

Teresa Lewis, Light Hearted Services:

SMEP Meditation

A guide for internal and external change in your life

WORKBOOK

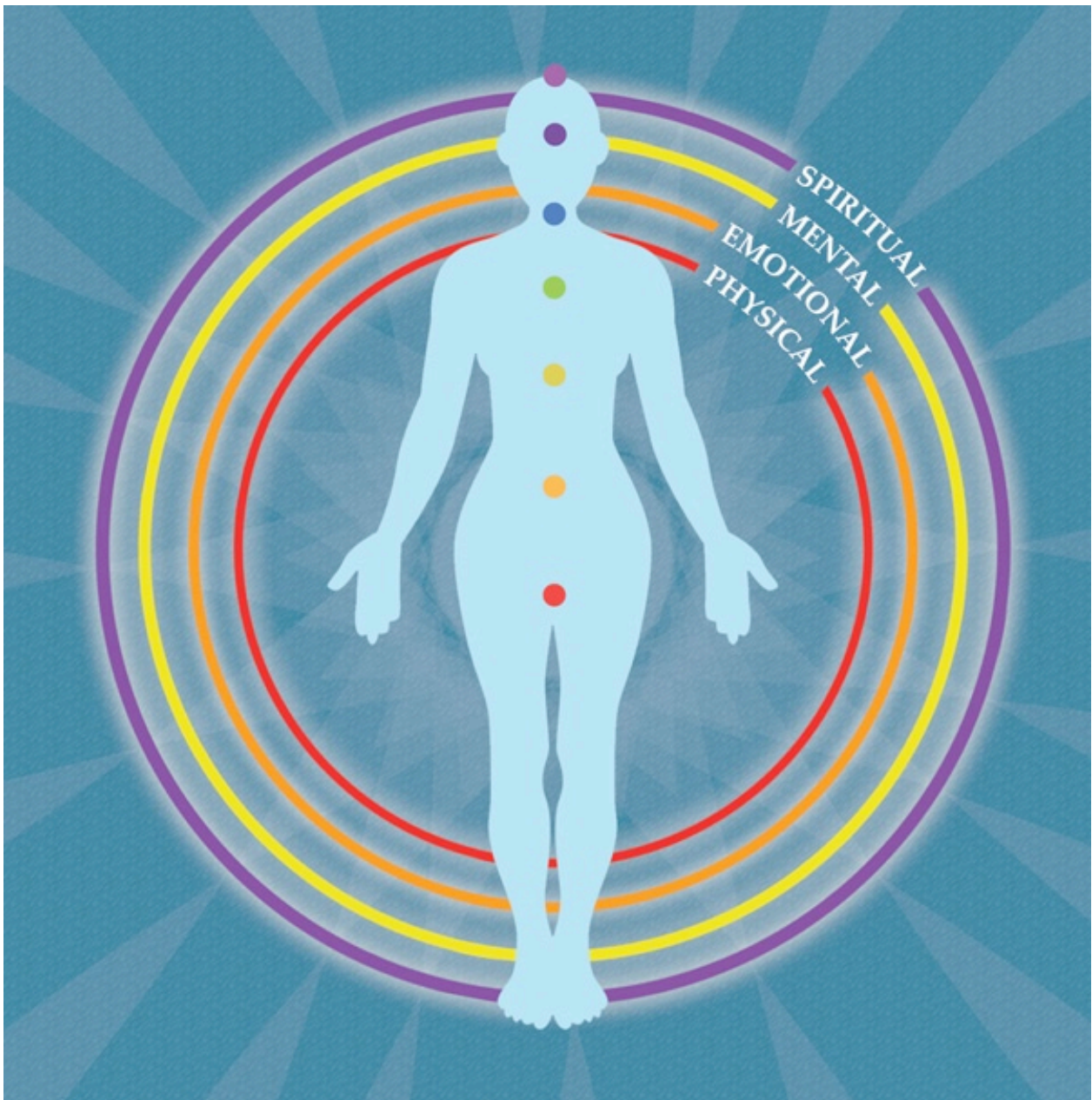


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Acknowledgements

Thanks to my higher self who has never left me.

Thank YOU for asking me, to help you remember, "The Real You".

