

Guided Meditations

take time to unwind your mind

MKELEVATE

Mandy DeBord & Kristi Herron

Dedication

This meditation guide is dedicated to those who are passionate about seeking balance in life's vibrant contrasts.

Welcome into the harmonious blend of tranquility and indulgence!

These collections were crafted to explore and learn the serene world of meditation. These special entries were developed within the delightful ambiance of Windy Hills Winery for our First Thursday Yoga + Wine classes.

Join us as we discover the art of savoring every moment, both on the mat and in the glass.

Experience the beautiful union of mindfulness and merriment, where the soothing stillness of meditation harmonizes with the joyous notes of wine, creating a truly unique and enriching journey.

We're deeply grateful for the pleasure of sharing this extraordinary path with you. Let's embark on this captivating journey together.

Mandy + Kristi - MKelevate

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Why Meditate?

What is this meditation thing we keep hearing about? Do I have to sit or lay in one position for hours to benefit from meditation?

Nope, not at all.

Here are some reasons why meditation may be something you need but just didn't know it.

Meditation helps reduce stress and helps combat its many side effects by improving sleep, mitigating depression and anxiety, and even aiding to decrease blood pressure.

Meditation may also increase your attention span. It is like weight lifting for your focus and cognitive function.

Pain management is another significant benefit of meditation. Your perception of pain can be greatly reduced with the practice of meditation.

Ready to try it?

Choose a meditation. Start by reading through the meditation, and then let go and enjoy!

Reflexión

TODAY'S *date*

/ /



Setting Intentions

What is an intention? It is something you are going to do. 'An aim that guides Action' or an objective.

What happens if you don't set an intention for your class, for your day, or for your life?

Will it be bad? No, not necessarily, but when we set intentions, we clarify what we want. When we ask for what we want, we have a much better chance of getting it.

While sitting here, focus on your breath. Feel your chest rise and fall. Feel the tickle on your upper lip. This awareness is allowing you to be in the present moment.

Now, let's set an intention for today's practice.

What do you need? What is your body or mind craving?

- Happiness/joy
- Surrendering/Allowing
- Being present/Calming of the mind
- Slowing down/Grounding
- Heart opening/Love

Take a minute to decide on today's intention.

Reflection

TODAY'S *date* / /



Visualizations

Description: Visualization meditation, also known as guided imagery, is a meditation practice that harnesses the power of your imagination to create vivid mental images.

During these meditations, you are guided to imagine peaceful and positive scenes, scenarios, or experiences.

These visualizations can transport you to a serene natural setting, allow you to envision your goals or desires, or help you release negative emotions. Visualization meditation encourages the mind to relax. It can also promote a positive outlook on life by engaging your creative faculties.

Benefits: Visualization meditation can boost self-confidence, reduce anxiety, increase motivation, and foster a sense of hope and optimism.

Connecting with the Chakras

Lie back and shut your eyes.

With your eyes shut, turn inward, focusing on your breath.

Imagine the breath starting in your left leg and continuing up your left side of your torso.

Imagine the color red filling your torso area. This is the first of the seven chakras, the root chakra which supports and grounds us.

Continue the journey of the breath as it flows into the left side of the belly below the belly button.


Imagine the color orange filling the space. This is the sacral chakra. It helps us relate to our emotions as well as the emotions of others.

Take your breath into your belly, where the solar plexus chakra resides.

Imagine this area as the color yellow. The solar plexus chakra is all about confidence and self-esteem.

Next, breathe into your chest. Envision your heart chakra as a green, glowing light. The heart chakra is all about our ability to show love and compassion.





Let your breath flow out of your left arm down past the elbow into the fingers, then back up the arm into the left side of the neck where the throat chakra is. The throat chakra is represented by aqua blue. It represents our ability to communicate verbally.

Now let the breath flow up the left side through the nose and eyes into the third eye chakra located between your eyebrows. The third eye chakra color is royal blue, and it helps you with intuition and imagination.

