



90-Day Program  
Brought to you by: Consciously

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## THANK YOU!

Thank you so much for joining our program and embarking on a life changing journey. Our goal for you is to see real results in the next 90 days and for you to feel clear, confident, and creative in your life choices for the rest of your life! Your efforts will extend far beyond you and we are so grateful you have chosen to participate in Consciously Meditating.

- Harry & Melanie  
*Consciously*

## WHAT IS "CONSCIOUSLY MEDITATING"?

A 90-day meditation-based program for people designed to lower stress, anxiety levels, and restlessness, increase creativity, purpose, and vision, and step into a happier life.

## GOAL

Educate you to be self-sufficient and in full control of your life while getting amazing results!

## OVERVIEW

90 days of guided meditation coaching. Each week a new lesson will be taught, we will be

available to help you encourage you to reach out to us and the group for support.

## WHY ARE WE DOING THIS?

Let's take a look at what the APA stats based on over 1,000 people:

- 22%-48% of people reported being worried about negative effects of social media
- 49%-66% of people reported being stressed about political issues
- 44% of people reported being stressed about the economy

Other focuses of stress were jobs/business and money. Unfortunately, these are only a few of many factors that contribute to stress and anxiety in the U.S. today.

Stress and anxiety can cause major physical and psychological health concerns. Data from PNAS shows that continued chronic stress may accelerate age related diseases and prematurely age the immune system.

Consciously Meditating is designed for people who are serious about taking control of their physical, mental, and emotional health again. This program will help people with the following:

- Lower stress and anxiety
- Calm the mind from restlessness
- Sleep deeper and longer
- Enhance relationships
- Turn restless thoughts into purposeful and creative ones
- Create a vision for all aspects of your future, including health and business
- Find your purpose

According to the NCBI, meditation has also been shown to increase cortical thickness in the brain, which slows the aging process and stimulates better memory.

Forbes wrote an article in 2014 highlighting many high level CEOs, like Steve Jobs, Marc Benioff, and Oprah who swore by their meditation practices. The science is there, now it is time to begin!

## PARTICIPATION

You will get out of life what you put into it. We can't make you do anything, but we will do our best to create an environment that helps you succeed in your goals. Are you ready and willing to make the same commitment to yourself? Consciously Meditating is a 90-day program, and all participants will see the greatest as well as longest lasting results if they participate for the entirety of the program.

*MAKE SURE YOU:*

1. Follow the daily meditations
2. Learn about the various types of meditation on weekly classes
3. Reflect truthfully and deeply in all of the journals
4. Stick with the program to its finish

5. Play full out!

## SCHEDULE

This is the general outline for the program.

### **Preprogram:**

What is your why? Finding your purpose

It is vitally important to act with purpose in life. Aimless action often turns out to be fruitless and discouraging. Inaction only guarantees that tomorrow you will be exactly where you are today... and maybe a step backwards. Having a clear understanding as to why you do anything will help you achieve those goals with passion and fervor.

### **Week 1:**

Posture, timing, and place

In some parts of India, children interested in studying yogic meditation will have to master the seated position before they are taught any meditation techniques. To show that they have been successful in this endeavor, they will have to sit up to one hour perfectly still in the proper seated position. How you sit, when and how long you sit, and where you sit are all essential for success in meditation. We must first build the foundation before we construct the house.

### **Week 2:**

Listen

Listen to what? We are going to listen to everything! From your immediate surroundings to the swarm of thoughts in your mind. Becoming aware of the present moment through the anchor of listening is one of the best ways to be here, now. Listening to our thoughts will also be a key component in understanding the deeper aspects of how the mind works and how to separate ourselves from the incessant chatter.

### **Week 3:**

Witness

This is where things get interesting. Now that we have become familiar with how to be in the best posture, how to breathe ourselves into a relaxed position, and how to become present, we are going to take it to the next level. Stepping into the witness is about as deep as it gets. This week will be foundational in creating a truly peaceful and happy life as well as understanding who you are in a whole new way.

### **Week 4:**

Affirmations

Once we have gone beyond the mind and established a new relationship with it, now

is the time to use it as a tool for success. Affirmations are a powerful way to penetrate into the subconscious and to change our thinking and beliefs. Our limiting beliefs no longer serve us and we are going to literally rewire the brain and replace those beliefs with powerful new ones that are in line with your purpose.

### **Week 5:**

Visualize

As great as affirmations are, they still exist in a degree of separation from the depths of our subconscious and unconscious minds. There is a very active and real part of our bodies and minds that don't communicate through the spoken word. Visualization is the way to implant our new beliefs, goals, and visions into our being at a cellular level. We will be creating vivid visions of how we will create our lives going forward.

### **Week 6:**

Stress & Anxiety

Although everything that we will have done up to this point will substantially decrease our stress and anxiety levels, we will go even deeper. These two emotions are nothing short of crippling at times and are serious problems that many people deal with. We will unpack the cause of our stress and breathe our way into a calm and safe place.

### **Week 7:**

Sleep

For some, getting better sleep is top of the priority list. Sleep is essential for proper functioning of the body and brain. Missing sleep or getting a restless night of sleep can have worse effects on us than most people realize. For anyone who has sleep apnea or any other problems sleeping, we will incorporate meditating just before bedtime and learn how to drift into a deeper more restful sleep.

### **Week 8:**

Gratitude

Gratitude is an amazing tool to get the most out of life. In any given moment, there are several things that we can be grateful for. Our focus determines our reality... and when we consciously choose to focus on the good and positive things in life, we enhance those things and create a reality out of them. Constant focus on anything rewires the brain and creates a habit out of that act. We will use the power of meditation mixed with gratitude to supercharge our reality.

### **Week 9:**

Walking Meditation

Sitting down in one place is not always plausible when we may need to bring the mind to a meditative state. Sometimes we need to slow down in life and literally stop and smell the flowers. Walking meditation is a great way to practice meditation in motion. It is

also a great way to recenter yourself if something in life throws you for a loop.

**Week 10:**

Relationships/ Loving Kindness

Relationships are a huge part of our existence, and some might argue the main purpose of it. Relationships come in all forms from familial, friendship, work related, animal related, romantic, or your relationship with yourself. Each is important and each can be enhanced with meditation, gratitude, and perspective.

**Week 11:**

Contemplating Death

Death is a part of our everyday life whether we are at peace with that or not. Have you ever thought about your death in detail? How at any moment, it could be your time? What will it mean when you die? What will it mean for those you have left behind? Who do you want to be remembered as? What will you wish you had done more of? Done less of? Who will you have wished you spent more time with? Are you at peace with all these things and if not, how can you be? We are going to go into deep contemplation about the finite nature of life.

**Week 12:**

The Mind

The cause of all problems is the mind. THE CAUSE OF ALL PROBLEMS IS THE MIND. Step into the witness. Watch the mind, experience the mind, listen to the mind, but don't get trapped in the mind. The mind will be there. It is a beautiful tool that we use to create, but it is not a good master. Over time you can learn to be less affected by it. It is a process and it will take time. Watch life, experience life, listen to life, take it all in. BE, HERE, NOW.

Going forward

Habits are one of the foundational aspects to creating a purposeful and thriving existence. This program has initiated that journey and supercharged the habit of daily meditation and the practice of presence. Take the guided meditations and worksheets and use them to continually solidify your habit into the future. Build upon your purpose and live it everyday. You will continue to have access to the online community to continue drawing inspiration and support from fellow meditators!

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## TESTIMONIAL SUBMISSIONS

We would love to share your success stories with our community and the world. Send us in your testimonial at the end of the program and if it is chosen, we will feature you on our website if you are interested!