

**5-Minute
Meditation Mastery**

By Mickey McHenry

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

AUTHOR'S NOTE: Thank you for requesting this free first chapter of “5-Minute Meditation Mastery”. Enjoy this introductory chapter and please feel free to share this document with whomever you choose.

“5-Minute Meditation Mastery” introduces a groundbreaking technique which will enable you to realize the benefits of the ancient practice of meditation quickly and easily.

This is not a re-packaging of the same meditation instruction you may’ve already read in other books or maybe heard about previously.

To be perfectly honest with you, the 5-Minute Meditation Mastery technique was born of frustration; my own frustration to be exact.

I didn’t just sit down one day and magically come up with this meditation technique. It evolved over a period of time. I knew there were numerous benefits associated with meditation but realizing those benefits always seemed to elude me.

When attempting to meditate, I’d find myself in a struggle trying to keep my mind quiet and focused. But struggling to keep your mind quiet is not meditation, it’s a frustrating waste of time.

But then I was under the impression to just keep at it. That eventually – maybe after a year or more – I might finally train my mind to quiet down. Afterall, practice makes perfect, right? Well, endless “practice” to try and get good at it is not meditation; that’s called work.

And the worst part was the self-doubt; always wondering whether or not meditation was effective or actually working for me. When putting in lots of effort to meditate but having no assurance that it’s moving you towards a desired outcome is extremely exhausting.

With the 5-Minute Meditation Mastery technique, all of that unnecessary time spent to try and keep the mind quiet and focused, all the work it takes to “get good at it” and all of those doubts of meditation’s effectiveness will vanish.

The incredible effectiveness of 5-Minute Meditation Mastery lies in its simplicity. Instead of struggling to keep your mind quiet, you will learn how to let your mind do what’s it’s naturally wired to do – allow your mind to think and talk – all while enjoying an effective, powerful mediation. Rather than being a barrier to meditation, you will discover how your chattering mind will become your number one ally.

Never again will you doubt the effectiveness of meditation. With this technique you will know – every time – that you’re meditating correctly and getting great benefit from doing so.

And as the title suggests, all you will need is 5 minutes a day to get the best meditation of your life. That’s right – meditation does not require hours of your time daily.

I'll bet the biggest problem you're having with your own mediation is that you're making it far more difficult than it needs to be. You will see that keeping it simple is the real key to true meditation.

At the end of this document, I will be making you a very special offer that you can use to try the 5-Minute Meditation Mastery technique in its entirety for yourself completely risk-free.

So enjoy the free chapter that follows and please be sure to check out the offer at the end.

With that, I'm proud to introduce you to "5-Minute Meditation Mastery".

Thank you and enjoy what follows...

With Love and Gratitude,

Mickey McHenry

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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 clarity.

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, worry and anxiety, increased energy, a better night's sleep 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 uses it.

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

With that in mind, shouldn't learning and using 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 use.

But then why does meditation seem to be such a deep, broad and 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.

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

Maybe that's a big reason why more people don't engage in meditation. All of these books and the instruction they offer 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 powerful, extremely effective 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. So, just like this introductory chapter, "5-Minute Meditation Mastery" was written in a very direct, "to the point with no fluff" manner.

What you will discover is that the true power of meditation lies in its simplicity. And the 5-Minute Meditation Mastery technique is extraordinarily simple which means that it is also extraordinarily powerful.

You should be able to enjoy the many health benefits of meditation without an excessive investment of time. Life is already busy enough – there are already high demands on your time – so you don't need to take any more time than is necessary. You will see that 5 minutes a day is all you need.

The trouble with traditional meditation is the struggle of trying to keep your mind quiet - it's the #1 reason why most people quit.

You see, your mind is naturally wired to think and chatter and struggling to keep it quiet is NOT meditation – that's called work.

But what if you can easily flip the script?

What if instead of struggling to keep your mind quiet, you could ride the momentum of natural mind chatter to get an effective meditation?

When you can do that, meditation becomes natural, effortless and effective.

It's called meditating in flow motion.

Think of it this way - 5-Minute Meditation Mastery is kinda like meditation judo. Let me explain...

To be successful in judo, you must use your opponent's momentum to your advantage.

Instead of getting into a struggle to try and control your opponent, you would grab hold of **their** momentum in **your** favor.

And that is what “5-Minute Meditation Mastery” will teach you and why it's so easy and effective.

Rather than struggling to quiet your mind, you will let it flow with mind chatter and use that natural momentum to get a great meditation...every time!

5-Minute Meditation Mastery is meditation as it's meant to be: easy to learn. effective and as the title suggests - 5 minutes a day is all that's needed to get incredible results.

You will also discover the simple yet crucial role color plays in your mediation. Yes, you just read that correctly, I said color. The use of including color in your meditation is a ground-breaking concept that will super-charge your results. So how exactly does color fit in? You will soon see. And no, I'm not talking about the color of the walls in the room you meditate in.

And again, none of what I'm telling you here will be difficult to understand. “5-Minute Meditation Mastery” ties all of these concepts together beautifully.

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

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.

On the final page of this book you will find my personal email address. If you have any questions about anything you've read in “5-Minute Meditation Mastery” 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'm not interested in simply selling you a book. What I am interested in is making sure you get the absolute most out of it. So again, upon purchase of the book, you will have my personal email address and I encourage you to use it. You are not alone – I am here to help you every step of the way.

I've been practicing meditation for many, many 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 technique 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".

Thank you!

Mickey McHenry

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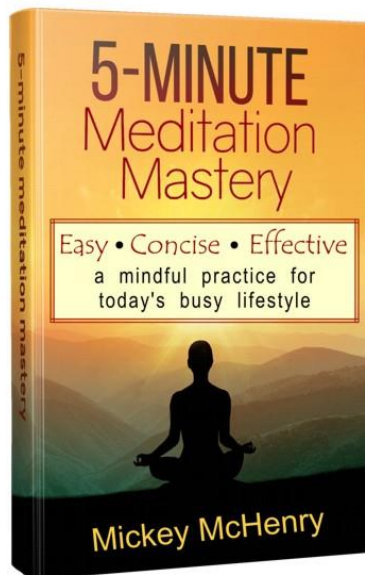
Discover the 5-Minute Meditation Mastery technique for yourself for only \$13. AND, your purchase comes with an unconditional 30-day money back guarantee.

But wait – if this technique is so great, why’s this eBook only 13 bucks? Don’t you get what you pay for? So at \$13 how good can this possibly be?

Great question but here’s the thing: this book will reveal the best meditation technique available today. But YOU still have to put it into practice. I truly believe this technique is priceless but simply reading the book isn’t enough. You still must do the actual meditation. So this book will point you in the right direction then it’s up to you to really go for it.

It’s kinda like buying a bottle of shampoo. Simply buying the shampoo doesn’t keep your hair clean and fresh – it’s only when using the shampoo daily will you get the desired result; fresh, clean, healthy hair. And isn’t fresh, clean, healthy hair priceless? The big difference is the shampoo does not include a 30-day money back guarantee 😊

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