



Asia Voight
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Meditation: Your Pathway to Connection

Guest: Mary Preuss Olson

Asia: Good evening everyone. I am Asia Voight and welcome to our teleseminar tonight called Meditation, Your Pathway to Connection. I am thrilled to be here with all of you and we are going to have an exciting hour. We have a special master meditation guest Mary Preuss Olson. I'm going to tell you a little bit about her now and we will be hearing from her in a few minutes.

It is such an honor to have her here with us and there was a part of me that didn't even want to tell you about her because she is my absolute favorite and I want to have her all to myself. But you have to share the good ones and she is definitely one of them. She has been a teacher of meditation healing arts and spiritual development for more than 17 years. She has created and recorded seven guided meditation CDs including Staying in the Flow, Cultivating Joy, Relaxation and Renewal. You can find out about those on her website, which is marypreussolson.com.

It's wonderful. She is going to be doing a guided meditation with us called her Core Energy Meditation. I wanted to do a little introduction and first of all tell you about guided meditations and why they are important to have as a part of your life. Why meditation in general matters. Why should we do meditation? You hear about that from the great sages and monks living in caves and why do you want to do that?

I did some research I'm wanting to share which I found from Jack Canfield. I'm going to be in a book with him this spring. You may recall he was the author of Chicken Soup for the Soul. In making the connection with him, he also does a lot with meditation, visualization and the law of attraction. Combining those and that's what we are going to be doing here tonight.

I wanted to read to you how visualization has been a tool used in sports, business and education. It helps the brain reprogram the subconscious and start to override hidden beliefs and feelings that we

want to override or bring forward. What he said is 5/6 of our brain is tuned to the subconscious and only 1/6 is working on behalf of our conscious awareness. The most powerful way to get consistent results is to reprogram the underlying beliefs and feelings in the subconscious. And now I love this part, for those of you who love facts. Psychologists tell us that the brain doesn't distinguish between a real event and a vividly imagined event since images have a profound effect on the body. They provide a primary way of directing communication with the subconscious to repattern underlying thoughts and feelings. Ohio State University researchers studied three groups of basketball players.

1. those with no practice for 30 days,
2. those with daily physical practice for 30 days, and
3. those who did daily visualizations of perfect shooting for 30 days.

Now, the group who never practiced didn't improve. Not surprising. But those who practiced actually shooting improved by 24 percent, and those who imagined, visualized, meditated on shooting improved by 23 percent. So see how you can change and improve your life in anything with meditation and mentally rehearsing and visualizing.

That is absolutely so exciting for us who want to improve our lives. We want to be able to communicate with our animals, quiet our minds and this is the technique. It is absolutely proven how just visualizing and meditating, you don't even have to shoot the basketballs, because I think in our society we are like do, do, go, go, that's' how you are going to get ahead and here this study says no you don't. You can sit down, lay down, visualize and have almost the exact same percentage of improvement of doing it. That is profound. I definitely wanted to share that with you.

Let's move on to our guest. As I spoke to you earlier, Mary Preuss Olson is one of my favorite mentors and has been meditating for 17 years. Mary, welcome to the call. How are you doing tonight?

Mary: Thank you very much Asia. Welcome everybody. I'm doing very well. I've actually been meditating since I was a kid. And I'm kind of old right now. Yes, that was a great intro. So we are going to take that and broaden it out. I believe that direct experience is the best teacher so I am going to give all of you guys a good experience of working with your energy field, expanding your consciousness, connecting to your inner being and feeling good. That will be the outcome you will have tonight. Okay, breathe that in. Let that be the foundation beneath you. In the next hour you are going to feel better, you are going to get relief, you are going to get clarity, and you are going to tap into the stream of our source and have it support you and help you and create good things for you. That's what we are here to do.

Asia: Hmm, absolutely. We are going to be getting to that meditation in a moment. I wanted to ask a few more questions from you about what have you found are some of the best ways to teach someone to meditate or things you have found useful or tips and insights you can offer our students here tonight.

