

Instant Meditation

The INSTANT-Series

Instant Meditation The INSTANT-Series,2014-12-01 The Instant-Series Presents Instant Meditation How to Meditate Instantly! Do you want to be more successful? Then the question becomes...what do successful people have in common? They all know how to stay calm no matter what, and are in control of their thoughts and emotions...which is not easy to do in a world that can be a very stressful, turbulent place with many people overworked and have lots of responsibilities to take care of, especially true for those on top in a fast-pace, competitive world? Want to know what that secret weapon is to stay calm and have self-control mastery over your mind and body? It's called meditation. Surely, you have heard of it...but why is meditation so important? Well, do you want to always have that sense of calmness, peace, and assurance, or diminish stress, anxiety, and pain for better health? Here are some profound benefits of meditation: * Develop clarity and focus to get things done. * Awaken your creativity and latent potential. * Receive inner guidance to make better decisions. * Rise above the struggles life throws at you. * Understand and relate better with other people. * Figure out a deeper meaning and purpose in life. * Connect to a Higher Power, which some might call God, or Spirit. That's all what meditation can do for you. The benefits of meditation are endless as it's only your mind doing the work for you, and the mind, as you know, is capable of limitless possibilities limited only to your imagination. "Everything you can imagine is real. - Pablo Picasso "Reality leaves a lot to the imagination." - John Lennon "Imagination is everything. It is the preview of life's coming attractions." - Albert Einstein Contrary to what many think, meditation is not limited to the those of leisure or occult, but to anybody and also to everyday normal folks who don't have much time... Within Instant Meditation, now only will you be given different meditation techniques, but you'll discover how to meditate even if you don't have much time and live a busy hectic

life, with quick meditation techniques you can use and do on the go, either sitting or standing. Even if you are beginners to meditation, Instant Meditation will get you started into meditation as quickly as possible, as well as how to do advanced meditation like Buddhist monks, the masters of meditation who devote their life to this art taking decades to master. All this and more within Instant Meditation. Cleanse your mind, enhance your body, renew your soul, revitalize your spirit and experience a better life now instantly through meditation!

Instant Calm Karen Salmansohn, 2019-08-27 Lifestyle guru Karen Salmansohn presents a colorful gift book of two-minute meditations and mindfulness tips that help reduce stress and improve focus, clarity, productivity, and sleep. You're just a few minutes away from a more Zen mindset! Almost 40 percent of Americans admit they worry every day, and the media has pegged today's millennials as The Anxious Generation. Although interest in meditation and mindfulness is ever growing, many of us don't have the time or patience to develop a serious practice. Health and happiness guru Karen Salmansohn's unique brand of fun mini-meditations use the power of focus and the five senses to achieve the same results as more standard meditation techniques in far less time. Packed with full-page illustrations, fascinating scientific studies, and Salmansohn's patented wit, Instant Calm helps you tap into stress-releasing topics like forest bathing (sound), essential oils (smell), earthing (touch), dot meditations (sight), and more—in just two minutes. Soon you'll be swapping your aarghs for ahhs! Advance praise for Instant Calm "Instant Calm can help anyone redefine and expand their meditation practice. She shares a range of unique sensory meditations—which tap into all five senses—and offer a quick, fun approach to reset your mind and refocus your energy. I personally have begun to use these mini meditations whenever I just want to feel a mental boost throughout my day. I love the illustrations and Karen's fun and lighthearted voice! I highly recommend this book

as a helpful guide to decompress from life's challenges."—Kristine Carlson, New York Times bestselling author of *Don't Sweat the Small Stuff For Women* "If you're feeling stressed and looking for ways to relax and feel focused (and pretty much everybody in today's world is!) well . . . then . . . this book is a game-changer for you. It makes doing meditation feel so easy and fun. It's great for beginners to meditation—and also helpful for advanced meditators—because there's something for everyone. What I especially love about this book is the wide range of sensory meditations Karen offers. Open up the book anywhere—and you will find a useful fun two-minute tool you can use to relax and feel grounded again. Plus the illustrations are gorgeous."—Christina Rasmussen, bestselling author of *Second Firsts: Live, Laugh and Love Again*

Instant Meditation for Stress Relief John Hudson, 1996
Calm your mind and body, increase your concentration and relieve stress and tension with the beneficial powers of meditation.

