

Curt Remington and Meditation Resources Presents Meditation Can Transform Your Life



Stressful Lives

Many of us have lives overflowing with responsibilities. We have too much stress and not enough fun. There are bills to pay, meetings to attend, and the demands of bosses, spouses, parents and kids, with little time left for ourselves. Shouldn't there be more to life? We continue to tough it out, in hopes that life will get better. We often live for the future, hoping life will improve someday, like when we take that long-deserved vacation, get a promotion, or when we retire.

Meditation can bring you peace and joy in the here and now. It's something you can do every day, and it doesn't take much of your time.

The information in **this report** and my upcoming book **will help you:**

- ❖ To know and appreciate yourself more
- ❖ To be present
- ❖ Learn to relax
- ❖ Improve relationships
- ❖ Bring forgiveness and gratitude
- ❖ Release blocks to health and happiness
- ❖ Release fear, anger & resentment
- ❖ Connect with Nature
- ❖ Communicate with angels and spirit guides
- ❖ Tap into intuition to get answers
- ❖ Review your life and examine its direction
- ❖ Transform Your Life



Spiritual Connection

You can achieve these life-transforming benefits through meditation, because meditation helps you strengthen your connection with that inner spiritual part of you that is already calmer, wiser and happier, that part of you known as “your higher self.”

Doing this feels **great!** You’ve undoubtedly experienced this connection at some point in your life. It might have been when you were fully involved in a sport. You might have been playing music, painting or maybe you were on a beach watching a sunset and listening to waves roll into shore.

For many of us, these moments have been in nature, and for good reason. In nature, everything works in cycles and tends to stay in balance. There is a strong interconnection between plants, animals and the topography. Experiencing this rejuvenates your spirit and helps strengthen your bond with all that you’re connected to, the physical world around you, important people in your life and the spiritual world that is silently guiding and supporting you, which includes your higher self.

In nature, we’re more observant of and connected to our surroundings in an expansive way. Our senses open up to the damp smell of the forest, the cool breeze on our skin, the layer of pine needles beneath our feet and the orange and pink clouds of the sunset.



Tuning Into Nature as a Meditation

Just spending time in nature can be beneficial, but your time outdoors can be more valuable if you find a detail to focus on, while you let go of other thoughts and let your mind and body relax. This is a simple, yet powerful form of meditation and a great way to experience one of those deeply connected moments. For examples of this and a meditation exercise, please visit [Meditation to Connect with Nature](#). If the weather isn’t cooperative, or you’re short on time, try a [Nature Photo Visualization Meditation](#).

Science & Heaven

Spending time in nature helps you connect with the world around you, which you can see, hear, smell and feel. At the same time, there is even more that you are connecting with, but that you may be largely unaware of. You can call it heaven, the source, another plane, the spiritual world, or something else. Whatever you call it, it is there. We were all part of that spiritual realm before we were born, but have since forgotten. Meditation can help you become conscious once again of that spiritual realm that we are all a part of.

We base our perception of reality on what we experience with five of our senses. Many of us grew up believing the world is just the solid matter that we can see, made of atoms and molecules.

[Quantum](#) physicists have discovered that solid matter (molecules and atoms) actually consists of much smaller particles (quarks, leptons, etc.), and that these particles are a form of energy. Not only is matter actually made of energy, but this energy/matter also fills all the empty space around us. According to the [Fermilab's \(US laboratory for particle and nuclear physics\) website](#), astronomers have studied how galaxies spin and have calculated that "ordinary matter containing atoms makes up only four percent of the energy-matter content of the universe." The rest of it is made up of other forms of energy-matter that we still know little about.

Scientists know that this matter can behave in strange ways. Subatomic particles can be in more than one place at a time. They react to thought, acting like an energy wave most of the time, and like a particle when observed. In other words, the fact that someone is observing them causes a change in their structure. They seem to communicate instantaneously and are linked on some level beyond space and time. In our four-dimensional world, this makes no sense, but quantum physicists now believe there may be up to eleven dimensions, which are largely a mystery. Many people cling to a viewpoint based on old [Newtonian science](#), consisting of four-dimensional world made of solid matter with lots of empty space in between.

This old perception doesn't cut it anymore. It can't explain quantum mechanics, the thousands of documented near-death and out-of-body experiences, miraculous healings, [past-life regressions](#), psychic experiences and countless other phenomena that people have experienced all over the world. These experiences are explained by a vast field of this mysterious energy that surrounds and connects us all. [Heaven](#) (the spirit world) is also made of this energy, on a higher vibrational frequency than our physical world. As I mentioned before, this field has been called the Quantum Ocean, the Source or the Mind of God. We are all part of this energy field and are connected with everything else, through this field. Historically, there has been a huge gap between science and religion or spirituality, but as new discoveries are made, that gap may continue to close, as we conclude that God is indeed everywhere and everything.

Clairvoyant Training

For years, I led a high-stress life, running a busy real estate appraisal business. Connecting with nature provided my moments of peace and sanity. At that point in my life, “meditating” had not yet occurred to me. Meditation sounded far too difficult, since I assumed you had to sit still with a blank mind. I could barely sit still, much less stop my constant flow of thoughts.