Mary: I think there are different kinds of meditation. Meditation is centering of awareness in one place, on a single piece of information at a time. It is quieting the mind, it is mindfulness which is where you take your consciousness and back up into the background and witness your thoughts. We are habitually bombarded with thoughts, whether that is the to do list or stories about yourself or other people to judgments or critiques. Because of that very few of us are present and so it creates the deliberate attention to creating a space that connects us to source which allows our thoughts to slow down, our

consciousness expands, we release resistance and our vibrations elevate. That's the simple description of it.

Tonight we are going to do a variety, bring different components into it. I've found the best thing to do with people over the years is to teach them ways to relax their minds, to bring it into your body, to feel your body, to bring presence to your body. Even now with everyone sitting here listening to me, you can have attention on my words, but you can also have attention on sitting in your chair. You can listen to my words and have attention on your feet. You can listen to my words and you can also have attention on breathing in and breathing out. And just that simple act is going to calm you, collect you and focus you. And so the best way I have found to teach people how to meditate is how to direct thought, to direct focus. And more specifically than that, Asia you mentioned the law of attraction earlier with Jack Canfield's work. I like to teach people about their energy fields because we live in a time where there has been so much now that we know about the energy systems and the electromagnetic body that surrounds us and it's not just a nebulous mist. There's structure to our electromagnetics and to our energy system and we know now that it's the electromagnetics of this circuitry that surrounds us, actually creates the physical and creates the experience we have in our everyday life and with others.

Learning how to manage that I think behooves us. If we can meditate on different parts of our energy systems, not only do we gain the benefit of expanded consciousness and clarity and balance, we also become more grounded, become more centered. We become more present, more connected to our own internal resources. We become more connected to our own inner guidance. Those are some of the benefits I am interested in. In a way I'm teaching management of your own energy system. Meditation is just about focusing within that space in a specified way.

Asia: When you were speaking about focusing on the breath in and the breath out, how huge that is. It reminded me of when I was in the hospital. I think many of you know I was in a very severe car accident 25 years ago. And in the intensive care with a 3 percent chance to live and weeks I would spend all day, every minute, every second, going "I am breathing in, I am breathing out, I am breathing in, I am breathing out." All day every day and if I wasn't focusing on that, I was going to be dead. It was that essential at that moment to be so deliberate. And where I was in my life, that it was life or death and I feel that if we can take a piece of that deliberateness with our breath with our meditation, with our consciousness, with our visualization focus, how our life would be. Because, I would have been dead if I wouldn't have been meditating on my breath. I know that.

Even again, how Mary is saying, to apply even a part of that deliberate focus of meditation in your life, wow, the transformation you can create. It's endless, so lovely what you are sharing. What are some of the other things they can do to prepare? Do you focus on body posture? Some people talk about your spine. We have the classic sitting up with your spine straight. How do you feel about that?

Mary: I'm a bit of a spiritual anarchist. I don't get into a lot of rules and dogma personally. I think if it works for others, that's great. For me it's about finding what works for you as an individual. That begins with scheduling yourself first. Making yourself a priority, figuring out how to structure your life so that you come first. I have found if you set aside a certain amount of time, 10, 15 minutes in the morning before you start the day, it sets the tone for the whole day. Align your energy and connecting to source. The difference between doing that and not doing that is like pushing a car up the hill or getting into it and putting the key into the ignition and starting it. You are leveraging all the power that's available to you, that is around you. You are focusing it and directing it when you get conscious and you get

deliberate about your energy system and your attention and about your focus. That's what a meditation practice allows you to do.

Asia: I love that absolutely. I love the clarity of that metaphor for us. Anybody just setting up a quiet space and getting their body comfortable, however that is for them. And it may be with your spine upright, it may be plumped in a chair.

