

Hello and welcome!

I wanted to give you a quick intro to the 'Radical Relaxation' meditation track. I'm going to go over a few things here and how to practice in a couple little tidbits.

The purpose of this meditation is to get you into a very relaxed state.

You want to learn what it's like to be relaxed so that you can use that learning, that knowing, of your relaxed state within your daily life.

You want to learn how to relax so that when you're in the face of emotion, or in the face of pain in your body, you can move through it easily, and flow.

As I've talked about within my books, when you are relaxed you are in your authentic state.

Authenticity is where true connection to who you are happens. It is the space of best decision making, allowing you to move into being the best you that you can possibly be, within all areas of your life.

If you're not relaxed, you're moving with your emotions and emotions are sporadic. They're up and down.

Your natural state is peace and stillness. Practicing this meditation is going to get you into that state.

Once you're done practicing the meditation, take that peaceful space into the world. Practice being relaxed as much as you possibly can.

I recommend practicing this sitting up. Make sure you're sitting up because you want to nurture relaxation in an awake state.

If you practice this meditation while you're lying down, you'll most likely fall asleep. That's not to say that you're not going to fall asleep if you're sitting up because it happens (it'll probably happen a lot as you begin practicing this on a daily basis) but once you catch yourself sleeping, wake right back up and get back into the meditation.

Try using extras too as you meditate. Utilize incense, light a candle, use aromatherapy. All these things are helpful in nurturing a relaxed environment.

If you have any questions, you can find me at the FoodFreedomNation.com. Again, I'm Martita Robinson, and I'm glad you're here. Move on to the 'Radical Relaxation' meditation and get started!

OX,

Martita