

5-MINUTE Meditation Mastery

Easy • Concise • Effective
a mindful practice for
today's busy lifestyle



marcus martin



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5-Minute Meditation Mastery

By Marcus Martin

Dedicated to all of my fellow human beings from all around the world who wish to enrich their lives through the ancient practice of meditation

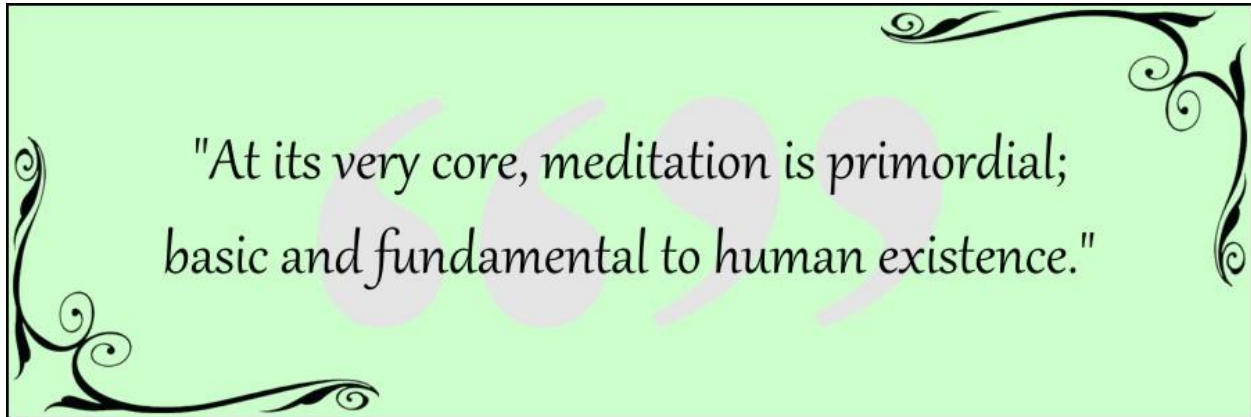
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Introduction

Introduction



Meditation is as individual as the person who practices it. Everyone meditates in their own way and for their own reasons.

As you will soon see, even with the 5-Minute Meditation Mastery technique you're about to learn, your meditation practice and how you approach it is yours and yours alone.

Meditation enables the practitioner to get in touch with their spirituality.

Meditation enables the practitioner to improve their mental focus and physical health.

Meditation enables the practitioner some measure of peace and serenity in an otherwise hectic, topsy-turvy world.

Meditation can even deliver proven and well documented physical health benefits including reduced stress and anxiety, increased energy and increased motivation just to name a few.

Meditation can make the athlete more focused; can provide the executive or entrepreneur a clearer pathway to greater success; can help the parent cultivate more effective nurturing skills and it will, emphatically, elevate the gratitude, positive energy and confidence of anyone who practices it.

At its very core, meditation is primordial; basic and fundamental to human existence.

With that in mind, shouldn't learning an effective meditation technique also be basic and fundamental? If you agree that meditation is primordial then wouldn't you also agree that practicing it should be primordial too?

I would submit to you that in fact – yes – meditation should be basic and fundamental to human existence. As such, it should be easy to learn and easy to practice.

But then why does meditation seem to be such a deep and broad, complex topic? Why have countless books been written on the topic of how to meditate and why are many of those books hundreds of pages long?

And aside from books about meditation and how to do it, there have been countless magazine articles and blog posts written on the topic as well as videos and audio files produced.

Do we really need that much published material and instruction on how to meditate? On what is a primordial practice; basic and fundamental to human existence? And does a single book really require hundreds of pages of guidance?

Just today I did a simple internet search to see what other types of meditation instruction I'd be able to find. I was curious to know what other options a person might have at their disposal to learn meditation. With a simple Google search and the click of a mouse I found a webpage offering a 7 different mediation resources all bundled together.

And that is my point! Are 7 different resources – a combination of books, checklists, audio files and video files – really necessary to learn effective meditation?

This, I think, is why more people don't harness the undeniable powers of meditation or have given up trying. There is absolutely, positively no reason to make meditation any more complex than it needs to be. I don't know about you but a bundle of 7 different resources to learn meditation is the last thing I'd be interested in. going through all of these resources seems like an awful lot of work!

Again, keep it simple yet powerful and watch the meditation magic unfold!

I'm convinced this is a big reason why more people don't engage in meditation. All of these books and all of this instruction seems so daunting. Books are written and guidance offered with the very best of intentions. But much of what is out there on the topic of meditation appears overwhelming to the majority.

With this in mind I went about writing 5-Minute Meditation Mastery. I knew I found a high-octane, extremely effective, easy to use technique that anyone could use to harness every benefit they've ever wanted from a meditation practice.

But I also knew it had to be presented in a very sensible and easy to understand way.

Meditation should not be complicated so neither is this book. I promise to not waste your time with a lot of fluff and unnecessary instruction but rather give you just the information and techniques you can use – starting today; starting right now – to meditate like a seasoned swami.

I know that I've just made a pretty bold statement but I am prepared to back it up unconditionally. I want you to know that I'm here for you to help you out in any way that I possibly can.

Below you will find my personal email address. If you have any questions about anything you've read in this book then please do not hesitate to contact me. Send to me your questions, comments and thoughts and you will receive a personal response from me.

I am a real person who is deeply grateful that you've purchased this book. That you've purchased and are reading this book says that you're putting a lot of faith and trust into me. And I take that trust very seriously.

I've been practicing meditation for years now utilizing the very techniques you are about to discover. These are techniques and concepts that I've developed. You will not find the 5-Minute Meditation Mastery techniques discussed in any other book, on any other website or discussed in any other magazine or blog article (unless it was written by me).

I've personally derived such great benefit from these meditation techniques that I've decided to share them with the world. What sense does it make to keep such a good thing all to myself?

So again, thank you for reading this book and PLEASE share with me your experience with 5-Minute Meditation Mastery.

Email me here: marcus@5minutemeditationmastery.com

Thank you!

