

*The Magic Meditations Workshops*  
*Free Workbook*

*An accompaniment to the Magic  
Meditation CD series*

*Relaxation and Meditation*

*Ina R. Ames*

### *Welcoming thoughts*

Welcome to the Free Magic Meditations Workshops Workbook. Why a free workbook? First, so you can understand more about relaxation and meditation and have a few exercises to practice. Next, so you can learn and understand more about the topics of the Workshops. Finally, so you'll see the value in the Workshops and want to buy the CDs! This workbook is the menu; the CDs are the gourmet meals.

This workbook is designed to provide value out of reading it. Obviously, since it's an accompanying workbook, you'll get the most value by using it with the CDs. I want you to have a better understanding of relaxation and meditation and the areas that this CD series impacts. I also want you to see dramatic results in your life. Reading this will enhance your ability to relax and meditate. Listening to the CDs will allow you to experience relaxation, meditation, and transformation with ease and grace not effort and struggle.

For many of us, just listening to the CDs is all that's wanted and all that's necessary. For others, understanding more about each exercise and meditation creates a richer listening experience.

Use this workbook and the CDs as best fits your needs. While *Magic Meditations Reflections* will be ready late this winter, this workbook is to guide you to use and understand each of the exercises, meditations, and guided meditations in the CD series.

Thank you for joining the email list so I can inform you on my activities, new CDs or additions to this workbook.

Thanks for your interest in my work. I've been teaching relaxation, meditation, intuition, creativity and visualization since 1980. In over a quarter of a century, I've seen all of my students use these techniques to improve the quality of their lives. Many of the students who benefited from these exercises were very conservative mainstream individuals in my acting

or speech classes. I recently got an email from a former (college) student from the early 1980's saying "By the way, when I meditate or do relaxation exercises, it is **your voice** I hear, counting from one to five, as I inhale and exhale." As you can see, this work can have long range positive effects.

## *Design*

This workbook is organized by CD chapters – a chapter for each CD. The CD tracks are discussed chronologically for each CD so there are repetitions throughout the workbook. Each CD chapter covers both the “shared” exercises and meditations as well the ones unique for the individual CD Workshops.

You may discover that you want to listen to a specific exercise. You can find the exercise on the CDs by (1) Looking at the CD backs on the CD cases; (2) Go online to the web page ([www.mmworkshops.com](http://www.mmworkshops.com)) and click on the individual CD page(s), or if you’re reading this (3) pull up the find window and type in the name of the track you want.

We’ll be sending out this workbook in six issues – one for each CD. Since this workbook is a PDF file, you can read it off your computer and save paper or can print up each section for an individual CD.

Please enjoy this workbook whether or not you have purchased the CDs. Obviously, I think the CDs are the meal and this is the menu. However this workbook has inherent value even when used alone.

The most important thing is that you contribute to your health and well-being by relaxing and meditating.

## *Ina*

*Please note: The Relaxation and Meditation CD has three separate lengths so you can relax and meditate no matter how much or how little time you have. The 35.53 minute version contains all the exercises and meditations. The 22.22 minute version has fewer tracks. The 12.58 minute version has even less. In order to save you time and save paper, I am only including each exercise once. All tracks are in the 35.53 minute version. The tracks with "\*" after the title are in the 22.22 minute version. The tracks with "\*\*\*" after the title are in the 12.58 minute version.*

### *Relaxation and Meditation*

#### *Relaxation and Meditation 35:53*

#### 1. Relaxation and Meditation Introduction \* \*\* 1.28

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. Escaping to lunch? Dragging 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. 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.*

## 2. Muscle Relaxation Exercise \* \*\*

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!*

*(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 Consciousness Exercise \* \*\*

4.54

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 you 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. Sanctuary Building

3.09

I love building my Sanctuary. Each time I do it, I look forward to finding what might be in my gift box or what new additions my imagination has made to my Sanctuary.

If you've built a Sanctuary before, please allow yourself to have it be like a new experience. You never do know what you get in your creative imagination. If you've never built a Sanctuary before, understand it doesn't have to be perfect. It can stay the same or change every time you do the exercise.

Your Sanctuary is your Sanctuary. Okay, I know that was redundant, but it's true and important. This is a place to go in your creative imagination where you have incredible power, can play, grown, heal, can practice plenty of skills, and meet people you've never known. The possibilities are limitless. It is, first and foremost, your Sanctuary. No one can go into your Sanctuary without your inviting them in. You can "redecorate it" any time you want (and no credit card bills, either!)

