life have benefited in so many ways by practicing The Original Meditation.

Medical science knows that we can think ourself sick and we can cure ourselves all with the power of our minds. A person will say I am sick with worry and that is a very apt phrase, because worry does make you sick. But you can think yourself healthy. Make a conscious effort to use The Original Meditation and throw away your depressing thoughts, replacing them with bright new ideas that brighten your perceptions, your body will follow your lead, and its healthy positive outlook can transform your life.

A friend of mine used to completely overreact to little things. Like spilling a cup of coffee. Or misplacing his car keys. Yet within a week of The Original Meditation on a regular basis, his family was amazed at just how calm he had become and how he seemed to go with the flow. Other people become less irritable, other people suffering from insomnia seem to sleep better, others experience more energy, while others get a sense of wellbeing. These changes are real and substantial and the difference is undeniable, being easily acknowledged by you, with the power of new beginnings is the power to start fresh each day.

We all seem to gain a huge variety of benefits. Specific to our own personal needs.

And I will explain a little later how everyone's experience of The Original Meditation is individual for each person. And why we shouldn't expect to get the same results as everyone else. Or have the same kind of experience that another has.

I was trying so hard to get the results I had expected. And I think this is typical of so many of us because we are taught to try hard with any new experience. It took me a long time to realize that to meditate successfully is not to try at all and not to expect anything. This is the The Original Meditation way.

## If I Empathize Anything To You It Is Not To Expect Anything When You Do The Original Meditation!

Rather just trust it will give you just what you need. And that it does this on an ongoing basis regardless of the many changes in your life.

I soon realized that The Original Meditation would benefit me in the way that I needed it most. It wasn't long before other people as well as myself noticed certain changes in me. I had always been a worrier and this completely changes after regularly using The Original Meditation. I just seemed to understand much of what I worried about never came about anyway and so it was a waste of time and energy.

With The Original Meditation I began to feel more confident and in control of my life. I began thinking that whatever life's lessons threw at me I would be able to handle them with ease now.

Through my use of The Original Meditation. When I was faced with decisions and choices. Instead of getting stressed out. I simply think. If I make the wrong decision. What's the worst thing that could happen? And can I live with it? This way of thinking made decision making so much simpler for me. And eliminated so much worry and stress from my life. My family noticed how I very calmly dealt with situations where I had previously become stressed out and tired. I realized that problems are a part of life. We all have them and through The Original Meditation I learned that problems are given to us, so we can grow and learn from them. Norman Vincent Peale said, "A problem is a concentrated opportunity. The only people I have ever known to have no problems, are in the cemetery. The more problems you have the more alive you are. Every problem contains the seeds of its own solution. Everyone I've ever known who succeeded in a big way in life, has done so by breaking problems apart and finding the value that was there".

The Original Meditation is a huge asset in helping you to solve problems.

## A Little Optional Exercise, Also Of Great Benefit To You!

A little optional exercise that many successful people do is to think of all the things in life you are grateful for. I usually give thanks for my family and my friends, my good health, and my goals and dreams. Then I think of special moments like a hug from one of my children. Or a kind deed that was done unexpectedly. Then I visualize my dreams and goals. As though they were already happening.

## Congratulations On Continuing This Far!

Statistics prove that only 10% of people who buy a book read beyond the first chapter and don't follow through. Give yourself a pat on the back. For you have already proven that you are serious and are willing to make the time to gain the many benefits on offer.

The gratitude and visualization exercise is not necessary if you just want to meditate. It's just an option that I have found to be incredibly powerful and rewarding. Many having experienced their first The Original Meditation session wonder if they were doing it right. Occasionally people report feeling more peaceful, positive, loving and centered in daily life. Many experience new insights and greater clearness and understanding. The variety of experiences whilst you are meditating is unlimited. They can range from the extraordinary to the ordinary. You may have felt peaceful or irritable or simply bored. There may have been periods of no thought and other times where your mind was full of thoughts and your mantra disappeared for a short or even longer interval. The Original Meditation explanation covers all these events with ease.

Some people have vivid memories return from when they were young children. Some see changing images of faces or objects. Some see colors and shapes. And some don't seem to see much at all. There is no particular state of The Original Meditation that you are supposed to achieve. And there is absolutely no right or wrong way. It's best to put aside the idea of doing it correctly. And of trying to know what state you are in. There are many states that can occur. And they are all a valuable part of the The Original Meditation process. And if you will be patient and put aside all expectations and accept whatever happens you will begin to find The Original Meditation easy and enjoyable. And you will start seeing many positive changes occurring in your life. The philosopher of the new beginning is someone who refuses to continue to associate with his failures. One thing you must never do is to hang around with your failures. Never talk about them. Never think about them, ignore them, walk away from them, no matter what they are. Never settle for a failure. The art of forgetting is absolutely essential for a new beginning.