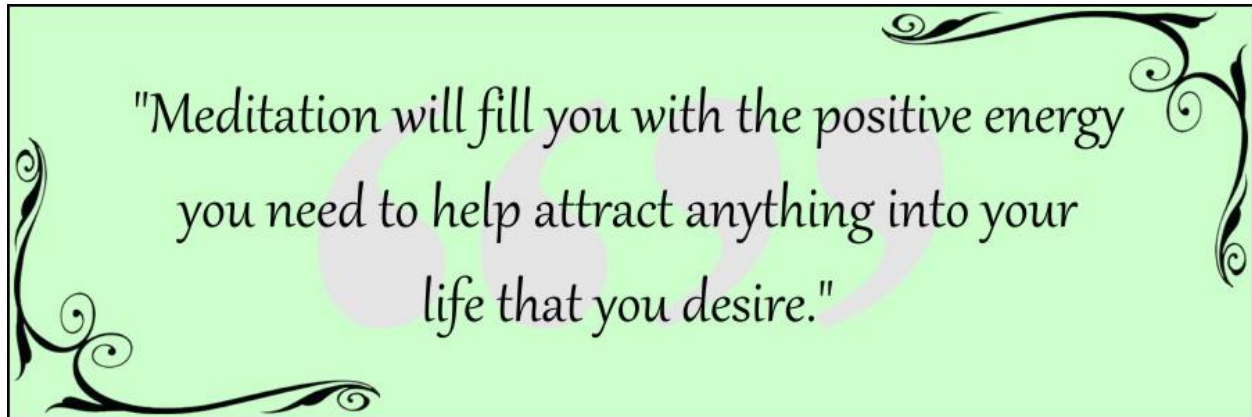
With love and gratitude,

Marcus Martin



What Is Meditation?

What is meditation?



Defining what meditation is seems to be pretty easy, doesn't it?

In a traditional sense, meditation is...sitting quietly and comfortably in a dark or dimly lit room; eyes closed; breathing steadily (a deep inhale to a count of 5, hold your inhale for a few seconds followed by an exhale to a count of 5); keeping your mind quiet and still; playing light music or tranquil sounds of nature (optional) and burning incense or an aromatic candle (also optional). Keep your mind quiet, concentrate on your breathing and baby, you're meditating!

There you have it – that's meditation. Pretty easy, right?

Wait...what? Did you just miss something? If you're still confused about what meditation is then re-read the previous paragraph. And feel free to re-read it as many times as necessary until you "get it".

OK, obviously I'm being a little silly here. However, how I've just described the actual act of meditation is pretty much accurate. Wouldn't you agree?

If you've already ever tried to meditate at some point in the past then what you've been instructed to do probably sounds a lot like what I've just described.

(As you will discover a little further along in this book, the definition of meditation takes on different meanings for different people.)

But I know you're reading this book for a much deeper reason. I know that you have burning questions about meditation.

I thank you for reading this book and it is my aim to answer every question you've ever had about meditation and to perhaps answer some questions that you didn't even realize you have.

And more importantly – much, MUCH more importantly – is that by the time you've read to the end you will have discovered an exciting, brand new paradigm in meditation. And you will know exactly how to utilize that meditation paradigm in order to derive maximum positive results from this ancient, beneficial practice.

Best of all, you will not find yourself investing untold amounts of time into trying to get good at meditation. No time lost in practicing trying to keep your mind quiet. No anxiety in questioning whether or not you're "doing it" correctly or are you just wasting your time.

I also assure you that you will enjoy every benefit you've always wanted from meditation immediately.

Who was this book written for?

Primarily, this book was written for anyone who would like to jump right in and quickly and easily derive the many benefits of an advanced meditation practitioner without all the time and practice it would normally take to get to that level.

This book was written for people who don't have a lot of time in their day to dedicate to meditation. As the title suggests, 5 minutes out of your day is all it takes.

It was written for those who have tried and tried and tried again to meditate effectively but just can't seem to "get it".

This book was written for the neophyte up to the advanced practitioner and everyone in between. I really do believe that anyone at any level of practicing meditation can benefit from the information in the pages of this book.

So if you're finally ready to discover a proven, tried and true meditation methodology guaranteed to deliver the results you've always wanted to experience without all the time traditionally required to try and practice getting good at it then read on! 5-Minute Meditation Mastery is about to work its magic on you.

Why meditate?

Studies on the effectiveness of meditation are numerous. Meditation has many, many proven health benefits; mental, spiritual and physical health benefits.

The purpose of this book is not to convince you that meditation is beneficial. I don't think you'd even be reading this if you weren't already well aware that yes, in fact, meditation is good for you.

However, I would like to call out just a few of meditation's benefits.

Meditation has been proven to help increase mental acuity, memory, happiness, focus and emotional wellbeing all while decreasing stress levels, blood pressure, anxiety and memory loss.

Meditation will fill you with the positive energy you need to help attract anything into your life that you desire.

In a nut shell, yes, meditation WILL positively impact your overall wellbeing and can be a key component to living a life filled with success and gratification.

The list of meditation health benefits is lengthy and I've only just touched on a few of them. But trust me, whatever improvements you wish to see in your life can ALL start with effective meditation. Will meditation solve every physical, mental or professional challenge you might be dealing with in life? No, it would be disingenuous of me to suggest as much. However – this I can promise you – effective, efficient meditation is certainly a great start.

Meditation has been in existence for thousands of years and is actively practiced by some of today's most successful and recognized people including Oprah Winfrey, Twitter co-founder Jack Dorsey, George Stephanopoulos, Clint Eastwood and the late Apple founder Steve Jobs was a huge proponent.

So I think it's very safe to say – based on those merits alone – meditation is something everyone could and should make a part of their everyday lives.

If your aim is to become a better athlete, meditation will help.

If you'd like to become a more successful entrepreneur then meditate.

Would you like to achieve greater heights in your profession; be a better parent or spouse; find the love of your life?

Do you need to get yourself ramped and amped up (and laser focused) for an important upcoming job interview or business meeting?

What is it you would like more of in your life? What is it you'd like to be better at? What greater heights would you like to achieve? What negativity would you like to let go of to be replaced with positivity?

To advance yourself from where you are now to where you'd like to be in any area of your life, you can be assured that meditation will provide the path necessary to get there.

Effective meditation can be the key that unlocks many, many doors for you in life. There is no area of your life that can be considered complete without the mindfulness to fully embrace it; to feel fully content.

By mastering a capacity to channel your attention toward that which you want – and keeping your focus there – you will achieve the ability to create what you want in yourself and what you want in life.

More importantly, this capacity to channel your attention toward what you want will enable you to remove your attention from anything that is negative or not serving you.

Meditation to all of this – and more – is your answer...

The challenges of meditation

“But I’ve tried to meditate and I just don’t get it.”

“Meditation is just too difficult. I find it impossible to quiet my mind.”

“I don’t have time to meditate.”

“Seriously? It might take me YEARS of practice to eventually learn how to meditate effectively? But I want to experience the benefits NOW!”

Whereas meditation should free you from anxiety and stress and help you to become more focused, for most people it has the exact opposite effect. Seems very counterintuitive, doesn’t it?

But why? Meditation has been practiced for thousands of years and the proven benefits have been extensively documented throughout that time. And it's also proven that people who meditate daily are more focused, grounded, stable and confident.

So why would meditation be a frustrating waste of time for most people?

We'll answer that question shortly but first let's lay some important preliminary groundwork.

It's been said that every experience we've ever had throughout our lives is stored somewhere inside our mind. Whether we can easily recall our experiences or they're buried somewhere within the subconscious, everything we've ever experienced, everyone we've ever met, every aroma we've ever whiffed, every sound we've ever heard and every everything...you name it...is stored somewhere between the ears.

