



Meditation Collective

PDF Workbook

Meditation Collective PDF Workbook © Ann Ball

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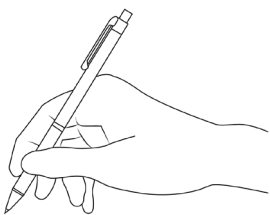
Introduction

How to use this workbook

The workbook contains calls to action to be engaged with after each meditation. They are provided to enhance your meditation experience and create a sense of enquiry. For each meditation, there will be one to two pages inviting you to write down your experiences, or be guided in your reflections through questions. There are opportunities to write lists, bullet points, or even to draw images you may have visualised during your meditation. Hold on to these precious pages that will become filled with your own personal development, and look back at them to see how far you've progressed and also to highlight areas you may be struggling with. Consider *why* you struggle with some of the content and what you could do to make it easier for yourself. Or perhaps you'll conclude it just doesn't suit your personal tastes. This is all part of the learning experience and will help with your practice.

Keep these notes and observations in a file folder so you can follow your progression.

The workbook has been divided into the different sections, as they appear in Ann's book, with the exercises and workbook prompts repeated for your convenience.



PART 2

Going Deeper

Senses and the 'Clairs' - from page 52

Clairvoyance

Clear seeing / Sense – visual/sight

Exercise

Close your eyes and think about the last meal you had. What was the last thing you ate? What did it look like? Was it on a plate? Imagine the meal is laid out in front of you and work to sharpen the image, allowing it to fill your mind.

Clairaudience

Clear hearing / Sense – auditory/sound

Exercise

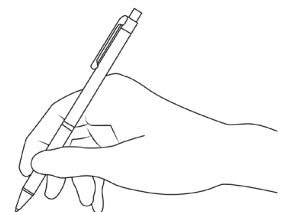
You are sitting in your room. Focus on all the sounds in the room. Focus on the sounds outside. Continue this exercise for approximately five minutes, then list all the things you picked up on.

Claircognisance

Clear knowing / Sense – kinaesthetic/intuition

Exercise

Before you go to sleep, consider an issue you would like guidance on. Ask for guidance so that when you wake up, you will have your answer or some idea of where to start. When you wake, you may find you know what you need to do. If not, write down your thoughts, or draw pictures, to act as a download of information. Leave these for a while, then go back to them to see if they support your request for guidance.



Clairsentience

Clear feeling / Sense – kinaesthetic/touch

Exercise

Sit with a friend and ask them to think of something happy or sad. See if you can sense what they are feeling.

Clairempathy

Clear emotional feeling / Sense – kinaesthetic / intuition

Exercise

You see an appeal on TV for donations for a charity. How does it make you feel?

Clairtangency

Clear touch / Sense – kinaesthetic/touch

Exercise

Someone gives you a stone and tells you it's from Stonehenge. They ask you to hold the stone in your hands to see if you can pick up on any vibrational energy. What do you feel?

Clairgustance

Clear taste / Sense – gustatory/taste

Exercise

Imagine you are holding a knife and in front of you there is a chopping board and a basket of fresh lemons. You take a lemon and slice it with the knife. As you swallow, your saliva is activated with the thought of the fresh lemon.

Clairsalience

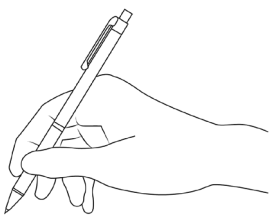
Clear smell / Sense – olfactory/smell

Exercise

You are walking down a street full of shops. As you approach a bakery, the baker has just baked bread. Can you conjure up the smell? Now think about a bad smell such as a rotten egg. Can you actively bring that smell to mind?

PART 3

Supplementary
Knowledge



The Nervous System - from page 66

Circadian rhythms

Exercise

On waking in the morning, step outside barefoot for five minutes each day. This helps to regulate melatonin, which affects the quality and quantity of sleep, as well as uplifting our mood with the release of serotonin.