Mary: I think generally speaking, it's getting in a nice comfortable chair, finding a place in your house that is comfortable for you, where you will be undistracted and physically comfortable. There is something to be said about being physically comfortable. If you are not comfortable, your attention is on the discomfort rather than on the broadening of your experience. Certainly, you are going to want to have a good chair and I remember years ago when I was taking classes I had a chair I found in an antique store. It was one of those ones with the padded back and seat and the rolled arms. I used to shove it in my car and drive to my classes just so I would have it to sit in. I think whatever works for you is great. Committing is the good thing. Commit to have what you need. Set yourself up to win. Pillows, a good chair, something comfortable, sit on the floor, whatever works. Don't have your cats crawling all over you or your dogs licking your face and your husband yelling in the background, preferably. Setting up some sort of an environment and a time that works, that you can commit to.

Asia: Perfect information and tips for everyone. Great, so go ahead now and get your space set up if you can here quickly. We are going to be moving into the guided meditation with Mary. We are here to help. Meditation is to help relaxation. For some of you it's to sooth the inner chatter, helping with intuitive guidance. Some of you may need help receiving, so know that all of those are possible. For the group that is here, we are definitely interested in quieting our minds and allowing the information of our animal companions, our spirit guides, our angels, to be able to accept that and have that open quiet space.

Mary: I would like to say thank you all who are listening. I think you are being drawn to this because you are a magnificent creator and I intend to give you a heck of a ride so button those seatbelts, tray tables up and locked, and we are going to go for a nice journey here and you will feel much better when you are done.

Asia: For all of you, we will be getting information about bonuses Mary is offering everybody in the class. We will send that reminder with the link after the call tonight. I will also be sending you out a list of the benefits Mary spoke about and I will be adding to that. So you will be able to have those if you didn't get them all written down. We will be sending them to you as a handout so you can have them available when you are having those times when you are like "I'm not going to meditate, forget it, I'm not going to do it." Looking at these benefits and seeing why on earth wouldn't I do it? Even again, if its 10 or 20 minutes, even a short amount of time and you are going to find out here that even 20 minutes is going to start to change the vibration of your energy field of your body and bring that clarify, calm and awareness that you are seeking.

Mary: Come into your body and just feel your body wherever you are, on your chair, on your couch, on your floor in this moment fully. This is your time to connect with you and the universe knows exactly who you are and what you have going on right now and is in this moment organizing the highest possible outcomes in every area of your life. Just breathe that in, bring it in and allow it and know it. That's the foundation beneath you. Close your eyes and come into your body. Move your body, stretch,

do whatever you need to be comfortable. And begin by connecting with your breath, a nice long deep deliberate inhalation, filling your lungs to capacity. Good.

And then a nice long deep deliberate exhalation, letting go of all that old stale air at the bottom of your lungs. Just letting it go. And taking another nice deep breath in, just filling to capacity being generous with yourself, with your breathe and letting go. And for just a moment, be with this rhythm of breath inhaling and filling and being for just a moment in that space of fullness. And emptying and being for just a moment in that space of emptiness. Good.

And breathe in peace just by thinking it. Breathe in clarity and your truth. Breathe in grace and feel these qualities filling your body and the space around your body. Feel your emotional body as a vibrating field of energy that sits around and within your physical body and feel this field growing very still. Very calm very quiet.

Let go now of thought, finding the space in between your thoughts as an opening and flowing into it. Making it bigger and bigger, leaving the thinker behind you. Almost as if there is an electrical storm of activity around your head that just simply ceases. Opening up to a plane of clear open space. Extending outward from you in every direction as far as you can perceive. Clearly reflecting the higher planes of reality, like a clear beautiful mountain lake reflecting the light of the sun. Good.

And connecting now to the great central sun just as we have in our physical world, the physical sun which sustains us and nurtures us. On the inner planes we have the great central sun, the heart of the sun, the love of source. Feel or imagine the sun shining down upon you, holding you completely in its warm and loving embrace. Coalescing at the top of your head and warming your hair and scalp. So soothing and comforting. Feel this light and warmth from source beginning to gently seep in through the top of your head, into your brain, into the gray matter covering the top of your brain and into your frontal lobe behind your forehead. Into the midsections of your brain and the back of your brain and just allowing your brain to become saturated with light and warmth from the great central sun like liquid in a sponge, moving into all of the folds of tissue of your brain, saturating your brain and all of the neurons which allow you to perceive in higher ways. Good.