Add to that, every single one of us has our daily stresses and worries. Every single one of us has "things on our mind". Some more so than others but everybody has issues they contend with daily.

With all of that “stuff” – consciously or subconsciously – rattling around inside your brain it’s pretty easy to see that the mind is always at work.

We’re always thinking about things. We’re always talking to ourselves. The mind is very discursive and busy.

We’re constantly processing information; hearing things; smelling aromas; seeing sights; etc. Heck, even in our sleep our minds are at work; it’s called dreaming. And the deeper we sleep – the REM state of sleep – the more our minds are working.

Just before I asked this question: So why would meditation be a frustrating waste of time for most people?

It is for this reason: because the mind is constantly at work.

When people decide they want to meditate, they find out that they are not good at it. Their minds are busy; they find it difficult to sit for extended periods of time, focus and to remain calm and still.

If you’ve ever tried to meditate then you will be able to easily relate to what I’m about to say.

Have you tried meditation in the past? If so then you’ve most likely heard advice or instruction such as this:

Sit quietly, close your eyes, breathe deeply and concentrate on your breathing. Inhale for a 5 count, hold your breath for a 5 count and exhale for a 5 count. Repeat. Keep your mind quiet. If a thought comes to mind, acknowledge it, honor it, let it go and get back to concentrating on your breathing.

The only way to get good at meditating is to keep at it. Continue to practice your meditation daily and after a year or 2 – maybe a lot sooner, maybe a lot longer, everyone is different – you will be able to train your mind to stay quiet during the time you meditate.

Is that about accurate? If you have made your attempt(s) at meditation in the past, have you tried to follow this type of advice?

The 2 biggest reasons why meditation is a frustrating experience for most people is because 1) the mind NEVER stops chattering and for most people, to quiet the mind for even a couple of minutes, is an exercise in frustration and futility. And 2) the prospect of having to work for many months or years at trying to train the mind to remain quiet is an even BIGGER exercise in frustration.

Most people will try their best at controlling their thoughts and self-talk. And this is especially true when attempting to meditate. And when you do try to control your mind you will find yourself in a constant struggle. And who wants to be in a constant struggle?

The mind does not want to be controlled. So if engaging in meditation with the pre-conceived intention of “telling your mind to shut-up” then your meditation is doomed to inadequacy at best; complete failure at worst.

“If you try to win the struggle with your mind then you will find yourself in that struggle forever.”

Look, you want to meditate because you know it will help you in certain areas of your life that are important to you. But the benefits of meditation seem to be so far away when it can take years of practice to learn how to do it effectively and efficiently.

After all, there is no such thing as beneficial meditation when it becomes such a struggle to keep your mind quiet.

So what’s the answer? The mind is naturally wired to chatter and churn so how can you meditate effectively without the constant struggle of trying to keep it quiet?

The answer is remarkably simple and it is this: stop fighting to keep your mind quiet. Rather, use your mind’s desire to think and talk to your advantage. The fact that your mind wants to think and talk is the key to effective meditation when it comes to 5-Minute Meditation Mastery.

The effectiveness and magic of 5-Minute Meditation Mastery is it keeps the mind engaged all while deriving EVERY benefit you ever wanted to realize from meditation.

Earlier on in this book I mentioned that the definition of “what is” meditation takes on different meanings for different people.

For some it involves sitting in complete quiet and stillness. For others it can be riding their bicycle or working out. For others still it might be the act of having sex. There really is no one size fits all.

In an interview with Angelina Jolie as it appears on mindbodygreen.com, she states the following -

“I find meditation in sitting on the floor with the kids coloring for an hour, or going on the trampoline. You do something you love, that makes you happy, and that gives you your meditation. But I think it's good I'm not somebody who needs quiet moments because I never get them. They're very rare.”

With that being said, those on a quest to learn meditation need assistance. They need instruction and direction. Suffice it to say those well skilled in the art of meditation can harness its power in ways that work for them. For the rest of us, however, getting to that point requires guidance. And I would add that the required guidance should be easy to follow AND it should actually be effective.

Finally, I think it's important to mention that another major reason why most people struggle with meditation is self-evaluation. When trying to learn traditional meditation, most people want to evaluate how they're doing. Does that describe you? Have you engaged in meditation in the past only to assess, critique and evaluate yourself "midstream"?

You're sitting quietly, eyes closed. Concentrating on your breath...you've taken 10 – 11 – 12 – 13 deep breaths and so far so good, you're actually meditating! Then a thought comes to mind; "hey, this is great, it's working, I'm actually meditating. Here I am concentrating on breathing! Wait! Darn it! I just broke the flow of my meditation because I'm now thinking about how good I'm doing at meditating!"

Quite the dichotomy, is it not? Believe it or not many people get anxious about meditation, or when they attempt to meditate, because of self-assessment and self-judgment.

Am I doing this correctly? Am I actually helping myself by doing this or if I'm not doing it correctly am I just wasting my time?

Have you ever found yourself in this situation?

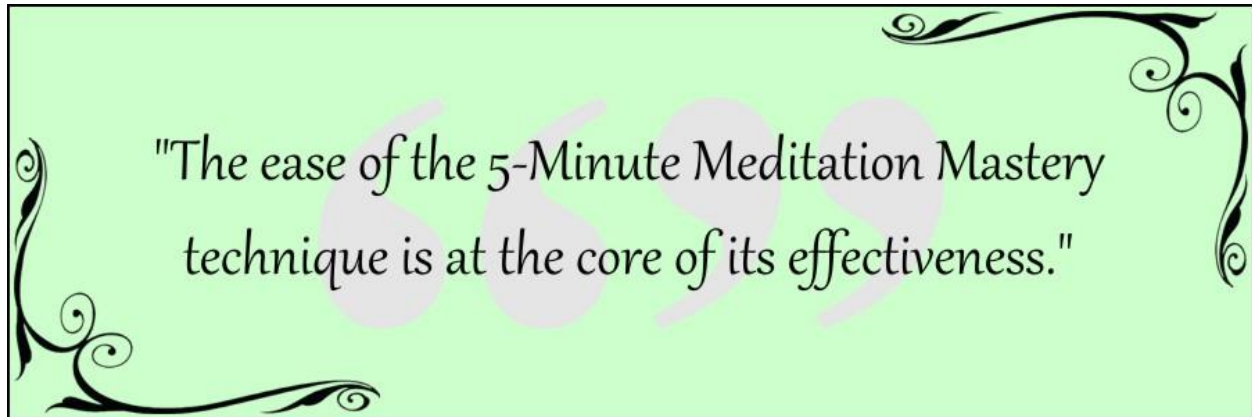
If that does describe you then fret not. You are not alone and all of that ends today. All of your struggles, self-evaluation and other encumbrances will now be replaced with 5-Minute Meditation Mastery.