PART 4

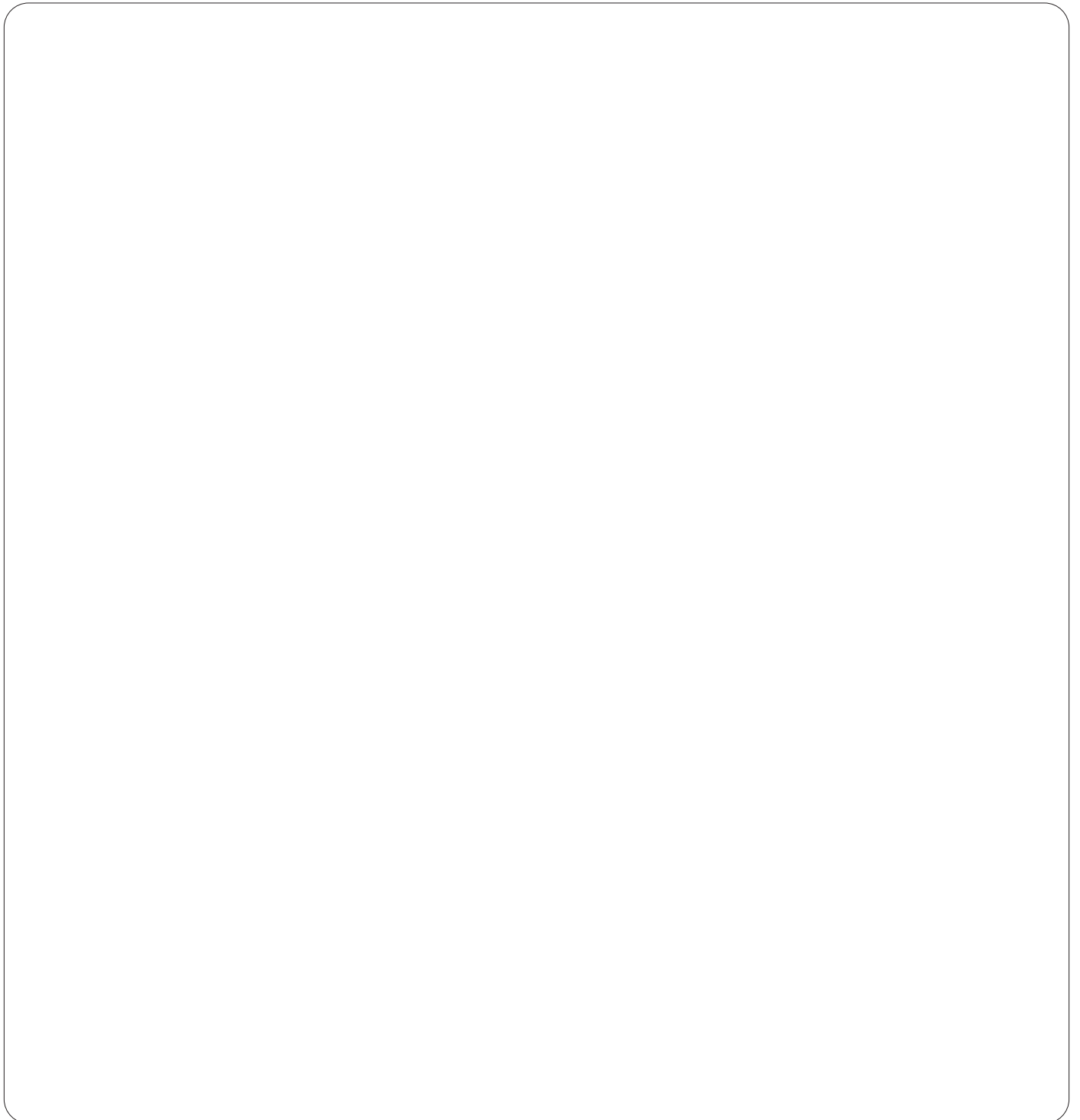
Meditation
Scripts

Tips for Receiving Meditation - from page 78

Unwanted thoughts

Exercise

Package up the unwanted thoughts, put them into a bubble and watch the bubble float away. Once it's gone, the thoughts are also out of your mind and you may have a better chance of continuing with your meditation.



Grounding - from page 80

Exercise

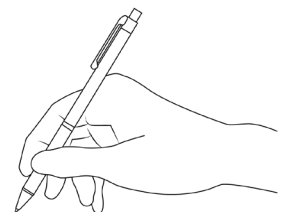
Visualise a butterfly flitting from flower to flower. It doesn't stay long on one bloom. Now imagine the butterfly settling on a flower right in front of you and resting there without the need to fly away. See the wings still as it idles and stays there, settled and peaceful.

Progression - from page 81

Exercise

Slowly inhale; naturally hold your breath or swallow as you prepare to exhale, then do so. Repeat ten times.

Count how many seconds you breathe in for, and breathe out for. That is your preferred breathing pattern.