Introduction

In this Light Hearted Services series: *SMEP Meditation Workbook*, we focus on the reintegration of you and we connect the fragmented aspects of your internal and external self through a specific set of meditations that unite the four different body elementals, The Spiritual, The Mental, The Emotional and The Physical Self.

Over many years of participation in awakening my own consciousness, I have delight to help you shortcut much time. The world is evolving rapidly, but our connection to our instinctual self has become very dim. Navigating through the world and its demands can be exhausting especially when doing it alone. The challenge for humanity is to remember our inner truths and inner light and to allow it to be the guiding force in all areas of our life regardless of what real or imagined fears we face.

With a little support and practice, most people can begin to connect to their intuition and learn to trust and act upon its language. The gentle and ancient language of intuition leads us to make healthy and loving choices and changes in our Relationships, Money, Career and Well-Being.

Meditation is a key tool towards developing intuition, clairvoyance, clairsentience, clairaudience, telepathy and inner peace. The effects of meditation have been proven to impact on the well being of the individual and their environment they participate in. The more we are able to action a personal commitment to change, the more we get results of the change.

This workbook is designed as an awakener and a connector to the “Real You and Inner You”. Getting to know the different aspects of yourself through meditation is an empowering step to living it consciously with presence. There is no right or wrong way to do it, you can follow what is suggested here, and action what feels the truth for you. If your actions are unkind, harmful, hurtful to yourself or others, it is not truth.

Truth is, always loving.

The purpose of the workbook is to assist you by using exercises for awakening your consciousness, to live in harmony with your mind, body and feelings, and to be a reminder that you have the power and answers within you to direct your life. Regardless of the external world, your inner world and intuition is where true power resides.

It's time now to stop hitting the snooze button in your life, for now is the time to remember to “Wake Yourself Up”.

What is SMEP Meditation?

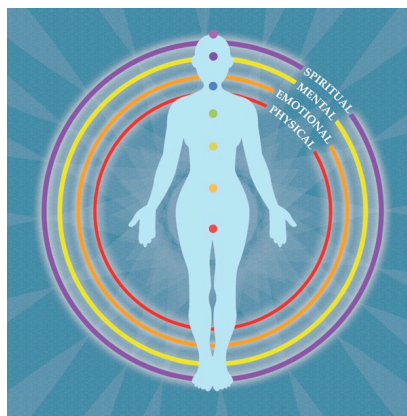
Designed by my intuition it was developed as a weekly group meditation in 2006. Each week for 4 weeks students came and participated in these guided meditations. Each week a connection is established between you and your Spiritual, Mental, Emotional and Physical Self. What followed were incredible insights, awareness, letting go of the past, freedom and the commencement of living with presence and conscious awareness which naturally improved changes in Relationships, Money, Career and Well being.

The specific meditations align the elements of each of your bodily aspects and etheric layers. The meditations include, releasing the not so light traits of you, and will increase the light and positive qualities within you. The best benefits of this meditation series are a direct result of following the suggested weekly formula over the 4 -week period. *That is why this is a unique program its formula is connected to being present and there is no shortcut for that.*

The positive results will occur instantly, however your acceptance of these positive changes may take a little longer. Letting go of what is familiar even though it may not be working well for you anymore, can be unsettling to your whole identity. As you stay present the more it will be easier to be free of the past.

Imagine an onion and its many layers around its center; the stages of each week in this program allow you to go deeper into your essence and your beliefs. Hence the time frame of one week between each stage, these weeks move you closer and closer toward the center of you. You return to being whole centered, not fragmented or disassociated. The application of the mediations in your daily life will show up straight away, more importantly how you apply the inner changes by your actions in your day is what will really count towards giving you the fast track results.

You will be able to tap into the wealth of clarity, guidance and solutions throughout your day, through effortlessly making the decision to do so. That's the great benefit of this meditation program, once you have made the connection you take it with you, wherever you are. You don't need to be in a formal meditation trance state to access clarity, guidance or solutions, you can tap in easily to your intuition once you have made and integrated the connections and become present.



How to use the SMEP Workbook

Over the 4 weeks listen to each of the guided meditations. **Each track is dedicated to its own week.** The weeks are formatted in a specific order to achieve maximum benefits. Only listen to the current meditation in that week. If you are in week 1 stay in that until that week is over, then move on to week 2 and so on. There are no shortcuts here; this is going to take 4 weeks. If you skip ahead, you will skip out on the maximum experience.

