

THE
BUSY WOMAN'S
MEDITATION PROGRAM
Light and Love Meditation

By

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LIGHT and LOVE MEDITATION

This is time just for you, so allow yourself to be fully present as you do this.

1. While tapping on the Karate Chop area on the side of your hand, ([see figure on the left side](#)) you're holding the intention that nothing matters except the loving gift of undisturbed time you are now giving yourself.

Say this intention as your Set Up Phrase as you tap there; "This is my time to meditate. This is my time for me." Repeat this 3 times.

2. Use your fingertips to tap on each of the EFT acupressure points ([see figure on the right side](#)). Tap from top to bottom, starting with the top of your head and when you get to the last point, start on the first point again. If you don't know the tapping points, you can [find them on the diagram here](#).

As you tap on each point say one phrase;

"I release any and all blocks to inner peace."

"I release any stress I am carrying."

"I let go of all tension in my body."

"I release anything that stands between me and inner peace."

"I am in a calm and peaceful state."

"Maintaining a relaxed state."

"Totally calm."

"Totally peaceful and relaxed."

3. Stop tapping. Close your eyes and just continue breathing slowly and deeply. **Breathe slowly, for a count of 6 per out-breath, and 6 per in-breath.** Breathe for 6 seconds or count to 6 silently each time you breathe in, and each time you breathe out. Notice how relaxed you now are.

4. If thoughts arise in your mind at any point during the meditation, just observe them. You don't have to do anything about them, just let them go. Watch them drift like clouds floating across the sky with no attachment to them. Keep your attention focused on your breath, counting and breathing for 6 seconds in and 6 seconds out.

5. If physical sensations arise in your body, any aches or pains, just observe them as well. You don't have to do anything about them right now. Just keep your attention focused on your breath, counting and breathing for 6 seconds in and 6 seconds out.

6. Visualize the place where your heart resides. Imagine breathing in and out through your heart, while maintaining 6 second in-breaths and 6 second out-breaths. Maintain this relaxed state for several breaths.

7. Imagine a huge beam of Light and Love coming down from the sky above, blanketing and surrounding your entire body. Stay in this relaxed state for several breaths while maintaining 6 second in-breaths and 6 second out-breaths.

8. Now imagine this beam of Light and Love pouring out through your heart toward a person or even a place that you love. Stay in this state for several breaths while still maintaining 6 second in-breaths and 6 second out-breaths.

9. Bring the beam of Light and Love back into your body, into the area of your heart. If you want, send that Light and Love to any part of your body that is uncomfortable or in any pain.

CLOSE

10. When you feel complete with the meditation, consciously bring yourself back to the present here and now.

Take a nice, deep breath and return your attention back to the room you're in. Move your hands and feet. When you are ready, slowly and gently, open your eyes.

Do this Light and Love Meditation every day for a calm, peaceful and more relaxing day.

Hi Sweet Soul,

In the [Busy Woman's Meditation Program](#) I offer meditation coaching that has been created especially for busy women who have full and active lives and careers and want to learn a super-easy way to meditate. I invite you to learn how effortless it is to start your own meditation practice, no matter how busy your life is! [LEARN MORE HERE](#)

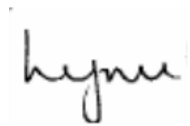
If you are new to meditation, I'd love an opportunity to meet with YOU on the phone in my 30-minute, complimentary [Strategy Session](#). You can get a taste of what working with me is like, we can get to know each other a little better, I'll answer your questions about coaching and we can both decide if working together is the right next step for you. You'll also learn how in just a few weeks you can have a solid meditation practice that will benefit you for a lifetime.

To choose a time to meet with me on the phone:



I can't wait to connect with you!

Warmly, XO



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[Have we connected on FaceBook yet?](#)



P. Lynn Ahearn

Life Coach, Meditation Teacher, Author, Reiki Master, Spiritual Coach, Higher Consciousness Coach, Certified Career Intuitive Coach®, former Director of the Law of Attraction Training Center, and Law of Attraction Coach Trainer.

Since 2001, as a life coach, spiritual teacher and Reiki Master, Lynn has worked with literally hundreds of heart-centered women, helping them to create a deeper, more authentic and intimate connection to themselves and their Soul by understanding who they really are as a spiritual being, here to express their human self.

Her intention is to make meditation simple, practical and accessible *for all women* and it's her great honor to help busy women to easily incorporate it into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to live a more consciously awakened life.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life's journey.

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