I'm eager to reveal 5-Minute Meditation Mastery to you and I'm hoping you're just as eager to discover it. So let's go...



5-Minute Meditation Mastery

5-Minute Meditation Mastery



As mentioned in the previous chapter, the reason why 5-Minute Meditation Mastery is an effective means of meditation for anyone who utilizes it is because it harnesses the mind's naturally wired necessity to think and talk.

Rather than engaging in a struggle to keep the mind quiet, we're going to let the mind do its thing and in the process, derive every positive benefit of an effective meditation practice.

Meditation should be fun. To be most effective it should be something you'd look forward to doing. The easier a meditation practice you undertake the more your resistance to meditating will drop. The more your resistance drops the more benefit you'll derive and the more benefit you derive the better off your life will be.

Meditation should not be the source of anxiety.

The ease of the 5-Minute Meditation Mastery technique is at the core of its effectiveness.

Let's talk words

Words have meaning. Words have power. Words have energy. Words are compelling; they have the influence to inspire; to persuade; to lift the spirit or beat it down.

The words we use – especially on ourselves and to ourselves – have tremendous sway over how we feel about ourselves; how we see ourselves and provide a clear window into our self-worth.

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

Yehuda Berg – international speaker and author

Good and positive words are at the root of our self-worth and our personal growth and performance. Conversely, the negative words we use on ourselves have the power to hold us back and drag us down.

Good, positive, empowering words are at the heart of 5-Minute Meditation Mastery.

It's important that we differentiate between using good and positive words on ourselves versus something known as positive self-talk. So then, what is positive self-talk?

The type of positive self-talk I'd like to address is something also commonly known as affirmations. I'm guessing that you are familiar with affirmations, what they are and how they're supposed to work.

For those not familiar, essentially an affirmation is a statement you make to yourself of an outcome in your life you wish to achieve. The kicker though is that an affirmation is made in the present (NOT future) tense.

So for example, instead of saying to yourself "I **want to be** wealthy with a net worth of \$10 million in my bank account", utilizing an affirmation you would say "I **am** wealthy with a net worth of \$10 million in my bank account".

To be blunt and brutally honest about it, affirmations are worthless; an affirmation is you doing nothing more than telling yourself a lie. You can tell yourself all day long that you have a \$10 million net worth in the bank but your conscious brain will filter it out as nonsense.

And lying to yourself is nothing more than a counterproductive waste of time. Affirmations are meant to be 'positive self-talk' but in reality they are negative self-lies.

Some gurus will tell you that if you repeat affirmations to yourself often enough – even though the conscious mind will block them as bull-pucky – that they will eventually filter through your conscious mind and plant themselves into your subconscious. Now without getting too deep into the subconscious belief system – because it is outside the scope of this book - the subconscious cannot distinguish between actual reality and what it perceives as reality.

So if you do repeat to yourself often enough that you have that \$10 million net worth in the bank to the point that the subconscious believes it, does that make it reality? Well of course it doesn't! You are therefore right where you started having filled yourself up with lies.

Is there a difference between using good and positive words on yourself versus the use of affirmations? In a word, YES and the difference is HUGE.

There is a tremendous difference which will become crystal clear to you so...read on.

A here to fore re-cap

We've covered quite a bit of information up to this point and now it's time for us to put it all together. Let us first cover the key points of what has been discussed thus far.

- Meditation is a thousands of years old practice with undeniable health benefits. Meditation can and WILL make a positive impact on the life of anyone who practices it.
- An effective meditation practice though is difficult to cultivate; for many people it can take years of work and trial to get good at meditation as it is traditionally taught.
- People don't mind taking the time out of their day to meditate but what they find overwhelming and frustrating is not being able to enjoy all the benefits immediately. That it can take some extended amount of time to 'get good at it' is what holds most back.
- Traditional meditation requires that you keep your mind still and quiet but your mind is naturally wired to think and chatter. This is what makes traditional mediation very difficult for most people to get a grip on. The near constant struggle to keep the mind quiet during a meditation session is what makes it so difficult for most people.
- 5-Minute Meditation Mastery is an extremely effective and powerful means of meditation – that ANYBODY can use – because it harnesses the mind's need to talk; you will not be struggling to keep your mind quiet with 5-Minute Meditation Mastery.
- Good and positive words are powerful whereas affirmations are very counterproductive to success. Affirmations are essentially you lying to yourself. Go ahead and start telling yourself lies and watch how quickly your consciousness disregards the nonsense.

There are number of things you are told to do in traditional meditation which I would also suggest you do when practicing 5-Minute Meditation Mastery.

Your 5-Minute Meditation Mastery practice should include the following physicality:

Sitting in an upright, comfortable position. You would want to sit in a quiet location on either a chair or couch with your spine long (not slouching), keep the chin level, feet flat on the ground, eyes closed, palms of your hands turned upward.

Let's break down these instructions so you can see the importance of each part –

- Sitting upright in a comfortable position – it's important to have as few distractions as possible when meditating. Being seated comfortably helps to minimize the distractions. Plus, when seated for any reason whatsoever, who wouldn't want to be comfortable?
- Sit in a quiet location – this would be optimal but is not necessary. 5-Minute Meditation Mastery can be utilized really anywhere; a bustling airport, while riding on a commuter train, in a physician's waiting room – really anywhere at all whenever you'd like to soak up some positive energy. I always do my meditation in the morning, it is an incredibly powerful way to start the day. But, I also do some meditation sporadically throughout the day when I feel the nudge to do so or when I need the positive jolt it provides. And I would encourage you to do the same. So obviously when doing a quick meditation sporadically throughout the day it is not always possible to control your surroundings.
- Sitting in a chair or couch – this is my own preference but perhaps you'd be more comfortable sitting on the floor – on a pillow – with crossed legs. However you might find yourself most comfortable is how you'd want to sit. And again, using my examples in the previous bullet, sometimes you may not have your first choice preference of where or how you'd like to sit. On a train; in the airport; in a waiting room – where ever – there will be times when you'll just need to make do with whatever the situation allows for.
- Spine long (not slouching), keep the chin level, feet flat on the ground - be present and in the moment. Although sitting comfortably is important, it is equally important to be attentive to your meditation practice. With a long spine, level chin and feet flat on the ground you are sending a message to yourself – and to the universe; your higher spiritual self – that you take your meditation serious and are ready to receive full benefit from meditating.
- Eyes closed – when I meditate I like to keep my eyes closed. Doing so helps me to concentrate on my meditation practice. But the truth of it is this is another matter of personal preference. You may choose to keep your eyes open and concentrate your focus on an object, a spot on the wall or a spot on the ground 5 feet in front of you. Do whatever feels right for you in that moment.
- Palms of your hands turned upwards – the act of meditating is a way of accepting positive energy into your life. Keeping the palms of your hands turned upwards is a clear

signal to the universe that you are ready to receive all of the positive energy that will be coming your way. Folding your arms – although it may feel comfortable when in a seated position - is closing yourself up; an indication that you are not ready to receive.