You will need:

1. A media player to listen to the tracks.
2. A blank exercise book/journal and pen.

The exercises in the workbook are derived from the weekly meditations, your answers require writing or drawing. The workbook exercises may open up other ideas including daily reflections, your dreams and insights and past memories.

- 1) Commence at Week 1.
- 2) Always play the track for current week and follow the order of week 1 to week 4.
- 3) The First day, Day 1 is a special day of each week and it requires you to write more detail of your initial experience from listening to the meditation track. Write your experiences in your workbook from the meditation preferably in the same day.
- 4) The next day will be day 2. Listen again to the meditation track for the same numbered week. Write your experiences in Day 2 or your workbook.
- 5) Repeat for day 3, day 4, day 5 and day 6.
- 6) On the days you might not participate in mediation, continue to write in your workbook. Just write what happened on the day ie "Slept in, too tired, watched tv, went out, kids sick, didn't want to do the meditation, work too busy" Continue to write regardless of what happened.
- 7) Once that week has finished spend some time to reflect over what you have expressed, thought, recalled and felt from your workbook notes.
- 8) Then start the next week on week 2, day 1 and repeat all the days until you finish and then begin week 3 and the same for week 4.

The intention is to bring you more into the present and experience the results in your daily life. The workbook is a tool to also highlight when you slip into autopilot or potentially sabotage change. Each day you gain new awareness and opportunities to be present which supports you to make connection to your true self. However, what you do with these opportunities is your free will.

If you do nothing, nothing will change.

Use your workbook to record and reflect your experiences, it will be a major accelerator in your positive process of change. Moving the energy of your thoughts from your head and down your arms and out of your fingers, gives you a whole lot of space for peace, calm and clarity. You actually have room to stretch and expand.

It's like an alarm clock from your intuition "Helping you to Wake Yourself Up"

The Foundation

1. You

It's all about YOU. No one else can do this for you.

You do have help in the spiritual and the physical world, but you must ask for assistance. If you share a physical space with other people be sure to inform them you are having quiet time and communicate that this is your "do not disturb meditation time", for whatever timeframe you want. Putting healthy boundaries in place is important for you and them.

Sitting up with your spine straight is suggested, but again it's only a suggestion do what feels comfortable for you, if you are laying down you are more likely to nod off for a nap.

It is suggested that you enter this meditation series in a clear state, if you have had a drink or a drug, begin the next day.

2. Your Beliefs

You may have a lifetime of beliefs about Religion, Christianity and Spirituality. I do suggest, whatever your beliefs are, be open to having a focus of a power different or greater than you which is loving in this meditation. There is no right or wrong, it's just a belief. The most benefits that I have seen with people, is when they are flexible, rather than rigid in their beliefs. Throughout this program, you may have opportunities to shift what you thought was your only belief system and begin to expand your realm of consciousness which naturally expands your belief systems.

However on a serious note:

There are some musts, I strongly suggest. If your belief is to project or invite dark forces to be with you, that is the opposite intention of this program. Darkness comes with a whole different set of agendas, limitations and negative consequences. I wish for you to rest in unity with your Real Self. The true self is always connected to the light.

3. Your Space

Decide where you feel most comfortable to meditate.

Here are some suggestions:

Turn off the phones (*unless you, or someone close to you, has a life threatening emergency*)

Go to the bathroom

Have some water nearby

Have some tissues nearby

Have your workbook and pen handy

Indoors: Make the space comfortable

Loosen any tight clothing

A chair, mat, small stool or in bed

Communicate to others you are having some time out and no interruptions.

Mp3 or CD player and/or earphones

Incense, oils

Outdoors: In an open space, public or private: be mindful of feeling safe either from People, Animals and Nature

Protection from the elements: hat, sunscreen, insect repellent,

Warm or cool clothes and shoes

Chair, mat, cushion

The Exercises Week 1

The Spiritual Self

Day 1.

