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# NEWSLETTER

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FROM THE AUTHOR - L.M. BLANCHARD

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**Awareness | Oneness | Wellness**

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**Submit your question!**

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## 🌸 Q & A Column 🌸

**Q:** "How can I stop from falling asleep when I meditate?" - Marg

Have a look at the time of day of your mediation. Chances are good that you'll fall asleep if you meditate in bed late at night. If this is the case, change your meditation time to mid-day or in the late afternoon/early evening. You can also change your sitting position by doing your mediation seated on a cushion without back support. This way, your body will be required to remain awake to prevent from falling over. You can also try to increase the volume of your music. The louder sound will keep your sense of hearing actively engaged in your surrounding. You can also do your mediation in a standing position by placing you back against a wall with your feet shoulder width apart and the back of your head gently leaning on the wall. This meditative posture will help to properly align your spine, which is especially useful when doing meditative work with the chakras where you want your spine straight and aligned.

- Blessings, LMB

## Observing Your Meditation

Permit yourself to observe what arises in you whilst you're in the process of experiencing your meditations. Let yourself experience what arises in you as you observe the inner-feelings, emotions and reactions that surface. When you place yourself in the role of the *observer* of your inner-self, you leverage yourself to be able to see what is really going on without jumping on the train of stories and thoughts from the past or a narrative of the future which may come to mind. As an *observer*, you form contract with yourself to see things in the state of the unattached witness...like a curious child watching a ladybug walk on a leaf...letting her go about her business without interference and without judgement.



This form of detached observation becomes easier to do, the more you engage in and apply it to your meditations. It may take some doing, but with practice, you will experience more and more of these moments that will garner you valuable insights not only in your meditations but it will also spill over into your day-to-day life, providing you with a wealth of information on your inner-workings, which will give you all the more information on areas of your life where more care and attention is needed.

## FREE AUDIO - ZEN MEDITATION INSTRUCTIONS

I've just uploaded to my website's meditation page, an audio recording of a guided meditation that provides the listener with direction on how to do Zen meditation. This technique which is great for beginners and seasoned meditators, uses the breath and the natural wave pattern found in breathing as an anchor to the mind. When we synch our mind to the breath like waves rising and falling, the mind has a tendency to follow this easy pattern, so long as you allow yourself to consciously follow the pattern of the wave. We also use a counting technique that occupies the mind and focuses it on this one task of counting from 1 to 10. When the mind is focused on this task, it is much less likely to wander off in tangents of thoughts that would otherwise take you away from your meditation.

### GO TRY IT, YOU HAVE EVERYTHING TO GAIN!

Visit my website to learn this meditation at [WWW.LMBLANCHARD.COM](http://WWW.LMBLANCHARD.COM) and click on the "meditation" page, where you'll be able to find my 8 1/2 minute Zen meditation. There are two version, one in English and the other in French!



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## MEDITATION STONE OF THE MONTH

### Malachite

**Malachite** is an energetically protective stone that creates a barrier around the individual who has it on their person and for this reason, it's a wonderful stone to gift to someone dear in your life. Associated with the heart chakra and creativity, the **malachite** stone can help to open the heart to creative inspiration allowing one to manifest art that is not only heartfelt but very meaningful. In meditation, you can use the **malachite** stone to enhance any heart chakra meditations by visualizing a stream of green energy emerge from the stone and enter your heart centre area.



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**BLESSINGS TO ALL!**

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