So far so good? Do you see and understand the physicality of meditating and its importance? I'm guessing that you've just nodded your head in the affirmative so let's roll on. This is where the magic happens!

The actual process of meditating

As stated earlier in this book, I pointed out that words are powerful; words mean things. The words you use on yourself and the words you fill your conscious (and thus subconscious) with have a tremendous impact on the way you see yourself, the way you perform daily and the person you strive to ultimately become.

At its core the effectiveness of 5-Minute Meditation Mastery is allowing your mind to do what it is naturally wired to do; think and talk. Rather than concentrating on and struggling to keep the mind quiet, we are going to let your mind do its thing.

At this point you are in your physical position as described above. You will be breathing in deeply and exhaling fully. Breathing – in and out – steadily.

There is no need to inhale or exhale to a count of 3 or 5 or whatever. Just as long as you're taking a nice, steady, deep breath in and exhaling fully you'll be fine.

On the inhale, you'll be breathing in the energy of positive words. One inhale; one positive word. (Or, as you will see in an upcoming chapter, one positive short 2 or 3-word phrase.)

In the final chapter of this book I suggest many different sets of words you can use in your 5-Minute Meditation Mastery practice.

Whether your aim is to become a more successful entrepreneur; a better performing athlete; a better spouse or partner to your significant other; a more loving human being; get yourself prepared for an important job interview or business meeting; whatever the goal or desired outcome for your meditation might be, the word suggestions offered at the end of this book will help you to achieve those goals and outcomes.

So let's say – for the purposes of instruction and illustration – you are meditating to become a happier, more grounded person. Some of the words you'd want to use to achieve that outcome may include -

love • understanding • compassion • empathy • considerate
kind • patient • happy • grounded

On each inhale, you will say one of those words to yourself (not out loud, only inside your mind). You will essentially be breathing that word in. You will allow the positivity of the word to flush over you and through you.

So again, this is extremely important and is worth repeating: on every inhale you will be breathing in the empowerment of a positive word – as you say the word to yourself – while allowing the energy of each word to fill you up.

On the exhale, allow the next word to drift into your consciousness. With that new word now on your mind, breathe in deeply while saying that word to yourself again allowing the empowering energy associated with the word to flush over you and through you.

Here is a visual illustration of the 5-Minute Meditation Mastery technique



Repeat the above steps throughout the entire time you've allotted for your meditation.

On every inhale you are breathing in the positivity of the word that had drifted into your consciousness. You are saying that word to yourself. On every exhale you are getting rid of the negative energy that is holding you back from achieving the desired outcome you seek.

On every exhale, you are letting go of doubt, worry, fear, angst, strife and every other negative emotion and feeling you have.

However, here's the caveat: even though your mind will be actively engaged in saying your inhale words, DO NOT engage your mind in saying any negative exhale words. It is extremely important that your practice is filled with empowering words and energy; words that will fill your conscious and subconscious with positivity. But is equally important to keep the dark energy of negative words out of your practice.

So exhale with the understanding that you are blowing away the negative energy that you need to get rid of. Let me give you a great suggestion you can use that will absolutely help this process.

So why is it that affirmations are counterproductive lies but breathing in positive words is actually beneficial? The answer is pretty simple – because your conscious mind will not filter positive words as nonsense. Your conscious mind will freely accept every positive word you say to yourself. And by your conscious mind accepting them they will easily filter down into and penetrate the subconscious.

Let's talk about the importance of colors

What's your favorite color? Is it pink? Lime green? Some shade of purple? What color helps you to feel good? What colors inspire you?

If you're not able to answer these questions just yet, no worries. Toward the end of this chapter, I'll provide you with some very interesting and important information you can consider to determine the color(s) that best suit you.

All you need to know for now is that on your inhale, you are also breathing in your chosen color. And again, just keep reading and more toward the end of this chapter this discussion of color will make complete sense.

For me, I'm breathing in sky blue. I imagine crisp, clean, fresh country air on an autumn morning underneath a crystal-clear blue sky. You do not need to actively think about or picture the beautiful autumn morning on your inhale. Just breath in with the belief that you're breathing in your favorite color and the empowering, enlightening scenario you've attached to that color.

On your exhale, you are breathing out dark, dingey, grey exhaust. You are not thinking about billowing out exhaust but are exhaling with that underlying understanding.

In the previous section you learned that on the exhale, you are letting go of doubt, worry, fear, angst, strife and every other negative emotion and feeling you have. All of this negativity is represented by the gray, dingy exhaust that you're breathing out.

To recap: inhaling crisp, clean, energizing sky blue (along with saying your inhale word to yourself) – exhaling dark, dingey, grey exhaust (not saying any words at all however allowing the next positive inhale word to drift into your consciousness).

Colors are such an important part of human existence.

The colors used in the artwork you choose to surround yourself with; the colors of the clothes you choose to wear; the colors of your favorite sports team's uniforms and fan gear; the chosen color of the new car you're looking to buy; the colors you choose when preparing to paint the interior of your home – colors hold great importance in all areas of life.

It is therefore very important that on your inhale you're breathing in a color that means something positive and empowering to you.

Purple, for example, has long been associated with royalty and wealth. Thousands of years ago purple clothing dye was rare and extremely difficult to come by and could only be afforded by royals and the very affluent. If affluence is important to you then breathing in the color purple could be an important part of your practice.

Some people find orange to be social and inviting; it is considered the color of the extrovert who exudes happiness and joy.

Green is associated with health, nature and clean living. And of course green is also commonly associated with the color of money. If money and accumulation of wealth is important to you then breathe in a bright, empowering shade of green.

Yellow is the color of sunshine with an association to happiness, joyfulness and high energy.

To help get you started on the colors you'll choose to make a part of your meditation practice, consider the following –

Yellow

Optimistic
Youthful
Happiness
Joyfulness
High-Energy

Red

Energy
Beating Heart Rate
Urgent
Creativity Inspiring

Blue

Trust
Security
Trueness
Integrity

Green

Health
Wealth
Environmental
Conservation

Orange

Aggressive
Actionable
Social
Inviting
Extroverted

Pink

Feminine
Romantic
Hip
Caring

Black

Powerful
Sleek
Strong

Purple

Wealth
Affluence
Royalty

I won't run through every color and every connotation of the colors I've listed above, but I think you get the point. Whatever colors are influential to you and the meanings those colors hold is what's most important here. You may just be surprised at how empowering breathing in your favorite color will be in combination with your inhale words.

I would suggest that you conduct an internet search on the phrase “the meaning of colors”. When doing so, you will be presented with a lot of information to peruse. You’ll find a very wide variety of articles and color charts on the topic.

Invest some time going through all of that information with the intention of finding the colors that resonate most closely with your desired meditational outcomes.

