



An Introduction to Meditation
by Vily Bergen

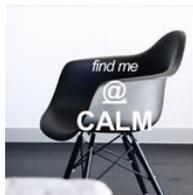


INTRODUCTION

Experience the power of meditation and learn to recharge your body, mind and soul! Whether you are a complete beginner or already an avid explorer of your own inner temple, Vily's wide range of meditations are easy and inspirational for everyone. Taught with fun and verve, meditations are designed to your individual needs and among others help you delete stress, calm your mind, open your heart or simply help you remember the Bliss you are!



CHAKRA
Mindfulness
BODY Scan
Heart Meditation
GROUNDING
Alignment
Workshops ...and more!



SOURCE —
connect and feel
the POWER



WHAT is MEDITATION



Meditation comes in many different forms; from focusing on breath or on sound to simple visualization techniques. It also has numerous benefits. It can lower your blood pressure, help you calm your mind, or find more zing in your relationships. Why? Because, the more you meditate, the more you will create a gap between the observing you and the you of your own inner wisdom. This way, you learn to better distinguish between who you really are and the fuzzy, super-charged world of your thoughts and emotions.

The Moment you access this space, or gap within, you feel safe and embraced and supported by unconditional love, or spirit. This space is always available to you, no matter how rough the day goes, how confused and stressed-out you may feel. You will have less thoughts about 'if and when', or thoughts about the past and all the bad things that happened to you. Or put more plainly; meditation helps us accept what is, without getting lost in it.

BENEFITS OF MEDITATION

- quiets the mind
- lowers blood pressure – and many more science proven health benefits
- reduces stress
- helps you align with God, Allah, Love, Light - or whatever you want to call the Source of Divine energy
- deeper love – which gives more 'zing' to your love life!
- more clarity
- opens your heart
- nourishes your soul
- elevated immune system function
- less frequency and duration of illnesses
- improved management of pain
- improved sleep and digestion
- increased energy
- less irritability, anxiety, and depression



MINDFULNESS



Exhale
the PAST
Exhale
the FUTURE

What is MINDFULNESS

Mindfulness is a non-sectarian, research-based form of meditation derived from a 2,500 year old Tibetan Buddhist practice, called Insight Meditation. It is designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion. Among many health benefits, its most significant benefit is that it helps cultivate a non-judgmental, open-hearted perception of whatever arises in the present moment, inside or outside of us.

“
BREATH
OBSERVE
remember the
BLISS you are!
”

DIFFERENCE BETWEEN MEDITATION and MINDFULNESS

While meditation is often linked to ancient monastic traditions and abstract concepts such as karma, reincarnation and the most scary of them all, "ultimate truth" - mindfulness is quite often associated with scientific research, rational thinking and seems to promise much more credibility for the stressed out über-achievers wanting both; inner peace AND outer success. But in theory both are the same as both aim to quiet the mind and help relax body and mind.

What can be observed however is a growing tendency to label those meditation tools acknowledging a greater power outside ourselves with which we can connect with as Meditations. Mindfulness on the other hand is often used to label those techniques which mainly focus on the breath in order to create more space between you and your emotions and thoughts. Hence, Mindfulness is sometimes considered the secular form of Meditation.

HEARTFULNESS



HEARTFULNESS

The more we practice meditation, we begin to acknowledge that inside everything that we are doing, underneath our thoughts and feelings is a love-filled energy grit and flowing through all things.

In Heartfulness Meditation we learn to open our hearts and tap into this love-grit and eventually learn to embrace each and every experience, each moment every person in the heart's perspective.

We achieve this by imagining that with each inhale our breath moves straight into our heart. This fresh breath of air powers our heart – and this is why our ancestors used the word spirit, which means breath.

LOVE HEART LIGHT

With daily heart-rhythm meditation, the world begins to mirror your purpose in a magical way and you begin to dance to the beat of a life you know you have set yourself out for beyond the veils of time and space. And when the moment arises, both profoundly humbled and proudly prepared you own the hero moment and embrace the realization of your wildest dreams...



ELOHIM GOD ALLAH SOURCE –

If not for you
we would not know Love
if not for Love
we would not know You

لو لاكم ما عرفنا الهوى
ولو لا الهوى ما عرفناكم

INTER-FAITH SPIRITUALITY

When we meditate we open a space within, where we feel connected, not only with our self, but with some power, some "force" outside ourselves. Some call it Source, Light, Energy, Unified Field, Love, Allah, Elohim, Holy Spirit, God or the Divine. However, as it is completely irrelevant how you call it, the main thing is to make sure you engage with it to experience and cherish this life force, which keeps us nourished and energized. Which is a presence higher than us, wanting to work through us, to help us evolve as beautiful human beings and inspired souls



One-on-ONE Private Sessions

ONE-on-ONE Private Sessions

CLASS Description



60 Minute RESET MEDITATION

This Mindfulness-based Meditation begins with a simple body scan to immediately regulate your breathing and body to a deep state of relaxation. This class ends with a moment of self-appreciation and compassion - leaving plenty of room in between for personal insight into the rediscovered bliss you will re-connect with.

30 min RELEASE MEDITATION!

Vily's signature 30 minute Meditation Class. Great opportunity to squeeze in a meditation before you go to work, during your lunch break or before you go home. Whether you are new to meditation or have an existing practice, this class is the perfect morning or afternoon dose of quiet.

CHAKRA CLEARING

Chakras are energetic wheels found along the spine. These energy centers correlate to physical, emotional, spiritual and psychological aspects mirrored in every area of our lives. This meditation will dive into each of the chakras to unlock, inform and reveal their power to spread energy, throughout the entire body. The purpose of this meditation is to reveal where you may feel blocked in order to unleash your fullest potential.

INTENTION SETTING

In this class get ready to get clear on your inner desires and how to activate them. Meditation is the best way to tap in to your own potential. You begin with intention setting and then gently slide into mantra meditation followed by a word or phrase given by Vily who will then ask you to focus on its sound rather than its meaning. Through repetition of that word or phrase, you can still your mind and reach a deep meditative state.

BREATHWORK

Borrowing from the yogic tradition, yet taught with modern verve, this breathing session helps unlock stuck energy and other stresses stored in the body. Tuning into your own healing needs and abilities, results are often experienced as more mental clarity, balance and greater focus. Just breathe. It is that simple.

HEART MEDITATION

Did you know, that the heart's magnetic energy field is 5000 fold stronger than that of your brain? With the neuroscience to back it up, this is Vily's favorite class as it teaches how to effortlessly recharge from the body's most powerful energy centre; your heart! So, align, breath, open your Heart. It's that simple!

POSITIVE BEAT

In this class, we're practicing what Vily likes to call 'self-designed neuroplasticity'. Learning how to turn up happiness and awe... Learning how to make positive changes in the brain and therefore our lives. Learning to be tuned-in-turned-up!



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