

# 7-WAYS THAT MEDITATION WILL

# TRANSFORM YOUR LIFE



GET FROM  
WHERE YOU  
ARE TO  
WHERE YOU  
WANT TO BE

MINDSET | MEDITATION | MANIFESTATION



# LET'S BEGIN

KELLSIE LOUISE  
MINDSET COACH

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1 | MEDITATION

Before I tell about how amazing meditation is, let me first say that it is **EASY**, truly, I really mean that, anyone can learn it. It is incredibly simple and the results are remarkable.

Read on to find out why it's so important for you to start meditating ASAP and how it can improve your life immediately.

If you are on the fence about whether or not meditation will make a positive change in your life, I have put together this resource so that you can begin your journey, knowing exactly how much good it is going to do you!

I look forward to hearing how your meditation goes and improvements in mind, body and soul!



# #1

It makes you **healthier and feel better.**

It reduces anxiety by lowering your blood pressure and your cortisol stress hormone (which helps with weight loss, sleep, immune system, heart disease and more!).

When we learn to witness our mental activity through meditation, instead of fighting to change it, we experience a deep inner calm that not only feels amazing but it provides true mental relaxation.

This allows your mind to recover, helps your body to heal and makes you feel refreshed, balanced and revived when you open your eyes.

Because it helps purify your mind, it makes it easier to fall into a deep and rejuvenating sleep at night!

# #2

**Builds Self-Awareness.**

Meditating brings awareness to the fact that you are the THINKER, not the thoughts.

You learn that you actually control the thoughts, you can see them pass through your mind.

And yes, you will have thoughts when you start meditating, that it completely normal, it doesn't mean you're doing it wrong.

When you turn your attention to being the thinker, you connect to a deep inner awareness and your thoughts and feelings become powerless over you.

We do this by putting our focus on the breath, a mantra or an object and feel ourselves separate from our thoughts and emotions.

When we can observe our emotions, it helps us understand them, process them and ultimately release them, rather than fighting with them or repressing them.

# #3

**You gain time.** When you make the time to meditate, even 1-5 minutes, it helps you realize that you do indeed, have time. You are not too busy. Everything starts to slow down just a bit. When you meditate, you begin to notice that your mind, body and everything around you are indeed time bound, you understand that time is passing, but you're connecting to your soul, that stillness and awareness in you, and your soul, is timeless. It is connected to everything.

And when you connect to that stillness in you, you are transcended beyond your physical boundaries and your biological clock slows down (meditating is an excellent anti-aging tool!!!) BTW, This transcendence is how people have even taught themselves to live without needing food...but don't do that, because food is amazing but you get the idea, it's powerful. It helps every part of your life, the spiritual, mental, emotional, physical, and relationships.

# #4

## **Strengthens your mind.**

Meditating puts your mind in a state of restful alertness.

Meaning, you are feeling relaxed (body, mind and soul become quiet) and this opens your mental capacities to incredible new possibilities.

It gives you remarkable focus when you emerge, clarity on how you feel, on your choices, what you need to do, and what your next step is.

It makes Mindset shifting significantly easier because you're priming your mind to know how to make thought choices.

"Gives you remarkable focus"

# #5

## **Expands your consciousness.**

Meditating cultivates that deep sense of self-awareness and connection to your inner self (to your spirit/soul) which then harmonizes you to the greatness of all life, that unlimited source power, and creates a greater, expanded state of consciousness.

That might sound a little crazy, here's what I mean: Meditation allows the mind to go to the place where it can live in pure potential.

It awakens dormant possibilities, you become more open to new outcomes and more options in your life.

You become less glued to the habits and auto-response reflexes that are triggered by people and circumstance.

You grow beyond the conditioning and start to become a creator of your life with infinite possibilities.

# #6

**Mindfulness.** Have you ever eaten a full bag of chips and wondered how you got to the end of the bag?

Or arrived at work and barely remember the drive getting there?

That is mindless-ness, "zoning-out." When we are mindful, we give our mind choices.

We realize we have the power of conscious choice-making in all our thoughts, feelings and actions.

The natural state of your mind is to be in the present, it allows you to be here, now, in this moment, no feelings of the past and no feelings of the future. This lets us enjoy moments of the now to their fullest potential and we don't miss out on creating amazing memories and experiences.

There are definitely times when we want to be thinking about the future, but we need to learn how to switch into the present moment as well.

# #7



**You experience Openness.** You become more creative because you're opening your mental pathways, becoming less predictable, and getting away from your preconceived notions.

It opens us up to the ability to manifest as we teach our mind to invite abundance in all its forms of joy, peace, love, health, money, success etc.

It is not apologetic when inviting abundance, it welcomes it and says use your gifts for good.

Meditating teaches us to be our best selves, open to receiving our best gifts, abilities, thoughts and ideas.

"...peace,  
love, money,  
joy & health."

## Ready to get started?

Now that you know all the amazing things that mediation is going to do for you, are you ready to get started?

Here's a couple of ways that you can get started now!

### Mindset Reset

The Mindset Reset is one of my most popular programs, and one of the best ways for you to kickstart your journey with a mind cleanse

[Find Out More](#)