5-Minute Daily Meditations Sah D'Simone, 2018-08-07
Five minutes is all it takes to make mindfulness a part of your everyday routine with 5-Minute Daily Meditations. Whenever you're ready to take five—on your commute, between appointments, or after dinner—5-Minute Daily Meditations offers quick and easy guidance for instant wisdom, clarity, and calm. These short and accessible daily meditations allow you to practice mindfulness any day, anytime, and anywhere. With 365 daily meditations on everything from emotions and fears to forgiveness and love, 5-Minute Daily Meditations is a go-to guide for mindful living when life gets busy. 5-Minute Daily Meditations helps you be present in everything that you do with: 5-Minute daily meditations that foster self-reflection and awareness, even on the go! Flexible structure with daily meditations that span one full year, from January to January, so that you can start whenever you're ready
Everyday awareness with daily meditations that

speak to the most common problems, hardships, emotions, joys, etc. that we face on a daily basis Live your most mindful year yet. 5-Minute Daily Meditations offers quick and easy guidance to reset and find purpose—no matter how busy life gets.

Minute Meditations Madonna Gauding, 2021-09-02 From the author of the bestselling classic *The Meditation Bible*. Meditation has the potential to help you create a better state of mind. But with the time constraints of everyday modern life, it isn't always easy to find an opportunity to be alone with your thoughts. With *Minute Meditations* it can be. Divided into three handy sections - 5, 10 and 20 minute practices - this book is perfect for busy lives. No matter how much time you have in your day, it will allow you to reap the benefits of daily meditation, creating calm and balance in the busyness of everyday life. Incorporating short practices into your daily life also benefits those who engage in longer practices by training the mind to enter a meditative space more easily. You'll find 5, 10 and 20 minute meditations specially designed to help in every aspect of your life, including meditations for: - Calming and Centring Yourself - Healing your Body, Mind and Spirit - Promoting Love and Compassion for Yourself and Others - Living More Mindfully - Problem Solving - Manifesting your Dreams and Connecting to the Divine Take some 'you' time wherever you are to recharge, de-stress and connect with your spiritual self. Discover what even 5 minutes can do for your inner peace.

Instant Meditation Serena VIMILLI, 2020-03-06 Meditation makes many people feel anxious because they doubt their ability to quiet their mind. They're afraid of the thoughts that may come if they sit quietly and simply observe negative emotions as they arise. Will they be painful? Overwhelming? Will meditation open a door to emotions they didn't realize they had, simmering deep under the surface? But in an *Instant Meditation*, negative thoughts are ENCOURAGED! Each *Instant Meditation* is like a level in a video game: I set the stage, you're the player, and your negative

emotions become the objects you interact with, says author Serena Vimilli. This is a game you can't lose. The more negative your thoughts, the more beautiful the scene becomes...

Instant Stress Relief The INSTANT-Series, 2014-11-01 The Instant-Series Presents Instant Stress Relief How to Relieve Stress Instantly! We all deal with it. It's inevitable. It will occur. It's called stress. Yes, you've heard of that word before and also experienced it, probably even everyday. You're so stressed out from all the things you have to do in within the day, with meeting deadlines at work, managing things at home, and dealing with multitude of people within your life, especially those who you care deeply about. Stress affects you in every possible way imagined, from your emotional and mental well-being to physical health and everybody around you. What happens when you're stressed? If you don't manage your stress properly, that can lead to unproductiveness, depression, anxiety, high blood pressure, weight gain from over stress eating, and many other health problems. That's how crucial it is to know how to relieve stress. Within Instant Stress Relief: * How to immediately get rid of stress with simple proven stress relievers that have been used for a hundred of years. * How to use mindfulness meditation, body scan meditation, and visualization meditation to relieve emotional stress and regain mental clarity and sharpness. * How to NOT handle your stress that will lead to more stress and detrimental long-term health concerns (such as drugs, alcohol, etc.). * How deal with those stressors, those folks who inflict stress on your life, yet can be important people like families, friends, and co-workers. * How to turn negative stress into positive stress, utilized for motivation to get things done faster and better. * How to physically release stress from the body with progressive muscle relaxation and rhythmic motion exercise to revitalize your whole self. * Plus, custom practical how-to strategies, techniques, applications and exercises to relieve stress. ...and much more. Live a stress-free life now by relieving your stress naturally and

instantly with Instant Stress Relief.