In an article dated September 18, 2018 found on NYPost.com, Alexa Ray Joel – daughter of international rock superstar Billy Joel and super model Christie Brinkley – had this to say:

“I’m an introvert by nature. I spend a lot of time in my ‘red room’ – I painted the walls of my music room red, like the Grandma’s room in ‘Gigi’. They say that blood-red really inspires creativity, and I think they’re onto something.”

I decided to share the above quote with you as it wonderfully illustrates the influence colors have over us. Even if you do not consciously realize it, colors play a significant role in your life.

What color inspires you? What color – or colors – mean something deep and important to you? Choose them and use them – make your meditation practice all that it can be.

I strongly encourage you to add this concept of inhaling color to your practice. You’ll be amazed at the positive energy you’ll feel flowing through your body by doing so.



Meditate In Flow Motion

Meditate in flow motion

"Let your mind do exactly what it wants to do and you will leverage that momentum to your advantage."

As described in the previous chapter, on your exhale you will allow the next inhale word to drift into your consciousness. You will then inhale deeply, breathing in that word while saying it to yourself.

But what happens if no word drifts into your consciousness? After all, you are a human being with a mind that can potentially draw a blank and come up empty. What happens then? You've just exhaled and are ready for your next inhale but no word has yet come to mind.

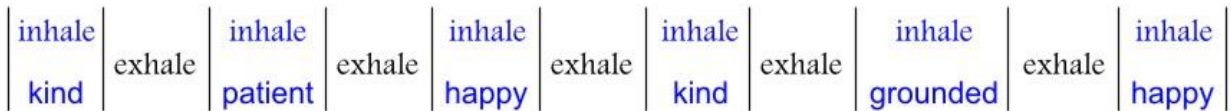
This is when you will rely on your anchor words. For me I use 4 anchor words: love, joy, peace and happy.

If you're ready to take your next inhale but your mind is blank on a word to breathe in, just use one of your anchor words.

Your anchor words allow the positive flow of your meditation to continue uninterrupted. They keep your mind happy and engaged without the stress of having not had a new word drift into your consciousness. And, your anchor words are the ones most important to you so breathing them in frequently is a very good thing.

Having your predetermined anchor words will allow your meditation to easily and effortlessly flow. And when that happens – a flowing, uninterrupted meditation – is what will turn your meditation into your own personal powerhouse!

And speaking of the repeated use of words, using inhale words more than once during a single meditation session is absolutely A-OK too! Doing so would be accurately represented with the following graphic depiction -



So you can now see that you have both your anchor words as well as the other words you've been using during your meditation session to fall back on when needed. The bottom line is to let your meditation flow uninterrupted; never let a word that has not drifted into your consciousness upset the flow.

And on the flip side, there will be times when multiple words come to mind. When that's the case, just line them up. Breathe in one word after the other. Just this morning during my 'day starter' meditation, all at the same time, three words entered my consciousness: abundance – accomplishment – achievement.

So what did I do? I felt a blessed and fortunate wave of energy flow through me that these three terrific, positive words came to mind. I lined them up and deeply breathed in each one – one after the other. After breathing in these three words, I left my mind in charge – would a new word drift in or would I be using an anchor word? I made no attempt to manipulate my mind or dictate what I wanted to happen next.

On my exhale I let my mind naturally 'decide' the very next step. Whatever was going to happen next, I just let it be; I let it unfold without resistance.

It's very important that you understand the point I'm making by telling you all of this. Here's what I really want you to know: engage in NO struggle with your mind. As we've already discussed, your mind is naturally wired to think and talk and make decisions.

By allowing your mind to find its next word or words – or relying on an anchor word if need be – just let it be and accept what happens next.

When you allow this to happen, you will then be meditating in effortless flow motion and that is exactly where you want to be. It is then that the magic of meditation truly takes place.

In traditional meditation, one of the instructions we often hear is to concentrate on our breathing. And when the mind starts to drift, let go of the thought that had come to mind and get back to once again concentrating on the breath.

I will submit to you that this is actually very good advice and I would suggest you heed this advice within the context of your 5-Minute Meditation Mastery practice. As you're breathing in

your empowering inhale words, it is perfectly fine to draw in a few deep breaths without saying a word to yourself.

See if you can draw in 3 – 4 – 5 breaths while concentrating only on your breathing. And when your mind begins to wander (because it will), get back to breathing in your words.

Traditional meditation instructs us to concentrate on our breathing and if any thoughts come into consciousness, acknowledge them, let them go and get back to concentrating on the breath.

With the 5-Minute Meditation Mastery technique, I am telling you just the opposite. I'm telling you let your mind think and be engaged with your inhale words but to go ahead and take a few quiet breaths IF you'd like to. And when your mind starts to drift to other thoughts (because it will) get the mind back to its empowering inhale words.

Can you now see just how powerful and beneficial the 5-Minute Meditation Mastery technique is? It keeps your mind in control which is exactly where your mind wants to be, letting it do exactly what it wants to do; think and talk.

But at the same time – with your mind in control – you will still be getting the best meditation of your life. It's the ultimate meditation win-win!

Think of 5-Minute Meditation Mastery as mind Judo. The essence of Judo is to use your opponent's momentum and leverage it to your own advantage. You will let your opponent come at you as they wish and then take advantage of their momentum and use *their* actions to *your* benefit.

This mind Judo concept is the essence of 5-Minute Meditation Mastery. Let your mind do exactly what it wants to do and you will leverage that momentum to your advantage. You will no longer be struggling with your mind - your mind has just become your number one ally.

I mentioned earlier that I meditate every day in the morning upon waking up. At the conclusion of my meditation I like to take a minute or two for visualization.

If my meditation was centered around an important meeting or appointment I have that day or in upcoming days I'll take a few minutes to visualize standing up and shaking the hand of the person I had the meeting with. As we're shaking hands my counterpart is telling me that he's really looking forward to working with me.

If you're an athlete, let's say you'll be meditating in preparation for an upcoming track meet. At the end of your meditation try visualizing yourself edging your opponents and being the first competitor to blast across the finish line.

An entrepreneur might visualize achieving a new milestone in her business.

A spouse could very well visualize a domestic outcome they'd like to see come to pass in their life. Perhaps a husband is preparing a special anniversary weekend for his wife and there's an outcome he would like to realize which would mean the weekend would be defined as a huge success.

