



Jess
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THE MYTHS THE METHODS & THE MAGIC OF

|
Meditation

Why Every Mother Needs to Meditate for a
happier more joyful life!

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What Is Meditation?

Meditation is a practice whereby you take some time out for you to simply do nothing or something! The choice is your's as there are lots of ways to practice meditation.

My meditation journey began four years ago now when I was overwhelmed by depression, anxiety, ptsd and trauma it was game changer! I started by simply closing my door sitting in my sacred space that I'd created which back then was my breastfeeding chair in my room with a small table next to me with some books I was "gonna read" when I found the time. Hashtag mum of 5 kids under 9!!!!!!

Let me tell you at first 2 minutes felt like forever and I can assure you I didn't find myself in a Zen state. Instead I was thinking about what I could cook for dinner... things I needed to add to my grocery list.... And how in the heck people sat like this for more than 2 minutes!!!

But I stuck with it and after about my 5th attempt I found myself feel this incredible sense of peace wash over me for just a few seconds. It was like I had been washed in love and light.

I'm here to assure you that it's ok if it feels weird and uncomfortable. Meditation is a practice that takes time to get comfortable with. It can help if you have a teacher or coach to help you walk you through your meditation journey at the beginning too.

As meditation is a personal practice there are probably more ways to do it than anyone knows so don't feel like your doing it wrong just do what feels right for you!

Trust your body, feel into it and observe what comes up for you.

Benefits of Meditation

Having a regular Meditation practice makes a huge difference in your life not only emotionally but also physically and spiritually too. I know you will be surprised to know that so many people do it! Here are just some of the benefits:

01

Better focus.

Our meditation practice is about focusing our attention on one thing rather than a multitude of things, this actually helps to improve our focus when we aren't meditating.

It can also help to fuel greater creativity and improve the functioning of your brain.

02

Better memory.

Catherine Kerr, a researcher at the Martinos Center for Biomedical Imaging and the Other Research Center found that those people that practiced regular mindful meditation were able to adjust the brain wave that screens out distractions and increase their productivity more effectively.

03

Greater Compassion for others.

It also helps you appreciate your life more as you feel a greater sense of connection to self. When you feel connected to your inner guidance system and you learn to trust in it more you will feel a greater sense of life purpose. That you are truly tuning into your soulful desires!

04

Reduces Stress & Anxiety

As well as helping you feel less stressed and anxious regular meditation helps you feel happier and increases your overall wellness. It's been proven to increase your immunity and help fight disease.

It can also improve your metabolism and help you lose weight too!

Types of Meditation

Although the research confirms that a regular meditation practice can have significant mental and physical benefits there is no research to suggest that one type of meditation is more effective than others.

That's because its a personal practice and one way might work effectively you for you whilst another way of doing it is more effective for someone else. This often depends on their beliefs, background, culture and traditions.

Here is a list however of some of the more popular types.

- 01 Zen Meditation
- 02 Sound Bath Meditation
- 03 Mantra Meditation
- 04 Spiritual Meditation
- 05 Focused Meditation
- 06 Movement Meditation
- 07 Transcendental Meditation
- 08 Guided Vs Non-Guided Meditation

Types of Meditation

09

Yoga Meditation

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Vipassana Meditation

11

Chakra Meditation

12

Qigong Meditation

13

Calming Vs Insight Meditation

Meditation Myths

Let's bust some meditation Myths!

01

There is only one way to meditate.

There are many different ways to meditate as we discovered earlier!

02

You have to be able to completely empty your mind to get any benefit.

Whilst meditation does involve quieting the mind this does not necessarily mean you need to feel frustrated when things pop up in the end. The goal is not to make the mind go blank.

Forcefully trying to empty the mind or getting frustrated that you can't empty your mind is unhealthy. If a thought pops in just acknowledge it and let it pass. The goal is to feel as comfortable and relaxed as possible!

03

Meditation isn't working if your mind wanders.

There is a common misconception that if you constantly have thoughts pop into your head then you aren't getting the physical benefits of a regular meditation practice. This simply isn't true, taking time out just for you and sitting in your stillness has huge physical benefits. The more you practice the less focused you will be on your thoughts, so keep practicing!

Meditation Myths

04

Mediation is a selfish indulgence and I simply don't have the time!

We all have 24 hours in the day you don't have more time than me nor do I have more time than you. However the way we prioritise our time will be different.

Finding 2 minutes a day will start your spiritual transformation! It will help reduce your stress levels and it will initiate that spiritual connection to your inner guidance system, your spirit guides and the angels if you are open to it.

Start with 2 minutes and slowly increase your meditation time, before you know it you will be experiencing deep 20 minute mediation sessions with the most incredible guidance and spiritual connection!

And if 2 minutes works for you then just take 2 minutes! Remember it's your practice!

05

You're Not Good at Meditation

Mediation comes in many forms and there is no right or wrong way to do it! It's a skill and one that requires a little bit of practice at strengthening.

There is no such thing as a good meditator or being great at mediation it's about connecting with your inner guidance system and if desired your soul to discover your soul gifts and soul purpose. It can feel a little strange at first but it is one of the greatest gifts you will ever give yourself! I promise!

Where to Get More Support?

So now that you understand all the incredible benefits of having a regular meditation practice it's time to put it into action! If you would like more support with your meditation practice I'd love to help.

During my Private Coaching Series I help you to meditate deeper and learn how to connect to your intuition and live more authentically!

****Are you living Authentically?****

- Have you ever felt suppressed, ignored, punished, controlled, judged and censored as a woman for some or most of your life?*
- Have you ever felt like you have to conform in order to be socially accepted?*
- Have you ever found yourself feeling stuck in patterns of self-doubt, people pleasing, comparison, perfectionism, guilt and shame. Wasting countless hours, months and years trying to be someone that you're not. Forever chasing feelings of acceptance, love, connection and worthiness from others.*

Living authentically means living your life true to your own personality, spirit, or character. So let me ask you, are you living your life according to your own personality, spirit and character?

Living inauthentically, on the other hand, is like filling a leaky bucket. You can't ever fill it because it's not complete. And that's the reason why many of us are feeling unhappy, sad, confused and depressed with the state of our lives right now. We try to numb, ignore and suppress the pain with wine, shopping or social media but that just pushes our pain down deeper.

Living Authentically

Living authentically starts with honouring your true self and re-connecting with your intuition. Your intuition knows what she wants! Your intuition talks to you all the time but most of us aren't listening or don't really know how to tune into her?

And that's where I can help, if your ready to break free and to feel reconnected back to your authentic self and intuition, I'd love to nurture and support you through my Private Coaching Sessions together!