The Sanctuary contains many rooms and each performs a different function. This allows you to go into your Sanctuary and create what you want in your life. If you want to add to your abilities, you go to your Ability Room. If you want to play, go to your Play Room. For healing or the simple experience of joy, go to your (non-slip) Crystal Room. You can visit with people alive or past, real or imagined in your Vision and Healing Room. You can use your People mover to move people into the room (and out again). You can use your healing table to heal yourself or bring in healers. (Again, don't use this as a substitute for needed medical attention.) Finally, in your Vision and Healing Room you can use your Time Machine to visit the past and heal old wounds or travel forward and create a future you'd like to live.

After you've entered your Sanctuary and been bathed in a healing light, you build and explore your Gift Box and see if there's a gift for you. Or create one you want! I love this. It's such a delight. The purple and gold heart in this exercise happened for me once when my heart was hurting. Mostly I just get delightful gifts that make my heart sing.

Finally, after building your Sanctuary, you get to go to your Ability Room.

## 6. Sanctuary Ability Room

3.57

Your Ability Room allows you either to practice an ability you have or to create a new one. Many professional athletes use similar visualization techniques when they practice an ability or skill in their creative imagination. That's what we're doing here.

To create or practice any ability, you put on either an ability star or an ability suit. This room is an adaption based on an ancient Tibetan exercise. Bob

Fritz\* introduced me to the idea of an ability suit and I liked it. I later added the idea of an ability star as an alternative choice. The important thing is that you allow yourself to build your confidence in your ability to ski, dance, love, be generous, empathize or whatever is important to you. You simply put on your ability suit or star and practice having that ability. I use this room in several of the CDs to practice abilities related to the topic – such as your ability suit (or star) for calling forth intuition or for dissolving barriers or for opening to the Law of Attraction. It's used often throughout my Workshops. This is a room you can use any time. If you think of an ability that you'd like to practice, you can simply go to your Ability Room in your creative imagination and practice that ability. Or, because you have this guide to the different CDs, you can go directly to the correct track on one of the CDs you own and practice that way. Do whatever suits your needs.

\*(see the "About Us" page of the web page and scroll down to acknowledgements)

### Sanctuary Play Room

While a separate room, the Play Room is generally paired with the Ability Room exercise. Your Play Room is literally a place for you to play. As grownups, we often forget to play or forget how to play. Your Play Room is a place for you to play alone or with an invited friend. Use the Play Room when you feel the need to heal through play or simply to escape. None of the Workshops use the Play Room as a workroom. It's like the rule about not working in your bedroom. You shouldn't work in your bedroom and you shouldn't work in your Play Room. (Well, at least shouldn't work in your Play Room!).

### 7. Sanctuary Crystal Room

1.29

I love the Crystal Room. I love imagining a room made of all crystals and that it's non-slip. I guess I just love crystals. And where better can we go to heal and experience joy? I just love sitting in the Crystal Room surrounded by crystals in my creative imagination. It's so healing. There are also several exercises in the Crystal Room. On the CDs, our primary exercise is the dissolving doubt/fear exercise. What a wonderful way to

abolish fears appropriately. Most fears have two components, a protective part and a part that stops us unnecessarily. In the Crystal Room, we use the dissolving doubt/fear exercise to dissolve the part of that unnecessarily stops us with a rainbow from the crystals while allowing the protective part to recede into our body where it belongs (remember, this is in your creative imagination).

#### 8. Sanctuary Vision and Healing Room 2.21

This room reminds me of what they use to call in the 1970's, an "all purpose room". It houses your healing table, time machine and people mover. The people mover is used in several Workshops so you can bring people into the Vision and Healing Room with you for various exercises including healing. The healing table is like a massage table where some of the healers you bring in through the people mover can help you heal. The time machine allows you to travel back into the past and heal the past or into the future and create a future. Remember that you can always go to your Vision and Healing Room any time you want.

#### 9. Sanctuary Intuition 1.58

The Intuition Room takes under two minutes and in those two little minutes you get to meet your intuition (as an image or sound), create a line of communication with your intuition, and create a signal which will bring forth your intuition for you anywhere, any time. It's a pretty powerful two minutes! You can always go to the CD(s) to use this or once you've listened to this a few times, or you can simply use your signal and to summon your intuition anytime, anywhere. The purpose of this exercise is to develop the ability to access your intuition consciously, mindfully and consistently instead of occasionally and sporadically. It is also to empower you to be able to use your signal wherever you are – the office, the supermarket – and bring forth intuition.

#### 10. Sanctuary Exit 0.35

This is a no brainer but it's an important track because it begins the transition from the workshop to your normal consciousness. You create a

signal that only you can use to open your Sanctuary. It reminds you that no one else can come into your Sanctuary without your permission.

#### 11. Relaxation and Meditation Exit \* \*\*

2.08

This exercise bring 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.

#### *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!).