The Original Meditation taps into some powerful inner energy that is very healing and uplifting for you. But it takes some time to adjust to the clearing out changes and the releasing of the stored negative energy. And this process is best done gradually. Because using The Original Meditation know it is an ongoing process you need to use it daily. I know life can be busy but after the first couple of days it's only allocating between five and ten minutes once or twice a day. If you are so busy some days that you don't make the time. Just do five or ten minutes once. If you do happen to miss one of your The Original Meditation sessions for a while for any reason don't beat yourself up.

## Make Yourself Up A DO NOT DISTURB Sign!

Which will notify people who live with you not to enter into the room because you are meditating. If for instance you have to answer the door or deal with some urgent matter in the middle of The Original Meditation session, return to your seat and finish meditating. For example if you are meditating for ten minutes and had only done six minutes go back and do another four minutes and then finish, as you normally would. If there was an emergency then obviously this is different and you would have to act quickly. This is not harmful in the slightest. It is just so much better for you not to have interruptions. Always remember that you are very special and you deserve a little time for you everyday.

For I am sure you give others your time. I have really enjoyed working with you and hope you can gain an abundance of benefits through your use of The Original Meditation. You will find that The Original Meditation is the easiest most enjoyable way to meditate ever because it gently guides you into a perfect and deep meditative state every time. And because The Original Meditation dramatically speeds up the process it is revolutionizing traditional meditation. And astonishing meditators' worldwide. I believe that you will come to agree that The Original Meditation program is one of the most amazing things you have ever discovered. It will I promise you, change your life!

## Lessons Learned From Meditation. . . New Beginnings!

So the psychological spiritual principle is you've got to love something with intensity and then you have to know how to describe it in absolute detail. And then you give it all you've got of hard work but essentially of belief.

There are two dynamic words that can change your life. They are so effective and so dynamic that we ought to write them in gigantic letters across the sky of our lives as we see airplanes writing messages in the heaven. Embed these two words deeply in your consciousness. Build your life around them. And they can make life good indeed. Indeed very good. I cannot speak too extravagantly for the power of these two words. I refer to the power of HOPE and EXPECTATION. Stand them out



there so you can see them.

Believe that through The Original Meditation you are going to expect the best and that is exactly what you are going to have. Think about those things you want to have in your life, and think about them often.

## Emotional Quietness. . . Your Power Centre!

Cultivate a stillness in the mind. Wipe the emotional chalkboard clean as it were and start fresh with new ideas. Anticipate future joy, forget past unpleasantness. When you have the power of emotion you are in tune with the universe. An active participant in the life all around you. The sky is blue above the darkest clouds. Positive thinking never denies a problem. It simply allows you never to be defeated by anything.

## Serenity!

If you have the power of serenity on your side you know that you don't have to be uptight or worried or stressed, you can control your tension with your own inner strength through The Original Meditation, you can do anything if you think you can. The secret is to keep meditating and thus disengaging from the stress around you.

So do you want to know how meditation allows you to live with peace and quiet in a noisy world? It enables you to retreat from it into the essence of stillness out of which energy comes. Quietness and activeness are opposite sides of the same factor.

With The Original Meditation you retreat into quietness and peacefulness so that you may emerge with force and great strength.

## Conquer Your Fears And Move On. . . Courage!

There are two qualities that every person needs to make it safely and successfully through this life. There are other qualities of course but these two are of extreme importance. One of them is courage, not to be afraid. The other is not to minimize yourself, to have confidence. Everyone needs courage and confidence. So turn the lights on in your life and don't worry about things that don't exist. Your fears may be irrational. The power of confidence comes from The Original Meditation. It is the quiet conviction that you can if you think you can. Be confident in your ability today. What do you have to do? What is your responsibility? What is your challenge? What is your crisis? Take that great old word *confidence* put it in your consciousness. Hold it there savoring it, contemplating it. Practice it and you shall have peace and strength.

## The Secrets For Ultimate Happiness. . . Persistence!

Too often the best of intentions are not enough. It takes more than wishing to realize goals. The power of persistence, good old stick-to-it-ness. Dreams never run out at any age. As long as you are on this Earth keep your goals going. When you want to develop the non-quitting unbeatable action of persistence never talk defeat. The persistence principle can be summed up in two words. "NEVER QUIT". No problem is too big and no goal unattainable. With The Original Meditation you develop an intuitive knowledge of yourself. Who you are and what you can do. Pick out one problem area. Break it down into manageable parts. Concentrate your forces and attack each part. Never giving up until you have broken through.

## Contentment!

When you want to generate contentment use The Original Meditation. Give yourself the gift of another chance. What is contentment? To be supinely content with what you have. Not at all. The Latin root of the word means someone who is so well organized inwardly, that he or she holds together under adverse conditions. He or she takes it as it is, lives with it. All the while determined that with the help of God he or she will make it better!

## Love Life and Life Will Love You Back!

When your love is mature you are willing to compromise and think of the other person first. You trust the other person and wish nothing but the best for them.

Would you forgive? Would you have done the same in the same situation? The answer may be surprisingly uncomfortable. Nobody is perfect and each of us needs forgiveness at one time or another.