

thank you



Thank you for purchasing this process from
lifecoachestoolbox.com

Life Coaches Toolbox is a collection of
160+ modern Life Coaching Processes to help you
reset your body, mind, heart or soul.

A big resource of NLP-based Life Coaching
strategies, processes, techniques, exercises, games,
question sets, scripts, rampages & affirmations
to help you overcome physical, mental, emotional
and spiritual challenges, Life Coaches Toolbox
is suitable for those who would like to do work
on their own, coaches, mentors, trainers and
managers who would like a ready-built Coaching
Toolkit and a go-to toolbox you can always
turn to as your next step in a crisis.



lifecoachestoolbox.com

If you would like to purchase more processes and tools
to use with your coaching clients, or on yourself,
please visit **lifecoachestoolbox.com**
or email **chemory@lifecoachestoolbox.com**

MIND BLOWING MEDITATIONS

Each of these meditations yields both a short and long term effect, with them working cumulatively to help you open and expand your mind, awareness and consciousness.

Over time as you do these meditations, you'll start to experience a number of long term changes, from improvements in your thinking and cognitive abilities to improved memory function, better and more creative idea generation, and easier access to creative solutions.

You'll find that your intuition and intuitive ability also improves, and that it becomes easier for you to connect to and utilize those aspects of your self.

One of the most interesting changes you'll see if you go far enough is that your relationship to time is going to change. How you see, look at, understand, work with and relate to time will begin to alter dramatically, giving you access to abilities you thought were actually far beyond your reach.



PRAYER IS YOU
SPEAKING TO GOD

MEDITATION IS
ALLOWING SPIRIT
TO SPEAK TO YOU

DEEPAK CHOPRA



THE SCIENTIFIC BENEFITS OF MEDITATION

happiness

Meditation is shown to actively decrease anxiety, decrease stress and decrease feelings of depression and hopelessness.



social life

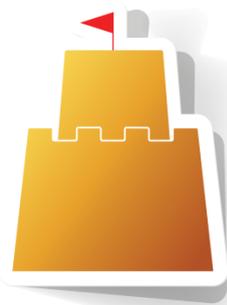
Meditation boosts your social life, increasing feelings of social connection and reducing feelings of loneliness.



health & wellness

Meditation increases positive emotions & feelings of satisfaction with life. It also boosts your immune function & decreases pain & inflammation.

smart & focused



Not only does meditation improve your memory and your ability to focus, it also increases cortical thickness in areas related to introspection & attention; increases grey matter in areas related to memory and thought & increases brain volume in areas such as emotional regulation, positive emotions and self control.

emotional skills

Meditation boosts your social connection, increases feelings of empathy & compassion, generates helpfulness & increases resilience in hard times.



exponential growth

Because ongoing meditation practices have a cumulative effect, you start growing and thinking faster and faster as you go along, until eventually your learning curves become exponential.



luck & ideas

Meditation boosts your connection to source & flow, so you start having better luck in your life – and all the best, most inspired ideas.

intuition

With meditation, your intuition, intuitive ability and insight will grow organically.

As you notice it and become more comfortable with it, you'll be able to apply it consciously.



THE OTHER BENEFITS OF MEDITATION



butterfly effect

You can't really explain how your relationship to and understanding of time changes, but over time, cumulatively, it will and does.

Eventually you get to do really cool stuff like manipulate time so that it goes more quickly or slowly, or so that you can get the impossible done in a shorter period of time.



BIRDS THROUGH THE SKY

This is a meditation preparation exercise, and one you're likely to have to employ pretty much everytime you meditate, at least in the beginning anyway.

When you first start meditating or quietening your mind, your mind reacts by going into a bit of a crisis.

Your mind doesn't like silence you see – it's way too easy for all sorts of thoughts and fears to fill silence, and shock horror! you might have to deal with some of this issues you've safely been ignoring in the recesses of your mind.

It's strategy to make some noise is usually pretty pedestrian.... you'll quiet your mind in readiness for your fabulous meditation and find that you're running through

your grocery list, or trying to mentally tick off all your to do lists – simultaneously.

When you're sitting on a porch having a cup of tea, or on the beach looking at the horizon, almost invariably birds will enter your frame of view at some point.

So what do you do when that happens? When the birds enter your frame of view?

