

**THE
BUSY WOMAN'S
MEDITATION PROGRAM:
6 Steps of the
Busy Woman's Meditation
By
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TWICE A DAY, EVERYDAY

6 Steps of the Busy Woman's Meditation

THE BEGINNING OF YOUR MEDITATION:

INTENDING & GROUNDING

- 1) **Start by saying your Busy Woman's Meditation intention.** "This is my time to meditate, this is my time for me."

You'll begin your practice by getting comfortable and breathing consciously and deliberately to ground yourself. Sit with your back straight, feet flat on the floor, close your eyes and take 3 slow, deep, full breaths in and out your nose with longer exhales than inhales. And as you take each one, you're silently repeating in your mind, "breathing in love" and on the exhale, "breathing out love."

- 2) **Next, while breathing slowly and evenly, you'll start to silently repeat in your mind the full mantra, "Ram," for a minute, or about 8 times.** The most natural way to do this, is to synch the rhythm of your breathing to repeating the mantra. No worries, the rhythm of your breath and your mantra does not necessarily have to match. You can also just repeat "Ram" randomly, 8 times.

THE MIDDLE OF YOUR MEDITATION:

RESTING YOUR MIND & BODY

- 3) **Now you'll let go of the full mantra "Ram" and begin saying just the dominant tone of the mantra, the "Raaaa" sound in Ram.** You're stretching out and continuously

“holding” this sound in your mind, with no breaks or gaps.

As you meditate with your eyes closed, mindfully observe or notice your thoughts or your surroundings. Whenever you notice that you’re distracted by the sounds around you, or you become absorbed in thought, or if you notice your mind is wandering, do it without judging or engaging and let your mind wander if it wants to. Just let the thoughts bubble up and simply let them all go, gently release it all. Then come back to mentally holding your mantra tone “Raaaa” and continue with your meditating.

- 4) As your meditation continues you may feel yourself enter a deeper state of meditation and when this happens, release the mantra tone and rest in the silence of the “bliss.”** When you reach a deeper state of meditation, the “Raaaa” tone may get fainter and you may sense a quieting and a stilling of the mind taking place. When this happens, periodically let go of the mantra tone “Raaaa” to rest in the peace and stillness and just sit in the “bliss.” This is also known as “Going to Your Happy Place.” Do this deep resting of the mind and body for as long as you can, possibly just for a few seconds. That’s OK. When thoughts come back in, go back to mentally holding the mantra tone “Raaaa.” Continue with this process until you come to the last few minutes of your meditation.

**THE LAST PART OF YOUR MEDITATION: ACTIVE MEDITATION
MANIFESTATING, THANKING, TRANSITIONING**

- 5) With your eyes still closed, the last 2-3 minutes of your meditation time is spent in active meditation using the hidden power of meditation.**

If you want to move into a deeper level of meditation, faster, while you're breathing deeply and evenly and your eyes are closed, roll your eyes and look up at your eyebrows or your forehead or as high as you can.

Doing this automatically causes your brain to move to a deeper level brainwave, from beta (14-21 hz/second) the waking state, to alpha (7-14 hz/second), the resting/creating state.

You're completely letting go of your mantra and connecting with yourself, setting intentions, saying affirmations and manifesting your ideal life. This is not the time for *asking* for things, this is a time for setting your intentions deliberately and saying "I have," not "I want." Make it your intention to feel good, appreciate and align yourself to and focus on the feeling of *already* having what you desire. Spend a little time here saying powerful "I am" and "You are" affirmations and also expressing gratitude and appreciation.

Here are some possible affirmations and intentions you can add to yours:

I allow space and permission for my goals, dreams, wishes and heart's deepest desires and intentions to begin flowing to me now.

I Am worthy of the life I desire.

I Am divinely worthy of everything I desire.

Am so freaking grateful that I...

I Am willing to be amazed by what else is possible for me that my mind has yet to imagine.

I surrender the need to CONTROL the outcome. I choose trust over doubt and faith over fear.

I trust and surrender the outcome to the Universe and its divine timing.

Thank you, thank you, thank you!

Then let them all go, including the how and when, and allow the Universe to guide you with what, if any, inspired action to take. Continue this process of appreciating, intending, affirming and creating your ideal experience until the end of your meditation time.

- 6) At the end of 10 minutes initially, and later on at 15 minutes, you'll take a deep cleansing breath and you'll end your meditation by thanking yourself for taking time out of your busy day to meditate.** Sit quietly for a moment to become present and grounded, to feel the effects of meditating, to transition from the meditating state to the waking state and to go back to your day, relaxed, refreshed and renewed.

TO RECAP THE PROCESS: you start by mentally **repeating the full mantra**, then you're **continuously holding the mantra tone only**, then you're **periodically releasing the mantra tone** to sit in the bliss and when your mind wanders you're **gently coming back to your mantra tone**, and then you're **completely releasing the mantra tone** for intending and manifesting.

Congratulations, you're meditating!



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As a spiritual life coach working with women for the past 20 years, it's Lynn's intention to make meditation simple, practical and accessible *for all women*. It's her great honor to help busy women to easily incorporate meditation into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to have a better 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.