



**Thais Zoe, Founder and Chief Joy Merchant**  
**LuckyDuckLiving.com**

## WELCOME

There are many points of view on how, why, where and when to meditate. None of them, or all of them, may be true for you.

One thing is certain; sorting out the myriad of information can be daunting. The irony is, attempting to do something intended to be relaxing, can cause even more stress! And the only way out may seem abandoning the idea of meditating all together.

Don't give up! There is a solution.

With this *Listen To Your Heart*<sup>TM</sup> Meditation guide, a stethoscope, timer and eye pillow (you can find at [LuckyDuckLiving.com/meditation-guide/](http://LuckyDuckLiving.com/meditation-guide/)) the process is **fun, easy and effective.**

# LISTEN TO YOUR HEART™

## MEDITATION

### GETTING STARTED

1. Select a quiet place and lay relaxed on your back with neck and knees flat. If you prefer, you may slightly bend your knees, or support yourself with a pillow. You may also want to keep a blanket nearby in case you get chilled.
2. Set the timer for 6 minutes and press start (1 minute to get situated, and 5 minutes to *listen*)
3. With the arms of the stethoscope curving toward you, insert one earpiece in each ear. If the fit is too tight, grasp the stethoscope arms at the base of the "U," and gently bend outwards until you have a comfortable fit.
4. Take the chest piece in your hand and gently press the diaphragm (underside of the chest-piece) against your sternum until you locate your heartbeat.
5. Before or after locating your heartbeat, place the eye pillow comfortably over your eyes, if you desire.
6. With eyes closed visualize a soft white light.
7. Breathe gently and deeply into your abdomen relaxing your muscles and allowing your heart rate to slow. Listen To Your Heart™ until the timer sounds.

# LISTEN TO YOUR HEART™

## MEDITATION

### Keep it simple:

- Set the timer
- Get comfortable
- Breathe and ...
- Listen to your heart

### HELPFUL HINTS

- a. If your mind wanders simply bring your focus back to your heartbeat.
- b. If you fall asleep, relax and enjoy it until the timer sounds. There is no harm in dozing. Return to your meditation the next day.
- c. If you're not sure it's working... know that it is. The results may be profound, or subtle. They may come quickly, or slowly. You *will* make progress. Trust the process.

# LISTEN TO YOUR HEART™

## MEDITATION

d. Fold one or both hands over the chest-piece while you meditate. Or, you may prefer to lay a small pillow over the chest-piece to stabilize it, and then lay your hands at your side. Or, ladies, you can hook it under your bra, if you're wearing one. Experiment with what is comfortable for you. And don't hesitate to make adjustments as you go.

e. Increase your meditation time gradually. Begin at five minutes daily. Add on an additional five minutes every week or two until you reach your ideal. For some it's 15 minutes, for others 40 minutes or more. But, if you only want to do 5 minutes, it's better than no minutes.

f. If you have a hard time hearing your heartbeat, don't give up...it's there. It may take a few times to locate the best spot on your chest to hear it clearly. You may also want to turn off any white noise that interferes; fans, air conditioners, televisions, etc...

g. For the chest-piece to lay flat it may occasionally need to be adjusted. Gently twist as needed.

h. Adjust your meditation time during the day to see what works best for you. Once you've identified morning, afternoon or evening, set this time aside for yourself everyday.

# LISTEN TO YOUR HEART™ MEDITATION

## KNOWN BENEFITS OF MEDITATION

- Deeper levels of relaxation
- Reduces stress and anxiety
- Builds self-confidence and intuition
- Improves mood, behavior and sleep patterns
- Promotes a sense of calm, peace and balance
- Decreases muscle tension and headaches
- Increases blood flow and slows the heart
  - Reduces Pre-Menstrual Syndrome
  - Helps in post-operative healing
  - Enhances the immune system

**You'll be amazed as you discover  
your personal benefits.**

# LISTEN TO YOUR HEART™ MEDITATION

Whether this practice becomes part of your daily routine or simply opens the door to other possibilities, we believe that exactly what suits you will unfold at a time and pace that is personal to you and what you need.

We at Lucky Duck Living™ hope that Listen To Your Heart™ Meditation will be the beginning of a life long practice.

It is our mission to encourage you to seek what works best for YOU.

For comments, questions or resources please visit:

[LuckyDuckLiving.com/meditation-guide/](http://LuckyDuckLiving.com/meditation-guide/)



*These are suggestions that have worked for us.  
As with any health practice, please check with your  
health care professional before beginning for you or your  
family.*