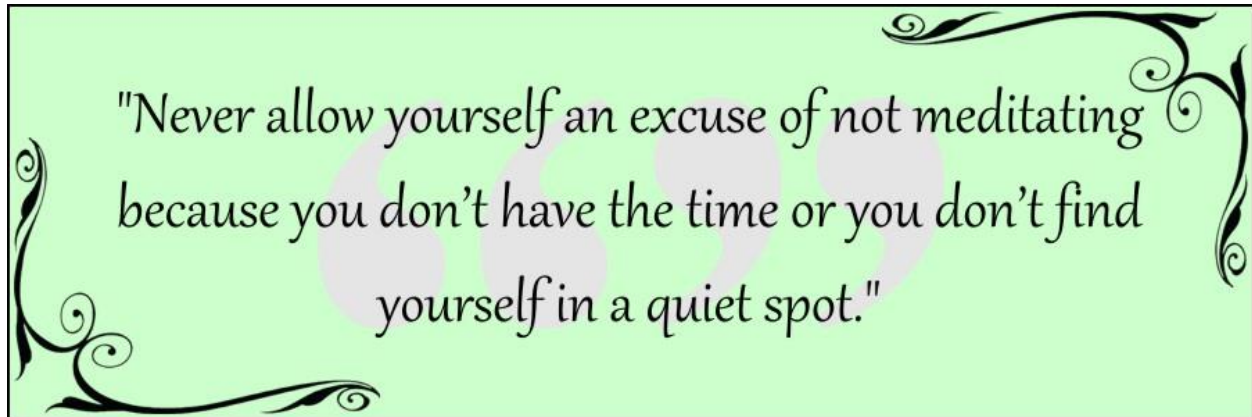
At the end of his meditation session he would take a few minutes to visualize that defined successful outcome.

I'm not saying that visualization is a necessary part of 5-Minute Meditation Mastery. What I am suggesting is that you may find it helpful to add it in at the end of your meditation session. Try it and if you find visualization to be helpful then great, stick with it. If not then no worries, just keep on keeping on with the 5-Minute Meditation Mastery technique.



Some Final Notes

Some final notes and thoughts



Congratulations! You have just found the new paradigm in meditation. A paradigm that will enable anyone – especially you, and yes, I do mean YOU – to finally realize real benefit from a meditation practice.

The practice of meditation is thousands of years old. And during that entire time there have been scores of people – very frustrated people – who have tried but failed to harness the power of this incredible practice. Why? Because your mind is both your greatest asset and your potentially biggest enemy. And you have just discovered the only meditation technique you will ever need. You can be 100% assured that this technique will forever harmonize your mind to be your greatest meditation asset.

At this point I'd like to address the title of both this eBook and the practice itself; "5-Minute Meditation Mastery".

When one reads that title, they may interpret it to mean that it will take only 5 minutes time to master the ancient practice of meditation when in fact that is not the case. I think you can see that by what you've read so far, and by adhering to all that you've been instructed to do, you will enjoy all of the benefits of high impact meditation from the very moment you do it. It will happen instantly without even a minute of "practice".

The title is actually making a suggestion.

"5-Minute" is the suggested amount of time you would want to take to sit in quiet meditation. Hopefully you'll be able to find 5 minutes in your day for meditation whether in the morning

when you first awake or at any other point when you find that you have the time available in your schedule.

But maybe it's a very busy day for you and all you have today is a minute or two for your meditation. And that is OK; that's perfectly fine! If that's the case then take that minute or 2 and do your meditation using the techniques you've just discovered.

The last thing you'd need to feel any stress about is not having enough time to do an effective meditation. Whatever time you have will work just fine. Although, do try and make it at least 5 minutes whenever you can.

On the other hand, maybe it's a nice quiet Saturday and you have the time available to meditate for as long as you'd like; 20, 30 minutes or more. The point here is just meditate using the 5-Minute Meditation Mastery technique for as long as you're reasonably able to.

And while we're on the topic, 5-Minute Meditation Mastery is a technique that you can and should use where ever, whenever and for however long you can.

Most of what you've read up to this point has described your optimal conditions for beneficial meditation; a quiet environment, the way you're seated; eyes closed, positioning and placement of hands and feet and so on.

However, you've also learned about how Angelina Jolie, for example, embraces bouncing with her children on the trampoline as a form of meditation. I've also pointed out that sometimes you'll find yourself meditating in certain situations that may not be considered optimal; at the airport; on the train; in a waiting room.

So never allow yourself an excuse of not meditating because you don't have the time or you don't find yourself in a quiet spot.

When you're driving in the car you can meditate using the 5-Minute Meditation Mastery technique. OK, so when driving your hands are wrapped around the steering wheel (not palms pointed up as previously instructed), your eyes are open and your feet are most likely busy doing things. But with what you've discovered in this book, you can still derive benefits using these techniques in virtually any situation.

Do you see what I'm getting at here? Driving – your eyes are wide open, hands clenched in fists, feet most likely busy, consciousness concentrating on what's going on around you. But, through all of that, you can still breathe deeply and inhale your empowering words.

But above all else when engaged in other tasks – especially while driving – make sure that your required attention is on whatever it is you're doing. Meditate only when you can do so while still keeping your conscious attention where it belongs. If there is ever a chance when bodily safety – yours or someone else's - could be at risk then refrain from meditation.

And the final instruction I'll leave you with is this: ALWAYS say your empowering words clearly to yourself using the voice inside your head. Even if you're by yourself you must always use only the voice inside your head.

Why is that?

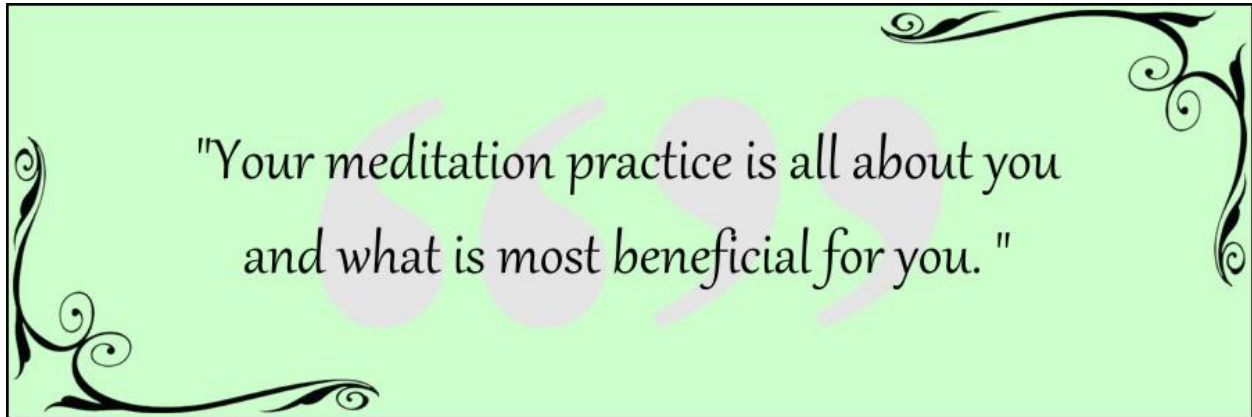
Well, we can only speak audibly on an exhale – it is impossible to speak out loud on an inhale. And because you'd want to embed your empowering words into your conscious (and over time eventually into your subconscious), breathe your words in, DO NOT exhale them out.

