



# A 5-day introduction to



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*Welcome!*

Are you a beginner when it comes to meditation?  
Or have you tried it before but never really got into it?  
Or have you meditated a lot and just feel you need a  
fresh start?

Then you are in the right place! During these five days  
you are going to try some different kinds of meditations,  
that you then can return to again and again.

Practicing meditation is beneficial in so many ways. We can bring more presence into our lives, helping us to enjoy the moment more so that we are not constantly rushing towards the next thing without knowing what is happening NOW.

Meditating and practicing mindfulness is scientifically proven to reduce stress, soothe some forms of anxiety and improve our emotional health.

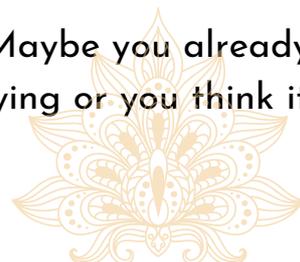
It is also good for those of us who love learning more about ourselves, like why we react like we do, what habits and patterns we sometimes fall into and like to leave behind.

It has been proven that meditating for as little as four days in a row can lengthen our attention span! Magical!

People with sleeping difficulties can also benefit from meditating regularly because we practice not to pay attention to our thoughts. Thoughts and worries can often keep us awake, and when we practice allowing the thoughts just float by, or not hooking onto them, it is easier to let go and drift off into sleep.

Another benefit is that meditating helps lower the blood pressure. It not only lowers it during the actual practice, but if one meditates regularly it can also have an effect all through the day!

So, are you convinced yet? Maybe you already love meditating. Or maybe you find the idea of it annoying or you think it is going to be too hard.



Let me tell you something: meditation can be as easy as taking one conscious breath.

You do not have to aim towards an empty mind. Everyone has thoughts! Don't worry about it.

What we practice is becoming aware of our own body and soul, which helps us become present in the here and now.

We also practice different breathing techniques which helps us relax and release stress.

So all you need to do is come along on this journey I invite you on.

Take it at your pace.

See which parts you enjoy and which parts you don't enjoy.

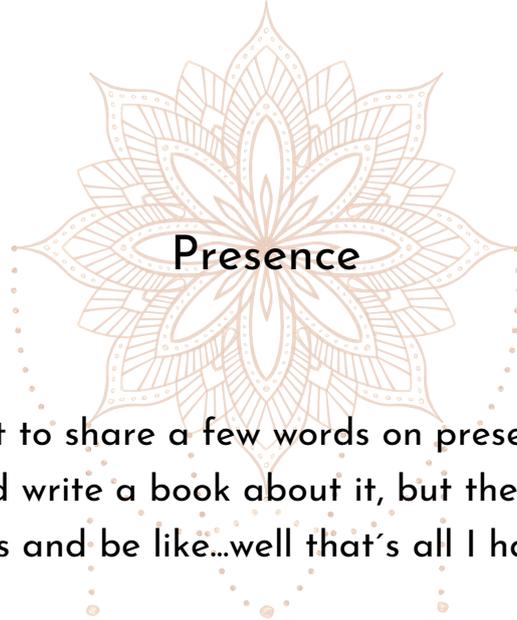
Do not judge yourself.

There is no good or bad.

All I invite you to do is to take the first step.



*As with all of my courses you agree to taking full responsibility for your own well-being when you take part. If you feel like something is making you unwell, please contact your doctor or a therapist.*



Before we start I want to share a few words on presence and what I mean by that. I really should write a book about it, but then again, watch me explain it in 100 words and be like...well that's all I have to say! Ha!

Presence is being completely here. It is being NOW. It is being aware of the sensations in your body. Feeling your breath.

It is knowing who you are. It is sensing your soul. The true you. Your true identity.

Alright, maybe we don't have to feel all those things every time, but once we have experienced true presence in ourselves we know what it feels like. And we want to feel it again.

To me this is where magic starts. It is where the magic IS. If I am not present I can not be a good teacher/instructor/ceremonialist.

And in meditation, if I am not present I feel like I am missing something. Sometimes I can't get to that state of presence that I would like, but I still know that the meditation is beneficial.

But practice. Practice noticing your breath. Practice noticing your body sensations. Your emotions. Your reactions and triggers. The love, the pain, the fear, the stress, the peace. ALL OF IT.

Breathe it in. And as Ram Dass would probably say. Be here now.





## Returning to the body and letting go of the busy mind.

We spend so much time living so much in our heads, that we need to consciously practice coming back to ourselves, to our bodies and our hearts. Meditation is not about escaping, but about presence. When we let go of our busy mind and allow ourselves to land in our body, we can begin to listen in and see how we feel. We can notice what is important now. We can let go of stress so that we are able to focus better and make more informed decisions in our daily lives.

So in this first exercise we are going to practice noticing every part of our bodies by tensing and relaxing all the muscles. I will guide you through every step.

This practice helps us to stay focused, since during the whole meditation we have to focus on tensing and relaxing certain muscles. So if we lose focus it is easy to just get back to the particular muscle or area that I am guiding you to focus on.