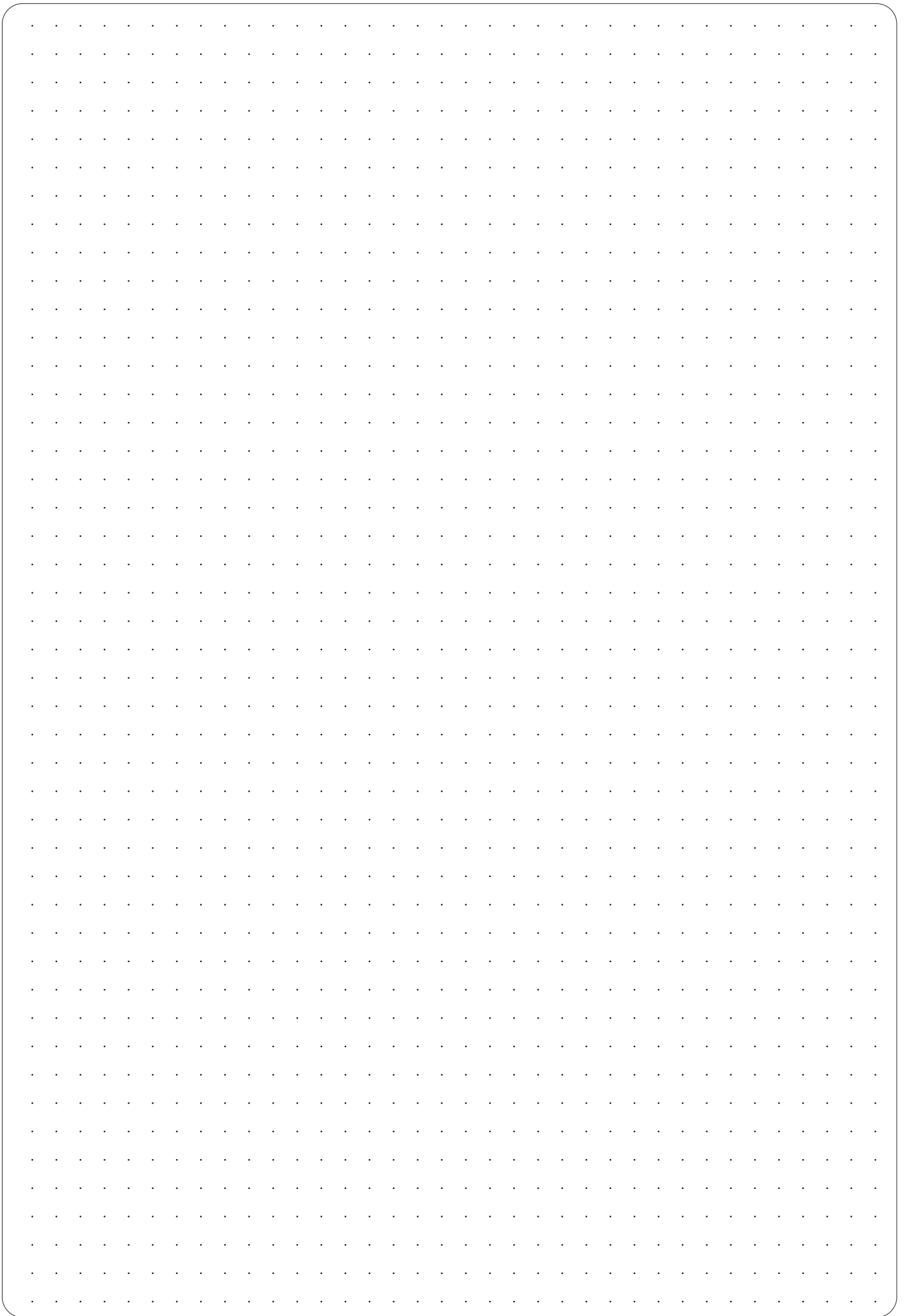


Body Scan

Journal / workbook exercise

Use this bullet page to write down how this meditation made you feel. You can let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. You may prefer instead to draw a picture, a symbol or simply to doodle. Putting pen to paper makes a connection to the conscious mind and allows you to focus on that moment rather than having a scattered thought pattern.

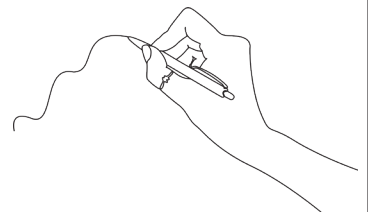
A large rectangular area with a grid of small dots for writing. The grid consists of 20 columns and 25 rows of dots, providing a structured space for journaling or drawing.



The Beach

Journal / workbook exercise

On this page, take the opportunity to do some free writing, create to-do lists or bullet points, draw symbols or images, or just doodle.



I Like

Journal / workbook exercise

List all the things you have appreciated and liked on your walk today.