Instant Presence Enza Vita, 2017-06-20 Please note this is an updated edition of Enza Vita's *Always Already Free* which was published in 2015. This book is a practical guide to accessing an awakened state, offering a spiritual practice, *Instant Presence*, that is based on Enza Vita's own profound encounter with enlightenment. She gets to the heart of what is wrong with so much of our spiritual strivings: if a practice is bound to a goal then that is an obstacle, because in reality there is no goal to be achieved. What we are looking for is here now and has always been. Using a helpful question-and-answer format that highlights ways of embracing her no-practice practice, Enza guides readers in searching for the individual I and realizing that this I does not exist. She explains the meaning of real meditation, which lies in letting go of control rather than in seeking to control the experience, and offers presence pause exercises and many hints and tips for letting your thoughts be and accessing true awareness. Her book shows that sudden awakening is an ever-present possibility, as well as revealing the power and seduction of our thoughts and emotions that keep us held in narrow self-definitions and create endless suffering. Enza seeks always to support readers' spiritual journey from their initial search through the integration of spiritual enlightenment into everyday life, showing that true awakening is not a faraway dream or mere intellectual knowledge but the direct realization of our true nature that is always available here and now. This brilliant contribution to our modern understanding of authentic identity and Presence brings us to a new awareness of ourselves and our innate wholeness and completeness. – Lama Surya Das, author of *Awakening the Buddha Within*. This is a great contribution to our appreciation of the genuine voice of Pure Presence. It brings us to a deeper awareness of what it means to study the self and our intrinsic true nature as that which is already perfect, whole and complete. It is certainly worthy of your time and attention. – Zen

Master Dennis Genpo Merzel, author of *Big Mind, Big Heart*.

Instant Calm Karen Salmansohn, 2019-08-27 Lifestyle guru Karen Salmansohn presents a colorful gift book of two-minute meditations and mindfulness tips that help reduce stress and improve focus, clarity, productivity, and sleep. You're just a few minutes away from a more Zen mindset! Almost 40 percent of Americans admit they worry every day, and the media has pegged today's millennials as The Anxious Generation. Although interest in meditation and mindfulness is ever growing, many of us don't have the time or patience to develop a serious practice. Health and happiness guru Karen Salmansohn's unique brand of fun mini-meditations use the power of focus and the five senses to achieve the same results as more standard meditation techniques in far less time. Packed with full-page illustrations, fascinating scientific studies, and Salmansohn's patented wit, *Instant Calm* helps you tap into stress-releasing topics like forest bathing (sound), essential oils (smell), earthing (touch), dot meditations (sight), and more—in just two minutes. Soon you'll be swapping your aarghs for ahhhs! Advance praise for *Instant Calm* "Instant Calm can help anyone redefine and expand their meditation practice. She shares a range of unique sensory meditations—which tap into all five senses—and offer a quick, fun approach to reset your mind and refocus your energy. I personally have begun to use these mini meditations whenever I just want to feel a mental boost throughout my day. I love the illustrations and Karen's fun and lighthearted voice! I highly recommend this book as a helpful guide to decompress from life's challenges."—Kristine Carlson, New York Times bestselling author of *Don't Sweat the Small Stuff For Women* "If you're feeling stressed and looking for ways to relax and feel focused (and pretty much everybody in today's world is!) well . . . then . . . this book is a game-changer for you. It makes doing meditation feel so easy and fun. It's great for beginners to meditation—and also helpful for advanced meditators—because there's something for everyone. What I

especially love about this book is the wide range of sensory meditations Karen offers. Open up the book anywhere—and you will find a useful fun two-minute tool you can use to relax and feel grounded again. Plus the illustrations are gorgeous.”—Christina Rasmussen, bestselling author of *Second Firsts: Live, Laugh and Love Again*

8 Minute Meditation Victor Davich, 2004-07-06 More information to be announced soon on this forthcoming title from Penguin USA