Although I didn’t know that I was “meditating,” and didn’t think of myself as particularly spiritual, there was always a notion, in the back of my mind, that I should be doing more than constantly writing appraisals. If I’d been in better contact with my higher self, I might have figured this out much sooner.

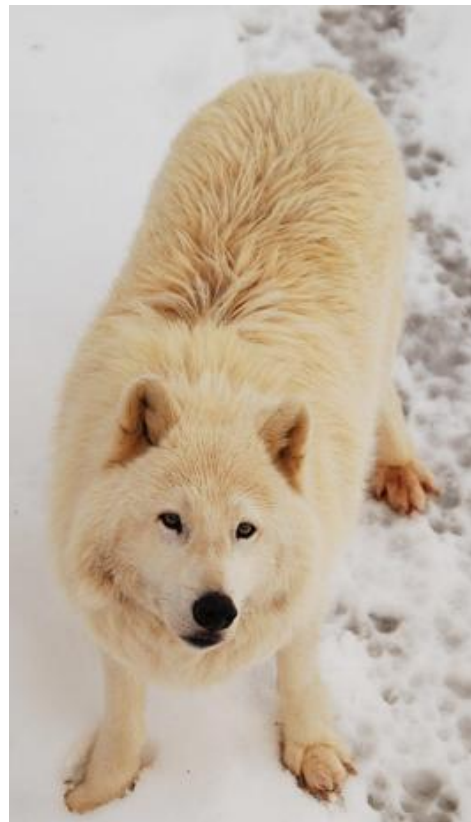
So, what does a person do who suspects he has a higher purpose but doesn’t have the spiritual connections to figure out what that purpose is? Naturally, they go visit a psychic. I discovered [Jill Miller](#), a clairvoyant and teacher in Bellingham, Washington, with twenty-eight years experience. She answered questions about my deceased father and my own increasing psychic experiences. She communicated with my spirit guides who gently nudged me in a more spiritual direction, rather than shouting, “of course you shouldn’t spend your whole life writing appraisals.”

Jill’s reading impressed me so much that I enrolled in and graduated from her year-long clairvoyant training program. In the course of training, we learned many meditation techniques.

Through meditation, I found some of that same sense of euphoria that I felt out in nature. My clairvoyant training taught me how to connect with other spirit, to heal myself and to help others heal themselves.

My view of life expanded beyond my day-to-day routines, as I became more aware of the vast spiritual world around us. I came to view myself as an eternal spirit with a temporary body, rather than as a human that happens to have a soul.

As my psychic abilities developed, I began to access meditation techniques from my higher self, like visualizations for releasing anger, improving relationships or making decisions. Eventually, I realized that all those moments of solitude in the wilderness had also been a form of meditation, drawing me closer to my own spiritual nature.



Our Life Purpose

I'm sure that many of us have felt we must have more of a life purpose, something more than all those day-to-day tasks. Once we become truly aware of our spiritual nature, our priorities change.

In heaven, spirits are motivated to learn all that they can, and to advance their spiritual development. This might be because it's the right thing to do. It's innate in our nature. It might also be because, as we become more spiritually advanced, we experience more freedom, joy and love. For whatever reason, as spirit, we are highly motivated to gain knowledge and to increase our capacity for loving, helping and understanding one another.

We forget much of our purpose, when we take a body here on earth, but through meditation we can better remember that these lessons are an important part of our life purpose.

Relationships are Key

Among the most important things we are here for, and one of the most important keys to our happiness, is to build good relationships. Meditation can improve your relationships, as you let go of anger, resentment, judgment and expectations that get in the way.

Here are some steps we can take to improve our relationships. If we do, we'll be happier, and the people around us will be happier.

- Learn to love and accept yourself. Once you do, it will be much easier to love and accept other people.
- Listen to the other person, asking questions about their life.
- Try to understand their point of view. It may be different from yours, but that doesn't necessarily make it wrong. It might be that if you actually understood their point of view, you wouldn't be mad in the first place. Many fights start with a misunderstanding, so don't jump to conclusions.
- Be honest with the other person, and with yourself. It's hard to have a great relationship without trust.
- Learn to compromise.
- Forgive. Holding onto anger and resentment makes you miserable and doesn't prove anything. It can also lead to illness.
- Share the work and the fun. That other person undoubtedly wants to have fun too, rather than be saddled with all the work. Fun activities can help keep spark in a relationship.
- Don't sweat the small stuff. Once you realize that this is one of many lives, it almost all becomes small stuff.
- Encourage others to meditate. If they're full of stress, it naturally leads to all the issues noted above.

Meditating and connecting with your spiritual side makes it easier to do all of these things. I think you'll find that by using these techniques your relationships will get better and better. The following meditation exercises help with specific aspects of relationships, [Meditation for Improving Relationships](#) and [Managing or Letting go of Anger](#).