Eye-Gazing

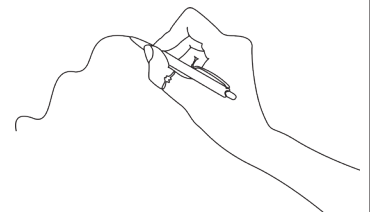
Journal / workbook exercise

Write down how this exercise made you feel. You may prefer to let your words flow, make a list of sensations or emotions, or use bullet points. Ask yourself questions such as: did you experience feelings of curiosity? Did the exercise make you feel uncomfortable?

Give Yourself a Hand

Journal / workbook exercise

How did this exercise make you feel? Were you aware of any uplifting sensations? These result from the release of the feel-good hormones. Did you enjoy the experience? Did it bring you comfort? Repeat this meditation as often as you need to, and give yourself a hug.

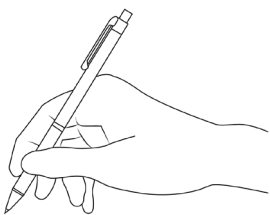


Chakra Balance

Journal / workbook exercise

Did any colours stand out to you?

Did you feel any other sensations whilst doing this meditation?



Counting

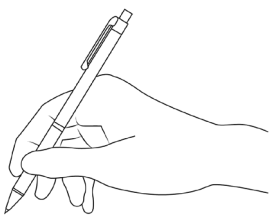
Journal / workbook exercise

What emotions rose in you when you began counting?

Flotation

Journal / workbook exercise _____

Which senses felt particularly strong to you during this meditation?



The Temple of Isis

Journal / workbook exercise

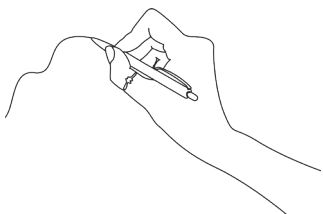
1. Can you remember any of the numbers and, if so, what are they?
2. Did you feel, sense or know any messages from Isis?
3. Do you know what the symbol drawn onto your brow was?
Can you recreate it?
4. On a scale of one to ten, how do you feel after the meditation?

Earth and Sky

Journal / workbook exercise _____

Check out the healing properties of ruby and clear quartz crystals.

A large, empty rounded rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write their journal entry or workbook exercise.



The Kaleidoscope

Journal / workbook exercise

Draw any of the patterns you saw using your memory of them, or note down colours that felt dominant.

A large, empty rounded rectangular box with a thin black border, intended for drawing or writing. It occupies the majority of the page below the instruction box.

Gratefulness

Journal / workbook exercise

Journal Prompts

1. I feel grateful today because ...
2. At the moment I love to see ...
3. My feel-good gallery contains snapshots and memories of ...
4. My mantra is ...

Power Animal

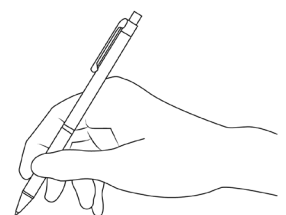
Journal / workbook exercise

Journal Prompts

You may wish to check out the symbolism of your animal, using an internet search. However, you may instinctively know their symbolism by their common characteristics.

Are they a bird, reptile, insect, mammal?

Consider their attributes: why this animal?



Candle-Gazing

Journal / workbook exercise

On this page, write down how it made you feel. You can let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. You may prefer instead to draw a picture, a symbol or simply to doodle. The action of putting pen to paper will help you to focus on the moment.

A large, empty rounded rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write or draw their response to the candle-gazing exercise.

The Lotus Flower

Journal / workbook exercise

Journal what intentions and goals you wish to work towards and fulfil this year.

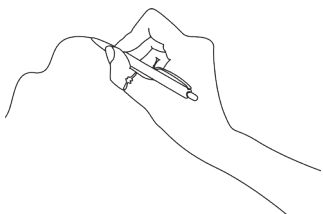


Image-Streaming

Journal / workbook exercise

Draw the room where you practised this meditation, as a basic map, or write down a description of the item you chose to focus on.

A large, empty rounded rectangular box with a thin black border, intended for drawing a room map or writing a description of a focus item.

Breathing Awareness

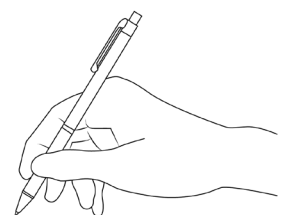
Journal / workbook exercise _____

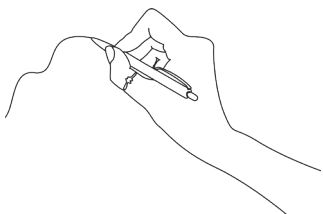
What did you notice about yourself during this session?