135+ Guided Meditation Scripts (Volume 1): Empowering Scripts for Instant Relaxation, Self-Discovery, and Growth Jaime Wishstone, Are you a meditation teacher, yoga instructor, therapist, coach, counsellor, or healer looking for a comprehensive resource to enhance your practice and support your clients' well-being? Do you struggle with finding engaging and effective guided meditation scripts to address various needs and intentions? Are you seeking a versatile collection of meditations that can be easily integrated into your sessions and classes? Introducing 135+ Empowering Meditation Scripts: Guided Meditations for Instant Relaxation, Self-Discovery, and Growth - Ideal for Meditation Teachers, Yoga Teachers, Therapists, Coaches, Counsellors, and Healers. Finding the right guided meditation scripts can be challenging, but we have the solution you've been searching for. This exceptional collection is designed to empower meditation teachers, yoga instructors, therapists, coaches, counselors, and healers like you, addressing your pain points and providing the tools you need to facilitate transformation and promote well-being. Imagine having over 135 meticulously crafted meditation scripts at your fingertips, each one targeting different themes and intentions. Whether you want to guide your clients towards instant relaxation, foster self-discovery, manage stress, support healing, or help them tap into their highest potential, this comprehensive resource has you covered. Say goodbye to the frustration of spending hours

searching for the right script or struggling to create one from scratch. With 135+ Empowering Meditation Scripts, you'll have a wide range of guided meditations readily available, empowering you to lead transformative sessions for individuals or groups confidently. This collection serves as your go-to toolkit, offering versatile tools that can be seamlessly integrated into various settings, including meditation classes, yoga studios, therapy sessions, coaching programs, and healing practices. Each script is thoughtfully crafted to ensure clarity, effectiveness, and accessibility, providing a nurturing space for growth and exploration. Imagine the impact these guided meditations will have on your clients' lives. From instant relaxation to profound self-discovery, these scripts are carefully designed to inspire growth, cultivate mindfulness, and nurture holistic well-being. Don't miss out on this invaluable resource. Step into the realm of empowered meditation with 135+ Empowering Meditation Scripts. Ignite transformation, facilitate healing, and guide others towards a deeper understanding of themselves. Order your copy today and unlock the potential of these guided meditations for yourself and those you serve.

Mindful Living Bundle Ivan Fernandez, 2019-08-23 Mindful Living Bundle: 2 Books in 1: Discover Instant Mindfulness + Meditation for Beginners From the Description of Instant Mindfulness... We are living in an unprecedented era right now. We are filled with abundance, given more than ever and yet... people are always stressed out with work and always have not enough time.

Dear Universe Sarah Prout, 2019 From the co-creator of The Manifesting Academy and host of the Journey to Manifesting podcast, 200 mini meditations to help you rise above fear and manifest the life of your dreams

Stress Less, Accomplish More Emily Fletcher, 2019-02-19 A National Bestseller Foreword by Mark Hyman, MD Preface by Andrew Huberman, PhD You know you should be meditating, so

what's stopping you? This entertaining and enlightening book by the founder of Ziva Meditation—the favorite training for high achievers—will finally take meditation mainstream. In our high-stress, overworked lives, we think the answer to accomplishing more is to do more. But the best advantage we can give ourselves is to take a mental break—to spend a few minutes of the day giving the body and brain rest. Did you know that a brief meditation can offer rest that's five times deeper than sleep? When you make time to practice the Z Technique this book teaches, you'll actually be more productive than if you took an hour-and-a-half nap or had a cup of coffee. A leading expert in meditation for high performance, Emily Fletcher has taught meditation at numerous global corporations, including Google, Barclays Bank, and Viacom, to help their employees improve their focus and increase their productivity levels. With *Stress Less, Accomplish More*, anyone can get the benefits of her 15-minute twice-daily plan. Emily specifically developed the Z Technique for working people with busy lives. Now, you can learn to recharge anywhere, anytime—at home or at your desk. All you need is a few minutes and a chair (no apps, incense, or finger cymbals required). This is not just another meditation book. In *Stress Less, Accomplish More*, Emily teaches a powerful trifecta of Mindfulness, Meditation, and Manifesting to improve your personal and professional performance, clarity, health, and sleep. You'll learn how to cultivate Mindfulness through brief but powerful exercises that will help you stop wasting time stressing. Plus, you'll get Manifesting tools to help you get crystal clear on your personal and professional goals for the future. Filled with fascinating real-life transformations, interactive exercises, and practical knowledge, *Stress Less, Accomplish More* introduces you to a revelatory daily practice and shows you how to make it work for your modern life. "We meditate to get good at life, not to get good at meditation."—Emily Fletcher

