

Simone's Seven Minutes to a New You Program...

7x7 Instant Awakening Method – (I Am™) Meditation for Mind and Spirit

Do you or anyone you know suffer from stress?

According to the National Institute for Occupational Safety and Health U.S. companies spend over *\$300 billion* a year on stress-related employee disorders. In the UK, the European Agency for Safety and Health says that over *40 million* working days are lost each year due to stress-induced illnesses.

On a day-to-day level stress can create an unsettled mind leaving a sense of dread, lack of focus and inner disquiet. An unsettled mind can make us feel exposed and anxious in a way that hinders our ability to enjoy fulfilling relationships with others, but most importantly, with ourselves.

Introducing a simple and effective way to de-stress

Simone's 7x7, Instant Awakening Method or I Am™ meditations, an easy-to-follow set of instructions completed in only seven days, are so simple to apply that anyone can do them.

Follow the instructions for seven days and you will be amazed at the harmony you feel in your mind and spirit. The benefits begin immediately and as you progress the dividends you receive will continue to grow and strengthen you.

Here's how it works. On Day One you meditate for exactly 1 minute. No more, no less. On Day Two you will practice the technique for 2 minutes, again, no more, no less. Day Three, 3 minutes. You get the picture. By Day Seven your total time spent meditating is, that's right, only 7 minutes!

Sound too simple?

It's about this point that your mind may begin to say to you, "Nothing's going to happen in just 7 minutes" or "What a waste of time", but whatever you do, don't listen. That kind of negative self-speak is a desperate attempt by your mind to keep you from experiencing one of the most incredibly interesting and profoundly healing places you'll ever visit...your Self.

There is one very important aspect to the technique called "gazing" that you must know

When practicing each meditation you will be using your eyes in a particular manner called "*gazing*". When doing gazing you allow your vision to be slightly fuzzy, such as when you focus on your peripheral vision. Instead of staring fixedly at one single object, when gazing, you take in the main object while simultaneously noticing everything else that's in your field of vision. A form of gazing is also used when your main attention is on any of your other senses, such as taste and hearing.

Are you ready to get started?

All you need is a watch with a second hand or a timer. And remember, the meditation is for only 1 minute the first day, and then you add one additional minute on each successive day until you are meditating for a total of 7 minutes on Day Seven. No more, no less.





Day One – Pick a tree

Day one is our grounding day which is why we begin with a tree. Today we establish our roots in the program and our goal is to find a tree that we can comfortably “gaze” at for sixty seconds.

There is no need to find a private place to do this meditation. The tree can be in a park or your back yard. The place can be quiet and still or there can be kids and dogs playing in the area. Even if the tree is on a busy city street, you will still be able to practice the technique.

Also, keep in mind, there are no rights and wrongs in any of the Simone meditations.

The point of this meditation is to remain in relaxed relationship with the tree. You will notice the shape and color and movement of the leaves as well. As you gaze at the tree you may hear the sound of wind rustling the leaves and you may notice the coolness of the shade produced by the tree.

Any and all observations, including any thoughts that may arise, are all okay. Do not try to filter out any part of this 60 second experience. Every aspect, be it sight, sound, feel or thought, is to be welcomed.

There is no resistance that you need to feel during this one minute.

Start your meditation and remain in a relaxed gazing state with a tree for sixty seconds.

At the conclusion of this meditation take a moment to accept your inner strength and grounding, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day Two – Clouds

Day Two is our expansion day. Today we look up to gaze at clouds knowing that we have a very special relationship with these ever-morphing floating shapes. Clouds, like our thoughts, are free to roam wherever they will go. Clouds nourish the earth with showers so that all manner of vegetation can sprout and grow. Clouds replenish the rivers and lakes so we may have water to drink and play and cleanse.

Today we will gaze at clouds for 2 minutes.

As you gaze notice your breathing. Let your breathing be steady and full. Take breaths that fill your lungs and notice the rising and falling of your stomach as you breathe. Be attentive to all that is around you in a totally natural way. Your gaze is on the clouds but your awareness is unlimited.

Be sure to keep track of time so that you do not go past 2 minutes when doing this cloud meditation.

Begin your meditation now.

At the conclusion of this meditation take a moment to reflect on your ability and freedom to make choices, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day Three – Sound - Birds

This day our focus is on sound. It does not matter where you find yourself; a city, the country or a park. Today we use sound as our focal point.

As you listen carefully for 3 minutes you may hear the song of a bird. Perhaps you will be fortunate and hear beautiful bird sounds for the entire 3 minutes or it may be that you only get to hear a single peep.

It does not matter.

As you listen for the sound of birds you can close your eyes or keep them open. As in every meditation, you are to use your hearing in a “gazing” manner, meaning that you to remain open and available to all sounds that may come into your awareness. If you choose to do this exercise with open eyes, be sure to practice gazing sight in conjunction with this “gazing sound” meditation.

Today we engage the world mindfully through hearing. The very act of placing our attention on sound with this intensity and intention is itself magical.

Begin truly listening now for no more than 3 minutes.

At the conclusion of this meditation take a moment to listen to your own inner rhythm, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day 4 – Water

Today our focus is water.

We live on a water planet. In fact 75 % of the earth is covered with water.