1. What helped you to enter into meditation? *For example: preparing your space, turning off phones, you kept focused on breathing.*
2. What hampered you entering into meditation? *For example: the phone rang, the noises outside, your mind chatter.*
3. How much you did use your breathing?
4. When using your imagination, were you best able to See, Hear or Feel?
5. When you stepped/entered onto the path what thoughts or feelings came up?
6. Did you feel safe at all times?
7. Were you ahead or going in another direction to the facilitator? *If yes, describe your journey?*
8. At the point of meeting your Spiritual Self. Describe what you were thinking, feeling, seeing or hearing.
9. In what form did it appear to you? Describe.
For example: Tall, short, like you, like someone else, an angel, an animal.
10. Do you feel you can trust your Spiritual Self to be the Team Leader?
11. What things did you share with your Spiritual Self?
12. What things did you choose to give to the care of, release or let go of?
13. What symbol appeared or did you chose as your sign of clear intuitive confirmation for your answers and guidance? If you haven't done so, pause right now and close your eyes and tell your higher self /spiritual self to share it with you. Observe what pops in.
This symbol can be a picture of something, a sound or a feeling. For example: For me it's a star, if the star appears it's my sign
14. What does your special place look like? *Describe*
15. In the period of being together in the silence
 - a) How did you spend that time?
 - b) Did you do most of the talking?
 - c) Did you listen more so than talking?
 - d) Did you have a burst of emotions and feelings?
 - e) Write about your experience in the silence.
16. As you got ready to leave your special place, what thoughts and feelings arose?
17. List the gifts your Spiritual Self has shared with you.

Week 1 Spiritual Self

Day: 2 3 4 5 6

(Write and repeat every day for 6 days)

1. Did you make a conscious choice to connect to your Spiritual Self today?
2. Was there any communication? *In the form of Clairvoyance (See), Clairaudience (Hear), Clairsentience (Feel) and telepathy (direct dialogue)*
3. Write and share about the communication you experienced?
4. Did you ask for a clear physical tangible sign to be shown to you?
5. How did the sign appear to you?
6. Did you pause and consciously breathe in and out at least once during your day?
7. By pausing and being present (*in the now*) how did you feel?
8. What insights and intuitive awareness did you see manifest in your day?
9. If you were prompted by your intuition or spiritual self to action something today, write about the suggestion and about what choice/s you made, and how you felt by doing so.

For Example: *you might write something like this:*

My intuition told me to put a band aid in my purse, which seemed silly at the time, I was running late for the train, so I ignored it and went to work. Just before lunchtime, Jimmy cut his finger and needed to put a cover on it. I went to the First Aid box to help him, and it had no band aids, just an empty box remained. I then realized, That's why I needed to bring the band aid, it wasn't for me, Jimmy was the one who needed it.

10. Describe your dreams last night.

The Exercises of Week 2

The Mental Self

Day 1.

1. What helped you to enter into meditation? *For example: preparing your space, turning off phones, you kept focused on breathing.*
2. What hampered you entering into meditation? *For example: the phone rang, the noises outside, your mind chatter.*
3. How much you did use your breathing?
4. When using your imagination, were you best able to See, Hear or Feel?
5. When you stepped/entered onto the path what thoughts or feelings came up?
6. Did you feel safe at all times?
7. Were you ahead or going in another direction to the facilitator? *If yes, describe your journey?*
8. At the point of meeting your Mental Self. Describe what you were thinking, feeling, seeing or hearing.
9. In what form did it appear to you? Describe.
For example: Tall, short, like you, like someone else, an angel, an animal.
10. Do you feel you can trust your Spiritual Self to be the Team Leader?
11. What things did you share with your Mental Self?
12. What things did you choose to give to the care of, release or let go of?
13. What symbol appeared or did you chose as your sign of clear intuitive confirmation for your answers and guidance? If you haven't done so, pause right now and close your eyes and tell your higher self /spiritual self to share it with you. Observe what pops in.
This symbol can be a picture of something, a sound or a feeling. For example: For me it's a star, if the star appears it's my sign
14. What does your special place look like? *Describe*
15. In the period of being together in the silence
 - a) How did you spend that time?
 - b) Did you do most of the talking?
 - c) Did you listen more so than talking?
 - d) Did you have a burst of emotions and feelings?
 - e) Write about your experience in the silence.
16. As you got ready to leave your special place, what thoughts and feelings arose?