Instant Calm Paul Wilson, 1995-01-01 Instant calm is put

forward as a goal for enjoyment of life and coping with crises. The hundred techniques include meditation, psychotherapy, self-hypnosis, exercise, diet, aromatherapy, power breathing, breaking patterns, fresh air and silence. Chapters describe dealing with specific fears, what to do in a crisis, and long-term solutions. With index. By the author of 'The Calm Technique'.

Changepower! Meg Selig, 2010-03-17 In Changepower! 37 Secrets to Habit Change Success, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, Changepower! provides a springboard for change. Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In Changepower!, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators. Research has shown that most changes take place in stages rather than overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys.

Meditation with Intention Anusha Wijeyakumar, 2021-01-08 Achieve More Focus, Balance, and Peace in Minutes With just five minutes of meditation a day, you can dial down that constant inner chatter and turn up the volume of your true positive essence. Join meditation expert Anusha Wijeyakumar, MA, as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover

several five-minute meditations designed for heart opening, chakra balancing, trusting your inner truth, and more. Along with tips for powerful intention-setting and accessible pranayama-breathwork exercises, these meditations will help you create more joy and peace in your life while learning to control negative internal narratives. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

Deep Sleep Meditation Chakra Guided Meditation, 2018-10-20
Fall Asleep Instantly and Sleep Well with Hypnosis and Meditation A lack of quality sleep can hinder your alertness and quality of life while awake, as anyone with sleeping issues already knows. Suffering through sleepless nights does not have to be your reality. Instead you can fall asleep fast and get quality sleep tonight and every night. Hypnosis has been used for centuries to cure many ailments, including the inability to get better sleep. You can help yourself improve the quality of your life with hypnotherapy. This self-hypnosis book you will be able to Fall asleep faster (and fall asleep instantly) Get better sleep for hours and hours Sleep anywhere you want Use hypnosis therapy as a sleep medication Increase inner peace Practice mindfulness Sleep deprivation can be so frustrating and debilitating, and they feel passionate about helping everyone out there get the proper rest and sleep that they deserve! So get ready to relax and enjoy a deeply soothing and restful sleep. This book can help to reduce tension related emotional and bodily discomfort, calm the mind and body, regain focus and therefore help you to concentrate more effectively by becoming more mindful, improve energy levels and mood, increase serotonin and reduce anxiety. Grab this book right now and say goodbye to restless nights for good!

The Best Guide to Meditation Victor N. Davich, 1998-06-15
Introduces the concept of meditation, offers advice on meditating,

and describes various types of meditation and how they can influence one's life.

Quick Calm Jennifer R. Wolkin, 2021-04 Calm the chaos and rewire your brain in just five minutes a day! Do you ever feel like your stress levels are off the charts? You aren't alone. Every day it feels like there's something new to juggle or a fresh crisis to avert. And just keeping everything in the air requires an exhausting amount of attention and a dizzying amount of responsibilities. The more chaotic life becomes, the more we tend to forget what we truly value—from family and friends to mental and physical health. Fortunately, there are things you can do to stay grounded that won't eat away at your increasingly precious time. *Quick Calm* is a practical and fun guidebook designed to fit perfectly into a fast-paced lifestyle. You'll discover the what, why, and how of developing your own mindfulness practice. You'll learn all about the essential, life-affirming benefits of this ancient practice, including mindfulness meditation's positive effects on both mind and body. And, most importantly, you'll find daily practices you can do in just five minutes a day! So, if you're ready to discover the gift of mindfulness, but you don't have the time to attend a meditation retreat, set aside five minutes a day with this handy little guide. You'll be hard pressed to find a better return on your time investment!

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Instant Meditation Introduction

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