

High Dimension Meditation®  
Workshops, Courses, Events & Retreats



5 Steps to  
Meditation

*FREE Download*  
LET'S GET STARTED..

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*We can all meditate - We  
just need to know how!*

***Meditation is not as hard as it seems..*** (really it isn't I promise you).. it's just that we can make it seem so hard in our minds before we even get started. Our 'minds' are key here.. as it is our busy mind known as 'Chitta' that keeps us from meditating.. so this is where we start!

***Now this is where one of the biggest lessons in 'Chitta' comes..***

We do not actually want to 'think' anything.. and the pressure to NOT 'think' causes us to become distracted and often giving up quickly.

Yes it DOES take practice.. everything worth while doing, does.. doesn't it? But if we break this down and understand that the 'old' form of meditation in the western world is probably not working for you anyway.. that is to sit and be guided... whilst this still has its place, our frequency has changed and we just know more now.. of who and what we are, as spiritual beings.

*I mean the deeply guided meditation - follow this, do this, pick this flower, see this colour.. (I know as, I have previously used this on my journey and delivered years of this) but now we realise all of this is EXTERNAL, and it still keeps us with a 'busy mind'.. this type of meditation was great to bring us to this point..*

***.. this point being New Vibration..***

*If you then start to focus too much on what others are doing then you are not focusing on what you are 'being' or are delivering and you will not be in alignment with your own vibration..*

## - WHAT IS NEW VIBRATION..? -



*"Well this is a huge subject but for the purpose of Meditation (which I feel personally from my own journey) it is **all that there is** for our development.. it is KEY to it ALL!*

*This is also a HUGE statement and one that I have taken years of discovery to FULLY realise, embrace, and its that significant that I have stripped back most of what I 'teach' to help others on this journey..*

*Because ultimately this is where I can assist individuals and also the collective, through Ancient Techniques, High Dimension Meditation® (my channelled method), the Awakening process, assisting transformational growth by 'BEING' and channelling in the New Vibration.*

*For me it is about me 'Being the change I want to see in the world' as wisely spoken by Mahatma Gandhi and to do this I also had to 'Become what I teach' - this is what has led me to this point and the journey that souls seeking my vibration to work with me also want to attain.. that's how it works..*

*By learning how to 'BE IT'- using Meditation as the 'Tool'.. yes **even** meditation is ultimately a tool!*

*The process is NOT of attaining anything.. it is a process of stripping back layers and releasing.. there is much conditioning that we all have to go through and 'feel' and all that challenges us makes us grow!*

*The result is YOU can feel empowered..*

*The Spiritual Journey - It is to 'Go within'*

*"For the record one of the most difficult things we will ever do is go within and we spend much of our lives avoiding it, even when we now how to and that it is the answer!"*

## - HIGH DIMENSION MEDITATION® -

Firstly.. High Dimension Meditation® - my channelled method, that I reference as it is where I personally bring my teachings from to hold space for you.

- This is a personal journey and one that has no place for comparison to others.
- You can also be mindful of what 'going within' truly means.. because it is not seeking anything external.
- High Dimension Meditation® is about 'Being' not searching externally.. this can be anything from; guided meditation, asking for teachers to give you the answers, asking for a solution that others give you and NOT finding it yourself.
- Allowing everything to be as it is.. in this moment and knowing who you energetically are - achieving a sense of oneness & inner peace.

But 'KEEP IT REAL' - to feel inspired to meditate we often initially want space to be held for us to 'do it!' Someone to show us 'how to'.. **SO**.. this guide will help you.. get started with 5 simple steps and then you can progress when you feel comfortable. You're always welcome to contact me, if you need guidance.

I can offer you support, if *you want* more guidance to continue your self practice with the **Foundation Meditation ONLINE Course** which is for beginners, those that want to deepen their practice or those that want a good foundation to go on to take their **Meditation Teacher Training 7 Day Course**.

The Teacher Training is held with *in person LIVE tuition and both courses are accredited with certification given.*

### ***How do they differ from what you may have tried before?***

These courses are of New Vibration - teaching ancient techniques through to High Dimension Meditation® so that you can reach a place of 'being', feel into many methods and explore what you resonate with.

The intention is to hold space for you whilst you discover within and through Pranayama, Meditation Asana, Mind, Mantra, Mudra and much more.. you reach a place of being able to feel empowered to do this practice yourself at home and for those that decide to teach - to offer your own classes, workshops and retreats.

## - 5 STEPS TO MEDITATION -



In the meantime the initial learning and self practice is the 5 steps to Meditation - because we are often quick to sit down and 'think'.. Let's meditate..

We miss the journey.. we must realise that especially in our busy lives that we need to be kind to ourselves and to allow ourselves to be able to have the 'time' to relax, to explore within, to understand it is in fact essential to our well being and about us taking control of not just our minds but our own personal and spiritual journey..

