

solluna

by kimberly snyder

An Introduction to Practical Enlightenment Meditation™

7

Guided Meditations by Kimberly Snyder





Dear Beautiful Soul,

Welcome! I am so honored and excited you have joined me here today!

Before we dive into the meditations I have created for you, please take a moment to read this important information on getting started, so we can pave the most straightforward path forward for you to have a great meditation experience!

What is Practical Enlightenment Meditation™?

Practical Enlightenment Meditation™ intends to help you create a deeper connection with your True Self, the unique essence of you beyond your appearance and what you do in the world. As Paramahansa Yogananda and other great yoga gurus have taught, connecting with your True Self reorients your life. And the best way to connect to the True Self is through meditation, which helps us hear and discern our inner voice that knows what we need at any given time and will guides us forward with clarity and strength.

The following is a meditation method I've developed over 12 years of practice and my many years of teaching yoga. It is inspired by my yoga guru, Paramahansa Yogananda, who teaches a comprehensive yoga system called Kriya Yoga.

Practical Enlightenment Meditation™ is a form of meditation that is an effective way to relax your body, center and calm yourself, nourish your mental health, and go deeper into the focus and intention of each meditation, such as creating more confidence. With this meditation process, you will feel present, more aware, and over time, you can start reprogramming your beliefs and expanding your life in all directions.





Practical Enlightenment Meditation™ involves 3 parts:



Some light physical movement while seated to help settle the body.



Breathwork.

I AM

Introducing the intention through the “I AM” presence affirmations.

What’s the Purpose of Meditation?

Meditation is more than just sitting in silence with your eyes closed. It helps us create a deeper self-connection. As we quiet our bodies and minds, we relax and begin to realize that we are more than we think we are. We are more than surface, more than what we do for work, more than how we look.

Practical Enlightenment Meditation™ helps you tap into your creative power. We create all the time--whether cooking a meal, picking out what we will wear, coming up with a solution at work, or playing a game with your child. With meditation, you align your values and intentions with your physical creations and your words and actions.



Let's begin.

To get started, find a quiet place to meditate. You can do so on the floor, on a mat, or a chair. Use a pillow or cushion if necessary to elevate your hips, and if sitting on a chair, make sure your feet are flat on the ground.

I recommend picking a relatively quiet environment and practicing your meditations on an empty stomach whenever possible. Don't forget to turn your phone to airplane mode before starting as well.

Next, commit. Make an effort to meditate as regularly as possible. It is the ultimate self-love and self-care! These meditations are only about seven or so minutes each, which is literally half of one percent of your day. You can definitely find the time to do this for yourself!

Ideally, you would do one of these meditations as part of your morning routine--to start the day off right--and also part of your evening routine to center yourself as you prepare to sleep. You can practice the same meditation for both, and if you find one you really like, you can work with that one for as long as it feels good to you.

I am so passionate and honored to offer you Practical Enlightenment Meditation™. I have always been guided to share what has helped me the most, and here it is!

Regular practice of meditation has made all the difference in my life, personally and professionally. While food and exercise have significant benefits to your body and well-being, it is connecting with the True Self that will radically improve your whole life.

I can't say enough how excited I am to be here with you today and support you in getting started on this journey!

With much love and much gratitude,

A handwritten signature in blue ink that reads "Lindsay". To the left of the signature is a small heart symbol.

Meditation 1

Going Beyond Comparison

This meditation is designed to help you transcend comparison with others and feelings of insecurity. It will help center you and help you feel grounded in the here and now.

[LISTEN HERE](#)

Meditation 2

Tapping Into Your True Beauty

The focus of this meditation is to tap into your true beauty. Despite what we hear on social media or in magazines, the truth is that we are all uniquely beautiful, and your gorgeousness has nothing to do with the surface. True Beauty radiates from the inside out.

[LISTEN HERE](#)

Meditation 3

Anxiety Relief

This meditation is designed to help you find balance and feel grounded when you start to feel anxiety rising in your life. If you are prone to stress and worry, I suggest you start the day with this meditation or practice it in the middle of the day if you need a mental break. This is also a great meditation to do after a meal, but before you start to get ready to go to bed.

[LISTEN HERE](#)

Meditation 4

Total Relaxation

This meditation aims to guide you into the vital restoration that comes with relaxation. We live in a world of non-stop stimulation to balance that learning to relax is critical to your health and wellness. Try this meditation throughout the day to rejuvenate your mind and body.

[LISTEN HERE](#)

Meditation 5

Infinite Vitality

The purpose of this meditation is to help you tap into the aliveness and infinite energy within you. In yogic terms, this is connected to prana, which is our life force energy. We all can consciously raise our vitality and the prana flowing through us. Call on this meditation anytime you want to raise your vitality and feel expanded, radiant, energized, and truly alive!

[LISTEN HERE](#)

Meditation 6

True Confidence

This meditation focuses on boosting your confidence. When we realize that we have a tremendous inner power to get things done and be what we truly desire to be, we feel strong, focused, and unstoppable. Try practicing this meditation regularly to boost your self-connection so you feel more grounded in the world, at work, with friends, on social media, and everywhere else you find yourself.

[LISTEN HERE](#)

Meditation 7

Energy Focus

Practice focusing your energy with this powerful meditation. If you struggle to concentrate or feel scattered with everything you need to do, this meditation is for you. Try practicing this meditation in the morning, and particularly before a big project or task at hand that requires your complete attention.

[LISTEN HERE](#)