

Educational Institute for
Higher Consciousness and Enlightenment

Cheat Sheet... Meditation Techniques



Easy Meditation For Higher Consciousness



BRUCE BERNSTEIN
Transformational Spirituality



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WHO IS BRUCE?



I've been there. I know what it feels like to struggle. To fail. To question my capabilities and goals. To wonder if I'd ever be able to create the life I'd like to live — manifest my dreams and desires without having to settle for something less.

These questions and doubts sent me on a quest to find answers. In addition to answers about happiness, fulfillment, and success, I also wanted answers to life's most mysterious and metaphysical questions.

I needed to understand the universe and our spiritual nature. Religion didn't answer the questions adequately for me. They seemed to speak more to their own set of specific issues and dogma focused on behaviors, moralisms, and the ritualistic repetition of prayers and traditions. None of this answered my questions. Nor did it interest me. I wanted actual results.

I wanted the real information. The stuff religions may have known but, if they did know, weren't eager to share. I wanted the secrets and underlying wisdom. This has been my motivation for the search, which became a lengthy and sometimes

torturous journey. It began in the early 1980's and continues today. Spiritual expansion and increased consciousness never ends.

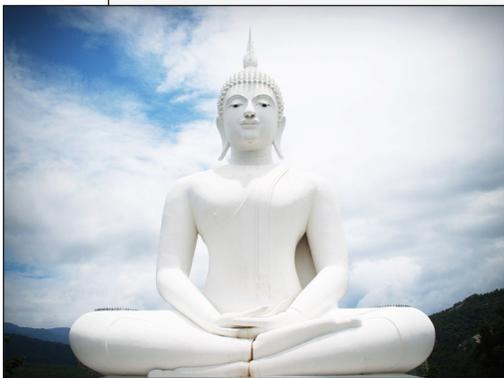
During this time, I learned that the the wisdom shared by the great mystics and masters — the teachings of the truly Enlightened ones — is available to all who desire it. It is within us all. It is my desire to help others uncover these inner truths for themselves.



Meditate for Higher Consciousness

Problem: Spirituality is Misunderstood

Spirituality is not about religion or worship. You do not need religious dogma or the repetitive practice of mind-numbing traditions to become a highly spiritual and evolved person. In fact, for most, these things are counterproductive. They usually hold people back; prevent them from expansion and growth.



Spirituality is all about self-discovery and growth in consciousness.

Regardless of where you are now, lower consciousness, or higher, you're already a spiritual being. That is your nature.

And your job — your primary purpose in life — is to increase your level of consciousness. That's all. Everything else are just experiences, which are for your pleasure, learning, and can be used as stepping-stones to accomplish your primary task: Higher Consciousness.

This may sound scary to some. It's not meant to be, and it shouldn't be. Here's why: It's all about getting to know the real, authentic you!

Unfortunately, most do not know what this truly means, or how to do it.



Problem Solved

This short cheat-sheet solves this problem and will get you started... Fast! It offers a method to begin and accelerate this process. Whether you are a beginner or are well on your way to living from a higher perspective, the techniques described here will help!

And they're easy to do.





Meditation

Meditation can be a powerful tool, but it must be used with ***purpose and 'intent'***.

If you meditate for relaxation and a temporary escape from the stress and pressures of life, that's great!

But this is not the most powerful intent, nor the best purpose for meditation. Nor is it the most productive use of your valuable time.

The 'best practices' for meditation — the goal for meditation — should be to achieve inner awareness. This, in a very natural way, will lead to higher consciousness.

Adopt this as your intent and purpose for meditation and your results will soar. You'll still experience the relaxation you're looking for and will find respite from the stress and pressures of life. But... More importantly:

This will put you on a straight and narrow path to increased awareness and higher consciousness, thus fulfilling the ***sole purpose*** for your life experience.



Beginning on the next page are a couple of very simple, powerful but quick meditation techniques that can be incorporated into any and every form of meditation. These will accelerate your spiritual progress.

They help bring your focus inward, where it needs to be, and will increase inner awareness — awareness of your inner spiritual essence — and this is the entire point of spirituality and living spiritually.

For some, these techniques may seem too simple. And this may cause you to wonder if they really work. They do.

(The most powerful answers are always the easiest and most obvious.)