17. List the gifts your Mental Self has shared with you.

Week 2 Mental Self

Day: 2 3 4 5 6

(Write and repeat every day for 6 days)

1. Did you make a conscious choice to connect to your Mental Self today?
2. Was there any communication? *In the form of Clairvoyance (See), Clairaudience (Hear), Clairsentience (Feel) and telepathy (direct dialogue)*
3. Write and share about the communication you experienced?
4. Did you ask for a clear physical tangible sign to be shown to you?
5. How did the sign appear to you?
6. Did you pause and consciously breathe in and out at least once during your day?
7. By pausing and being present (*in the now*) how did you feel?
8. What insights and intuitive awareness did you see manifest in your day?
9. If you were prompted by your intuition or Mental self to action something today, write about the suggestion and about what choice/s you made, and how you felt by doing so.

For Example: *you might write something like this:*

My intuition told me to put a band aid in my purse, which seemed silly at the time, I was running late for the train, so I ignored it and went to work. Just before lunchtime, Jimmy cut his finger and needed to put a cover on it. I went to the First Aid box to help him, and it had no band aids, just an empty box remained. I then realized, That's why I needed to bring the band aid, it wasn't for me, Jimmy was the one who needed it.

10. Describe your dreams last night.

The Exercises of Week 3

The Emotional Self

Day 1.

1. What helped you to enter into meditation? *For example: preparing your space, turning off phones, you kept focused on breathing.*
2. What hampered you entering into meditation? *For example: the phone rang, the noises outside, your mind chatter.*
3. How much you did use your breathing?
4. When using your imagination, were you best able to See, Hear or Feel?
5. When you stepped/entered onto the path what thoughts or feelings came up?
6. Did you feel safe at all times?
7. Were you ahead or going in another direction to the facilitator? *If yes, describe your journey?*
8. At the point of meeting your Emotional Self. Describe what you were thinking, feeling, seeing or hearing.
9. In what form did it appear to you? Describe.
For example: Tall, short, like you, like someone else, an angel, an animal.
10. Do you feel you can trust your Spiritual Self to be the Team Leader?
11. What things did you share with your Emotional Self?
12. What things did you choose to give to the care of, release or let go of?
13. What symbol appeared or did you chose as your sign of clear intuitive confirmation for your answers and guidance? If you haven't done so, pause right now and close your eyes and tell your higher self /spiritual self to share it with you. Observe what pops in.
This symbol can be a picture of something, a sound or a feeling. For example: For me it's a star, if the star appears it's my sign
14. What does your special place look like? *Describe*
15. In the period of being together in the silence
 - a) How did you spend that time?
 - b) Did you do most of the talking?
 - c) Did you listen more so than talking?
 - d) Did you have a burst of emotions and feelings?

e) Write about your experience in the silence.

16. As you got ready to leave your special place, what thoughts and feelings arose?

17. List the gifts your Emotional Self has shared with you.

Week 3 Emotional Self

Day: 2 3 4 5 6

(Write and repeat every day for 6 days)

1. Did you make a conscious choice to connect to your Emotional Self today?
2. Was there any communication? *In the form of Clairvoyance (See), Clairaudience (Hear), Clairsentience (Feel) and telepathy (direct dialogue)*
3. Write and share about the communication you experienced?
4. Did you ask for a clear physical tangible sign to be shown to you?
5. How did the sign appear to you?
6. Did you pause and consciously breathe in and out at least once during your day?
7. By pausing and being present (*in the now*) how did you feel?
8. What insights and intuitive awareness did you see manifest in your day?
9. If you were prompted by your intuition or Emotional self to action something today, write about the suggestion and about what choice/s you made, and how you felt by doing so.

For Example: *you might write something like this:*

My intuition told me to put a band aid in my purse, which seemed silly at the time, I was running late for the train, so I ignored it and went to work. Just before lunchtime, Jimmy cut his finger and needed to put a cover on it. I went to the First Aid box to help him, and it had no band aids, just an empty box remained. I then realized, That's why I needed to bring the band aid, it wasn't for me, Jimmy was the one who needed it.

10. Describe your dreams last night.

The Exercises of Week 4

The Physical Self

Day 1.

