

## **REACH MEDITATIONS**

Our meditations cover a significant range of topics. The primary themes that we focus on have been conceived out of those issues that repeatedly turn up when individuals are seeking some form of help, resolution and healing.

It's important to highlight that our meditations largely fall into three categories, which is a deliberate strategy on our part to help the listener get the most from the meditational experience. We hope you find this guide useful.

### **The Three Categories**

#### **1) Informational**

The word meditation is used an awful lot to describe a wide variety of introspective practices, which has led to clarity in some cases and confusion in others. This is why we have created a number of guided commentaries that focus on educating the listener i.e., offering a deeper insight on a particular subject, such as: fear, anger, anxiety, healing etc.

In the informational meditations the greatest emphasis is on opening the mind in such a way that the individual can connect with their issues and concerns from a more informed space. It is our experience that when individuals better understand their issues it generates greater awareness and the opportunity for empowerment.

Examples of our informational meditations include Virtue or Vice, Dearest Fear, Dearest Past, Positive Affirmations part 1, Being the Best You Can Be and The Need to Slow Down.

When listening to these meditations, the primary objective is to use the trance state (which in this context could be described as conscious daydreaming) as a gateway into the wonderful arena of the mind, in order that you can remove any ignorance and confusion and install a more positive template that can be used not just in that moment but in your everyday life.

#### **2) Instructional**

Another category of meditations that can be found in our collection is best described as instructional. Their primary aim is to offer different ways of accessing one's higher self and to give the listener a clear map that they can use to practise meditation independent of using a guided meditation template.

Therefore, our meditations are designed to encourage and empower the individual so that they can discover which form or style of meditation best suits them.

So, we hope that the mind maps we offer will provide listeners with the confidence to, at times, meditate without guidance, using the magic and the majesty of their own minds.

Examples of our instructional meditations include Positive Affirmations 2, Dearest Body, The Three Gatekeepers, Order Creates Peace, Key Principles for Growth and The Power of Choice.

With these meditations, the trance state may be experienced more quickly when following the instructions, leading to altered states of consciousness and greater insight.

The guidance offered is also transferable to lots of different contexts. Meditation at its best is not something that is only replicated when sitting quietly in a room - it's a state of being that can be accessed at other times and in other spaces. We all have moments where we're doing one thing and yet our minds are somewhere else. Imagine how beneficial it would be if when our minds are 'somewhere else', if at least some of the time they were being fed with self-nurturing and uplifting thoughts.

### **3) Meditational**

The final category is the meditational one, which could also be described as 'experiential'. This is where the primary purpose is to take the person on a journey that is likely to be more transcendental and profound.

These meditations do tend to be longer, which isn't to say that a shorter meditation couldn't offer this level of experience, because for some individuals, and in some cases, they certainly can. That said, the experiential meditations seem to open the trap doors of consciousness more readily. This is because the individual is immersed for longer in the alpha and theta states (these are the levels of brain wave activity where one more readily experiences a deeply relaxed frame of mind).

These experiential meditations are more likely to help one re-write those habits and patterns that are deeply engrained, as they help the meditator to set up alternative strategies and structures - different ways of viewing oneself and one's day-to-day experience. There is also a greater use of metaphor, story telling and imagery as these are all valuable ways of infiltrating the wonders of the subconscious mind.

Examples of our ‘meditational’ meditations include Asking for Nothing, Beyond Limitations, The Path of Least Resistance, The Hands of Time, The Inner Sanctuary and Heal Thyself.

This group of meditations was designed for when listeners have more time and can truly immerse themselves in the meditational experience. Ideally at this point the listener, having been exposed to our informational meditations, has the necessary knowledge that has deepened their understanding of the subject. They would also have an awareness of the options that the instructional meditations have offered - both types of practice making it more likely that the listener has an experience of their own making, albeit supported by the gentle embrace of the guided commentaries.

## **Conclusion**

Finally, it should be said for clarity that a bit like foods, which are generally classified into fats, proteins and carbohydrates, on closer inspection, we discover that all foods have some percentage of all three. In the same way, although we are saying some meditations are more informational than experiential, there is information, instruction and experience running through the veins of all our audio-visual work. It’s just that some will feature one of these characteristics more than the other two.

Whatever your leaning/preference, we believe there’s something here for everyone and we hope you will share these meditations with your family, friends and colleagues. Enjoy...