



# Meditation for Radical Transformation

FROM CLUB MAGIC HOUR MAGICIAN

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Activating  
your Meditation Practice

Turning  
Awareness into Action

## PROBLEM

## SOLUTION

## JOURNAL PROMPTS

"I try meditation but it never sticks."

The old, monastic style doesn't fit with your life. You need a new style of meditation.

What is your instinct telling you to do?

"I can't sit still"

You don't have to sit still to meditate; you just have to be comfortable. If the body is not relaxed, the brain cannot relax. Allow yourself to move, sway, and pulse with your breath. You don't have to sit cross-legged. Just get cozy.

What are you afraid might happen if you follow it?

"I feel like my mind just goes crazy and I can't relax"

Meditation is not about relaxing, it's about becoming more alive. Set a timer, everything that happens counts as meditation.

Can you think of a time when you trusted your inner-voice before and it turned out well? Write about it.

"I can't get my mind to stop thinking"

Welcome all your thoughts. Asking your mind to stop thinking beating. is like asking It's not your possible heart to (unless stop you're dead), so stop trying. It are, doesn't how matter much you how meditate, spiritual you or how many self-help books you emotions read... we from all experience time to time. difficult Lean into them. Do not run away.

What's the next best move?