Feeling that light now flowing down into your forehead, softening and smoothing down into your eyes letting your eyes grow heavy and unfocused, relaxing all of the muscles around your eyes, flowing down into your nose, your cheeks and sinuses, down into your lips, your gums, teeth and tongue, softening your palate, as this light and warmth fills your whole head and face and jaw completely relaxing and flowing down now into your throat and neck down into your shoulders just melting any residual tension. Down into your arms into your hands and into each and every finger, completely relaxing. Feeling this light and warmth now flowing from your shoulders down into your chest and down you back into your spinal column and into all of those disks and vertebra, into the spinal fluid and connective tissue and out into the muscles that support your spine.

Letting everything soften and relax as you feel this warm loving light flow from your chest now down into your stomach and abdomen, filling your pelvic bowl, flowing down your back into your lower back your hips and buttocks, just letting go, surrendering and letting go. You are safe and you are loved and it's okay to let go.

Feeling this light now flowing down into your thighs, down into your knees, down into your calves and shins, down into your ankles and heels, filling your arches, softening, filling your feet and each and every

toe, and your whole body is filled with this wonderful soothing loving and relaxing golden light and warmth from source and you can feel it seeping into your nervous system, coating and calming. Seeping into all of your bones allowing you to hold the image or sensation of your entire skeletal system glowing gold.

Seeping into all of your muscles and organs, letting everything soften and relax, good. Allowing you to now flow down deep inside of yourself to the subatomic and molecular levels of your being to the space in-between where you become aware of a presence, of a presence, a light, a consciousness. And this presence light begins to gently grow and expand throughout your body and out into the space around your body creating the most beautiful sphere of light all around you, a sphere of awareness and wisdom of love.

You are now completely embodied within the consciousness of your inner being and your inner being is completely embodied within your consciousness, a blended being. Allow yourself to surrender into that expansion completely supported, completely guided completely adored. Good. Placing your awareness on your chronic tube an inch and a half in diameter running from the crown of your head down to the base of your spine. Feel this chronic tube with your awareness and feeling it reach from the base of your spine down into the earth, feeling your tube reaching down deep into the very core of the earth and spending a moment feeling your tube being received, perhaps even feeling a gentle magnetic tug as you connect your tube down deep to the core of the earth.

On your next inhalation, inhale the earth energy up through the bottom of your tube up into your body. Exhale this energy into every part of yourself filling yourself with the wonderful energy of the earth. Inhaling from the bottom of your tube up into your body and exhaling this energy into your whole body, every nook and cranny. As you continue to breathe in this way, from the bottom of your tube, welcoming and experiencing this energy as a consciousness, Mother earth, the divine feminine, that which receives, becoming her and she you. Good.

Placing your awareness now gently at the top of your head and feeling your chronic tube reaching from the top of your head up into the heavens, however you envision that. And on your next inhalation, inhale this high refined energy from above down into your body and exhale it into your whole body filling yourself with your own higher frequencies of energy light information, wisdom. Inhaling from the top of your tube down into your body and exhaling this energy into every nook and cranny, filling yourself with your own higher wisdom. As you continue to breathe in this way from the top of your tube down, welcoming and experiencing this energy as a consciousness, Father spirit, the divine master, that which provides, becoming him and he you.

Good. And on your next inhalation breathe simultaneously from the top and bottom of your tube, feeling these two streams meet in your heart and merge and exhaling this beautifully blended energy from heaven and earth into your whole body, filling yourself with the perfect balance of heaven and earth. Giving and receiving, action and rest. Inhaling from the top and the bottom of your tube simultaneously into your heart and exhaling this energy into your whole body, filling yourself. Good. And when your body becomes filled inhaling from above and below simultaneously into your heart, exhaling this energy out through your heart center front and back of your body and filling your energy field two feet out from your body in all directions until you are now completely filled with and surrounded by the perfect blend of heaven and earth. Good.

