mindvalley academy online training

WORKBOOK

The Definitive Guide to Effective Meditation

with Vishen Lakhiani

Online Training with Vishen Lakhiani

YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

- Print out this workbook before the class starts so you can write down your notes as you listen
- 2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
- 3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening that way you won't lose the information most relevant to you.
- 4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not
 driving a car or any other vehicle. Be in a comfortable position so you can fully take part
 in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of "going inward" and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that will happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online training. We hope you enjoy it!

1.	Some of the benefits that can be gained from practicing meditation:
2.	Meditation brings the brain wave frequency tolevels while
	being fully conscious.
3.	The Myth of the Empty Mind states that I should not worry about
	For the next 40 days, this is how I should prepare myself for meditation:
•	I can get into Alpha state in the morning by doing this
•	A good posture to follow during meditation is by
5.	Some common problems people encounter during meditation and the solutions for
	them:
	Problem 1:
	Solution:

	Problem 2:
	Solution:
	Problem 3:
	Solution :
	The 6 building blocks of meditation practice are:
	The Gratitude Exercise
Н	ow do I practice this?
• • •	
	Creative Visualization
Lis	st down the steps to the 3 scenes technique by Jose Silva
St	ep 1:
St	ep 2:
St	ep 3:
• • •	

iii) Future Dreaming
Future dreaming is about envisioning
An important element to keep raising your possibility ceilings is called your reservoir of
is important to help me acknowledge my past successes and increase my Reservoir of Faith .
iv) Compassion
The people I should think about
This is how I can feel love and compassion for them
v) Forgiveness
This is how I can practise forgiveness while meditating
vi) Intuition
To practice this, I should my mind and think of
I would like to solve.

7.	These are some ways to make the techniques stick as a habit
Bli	isscipline is the discipline of
8.	In the Cue Routine Reward method from the book Power of Habits on making a habit stick,
	the cue is
	the routine is
	the reward is

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Use this space for any additional notes you have:

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CASE STUDIES

"I'm using Omharmonics sounds as a tool even to help other people"



I purchase Omharmonics couple of weeks after its release, I'm very happy I was able to get it. First I listened to the first section of the recording as I downloaded it while in my lunch time. After purchasing the entire recording, I have been listening to it every single day normally at bedtime. Omharmonics have giving me the opportunity to become more relax. First I started to meditate with it to help me to relieve my anxiety, then I just listened to Omharmonics to help me with any streesful situation. I'm using Omharmonics sounds as a tool even to help other people

to help themselves manage stress better..

-Jay Selva-

"I feel as if I am discovering parts of my self for the first time."

Omharmonics sets the stage for an awesome experience of meditation. I hear those sounds and within moments my mind finds the groove - that special place where unconditional love flows from the Universe to me and through me. My breathing is deeper, my concentration more focused, my zest for life more intense, my energy more joyous and my mood more balanced.

I feel as if I am discovering parts of my self for the first time. With deepening appreciation I see the wonder in my life and with each day I am learning to live more fully!

-Lillian Hetet-



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CASE STUDIES

"The value of OmLife shine brightly in it being a real quality product"



My goals for using OmLife is to expand my awareness, deepen my meditations, and improve my ability to handle stress.

My life has improved with the use of OmLife because the quality of my meditations has exponentially increased. I've never meditated better since I started over 6+ years ago. OmLlfe helps me sleep better too! Love the Deep Rest sleep bedtime tracks.

For sure! OmLife works. Simply put, the value of OmLife shine brightly in it being a real quality product-- not a rip

off or gimmick scheme. I love them! I'm a Silva Method student and these programs are profoundly changing my life for the better!

-Brian-

"I feel that OmHarmonics brings me to that state of profound inner stillness"

I love the tool box approach that OmHarmonics chooses over the traditional "leveling" style of so many brain entrainment audios. Similarly, this program is a refreshing change from listening to one tiresome audio every day for weeks on end. In my opinion, they are very reasonably priced compared to other systems on the market. Each of the five audios are so unique and enjoyable, it was like a new discovery each time I sat with each one of them. They are a joy to explore and as someone who appreciates film soundtracks I can say that I'm



captivated by the story each of these audios takes me through when I listen each time.

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CASE STUDIES

I am an experienced meditator and also lead guided meditations. Despite my experience, I still struggle some days to keep my own mind focused and in the zone. I feel that OmHarmonics brings me to that state of profound inner stillness I've felt once in awhile during meditation far more consistently and efficiently then my usual sittings. I have felt more refreshed and at peace then other products and methods I have explored to date and like the option of the fifteen minute and thirty minute programs for each of the five audios. The thirty minutes is a special treat to myself when I have the time, but the fifteen minute audios are so easy to make into a daily practice.

At a minimum, I am including The Awakening and The Deep Rest every day and have noticed a significant difference in my ability to handle stress and difficult emotions of late following a relationship breakup more than a month ago. These feelings are not being buried but at the same time they are no longer consuming me. I'm more balanced and genuinely happy greeting each day.

For this and so much more, you have my gratitude, my complete loyalty as a customer for further releases in the OmLife collection and my full-hearted support!

-Ryan Hagel-

To level up your meditation practice with Omharmonics, Mindvalley's next-generation binaural beats, please visit http://www.omharmonics.com/products. But wait until after your Online Training on 'The Definitve Guide to Effective Meditation' to receive a special price as a thank-you gift for attendees.

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

1)	What are the some of the benefits of meditation that can help my life?
2)	Which of the 6 building blocks of meditation practice am I going to start with