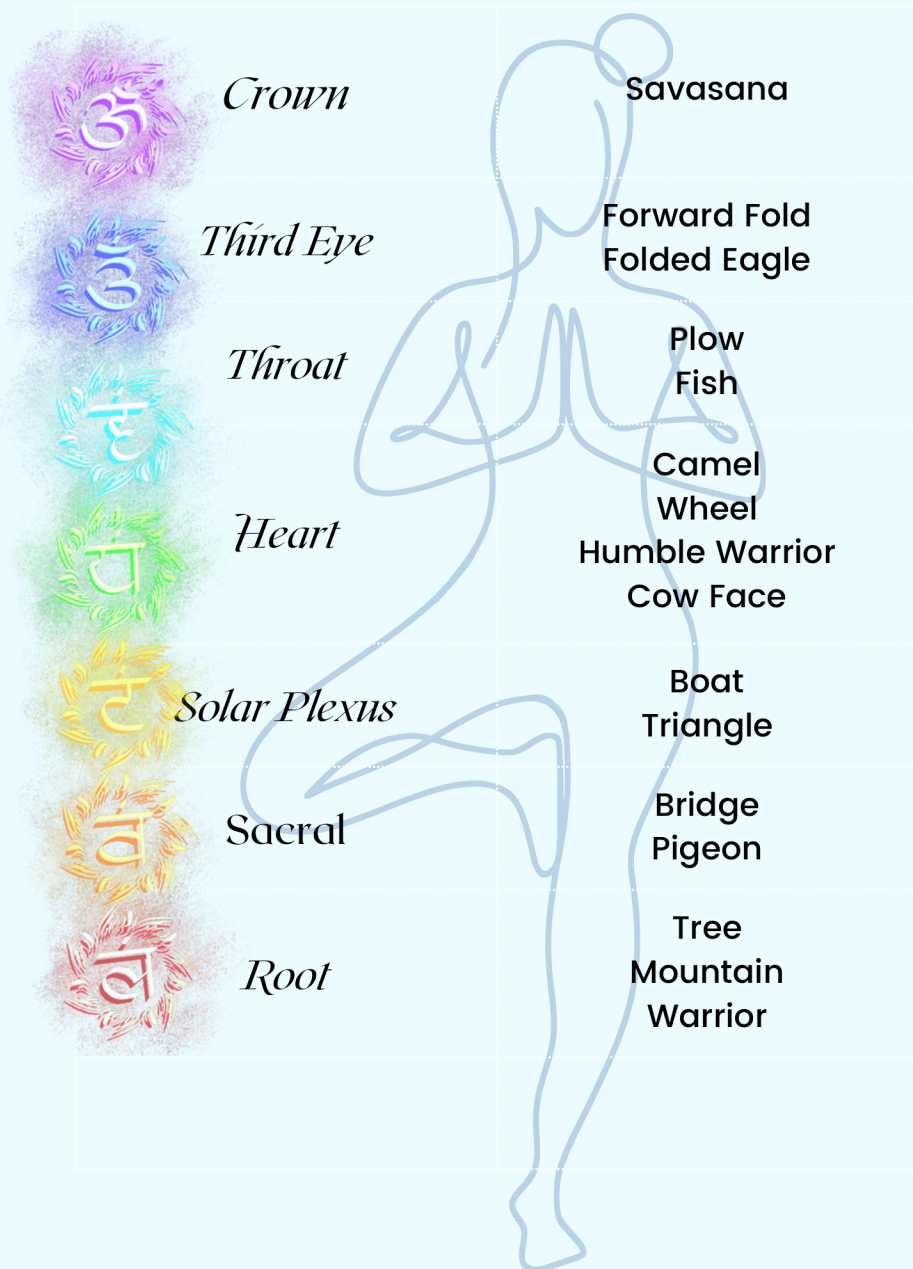
Allow the breath to rise all the way to the top of the head. Your crown chakra shines here. Imagine a bright purple-white light on the top of your head. This chakra represents your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose.

Now, slowly release the breath down the right side of the body.

Continue breathing from left to right. As you imagine your breath flowing, what color do you imagine it being?

Red, orange, yellow, green, aqua blue, royal blue, or purplish white?

Chakra Yoga Poses



The Power of Thought

The Greatest Secret, Author Rhonda Byrne states:

“The first step to freedom is when we understand that our thoughts create our life. What you think is what manifests.”

This quote is so powerful. Understanding your thoughts allows you to embrace your power to manifest what you focus your thoughts upon.

Lay down in savasana pose.

As you relax in your state of savasana, allow your thoughts to pass through you, and treat them as though they are slides in a slide show.

Witness the negative ones and allow them to pass by. Focus on what brings you joy, the energy in your awareness, your own body.

Imagine your slideshow displaying what brings you joy! Something as simple as a color, a flower, or sunshine. Family and Love. Perhaps a wish, a goal, or a dream.

Our mind defaults to focus so much energy on our problems and issues. It can be exhausting.

Practicing simply widening the lens and taking the focus off the things plaguing our life at any given time is a practice that immediately offers relief for your mind.

Change up the slide show! You have the power to do so. Shift the energy!

Commit to noticing all of the things you want instead of focusing on the very things that keep them from happening.

They are your thoughts, and only you have the power to change the slides in your own show.