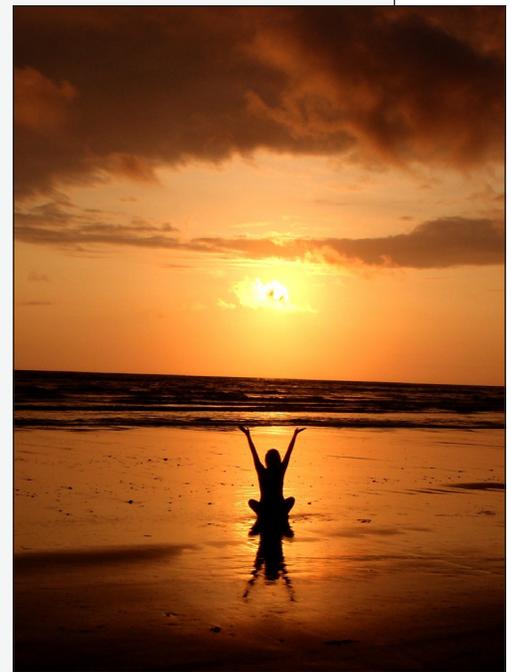
Technique 1: Breathing

1. Begin all meditation sessions with deep, rhythmic breathing.
 - a. Inhale deeply
 - b. Hold
 - c. Exhale slowly
 - d. Rest
 - e. Repeat

This seems simple, and it is. It also is easy, extremely relaxing, and helps bring your focus inward, and away from the outer world. I use a very specific count to my breaths:

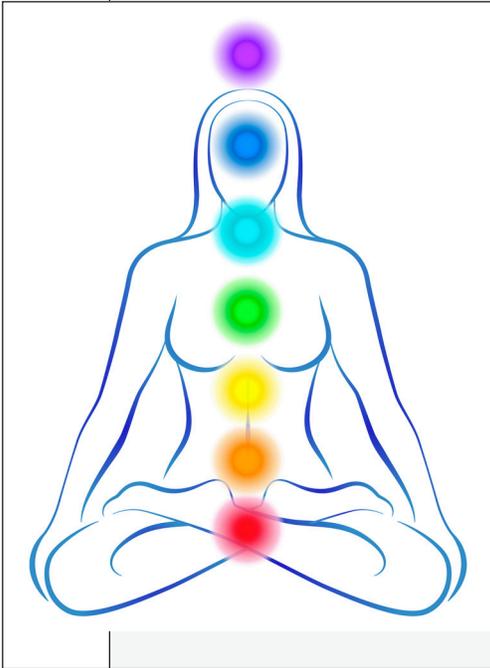
1. Inhale to a count of 6
2. Hold for a count of 8
3. Exhale to a count of 8
4. Rest for a count of 8
(‘Rest’ means no inhale or exhale. Just focus on your inner energy for that brief time)
5. Repeat the process.

I like to repeat this entire process a minimum of 4 times, until I feel completely relaxed into the process and am in touch with my inner essence. Sometimes, I will repeat this breathing exercise up to 10 times. It feels very good.





Technique 2: Visualization



After the Breathing technique, this visualization will open, activate, and cleanse the chakras.

1. Visualize each chakra — one-at-a-time — Spinning Clockwise and filling with its core color. As you see each one, keep that in mind and add the next, until you see them all spinning clockwise. I visualize the chakras in this order:

- a. Heart Chakra - Green
- b. Solar Plexus Chakra - Yellow
- c. Throat Chakra - Blue
- d. Third Eye Chakra - Indigo
- e. Sacral Chakra - Orange
- f. Root Chakra - Red
- g. Crown Chakra - Violet

2. When you have 'activated' all the chakras — they're all spinning and contain their core color — stop the spinning motion for a moment, and then visualize them spinning in the opposite direction, counterclockwise.

- a. Once you see them all spinning together, filled with their core colors as described above, let them spin until it feels right. This could be a few seconds or a few minutes.
- b. Then, replace the colors with a brilliant, pure white light.
 - i. See all the chakras fill with this white light, gradually replacing the colors.



Technique 2: Visualization (Cont'd)

3. After allowing the white light to fill the chakras, allow the light to expand beyond the chakras to fill every organ, cell, molecule, and atom of your body.
4. You should feel this energy permeating through your entire body.
5. Then, simply sit in this energy for a moment, or a few, and then continue with your meditation.



Conclusion

That's all there is to it. It's easy, powerful, and effective. Over time, this will help bring your focus inward, where it needs to be, and away from the outer world and all its distractions.

The goal is to be able to balance your inner world focus and 'feeling' — the awareness of your inner essence and energies — with the outer, physical world in which we live.



ADDITIONAL RESOURCES

- You will find a greater understanding of your inner essence and power in my book, “*Discovering Your God Self... The Incredible Secrets of Your Spiritual Nature Revealed*”.

To get a copy, please click here: <https://amzn.to/3Bf7fdS>

- For those who received this guide from a friend, if you’d like more information about me and my courses, please click here: <https://BruceBernstein.me/>

- **New Course Coming!**

I’m in the process of creating a new online course packed with information about your Spiritual Nature, inner peace, unlimited happiness, the *HeartTruth Technique*, and even how to create more prosperity. The course is called:

The Transformative Spiritual Experience™

An 8 Step, Wondrous Journey to Spirituality, Unlimited Happiness, Real Love, and Even Increased Prosperity

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