## Follow the breath

In mindfulness meditation we often refer to the breath as an anchor. That means that we can use it to come back to the present moment, to anchor us here so that we don't escape into the past or future in our minds.

So in this meditation I will help you stay with the breath, noticing it in different ways and different places.

Breathing calmly for a few minutes is an easy way to meditate, and all we need to do is remind ourselves to come back to the breath.

I am sure that your mind will wander and start to think about things that you are going to do later or that happened earlier. Don't worry. Just bring yourself gently back, again and again. That is the practice.

It is important to be kind to yourself.





## Body scan

A body scan is an excellent way to come back to our bodies. Being able to follow the instructions, and focusing on one part of the body at a time helps us release stressful thoughts of the past or future and helps us to truly come into the here and now.

Not only is it good for coming back to the present moment, it also offers us a deep relaxation and releases stress trapped in the body.

Many people experience a greater calm afterwards, and they also feel that they are able to focus better.

When the mind wanders, just come back to my voice and focus on the area of the body that I am guiding you to experience.

In meditation and mindfulness it is important to practice non-judgment. So when the mind wanders, or if you don't do this course 5 days in a row, or if you feel like you can't focus for one second, just let that be as it is. Maybe it will be different next time. Or maybe not. Just allow the moment to be as it is.



A large, stylized purple number '4' with a gold outline. The number is decorated with intricate floral and leaf patterns in gold and purple, extending from the top and bottom of the digit.

## Counting the breath

Today we are doing another guided breathing meditation. Connecting to our breath is vital for our health. It is a way of calming our minds and coming back to ourselves, coming back to presence. I have shared this meditation before, but I love it so that is why I am including it here as well.

Doing this exercise/meditation for just a few minutes will really relax you. I usually feel a physical change after doing this.

In this meditation we really focus on the breath as we count 2/7/5. I will show you how.

You start by exhaling completely through your mouth. Then you are going to breathe in through your nose, then hold your breath for the count of 2, then breathe out through your nose for the count of 7.

Then stay in the space between breaths for the count of 5. So in through the nose, hold for 2, out through the nose for the count of 7 and hold for 5.

At first it might feel confusing, but you will get used to it with practice. This is supposed to be like a tranquiliser for the nervous system and gets more effective the more you do it.

When you first start, don't do it for too long.

Also, when you first start you might feel a bit lightheaded, but don't worry about it. Obviously, if you feel unwell, stop the exercise and perhaps try again later.





## Calming the mind with the use of a mantra

In today's meditation we are using a mantra. Using mantras, either saying them out loud or silently in our minds helps us to stay focused and present. A mantra is a sound or syllable repeated during meditation. It can be sung, spoken out loud or repeated in the mind. Mantras are used in many different religions but are also popular with people who are not religious at all.

Harrison Graves says in an interview with Madisyn Taylor: "Mantras are sound formulas rooted in yogic science that calm the body and have soothing effects on the nervous system. They help us heal through the power of vibration, or vibrational energy. The physical body and the energy (astral) body are extremely sensitive to sound. Some sounds like ocean surf, a harp, or om chanting are soothing, while other sounds like blaring TV commercials or fire alarms are irritating or frightening, making the body cringe. Sanskrit mantras like om, a mantra for oneness and harmony, are prescribed in lieu of medications to treat anxiety, depression, and insomnia. Sanskrit, the language of ancient India, is also the language of mantra. Unlike other languages, Sanskrit is based on the science of sound vibration. Word meanings are secondary. The most important thing is the effect of the sound vibration on the body and mind."





Today I want to share with you a simple but beautiful meditation using the mantra Sat Nam.

Sat Nam means True Identity, or True Vibration. It is an expression of your true being.

Saying mantras out loud creates a vibration in the body which I find magical. But silent mantras also brings peace, focus and grounding.

Sat Nam is a mantra that pulls the energy up the spine from the lower chakras all the way to the crown. It's a mantra for chakra balance and inner wisdom, a mantra whose sound waves can break up the stuck energy of depression.

Even if you do not get those extreme benefits from it I can guarantee that it will bring you inner calm, if you are able to focus on it for a few minutes.

I use mantras a lot, and I also listen to them a lot. I can recommend just searching for mantras online, on YouTube or on Spotify. Obviously I also have good old CDs.

If you are lucky you might also find a place in your town where you can sing mantras with a group of people! Magical!



# Thank you

Thank you for choosing to meditate with me. Having a regular practice can really benefit us in our daily lives. It might not cure all our problems, but it sure does not do any harm. I love it.

We don't have to meditate for 30 minutes, or 20, or even 10!

It is better to set an intention to meditate for perhaps three or four minutes to start with. Some days you may want to stay longer because you have reached a place that feels wonderful. Other days you might struggle.

Maybe you want to keep using the meditations from this course, maybe and app, or maybe nothing but your breath.

Follow your heart.

Listen to your soul.

*Elin*



# More

## Books:

Bliss brain by Brian Dawson

Altered traits by Daniel Goleman och Richard J Davidson

A new earth by Eckhart Tolle

Wherever you go, there you are by Jon Kabat-Zinn

## Apps:

Insight Timer (the free version is wonderful! and enough)