1. What helped you to enter into meditation? *For example: preparing your space, turning off phones, you kept focused on breathing.*
2. What hampered you entering into meditation? *For example: the phone rang, the noises outside, your mind chatter.*
3. How much you did use your breathing?
4. When using your imagination, were you best able to See, Hear or Feel?
5. When you stepped/entered onto the path what thoughts or feelings came up?
6. Did you feel safe at all times?
7. Were you ahead or going in another direction to the facilitator? *If yes, describe your journey?*
8. At the point of meeting your Physical Self. Describe what you were thinking, feeling, seeing or hearing.
9. In what form did it appear to you? Describe.
For example: Tall, short, like you, like someone else, an angel, an animal.
10. Do you feel you can trust your Spiritual Self to be the Team Leader?
11. What things did you share with your Physical Self?
12. What things did you choose to give to the care of, release or let go of?
13. What symbol appeared or did you chose as your sign of clear intuitive confirmation for your answers and guidance? If you haven't done so, pause right now and close your eyes and tell your higher self /spiritual self to share it with you. Observe what pops in.
This symbol can be a picture of something, a sound or a feeling. For example: For me it's a star, if the star appears it's my sign
14. What does your special place look like? *Describe*
15. In the period of being together in the silence
 - a) How did you spend that time?
 - b) Did you do most of the talking?
 - c) Did you listen more so than talking?

- d) Did you have a burst of emotions and feelings?
- e) Write about your experience in the silence.

16. As you got ready to leave your special place, what thoughts and feelings arose?

17. List the gifts your Physical Self has shared with you.

Week 4 Physical Self

Day: 2 3 4 5 6

(Write and repeat every day for 6 days)

1. Did you make a conscious choice to connect to your Physical Self today?
2. Was there any communication? *In the form of Clairvoyance (See), Clairaudience (Hear), Clairsentience (Feel) and telepathy (direct dialogue)*
3. Write and share about the communication you experienced?
4. Did you ask for a clear physical tangible sign to be shown to you?
5. How did the sign appear to you?
6. Did you pause and consciously breathe in and out at least once during your day?
7. By pausing and being present (*in the now*) how did you feel?
8. What insights and intuitive awareness did you see manifest in your day?
9. If you were prompted by your intuition or Physical self to action something today, write about the suggestion and about what choice/s you made, and how you felt by doing so.

For Example: *you might write something like this:*

My intuition told me to put a band aid in my purse, which seemed silly at the time, I was running late for the train, so I ignored it and went to work. Just before lunchtime, Jimmy cut his finger and needed to put a cover on it. I went to the First Aid box to help him, and it had no band aids, just an empty box remained. I then realized, That's why I needed to bring the band aid, it wasn't for me, Jimmy was the one who needed it.

10. Describe your dreams last night.

A New Way Today

Today is it! You have arrived, right here, right now

All that matters is what you are doing right here, right now. The past is gone and cannot be altered. Today can be changed in any fully present moment. Chances are, living a new way of daily life will present some challenges. Some old habits will remain until you release and replace them with another way.

With repetition of returning to the present, moment by moment and by using your breath, which is the fastest route to the present you will gain very different and expansive outcomes. Your sabotaging self enjoys holding the throne of power from the past, it rules by fear, stress, scarcity and anxiety. If you are forming a healthy pattern, you will receive a healthy result.

Having completed the SMEP meditation series, you are already on the new path of your life, even though it may feel a little unfamiliar on some days.

What will help to remind you to stay present is to have personal experiences and positive results. A way to enhance those experiences is by writing or recording them. But most of all staying connected and not isolating is paramount, reach out to people and share your thoughts, feelings and experiences.

You have the evidence in your S.M.E.P workbook to remind you of your new way of daily living.

The days when you feel you are stuck or slipping, flip through your writing/workbook, or replay the meditation tracks whether it's week 4, 3, 2 or 1 your guidance will tell you which week to re listen to at the time.

Get connected again as soon as possible to your center and empowered intuitive self.

If you use your intuitive tools, you will continue to grow by remembering who you truly are. Importantly you will not feel alone, when you are wholly connected, centered and present, you are unified, there is no separation, segregation or confusion in your Relationships, Money, Career & Well Being.

Join and be with People, Places and Things, which are congruent, they will be great reminders of a new way of conscious living, fully in the present!

Congratulations!