

# Methods of Meditation

by guest reviewer Maurice O'Connell

**M**ensan Gary Green and Lyndall Briggs own and operate a personal development business called SelfDevelopment.biz (which conveniently doubles as their web address).

When I read the long list of qualifications Lyndall and Gary had achieved, including Clinical Hypnotherapy and Counselling, I wondered how I could credibly critique their work. I stress, therefore that the following comments are my personal opinions and feelings only.

A booklet called *Soul Purpose – Self Development Stories, Quotes and Poems* was the first item I perused. I have to admit that I am addicted to this type of literature. This book contains sixty-three short stories and poems with a suitable quote attached to each item. This is an easy-to-read book that you can pick up at any time and simply let fall open at any page and that becomes your story/poem/quote of the day.

My only criticism of the book would be the spelling errors. There are enough of them to raise concern about the quality of the rest of the products.

The range of ten self-help CDs includes *Meditating Easily* and *Discovering Past Lives*. Each CD includes a comprehensive guide book which I recommend you read before committing to the CD, and continue to read at least once a week. Each CD has six tracks. Tracks one, two, three and five are essentially the same on each CD.

Track one gives an introduction to the authors and a guide to the use of the CD and runs for about three minutes.

Tracks two and three are essentially the same and run for approximately nineteen to twenty-two minutes, with one narrated by Lyndall and one by Gary. You choose to listen to the narrator you are most comfortable with twice a day for seven days. The tracks are designed to relax you and guide you into an Alpha state (when the brainwaves run between 7 and 12 cycles per second or hertz, leaving the brain in a relaxed, but aware, state).

The fourth track is a guided meditation related specifically to the subject of the CD and appears to run for somewhere between twenty to twenty-three minutes depending on the CD.

Track five is a dissertation for approximately six minutes on the power of positive affirmations while the sixth track is about thirty specific affirmations, some systemic and others tailored specifically for the subject of that particular CD.

Affirmations are a form of positive prayer. (The Bible says "I tell you solemnly, whatever you ask for in prayer,

believe that you have already received it, and it will be yours." Mark 11:23–24)

The affirmations given on the CDs are positive and written in the now, as if you already had that which you are affirming. Your subconscious mind does not know the difference between fact and fiction. By speaking an affirmation out loud twice a day for at least a month with belief and conviction you can replace a negative thought or energy that has been clouding your mind and affecting your life. Two things, in my experience, that can greatly increase the powerful effect of an affirmation is by starting whenever possible with "I am" and saying your affirmations out loud while looking into the eyes of your reflection in the mirror.

I initially had a couple of doubts about the CDs, especially the meditation CD, based on my own meditation experiences. The emphasis on self hypnosis, heavy auto-suggestion and subliminal sounds to increase the effect of the meditation didn't exactly resonate with me. But one should never pre-judge.

The way they are blended and the easy step-by-step experience is an extremely useful tool for the novice exploring meditation or past life experiences. Once meditation becomes more comfortable it opens the door to explore the inner self and the many wonderful experiences this can bring.

I struggled initially with the colours used in tracks two and three. As you are taken to the seventh floor of a building and guided down, a colour is used to represent the lessons and releases of each floor, starting with red on the seventh floor. I realised that they represented the chakra colours with red as the root chakra and descending through the seven chakras and their respective colours to the crown chakra. It was backwards! But a little more listening and I found the use of these colours in that way works fine. Simply me being pedantic again.

I have lain down to meditate and it does work. When you do lie down do not place a pillow under your head; instead, place it under your legs. This keeps the spine straight and relaxed which is essential whether sitting or lying. You can go past Alpha into a sleep pattern either way. This usually will be Theta. Like playing a CD to a baby or young child as they go to sleep, the information is still taken in and retained. The simple test to know whether you have drifted into Theta is that you will come back as soon as the CD has finished.

In summary, I believe that this program is beneficial to people who are exploring meditation or wish to change some aspect of their life. I would give it a nine out of ten rating. **T**

