

# WHY MEDITATION IS IMPORTANT

for the *Law of Attraction*

## WHAT IS MEDITATION?

- Meditation is a mental focus that quiets the mind and allows one to reach a higher state of consciousness for spiritual awareness. Another way to say this is that your attention is focused on something so intently, that your mind naturally quiets, and all other stimuli fades from your awareness. This allows you to connect more deeply to the source within.
- There are different types of meditation where the mental points of focus varies – breath, mantra, present moment, sound, etc.
- Meditation is not a religion and does not require you to sit.

## BENEFITS OF MEDITATION



### Strengthens your connection to source.

You are spiritual beings in a physical body, living in a creative world. Your connection to source helps to guide you on your desired creative path, if you listen.

Meditation helps to strengthen your innate connection because it:

- ▶ Quiets the mind so that your source can communicate with you
- ▶ Develops your intuition
- ▶ Makes you more aware of self and your true nature
- ▶ Makes you more mindful of your feelings.
  - Feelings are an intimate sign of communication from your source.
  - Feelings let you know if you are in or out of alignment.

### Retrains your Subconscious Mind

The subconscious mind plays the major role in bringing to you what you see on a regular basis. If your subconscious thoughts are at a low vibration, then you are going to be attracting at that lower vibration, unless you take conscious steps to change your vibrational level.

As meditation retrains your subconscious mind:

- ▶ It raises your vibration
- ▶ You ask at a higher vibrational level
- ▶ You allow at a higher vibrational level

### Helps you Focus

Where your conscious and subconscious mind are focused, dictates your reality. If you can spend more time focused on your desires, both consciously and subconsciously, then they will manifest more easily.

You have unconsciously trained your mind to be chaotic. If you practice meditation daily, it will literally rewire your brain to stay focused.