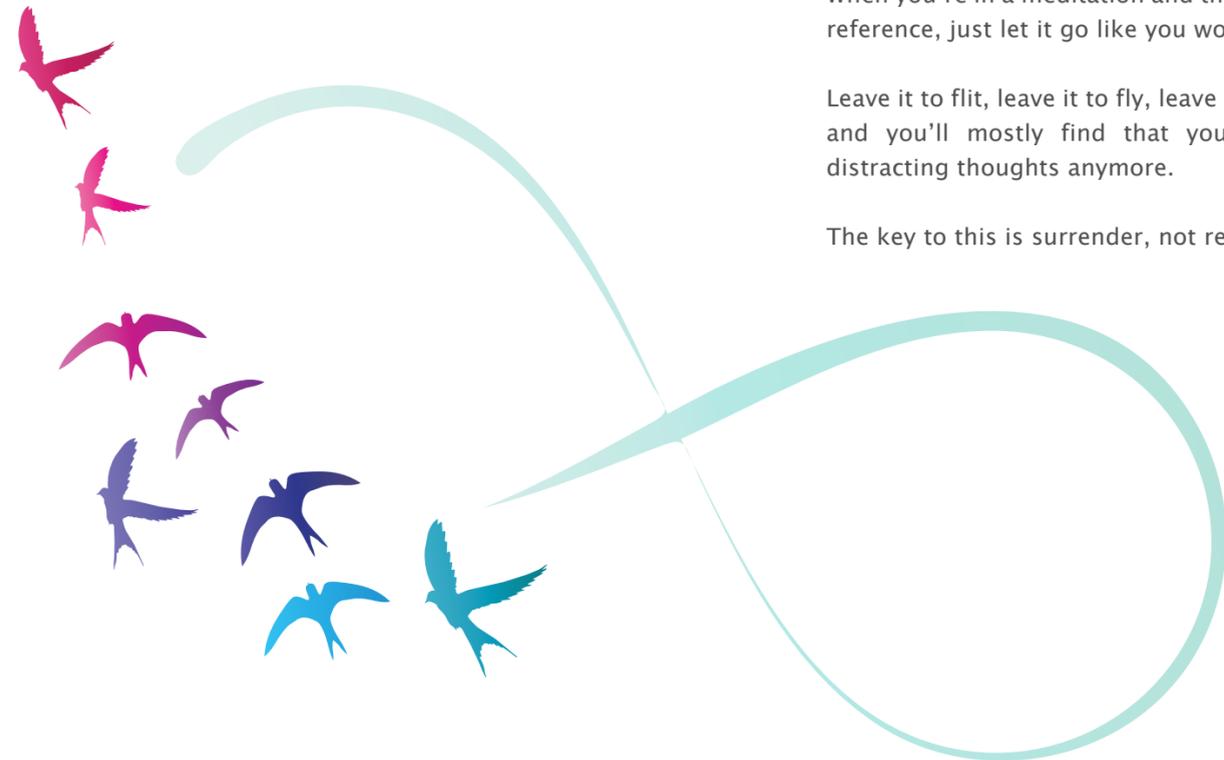
Do you jump and try and grab them? Do you try and stuff them all into cages or chase them around, trying to make sure that they within your frame of view? No?

So then why do you do that with your thoughts?

When you're in a meditation and thought enters your frame of reference, just let it go like you would a bird across the sky.

Leave it to flit, leave it to fly, leave it to go about it's business and you'll mostly find that you hardly even notice the distracting thoughts anymore.

The key to this is surrender, not resistance.



FEEL FOR YOUR MIND

This is the second preparation exercise for most meditations, and also one you'll find that you land up using often.

Close your eyes.

Take a moment to settle into your body, grounding yourself into your body completely.

If it helps, do a grounding exercise the first few times, or take a deep intake of breath and imagine that you are pulling your energy boundaries tightly towards yourself as you inhale, compressing them.

Let them bounce back organically to the right place.

Now, with your eyes still closed, think any thought, and feel for your mind.

Feel for where your mind extends past your body, around your head, behind you, in front of you.

Feel how broad and spacious your mind is, and how it inhabits your body, or is attached to your body, but is not necessarily part of it.

Think different thoughts and feel how these are on different parts of your body, in different parts of your mind, and notice how they differ in taste, texture, weight, temperature, color sound and smell.

categories



lifecoachestoolbox.com

Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes