

The Magic Meditations Workshops
Free Workbook

*An accompaniment to the Magic
Meditation CD series*

Expanding Your Happiness

Ina R. Ames

Expanding Happiness

66.30

1. Expanding Happiness Introduction

4.09

How much happiness you experience is determined either by the circumstances in your life or by you – what you say! If your happiness is determined by life's circumstances, then you have little free will or power. If, as I believe and have discovered in my own life, that happiness can be determined by what you say – then you have all the power in your world.

Your self- image is the person who you think you are. Your ideal self is the person you think you should be. Your self esteem is based on the difference between your ideal self and your self- image. Your happiness, in large measure, depends on the size of the gap between your self-image and your ideal self which is your self esteem. So how you see yourself – who you are and who you should be – is based on what you've constructed as your self-image and ideal self. For you to be happier and more centered in your life, you must become the master of the conversations about who you are and who you should be and how you value yourself.

Your core beliefs are mostly those you probably developed when you were still a child. Left unexamined, they leave you interacting with yourself and the world based on badly dated conversations. Doing the core belief exercises allows you to upgrade the core beliefs that unconsciously sculpt your life. This gives you more and more freedom.

Unlike the other Workshops in this CD series, you do not build a Sanctuary.

2. Muscle Relaxation

4.45

4-4-4-4 Breathing Exercise

The first exercise in this track is the Muscle Relaxation Exercise. It is a simple exercise that allows you to relax all your muscles, starting with your feet and then going up your body. You may have previously performed this

type of exercise in gym class. By tightening your muscles and then releasing them, your body becomes more relaxed.

The 4-4-4-4 Breathing Exercise is a breathing exercise that demands concentration. You must focus to inhale to the count of four, hold the inhalation to the count of four, exhale to the count of four and hold the exhalation to the count of four. Such controlled breathing relaxes your body. Focusing on the steps (in, two, three, four etc.), clears your mind of stress and everyday concerns that can make you tense, plus it begins the process of controlled breathing and meditation. Use this exercise throughout the day to immediately reduce tension. Sustaining an even flow of breath as you inhale and exhale takes practice.

Here's how to do it!

4-4-4-4

We are now going to do the 4-4-4-4 breathing exercise. You will be inhaling to the count of four, holding to the count of four exhaling to the count of four and holding to the count of four. Try to have an even flow of breath as you inhale or exhale.

Take a deep breath and as you exhale, relax, take another deep diaphragmatic breath and as you exhale, relax even further and let out all the air.

In two, three four.

Hold two, three, four.

Out two, three, four

Hold two, three, four.

In two, three four.

Hold two, three, four.

Out two, three, four

Hold two, three, four.

In two, three four.

Hold two, three, four.

Out two, three, four

Hold two, three, four.

In two, three four.

Hold two, three, four.

Out two, three, four

Hold two, three, four.

In two, three four.

Hold two, three, four.

Out two, three, four

Hold two, three, four.

3. Chakra Meditation

9.07

This is one of my all time favorite Chakra Meditations and, for that matter, any meditation. We have an energy field within us and surrounding our body called the Auric Field. There are energy centers throughout our body called chakras. This meditation focuses on the major chakras. In this meditation, you're noticing your chakras, opening them up, allowing the energy to flow within your body, and then both within your body and out into your auric field. You end up by having your energy flowing within and without your body.

This exercise is an amazing healing exercise. You don't have to have special training to heal yourself. Do the Chakra Meditation and you will be healing every inch of both your physical body and the "auric body" of your auric field – healing within and without your body. (Always remember, however, that a meditation doesn't substitute for medical attention when that's needed. When you need medical attention, get it. Use the Chakra Meditation to supplement medical care when it's needed. Use the Chakra Meditation as preventative medicine.)

You may be among those who find that when you do the Chakra Meditation and the next exercise (the Expanding Consciousness Exercise) that you seem to "fall asleep". You hear the CD but as if it's far away. You are getting deeper into the meditation and so it sounds distant. This happens for some people but not everyone. It is neither an advantage nor a disadvantage.

Others, especially “auditory” learners, often feel relaxed and deep into meditating but the words and music won’t sound distant. Whatever happens is more often determined by your personal learning style (visual, auditory or kinesthetic) than by doing the exercise the “right way”. There is not “right way. However you respond is fine.

The final part of this Meditation is an affirmation that I’ve heard is either from Ram Daas or ancient (or both). I acknowledge whoever originated it. I love this and use this affirmation often.

It goes: “I am filling myself and my auric field with the purest white light in the universe. It fills me within and without. Only good can come in. Only good can go out. I give thanks.”

Now if you’re not religious, don’t consider this a prayer. Consider it an affirmation of strength.

I say this when I’m driving and feel unsafe. I say “I am filling myself, my auric field and my car with the purest white light in the universe. It fills me within and without. Only good can come in. Only good can go out. I give thanks.” It takes away whatever fear or bad feelings there are. It forces me to focus which is a good idea when driving in what might be unsafe conditions. I say it other times when I feel at risk. Sometimes, I say it “just ‘cause’”.

The other cool thing about the Chakra Meditation is that, after practicing a while, you can immediately “go to the Chakra exercise and allow the energy to flow through your body.” I only have you do this once in these six CDs but use it often in the Workshops. This is very useful in many situations. Try it.

4. Expanding Happiness Expanding Consciousness

8.29

This is a variation of the Expanding Consciousness exercise and most of the material below is from that exercise. If you’ve previously read about the

Expanding Consciousness exercise, then read only the first paragraph below. Otherwise, read everything in this section.

The Expanding Happiness Expanding Consciousness Exercise is an adapted form of the Expanding Consciousness Exercise. You go from the room you're in to the city, country, and so on, until you're someplace in the Universe sitting on a planet, the Moon or star or meteor and look down on Mother Earth. In this exercise, you go to a room on the Moon, star or meteor, and meet your ideal self and self image. You then introduce them to each other! This allows you to begin the integration and merger of your self-image and ideal self.

This is a good place to discuss "the creative imagination". Often throughout these Workshops I ask you to imagine, "in your mind, in your creative imagination." My friend Mary would like to know where else a creative imagination could be besides your mind. Good point. However, I say "in your mind, in your creative imagination" to remind you to be aware of several truths. Your imagination exists only in your mind. It isn't a physical thing.

I hear people say "I don't have a very good imagination" and my nose crinkles. Everyone has a perfectly good imagination. Some of us have practiced using it because we were encouraged as children. So we have more experience. But your imagination is no better or worse than your best friend's imagination. She or he may simply have more practice. (Or you may!) So when you're told to imagine in your mind, in your creative imagination, know that your imagination is both present and developing.

I can't put my hands on my chakras, or infinite resources, or my intuition or many of the other concepts discussed here. My chakras -- like love, patriotism, fidelity and integrity-- live in my mind, in my creative imagination. If I can't touch it (if it's not physical), it only lives in my creative imagination. Even a dog I saw yesterday only lives in my mind because it's not in the room right now!

The only way you can have the Expanding Consciousness Exercise work for you is for you to realize that you are expanding your consciousness in your

creative imagination. There is no need to “be” the room, the building, the state or province, which is good – because there is no right way to do this exercise. It’s designed to have you expand your consciousness so do what’s asked and take what you get. Whatever you experience is perfect for you this time. Who knows about the next time? Only that it’ll be perfect for you then!

Enjoy the exercise. My favorite part is where I finally get out to the Universe and sit down and look down on mother earth. The first time I experienced “infinite resources” was in 1982 when I was practicing this exercise. I sat on a meteor (now you know this is in my imagination!) and looked down on mother earth. I wondered what it would be like if everyone, every man, woman and child, was fed, loved, educated, and had a home. Suddenly, there was a vibrating white aura around the earth. It was a most incredible experience of loving and knowing – knowing that the universe had been designed so that there were infinite resources for all. That’s the source of my promise for the world – by 2026, a word vibrating with infinite resources.

5. Expanding Happiness Core Beliefs

11.06

The core belief exercise is an amazing exercise that allows you to first identify those beliefs you formed long ago and then change them. I’ve often used this exercise in my workshops and coaching. It is believed that most of our decisions about how life is, who and what we are, and who and what other people are, are actually made between the ages of 4 and 8. Noted Swiss developmental psychologist Jean Piaget found that children don’t begin to develop logical thinking skills before age seven. If that’s so, then most of the ways you relate to the world were created between ages 4 and 8, long before you began to think logically. Your core beliefs are beliefs that you either created, were given by relationships or your culture. This exercise allows you to remember and alter the core beliefs that are limiting you as an adult. It also helps you create a more expansive core belief system, a system of core beliefs that is freeing. You’ll experience peace and power by rewriting your core beliefs. And, yes, you’re the author of your core beliefs and you can rewrite them no matter what the source.

Below is the Core Belief Exercise. I prefer doing this as an eyes closed exercise that someone else (even if it's me) narrates on a recording (or in person, but in person I'm the person narrating!) I also love to do this as an eye open, uninterrupted pen-in-hand exercise. Find out how it works best for you.

Below is the text to the Core Belief Exercise. Feel free to use it.

The Core Belief Exercise:

Now imagine a core belief you have about _____ (an area, love, money and finances, well-being, etc. Chose any from the CD or chose any area of your life).

Good. Now look at this core belief. From whom did you get this core belief? It could be from someone in your life, your culture or yourself.

Good.

Now look and see if this core belief is limiting or freeing. Remember, this is no right answer here, only your choices.

Thank you.

Now if the core belief is limiting, write a new core belief. If the core belief is freeing and you feel you want to write a new core belief that is even more expansive, do that also. If you feel the core belief is as freeing as you want, relax,

Good.

6. 4-4-4-4 Breathing Exercise

2.06

The 4-4-4-4 Breathing Exercise is a mindful breathing exercise. You already did this once in this workshop. It was paired with Muscle Relaxation as the

second track. You're repeating it because after doing the Core Belief Exercise, it's a really good idea to focus your attention and stop the noise in your head that may be blissfully chattering away after doing the Core Belief Exercise.

Below are the notes on the 4-4-4-4 Breathing Exercise.

You are required to focus to inhale to the count of four, hold the inhalation to the count of four, exhale to the count of four and hold the exhalation to the count of four. The breathing relaxes your body. By being required to focus on the steps (In, two, three, four) etc., your mind leaves behind the stress and everyday thoughts that can have you tense, plus begins the process of mindful breathing and meditation. Use this exercise throughout the day to immediately reduce tension. Keeping an even flow of breath as you inhale and exhale takes practice.

7. Expanding Happiness Merging Exercise 1.48

This is a short, sweet, exercise which allows you to merge your ideal self and self-image and become more integrated and happy. It's easy and simple - always the best.

8. Golden Energy Exercise 4.27

I love the Golden Energy exercise. This is one of the exercises where you go right to the Chakra Meditation and allow the energy to flow through your body. You are then surrounded by a beautiful bubble of gold energy and transform your relationship to money, relationship and love. It's like a mini-vacation.

9. Relaxation and Meditation Exit 2.09

This exercise brings you back to waking consciousness (if that's your wish) if you're listening to the CD(s) during the day, or it allows you to drift into a deep sleep if this is your regular bedtime.

By counting backwards from five to one, you transition back to full waking consciousness. If it is your regular bedtime, you ignore the waking cues and drift off into a resting and relaxing sleep that allows you to awaken at your regular time refreshed.

<i>Relaxation and Meditation</i> 12.58 minute version	12.58
10. Relaxation and Meditation Introduction	1.26

This is the introduction to the Relaxation and Meditation Workshops - all three lengths. The reason for having three lengths is so that you can relax and meditate regardless how much or little time you have. Chose the length by the amount of time you have available. The shortest version is on each of the other Workshop CDs.

(TADB) The Take a Deep Breath transition is used throughout the series. First, it has you take two deep breaths periodically throughout the Workshop. This is good. If I had my way, I would require everyone to take two deep breaths as transitions throughout their day. Off of a phone call? Take two deep breaths. Going to lunch? Going to a meeting? Going into rush hour traffic? Take two deep breaths. Heading to bed? ...You get the idea. Deep breathing extends your life. It relaxes your muscles. It provides your body with needed oxygen. It allows you to focus for a few seconds on something other than life's petty details. Second, the TADB transition signals that we're moving from one exercise to another.

Here's how to do it! (3 means a 3 three second pause)

Take a deep breath (3) and as you exhale, relax (3). Take another deep diaphragmatic breath (3), and as you exhale, relax even further.

Diaphragmatic breathing is an especially efficient form of respiration. The air always goes into your lungs. The diaphragm is a dome-shaped muscle that is under your lungs and protects your lungs, heart, and other organs from what's below it. As you relax the diaphragm, your lungs have more room to expand which allows for more air and a "deeper breath". The more air you bring into your lungs, the more oxygen goes to your bloodstream.

To experience diaphragmatic breathing (without the depth) pant like a puppy dog. Hold your hand gently on your upper stomach. You'll feel the diaphragm moving up and down. (Relaxation, not tension, is required.) The next step is to begin to pant like a puppy but to "pull in" more air. Your inhalation becomes longer and the diaphragm relaxes so your lungs can expand more.

11. Muscle Relaxation Exercise

4-4-4-4 Breathing Exercise

4.42

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*In two, three four.
Hold two, three, four.
Out two, three, four
Hold two, three, four.*

*In two, three four.
Hold two, three, four.
Out two, three, four
Hold two, three, four.*

*In two, three four.
Hold two, three, four.
Out two, three, four
Hold two, three, four.*

*In two, three four.
Hold two, three, four.
Out two, three, four
Hold two, three, four.*

*In two, three four.
Hold two, three, four.
Out two, three, four
Hold two, three, four.*

12. Expanding Consciousness Exercise

4.38

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14. *Introduction to the CD Series*

5.13

This is blatant advertising, but allows people to hear an introduction to each CD so they have some idea if the individual CDs are for them (they are!)