Remember, you are breathing in a lot of empowerment through the words you choose and you're exhaling "negative exhaust". Of course, when speaking with others you'd always want to use as much positivity as possibly so verbalizing as many great words as you can will uplift all around you.



Meditation Super Fuel

Meditation Super Fuel



The long, long lists of suggested empowering words for a very wide variety of desired meditation outcomes is just below.

Over the years I've found that certain words are most effective when meditating toward certain desired outcomes. So what follows are my suggestions of the empowering inhale words you can use for a variety of desired outcomes.

And I stress that these lists of words which follow are only suggestions. I offer these suggestions to only help you get your own words flowing.

Meditation is one of those few activities that you can only do for yourself. You cannot hire outside help to meditate for you. You can meditate with your significant other, you can meditate in a group setting and you can do it in a crowded airport. But the actual act of meditating – and the many, many wonderful benefits it WILL deliver – are yours and yours alone.

Your meditation practice is all about you and what is most beneficial for you. So the words you use that are most important to you will be far more powerful than any suggestions I make.

And keep in mind that many words have a variety of variations. I encourage you to use a word's many variations in your meditation practice. Here are a few examples –

Hope • hopeful • hopefulness

Joy • joyful • joyfully • joyfulness

Success • successful • successfully

Throughout this book I've been very specific about telling you to breathe in empowering words; one breath, one word.

However, I'm going to reveal the 2-word and 3-word phrases I also inhale in my daily practice. And I think you will love this idea and I would encourage you to also inhale these phrases. They are applicable to whatever desired outcome you may be meditating toward. Regardless of the life achievement you wish to realize through the power of meditation, the following will help you get there.

You're meditating to achieve greater success in your business. You're meditating to help sharpen your mental focus. You're meditating because you wish to become a more attentive parent or partner. You're meditating to achieve something in life important and highly personal to yourself. Think of the following as "plug-and-play" advice that will prove to be wildly effective toward whatever your desired outcome may be.

In addition to inhaling your empowering words, include these simple 2-word phrases:
"I am" – "I can" – "I will"

inhale		exhale		inhale		exhale		inhale
i am				i can				i will

You can kick this suggestion up into an even higher gear, making it even that much more powerful by adding in the word "yes":

"yes I am" – "yes I can" – "yes I will"

inhale		exhale		inhale		exhale		inhale
yes i am				yes i can				yes i will

As you're inhaling your empowering words, sprinkle in these simple 2-word and 3-word phrases as well. Again, whatever your desired outcome might be for your daily meditation practice, these phrases will fit right in and will help you to "get there".

There's one additional suggestion I'd like to make on this concept of inhaling phrases. Breathing in "yes I am", "yes I can", "yes I will" is extremely powerful and uplifting. And it becomes even more empowering and even more uplifting when you append desired outcome words to the end of each phrase. Let me explain...

Breathing in while saying to yourself “yes I am”, “yes I can”, “yes I will” in and of itself will fill you with positive energy. But now, append desired outcome words to the end of each phrase:

“yes I am worthy” or “yes I am deserving”

“yes I can achieve” or “yes I can realize”

“yes I will accomplish” or “yes I will succeed”

At the very beginning of this book one of the first things I’d mentioned is that your meditation practice is highly individual; it is as unique as you are.

What I’ve done throughout this book is to teach you what I firmly believe is a meditation technique that – when used consistently – will ultimately deliver the desired outcomes you’ve always wanted from a meditation practice.

At the same time, the technique has been revealed in such a way that you can still use it in a way that will be most beneficial to you.

The position you choose to sit in; the environment you choose in which to meditate; the words you choose to inhale; the colors you choose to involve; the phrases you might – or might not use – are all based on your individual choices.

My email address can be found on the very last page. I invite you to email me directly with any questions you might have about anything you’ve read in this book.

Your empowering word suggestions

Suggested words – meditating for a positive outcome for an important business meeting or interview

Confident	Focused	Skillful	Intelligent
Desire	Fearless	Positive	Assured
Upbeat	Decisive	Faithful	Perfect
Convincing	Genuine	Thorough	Excellent
Ideal	Superb	Accomplish	Expert
Peerless	Wanted	Successful	I Got This

Suggested words – meditating to become a better athlete

Faster	Stronger	Agile	Champion
Winner	Accelerate	Fleeting	Speedier
Golden	Energetic	Powerful	Triumphant
Leader	Aggressive	Tireless	Forceful
Potent	Zippy	Successful	Aggressive
Superior	Achievement	Energized	Driven
Stealthy	I Got This		

Suggested words – meditating to achieve a higher level of entrepreneurial success

Success	Wealthy	Abundance	Enterprising
Achieve	Accomplish	Helpful	Producing
Winning	Perform	Essential	Important
Productive	Profitable	Valued	Beneficial
Prized	Useful	Worthy	Appreciated
Respected	Motivated	Yes	Achieve
Competent	Lucrative	Prosperous	I Got This

Suggested words – meditating to raise your self-esteem to become a higher quality person

Admired	Esteemed	Desired	Likeable
Loveable	Powerful	Important	Respectful
Worthy	Prized	Valued	Appreciated
Determined	Outstanding	Trustworthy	Reliable
Deserving	Honest	Virtuous	Impressive

Suggested words – meditating to fill yourself with overall positivity and good energy

Terrific	Excellent	Positivity	Fantastic
Great	Superior	Incredible	Awesome
Magnificent	Wonderful	Splendid	Stupendous
Sensational	Excited	Wondrous	Ingenious
Inspired	Phenomenal	Healthful	Remarkable
Sensational	Superb	Bountiful	Confident
Flourish	Jubilant	Optimistic	Spectacular
Vibrant	Astounding	Beautiful	Brilliance

Suggested words – meditating to increase wealth

Prosperous	Well off	Upscale	Lucrative
Moneyed	Well to do	Opulent	Successful
Abundant	Well healed	Loaded	Financially free
Affluent	Wealthy	Rich	Fruitful
Bountiful			

Suggested words – meditating to find love and to draw a significant other into your life

Love	Couple	Companionship	Hugs
Togetherness	United	Girlfriend	Boyfriend
Companion	Mate	Partner	Match
Spouse	Sweetheart	Happiness	Pair
Family	Passion		

Suggested words – morning meditating to get a powerful start to your day

Positivity	Driven	Decisive	Cheerful
Optimism	Focused	Vision	Courageous
Enthusiasm	Masterful	Happiness	Self-assured
Clarity	Hopeful	Calm	Self-reliant
Determined	Confident		



Conclusion

Conclusion

Would you like to share the 5-Minute Meditation Mastery technique with others?

There are so many people the world over who are looking for an effective and efficient means of meditating. And you've just discovered that the techniques taught in this book can work for anyone.

I invite affiliates to join me in bringing 5-Minute Meditation Mastery to the world. As an affiliate you will earn a 50% commission on every book sale.

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