Approximately 66% of the human body consists of water. Water exists within all our organs and it is transported throughout our body to assist physical functions.

Human brains are 75% water. Human blood is 83% water.

Although a person can live without food for more than a month, a person can only live without water for approximately one week.

Water is also a symbol for the unconscious. In our dream state deep water, oceans, seas and lakes are said to represent the collective unconscious.

One thing is certain. Gazing at water is mesmerizing.

The water you choose to gaze at can be free flowing or calm. It can be a river or a lake or an ocean. You can focus on water dripping out of a faucet or water in a glass.

Be focused on the water while remaining mindful of your total environment consisting of feel, sound and sight.

Fix your attention on water for 4 minutes now.

At the conclusion of this meditation take a moment to reflect on your interconnectedness with all things, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day 5 – Senses – Taste, feel, sight, sound and smell

On Day 5 we take time to truly savor a single piece of fruit.

In our hectic world eating is too often an afterthought, something we do while reading the paper or watching TV or talking on the phone.

Today we slow down and place taste front and center.

During this meditation we will not answer the phone or allow our attention to abandon the experience of taste. As always, we are to taste in a “gazing’ fashion. That is to say, that while the main focus is on savoring the fruit, you remain peacefully aware of all that is around you.

Certainly all other senses will also to be engaged, but the main focus is taste. So it’s fine if someone is watching TV in the other room and it’s okay to acknowledge that the phone is ringing, only for now, don’t answer it.

The sweetness of fruit is a reminder of the nourishment we receive from the food we ingest.

Begin your 5 minutes of fully savoring a single piece of fruit.

At the conclusion of this meditation take a moment to appreciate your unique flavor, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day 6 – Flame

On Day 6 we will gaze at fire, the ancient symbol of Spirit.

Watching a flame “dance” is a magical practice that lends itself beautifully to gazing.

Long associated with alchemy, the changing of base metals into gold, flame is an ideal subject for our Day 6 meditation

In many ways our minds are like a flame; ever moving, jumping from one perception, feeling, and thought to another, difficult to hold still or remain at a single point for long.

The more we try to force our mind to a fixed point, the greater the likelihood that it will want to focus on something else. Like a flame, we mentally twist and turn trying to stay in our comfort zone.

This is why gazing is so important to each Simone meditation. Gazing allows us to accept the totality of our consciousness graciously. We remember that there is no need to stamp out a thought or block out a sound, we merely need to co-exist with it.

Eventually we accept relaxing into every aspect of our inner and outer experience, but getting to that place of acceptance can feel like a trial by fire.

Like us, the flame cannot live without air. The flame is enlivened by oxygen, as are we. So as you gaze at the flame for 6 minutes, be gently mindful of your breathing. As you breathe in and out, be aware of the rising and falling of your stomach.

Let your breath be in synch with the dance of the flame for 6 minutes beginning now.

At the conclusion of this meditation take a moment and invite your creative spirit to ignite, then take three deep cleansing breaths and silently affirm, “I Am complete”.





Day 7 – The Mirror

The eyes have been called the windows to the soul.

On this seventh day of meditation we will look at our self.

This exercise can be the most challenging. Why? - because so many of us have been trained from childhood to see only our flaws and not our beauty.

In this meditation, our goal is to look at ourselves for seven minutes. Our intention is to be with ourselves in a gentle, nonjudgmental way.

Our journey now takes a decidedly personal turn however, this exercise is not about acknowledging our physical strengths and weaknesses, but rather is designed to celebrate our one-of a kind presence in the world.

Like the tree, a cloud, a bird, a drop of water, a piece of fruit and the flame, You are Unique upon the face of the earth.

At the conclusion of this meditation you will have successfully completed a comprehensive examination of your consciousness. Each day's exercise, having built upon the previous one, has brought us to this point.

Contemplate and celebrate yourself compassionately.

Begin 7 minutes of Self-gazing now.

At the conclusion of this meditation take a moment to acknowledge your remarkable and undeniable individuality, then take three deep cleansing breaths and silently affirm, "I Am complete".





Congratulations! You have successfully completed Simone's 7x7 Instant Awakening Method – (I Am™) Meditation for Mind and Spirit, Now What?

All of life is cyclical

The Simone 7x7 program is designed to be repeated for as long as you like. In fact, Simone recommends that you repeat the program for 21 days. It is a well established concept that any action becomes a habit if you repeat it for 21 days.

After all, if 7 days of following this program causes you to gain an increased sense of peace and centeredness, why stop now?

Begin a new cycle with a Day 1 one minute meditation and carry on again through Day 7. You'll notice that with each new cycle that you complete your sense of centeredness and peace will continue to expand even as your intuition and your intention guide you to a deeper sense of Self.

What's next?

Simone would love to hear about your experiences following these meditations. Please send her an e-mail at Simone@SimoneAndElvis.com.

Also be sure to find out where Simone's latest adventure will take her by visiting www.SimoneAndElvis.com.

Dear Friends,

Make sure you see the 1 minute special 'Sneak Preview' video for my book of illustrated fables and inspirational quotes called "Simone and Elvis: Why Act Like a Mouse When You're Really a Cat?" by [clicking here](#).

As a bonus for watching my video, you can download my new creativity and coloring book for free!

Much Love,



Simone