Individual Lessons

Along our spiritual path, we have [many lives](#), with personal goals and lessons for each particular life. Between lives, we spend time in heaven reviewing what we learned and preparing for our next life. For me, big lessons in this life have included letting go of anger and judgment. For someone else it may be to let go of guilt, to learn how to work hard or learn how to relax. They may be learning what it's like to be poor or rich, how to take care of someone else, or what it's like to be taken care of.

Not only do we have our own lessons to work on, an important part of our purpose is to help others with their lessons. Before you were born, you may have chosen or agreed to your role as a child, parent, sibling or spouse. We tend to reincarnate with the same key people in our lives, often exchanging roles to learn from a different perspective.

All these lessons are enough to keep a person busy for many lifetimes, but I believe our life can hold even more. In the [Seven Spiritual Laws of Success](#), Deepak Chopra states that everyone has a unique gift or special talent to give to others, something that makes them happy when they're doing it. Is there something you could do that would bring you great joy in doing it? What are your skills and talents? Maybe there's a career or hobby that's called to you, but you've avoided it, staying on the safe path. Maybe there's volunteer work you might love. If nothing fits this description, try different things. Discover what you enjoy. As you develop your meditation skills, connect with your higher self and your spirit guides. They undoubtedly know what brings you great joy.



For more information on our spiritual path and life purpose, the Michael Teachings (michaelteachings.com) provides fascinating reading. It contains descriptions of spiritual roles, soul ages and personality traits, the things that make each of us different.

You might also try Michael Newton's *Destiny of Souls*. He developed a hypnosis technique that allows people to remember their time in the spirit world between lives, and he has used this technique on over 7000 subjects.

For information about your own personal spiritual path or past lives, consider visiting a [clairvoyant](#) or a hypnotherapist that does past-life regression or life-between-lives work.

Once you get some ideas regarding your life purpose, you can start taking steps to make it happen. This puts you in control and can be empowering. For instance, you may decide that an important lesson in this life is overcoming fears. Maybe you'll decide to start that new business, go back to school, or take up a new sport.

To Start Meditating

If you're new to meditation, the [Connecting with Nature](#) exercise is a wonderful way to start. It's an easy and effective way to slow down your thoughts and tune into the energy of a beautiful place.



If it's cold or raining, you can use the [Nature Photo Visualization Meditation](#), or another option is a [simple breath meditation](#). Breath, as an object of meditation, is one of the easiest and most common forms of meditation in the world. Buddhists and others have used breathing as a focus of meditation for at least 2500 years.

Daily Meditation

I haven't mentioned them yet, but I firmly believe that, [Grounding](#) and [Running Your Energies](#) are the most important meditation techniques and are a logical way to start any other meditation. The links will take you to an article on each exercise. [Grounding](#) will help you reach a calm state and give you a way to release anything you want to let go of. [Running Your Energies](#), uses the quantum energy that you're made from to flush out blocks to your emotional, physical and spiritual well being.

Once you've run through those exercises on a given day, your current life circumstances might determine which technique to use next. If someone in your life is in need of help, you might consider doing some [energy healing](#). If you're really mad at someone, you might use a technique for [letting go of anger](#). If you'd just like to relax, enjoy yourself and experience your spiritual nature as a [being of light](#), you could do a fun visualization exercise. And, if you just can't decide what to do, scan my [meditation page](#) or

MeditationResources.net and use your intuition. I'll bet the "just right" meditation will pop into your mind.

For your meditation practice, a good goal is to meditate for at least twenty minutes a day and possibly more on days that you're doing psychic reading or healing work. I realize that good goals and what really happens might be two different things. If you can find the time, your twenty minutes will be well spent.

There are times when life gets hectic, or some major trauma happens and throws you off track. You may need to cut back on something, because there isn't enough time to do everything. It's at times like these that meditating is most important, and these are often the times we experience our most important growth. By remaining in a state of focused calm, we can handle our problems, rather than letting them put us in a state of panic or overwhelmed stress. Meditating is always worth the time. If you do get off schedule, just start back up and make it a daily habit again.

Final Thoughts

Meditating will help transform your life in so many ways. It will connect you with your wise higher self, the spirit world, this beautiful planet and those around you. Through meditation, you can begin to feel more relaxed, content and happy, and it can even help you find your life purpose. I've concluded that part of my life purpose is to share what I've learned along the way, through my websites and my upcoming book.

Self Help/New Age

Let Fulfillment Flow

Meditation can do much more than just reduce stress. It can activate that inner spiritual part of you that is already calm, content and wise.

You will discover easy steps to:

- Connect with the replenishing peace and beauty of nature
- Improve your relationships
- Use quantum energy to release blocks to health and happiness
- Tap into intuition and psychic abilities
- Examine your life and consider its direction
- Transform your life

Testimonials:
Add some here.

Curt Remington, a writer and nature photographer, has trained extensively in meditation, clairvoyance, energy healing, and he has a bachelor's degree in business management. Curt spends his free time in the mountains and islands of the Pacific Northwest, seeking out the solitude and beauty of nature.

Putting these pages to use will change your life for the better. So let's get started.

Simple Meditation

Remington

Meditation Resources

Simple Meditation

A Spiritual Connection for Transforming Your Life

Curt Remington