

BLOG TALK RADIO SHOW: The Power of Meditation



THANK YOU LADIES!

To everyone who tuned into our show *"The Power of Meditation,"* on Saturday, April 20 at 10:00 AM, we would like to say thank you. This show concludes our series on *"How To Reprogram Your Subconscious Mind for Success."*

Why Meditate?

This quote explains it well.

"Meditation practice is like piano scales, basketball drills, ballroom dance class. Practice requires discipline; it can be tedious; it is necessary. After you have practiced enough, you become more skilled at the art form itself. You do not practice to become a great scale player or drill champion. You practice to become a musician or athlete. Likewise, one does not practice meditation to become a great meditator. We meditate to wake up and live, to become skilled at the art of living."~Elizabeth Lesser

Meditation is a powerful tool that provides many benefits. Here are a few reasons to practice daily meditation:

- Improved health
- Gain inner peace
- Tap into your higher-self
- gain clarity about the things you want and don't want
- Reduced stress
- Boost your creativity
- Increase your self-awareness and level of consciousness
- Enhance your personal and spiritual growth
- Increase your concentration
- become more focused and acquire a greater attention for detail

If you're still not convinced meditation is for you, please read the excerpt below based on a study led by Sara Lazar, a psychologist at Harvard Medical School.

"Our data suggest that meditation practice can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being," says Sara Lazar, a psychologist at Harvard Medical School and leader of the study. "These findings are consistent with other studies that demonstrated increased thickness of music areas in the brains of musicians, and visual and motor areas in the brains of jugglers. In other words, the structure of an adult brain can change in response to repeated practice."

This data should be very encouraging to you, because it implies that no matter your age or past experiences, you can become and experience whatever you desire. It simply takes effort, determination and repeated practice. There are over 300 meditation techniques. I am sure you can find one that's a perfect fit for you .

We hope you will utilize all four strategies discussed over the past five shows (affirmations, visualization, positive self-talk and meditation) to reprogram your success mind to

live the life you desire. To learn more about strategies to reprogram your subconscious mind for success, please read [*"4 Powerful Ways To Reprogram Your Subconscious Mind to ASPIRE TO GREATNESS!"*](#)

Again, I would like to applaud everyone who tuned-in to the shows and listened to the replays. What it says to me is that you are for ready change. **Though change is not easy, it's necessary!** There is something in you saying "*there is more,*" and you have answered the call. You were created for a very specific purpose. You are here...

to do something that only you can do.

to make a difference in the way that only you can.

The "**Ladies for Such A Time As This**" show is designed to equip you with the knowledge, tools and resources to prepare you to be effective and powerful in the assignments you have been destined to fulfill. To access the replay for "*The Power of Meditation*" and the archives of past shows, please click [here](#).

Ladies, please be sure to mark your calendars for every 1st & 3rd Saturday from 10:00 – 10:30 AM to join us on the air. **WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE AND RELATIONSHIPS FOR SUCH A TIME AS THIS!**

We wish you continued success on your journey to ASPIRE TO GREATNESS!

Always Aspiring,
Rosalynd
Your Sister and Friend

The Power of Affirmations and Visualization



CALLING ALL LADIES FOR SUCH A TIME AS THIS!

Join me and Sandra Haynes Sawyer, Esq. for a powerful 30-minute discussion on “THE POWER OF AFFIRMATIONS AND VISUALIZATION – PT. 2,” on Saturday, March 16 from 10:00 – 10:30 AM EST. We are continuing our discussion from our last show on how these two strategies can help you reprogram your subconscious mind for success and assist you in functioning at a higher level of consciousness.

If you have not done so already, please click on the link to listen to the replay of the last show “THE POWER OF AFFIRMATIONS AND VISUALIZATION – PT 1” (<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/-2013/03/02/the-power-of-affirmations-and-visualization>).

To join us on the air on Saturday, March 16 @ 10:00 AM, simply click on the images or dial in at (714) 409-0612.

WHO KNOWS IF YOU WERE PLACED IN YOUR JOB, BUSINESS, COMMUNITY, CHURCH, MARRIAGE, AND RELATIONSHIPS FOR SUCH A TIME AS THIS!

You don't want to miss this show ladies, this information is vital to your success.

We look forward to you tuning in to our “**Ladies for Such A Time As This**” show.



Have a FANSPIRING day!

Always Aspiring,

Rosalynd

Visualization Is Daydreaming With A Purpose



by Richard Fast

“Visualization is daydreaming with a purpose.” ~ Bo Bennett

Many people's reaction to visualization is that it's a lot of New Age fluff.

Not so fast!

Visualization is such a powerful mental tool because we can literally create the experience we desire if the actual one we want is not available.

It's a very real and effective tool. In fact, whether you know it or not, you practice visualization all the time.

Through our imagination and "visualization," we can create a virtual experience. Science has proven that the human nervous system is incapable of distinguishing between actual experience and the same experience imagined vividly in complete detail.

Worry is a perfect example of how we create the synthetic experience. When we worry about something, what are we actually doing? We are projecting ourselves mentally, emotionally and even physically into a situation that hasn't even occurred!

If you think visualization doesn't work, or if it's just an over hyped *self-help* gimmick, let's consider the following: Have you ever heard of anyone who has worried so intensely about something that they've actually made themselves sick?

The fact is, if a person worries intensely enough about failure he will experience the same reactions that accompany actual failure! He will experience feelings of anxiety, inadequacy, humiliation and eventually physical ailments such as headaches and ulcers. As far as his mind and body are concerned, he has failed. And if he worries about a particular problem long enough, if he concentrates and visualizes failure intensely enough, he will fail.

If you think about it, worry is the negative use of creative

imagination and visualization. It simply can not be anything else. Worry is nothing but a vividly imagined, negative, synthetic experience. It can't be anything other than synthetic because it hasn't happened!

The person who worries about failure is unwittingly defeating himself, while he's literally "creating" his own future. He's feasting on a banquet of negative data.

If he spent the same amount of time visualizing success he would reverse the process. Instead of anxiety, apprehension and fear, he could develop confidence and self assurance.

Each of us, whether we realize it or not, constantly practices visualization and self actualization.

Why not practice visualizing the person you most want to become, or the situation or outcome you most desire? Through visualization you can become the person you wish to become. Use your spare moments to concentrate on whatever it is you desire. Put more into the positive use of your imagination rather than devoting your focus and energy into worry. It really is that simple. Show me a worry wart who doesn't achieve his "negative outcome."

The process of visualization, whether it be good or bad, works every time.

The mind is everything. What you think you become. ~ Buddha

Each of us is the product of our thoughts and experiences. Through thought, we can control to an almost unbelievable degree our experience and our environment. Whether we choose to direct our course through life, or not, is entirely up to us. The important thing is that we know that we can. We have that power.

Richard Fast is a highly creative entrepreneur, product developer and writer who has designed a series of life-

changing courses under the philosophy of “29 DAYS to a habit you want!” His simple step-by-step formula is an effortless guide for massive personal change and permanent results in weight loss, personal finances, communication and smoking. To learn more visit <http://www.29daysto.com>.

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