Hand Movements

Journal / workbook exercise

Use the space set aside for this meditation to write down how it made you feel. Write in whatever way is best for you. You can free-write, or make lists of thoughts and emotions. Or, if you don't feel as though you can express yourself in words right now, try drawing pictures, or symbols, or just creating patterns and doodles.





Observing Your Surroundings

Journal / workbook exercise

What senses did you experience today?

- Hearing
- Sight
- Smell
- Taste
- Touch

Conscious Listening

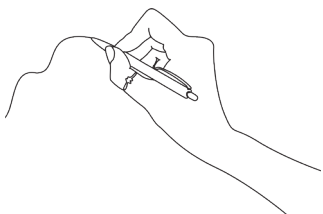
Journal / workbook exercise

Write about how this meditation made you feel. Let your words flow, or list your thoughts and any emotions, or create bullet points. If this feels too hard today, you can draw a picture or create doodles - whatever helps you to express your response to the meditation.

Autogenic Meditation

Journal / workbook exercise

Did you feel any heaviness or heat? List where you felt them and where you didn't feel anything.



Cord-Cutting

Journal / workbook exercise

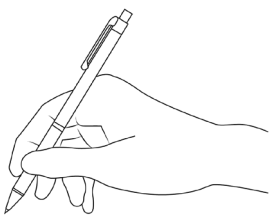
Write down how this meditation made you feel. This is where you can let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. Or maybe you'd like to use the space to draw pictures or symbols. It's up to you.

Computer Screen

Journal / workbook exercise

- How did this exercise work for you?
- Did you manage to clear the screen completely?
- Do you feel you managed to brain-dump onto the screen?
- Do you feel you have let go of unwanted thoughts and patterns?

A large, empty rounded rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write their responses to the questions listed above.



Violet Flame

Journal / workbook exercise

1. Write down a list of things you could let go of.
2. Once you have written them down, do the meditation again and give them to the violet flame.
3. If you sensed a particular angel, can you describe them? Were they male or female? What colour hair did they have? Did anything distinguish them in any way?
4. Do some research to identify the angel, and consider that they may be your protector.
5. Did you sense Archangel Zadkiel?
6. Do you know who St Germaine is?

Crystalline Cave

Journal / workbook exercise

Write down an affirmation that you can carry with you for the rest of the day.

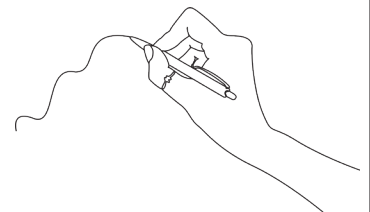
If you can't think of any affirmations, please use one of these for today:

- | | | |
|----------------|----------------------|-------------------------------|
| *I am strong | *I am worthy of love | *I exude confidence |
| *I can do this | *I am fulfilled | *I have all the skills I need |
| *I am capable | *I am love | *I am bountiful |

Loving Kindness

Journal / workbook exercise

Write down how this meditation made you feel. You can let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. Or you may prefer to draw a picture, a symbol or simply to doodle. The action of putting pen to paper will help you to focus on the moment.



Wild-Water Swimming

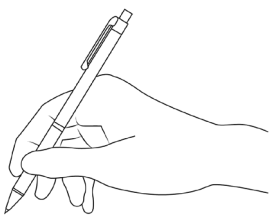
Journal / workbook exercise

Write down how this meditation made you feel. This is where you can let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. Or maybe you'll want to use the space to draw pictures or symbols. It's up to you.

Awareness

Journal / workbook exercise

Another opportunity here to write down how this meditation made you feel. Let the words flow, create a list of sensations or emotions, or note down thoughts as bullet points. Or simply draw a picture, a symbol or create doodles.



The Future You

Journal / workbook exercise

What did the paintings mean to you?

What goals did you see future you working towards and achieving?

Inner Child

Journal / workbook exercise

List a few values that you developed in your childhood that have shaped your adult personality.

Journal prompts:

1. In which situations do you sense your inner child the most?
2. What does the stronger version of you look like?
3. Write a letter to your inner child, sharing everything you would like to share with her. Focus on your resilience and how you have overcome things, and give her advice and encouragement.
4. Stand in front of a mirror with a photo of your young self, and look at both aspects of you.

Chanting

Journal / workbook exercise

Consider how you felt before and then after chanting. Did you notice a difference?

Put a circle around any words below that you feel sum up your experience:

Stillness	Completion	Connected	Quiet
Calm	Curious	Happy	Relaxed
Nothing	Irritation	Focus	Uplifted
Bored	Joyful	Frustrated	Positive

Large empty rounded rectangular box for journaling or writing.

