



ELEMENTAL RHYTHM

7 Areas of Life Meditation

The purpose of the 7 Areas of Life Meditation is to create space for your client to examine their deepest wants and desires. We often get fixated on a single aspect of life, believing its improvement will lead to happiness. Yet, this meditation aims to uncover other areas that might hold the key to true healing.

Start by guiding the client through 2-5 rounds of either the Elemental Rhythm Breakthrough Experience or FLOW. After the breathwork, remind them to maintain a continuous circular breath during the meditation.

Meditation

We are going to spend some time envisioning your dream life. We are going to use our feelings as a guide as we explore what it might feel like to live this new life. Throughout this meditation, focus on your emotions and sensations. Stay connected with your emotional state. Observe both positive and negative feelings. Notice where you feel these sensations in your body. Identify areas of resistance or stagnation. Pay attention to areas that make you feel alive and invigorated.

As we delve into each area, take note of obstacles or blockages. These might manifest as numbness, confusion, or haziness. Observe the emotions that emerge. Where do you feel these sensations in your body? Are you experiencing clarity or feeling stuck? How does your body respond? Tune into your somatic reactions.

Notice any memories surfacing and the overall flow of your experience. No need to memorize; just let yourself be present. If you're comfortable, share any thoughts or feelings emerging as we explore different life aspects.



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Growth and Expansion- First, begin by considering, are you moving toward the life you want to live? Living a new life requires that we grow and change. Humans can either grow or decline. Staying the same is not possible. Are you actively learning and evolving? Are you embracing situations encouraging your personal growth? Visualize your transformation into the person you aspire to be. See yourself learning and growing into a more effective and peaceful person

Action Steps-

Do you need more opportunities for learning? In what areas?

Are there specific things you'd like to learn? Areas of your life you'd like to expand your capabilities?

Perhaps you are feeling numb and just don't care about things like you used to. Perhaps you'd like to feel a renewed sense of curiosity, about life. Remember when you were a kid and you were excited to learn about what was going on around you? Envision yourself being in that state of growth and expansion. Feel the sensation of expansion, and fulfillment. Allow a sense of joy to envelop you.

Mental Health- Shift focus to Mental Health. Consider your mental state. Reflect on your recurring thought patterns. Are you worried all the time? Is your mind constantly problem solving? Are your thoughts generally positive or negative?

Imagine yourself being free of overthinking and mind chatter. Imagine yourself transitioning to a more positive inner dialogue. Imagine your inner critic becoming your greatest cheerleader. How does it feel to be in this healthy flow? Notice the feeling of mental clarity and allow yourself to release tension in your body.

Emotions and Feelings- How do you feel? What are your predominant emotions? Are your feelings consistent or all over the place? When I say the word "emotion", how do you feel?



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How do you want to feel? Clear, calm, loved, inspired, hopeful? Visualize yourself in an optimal state of emotional well-being, where relaxation and peace flow. How do you feel? Notice how your body feels? Do you feel relaxed? Free of tension and stress?

Relationships- How are your relationships? When I say relationships, what relationship comes up? Is it one your parents or a sibling? Perhaps it's your partner, a loved one or friend. Maybe a coworker comes to mind.

What is coming up as you think about this relationship? What thoughts are you noticing? How are you feeling? What physical sensations are you noticing? How do you typically feel about this person?

What feelings would you like to have toward this person?

What is one thing you could do differently when responding to this person?

Imagine this relationship being healthy, and supportive.

Career & Business- Explore your Career or Business. Are you happy in your career or business? If you aren't feeling fulfilled, think of one that you could change that would allow you to feel happier and empowered.

Imagine yourself free from financial worry. See yourself doing work that is in alignment with your purpose. How does that feel? Envision yourself thriving in your work. What would that feel like? Don't worry about the steps to get there. Focus on the feelings associated with working in this way.

Physical/Health/Body- What is your relationship like with your physical health and your body? What improvements would you like? Tune into your body's state. How do you want to feel physically—vibrant, energetic, fit? Visualize optimal health and vitality.

Do you have any current health concerns? What does your body feel like right now?

Elemental Rhythm Breathwork Coaching Training

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Do you want to make improvements to your health? Are you out of shape? Do you want to be stronger? Do you need motivation to get started?

Perhaps you'd like to engage in life without pain. Maybe you just want to run at the park with your kids?

Would you like to walk up a bunch of stairs without feeling out of breath

Is your focus on losing weight or would you like to eat more healthy? Perhaps you should be working to accept your body as it is.

Envision yourself at your optimal health. How does that feel?

Would you like to feel vibrant, energetic, fit?

Is it important to you to lose a little weight or would you like to focus on healthy eating habits? Picture a healthier and more energetic version of yourself.

Imagine your body moving with ease and vitality.

Imagine what it would feel like to accept your body. To be proud of your body and the work it does.

Wealth, Finances, and Abundance- Next, let's reflect on money and finances. How are you feeling about your finances?

When I even say the words money and finances, how do you feel? Feel positive or do you feel resistance? Do you notice any sensations in the body? How does your chest feel? Your stomach? Do you notice any tension in your body?

What areas of your financial life need work?

Do you want to save more money?

Would you benefit from shifting your mindset from a lack mindset to one that believe in abundance?

Perhaps you'd like to live without worry about money

Imagine a life free from financial concerns, where abundance flows effortlessly. Connect with the feeling of financial security and ease.



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Consciousness, Spirituality, and Life Purpose-

Do you feel connected on a spiritual level? Do you have a spiritual practice?

Do you want to feel a deeper connection to God? To the universe? To source? To yourself?

How would it feel to be spiritually connected every day? What does it mean to you to live in faith?

Imagine yourself in your ideal spiritual practice. What does that look like?

Imagine being spiritually aligned each day, experiencing faith and connection to a higher source.

Do you feel connected to your life's purpose? What do you want your legacy to be? How are you contributing to society? How are you being of service?

Are you sharing your gifts and talents with the world?

How can you become more connected to your purpose? Can you volunteer? Teach? Work with an organization that could benefit from your talents? Can you find areas to give back?

You have so much to offer the world. It doesn't have to be getting a new job. How can you connect to your purpose every day.

Let go of analytical thinking and feel.

Allow yourself permission. Permission to feel emotional stability and mental clarity. To imagine a life with financial security, loving relationships. One where you are learning, growing every day.

Stepping into optimal health and deep spiritual connection. Visualize yourself as this empowered version, operating in alignment. Imagine you in your dream life—house, job, relationships—coming together seamlessly.



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As you wake up, spend a few minutes journaling about what you remember from each of these areas of your life. Remember, this vision is yours, no one else's. For now, don't worry about "how." Focus on sensations and emotions when envisioning this life.

Scan each life area, feel emotions and sensations, and bring energy to these feelings. This energy embodies confidence and power.

1. Mental / Intellectual (Learning & Expansion)
2. Emotional / Feelings
3. Relationships / Family / Life Partner
4. Career / Business / Mission
5. Spirituality / Contribution
6. Physical / Body / Health
7. Financial / Abundance