However 'we do have to give ourselves permission' to do so and again our conditioning is to leave ourselves until last, to 'think' that to spend time or money on ourselves is a luxury or a 'bad' thing to do.. this is 3 dimensional conditioning that keeps us stuck, especially for you as you KNOW that the AWAKENING is occurring and change is happening really quickly and that it is YES very positive but whilst the world is shedding itself of fear - we must each seek within to the peace and calm that we know we are capable of achieving.. very quickly.. how long..?

Well.. you know what Meditation **isn't about**..? how long you can sit in an uncomfortable position and how long you can even sit there..! (that's old vibration).. I know.. I took my 200 hour meditation in the Himalayas where it is still often thought, due to ancient practice that you are 'judged' on how long you meditate and what amazing position you do it in!!



Full Lotus

Half Lotus

Burmese



On a stool

Seiza

On a Chair

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## - 5 STEPS TO MEDITATION -

**So let's break this down..** You can have a really good deep meditation for 10 minutes.. once you have let go enough to adapt to the 'Being'.. the process to help you is to follow the 5 steps to meditation and you can do it anywhere!

Meditation is a process and these 5 steps to meditation are not just something I created but they are an ancient process that today is still as essential.

*For us to resonate we must try to realise initially that to assist our meditation and self practice we **MUST** give our selves the permission to do so.*

Whilst these steps are relevant to us ALL each step has a depth to it that is dependant on the depth of learning, culture and experience.. i.e. cleansing can be taken to extreme depth called Kalkabalti which is inclusive of the bladder and bowels, whereas the western world will suffice with clean hands and feet!



# - 5 STEPS TO MEDITATION -



## **1** **Cleansing** - the 1st Step.

An important start to feel ready for meditation is to feel the energy to be cleansed, which will be to cleanse your surroundings and yourself.

### - **Your meditation area/room** -

Can be cleansed with sage or incense (non pharmaceutical - choose natural), or by using sound with a singing bowl, tingsha or simply clapping can clear the energy.

### - **Yourself** -

No shoes within the area is an essential practice for me and keeping the energy clear, as is a basic cleaning of hands and feet before commencing.

## **2** **Stretching** - the 2nd Step.

This can be gentle stretches of your choice to loosen the body or any gentle movement of the body is best and will assist you in sitting in meditation. I use gentle Hatha Yoga asana, or joints and glands for becoming aware of each part our body consciously.

## **3** **Relaxing** - the 3rd Step.

To lay down for a few moments on your back (if you can), if not simply to just sit quietly in a chair to bring in relaxation to bring yourself to a place of NOT being busy or 'doing'.

## **4** **Calming the mind** - the 4th Step

This is all about the breathe. Breathing has an enormous effect on the tension level of your body & calmness of mind. Just taking 3 deep breaths in through your nose and out through your mouth will be enough to bring you to a sufficient place of peace to begin meditation.

Those with more knowledge and experience will be able to use breathing exercises called Pranayama - which assists also emotional balance & mental clarity.

## **5** **Siting in Meditation** - the 5th & final step to Meditation.

Now you will have reached a place to start Meditation. The form of Meditation that you choose is entirely up to you depending on your experience. You can use a Mantra, continue with focusing on your breathing or look to a specific form of meditation practice all of which are tools to lead you to a place of being.

*If you feel this already, then simply sit quietly with your eyes closed and feel yourself as golden light. Do this for as long as 'feels' right, anything from 10 mins is a good starting place. When you have finished - bring your awareness back to your breath & physical body. Once you open your eyes, rub your feet and sit for a few moments before getting up.*

## - LET'S GET STARTED -



The best thing to do is to now put these **5 Steps to meditation** into practice and set yourself the goal of doing this once a day to get started - choose a time that suits you and select a peaceful, quiet environment that you won't be disturbed.

The only way to practice is to 'do it'.. let me know how you get on and share your experiences.. You can connect to my **FREE Meditation group** (facebook page) where other like minded souls are also on the journey within..!

<https://www.facebook.com/groups/MeditationForEveryone/>

All levels are welcome.. no one is any better than anyone, it's just like anything.. the more we do it the more we can do it easily and effectively.. it becomes a way of 'BEING'..

## - CONTINUED DEVELOPMENT -



## STEP BY STEP TO CHANGING YOUR LIFE..

5 Steps to Meditation  *Done*

Join the **FREE meditation community for support**

<https://www.facebook.com/groups/MeditationForEveryone/>

**Mini Course £25 - Interactive videos of the 5 Steps to Meditation**

- Includes a 10 Minute High Dimension Meditation®

Click here - [Meditation-Mini-Course---5-Steps-to-Meditation](#)

**Foundation Meditation Course - Accredited £97 (Norm £165)**

- Includes 5 Steps also. Work at your own pace, with 1yr access, Accreditation & Certification

More info - [meditation-foundation-course-for-all-levels/](#)

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(Option to take over 4 weeks) - <https://traceecullen.com/meditation-teacher-training/>

Email: [contact@traceecullen.com](mailto:contact@traceecullen.com)

It's YOUR Time..  
to SHINE from within!



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