I would like you to place awareness now very gently on your center below, 24 inches beneath the soles of your feet, a golden ball of energy, a living field of light, and extension of you. Commune with this part of you, focus here all of your attention on your center below 24 inches beneath the soles of your feet and breathe from your center below up through the circuits beneath your feet, up into your legs and body, up into your center above, 24 inches above the top of your head, a golden ball of light, a living field of consciousness that is an extension of you. Feel this center, 24 inches above your head, feel that sense of elongation as you connect to this center. Commune with it. Breathe from your center above down through the circuits on the top of your head, down through your body, down to your center below and for the next couple breaths, I would like you to simply breath from your center below up through your body to your center above and your center above down through your body to your center below. Good.

Now be in your core, that central primary channel connected to your center below and your center above, breathing and being in the complete absence of thought. Bring very gentle awareness to your body now, tuning into yourself and seeing if there is any place or space within you that seems to be asking for your attention. And I would like you to simply bring your attention into that part of yourself breathing into that part of yourself, welcoming that part of yourself with kindness with breath, with presence. Good. Seeing what your body wants you to know from this place of stillness and knowing of connection. You are doing such a good job. Thank you for being you.

Gently and slowly at your own pace, begin to bring awareness back now to your body sitting on the chair or the couch or the floor, awareness to your breath, to any noises in your environment, sounds around you. Continuing to have part of your awareness being in your core, connected to center below and center above, breathing as you begin to come to an outer focus, opening your eyes and being where you are and noticing the difference between how you feel now and how you felt before you started this. Good.

We are going to hope that Asia can find her way back into her body and find her way back.

Asia: I am here, Mary. Thank you. That was so beautiful and so profound and I think that I am speaking for everyone when I say that it is hard to come back.

Mary: It is isn't it?

Asia: I don't want it to end. And your voice is just serene and connected and obviously so supportive for everyone. You hold such a beautiful space for us to let go and experience that connected calm, beautiful place. Thank you.

While everybody is still opening their eyes and wiggling their fingers and toes, I want to remind everyone that Mary Preuss Olson will be one of the main presenters for the Your Best Self conference that is going to be held in Madison, Wisconsin June 1 – 3. I know I shared with many of you and those of you on the call will be getting an incredible discount. Patty and I will be sending you the link for that information. I know all of you are going to want more of her and be able to meet her in person and take classes with her there. So, Mary thank you so much.

Mary: Oh, my pleasure.

Asia: We still have a few minutes here. If there is anybody who has any questions or comments or would like to share their experience with everyone. I see we have a comment come in from Diane. She said, "Whoa, what a ride. Mary has a great meditation voice, the visualization, feelings and everything were incredible. Thank you."

Someone is also asking, what if during that my mind was still wandering, what do I do? Any advice for them, Mary?

Mary: Yeah, don't beat yourself up. When you notice that you are gone, then you are noticing, bravo. Just bring yourself back. Like I said to Asia earlier, without a lot of hoopla, just do it. We all space out so meditation just takes practice. The more you do it the more you will train your mind. Just like working out, it's a muscle and it just takes practice. Put yourself first, schedule yourself first. The guided meditation CDs that I make all accomplish something different. There are many different things for you to do to create for your body, for your health, for your life, your job, your work, whatever. It's about focusing the frontal lobe, like Asia said earlier, the brain can't tell the difference between what it's seeing in its environment and what it is imagining. It's through repetition in the frontal lobe that we do create reality. All of my work is about that and harnessing the electromagnetics of the energy systems. It's through the electromagnetics of your lattice and your energy body that the law of attraction is facilitated. It's the structure through which that occurs so I find it is helpful in your life to know how you are getting what you are getting so you can start to create something different if you don't like what you have right now.

Asia: Wonderful. I know that this is when you are beginning this, it takes practice. Also when I am doing the animal communication, and those of you who want to learn it, it is about focusing and listening and staying present. It takes practice like lifting weights and strengthening that muscle. Keep practicing. You will also find different techniques that work better for some of you. I will be your guest teacher next week. We are going to go through about five different meditation techniques. So maybe this isn't the perfect one for you. And so we are going to be learning about mantras, chanting, crystal singing bowls for meditation, and a number of those. It's going to be great for you to experience those too.

We have another comment coming in from Renee. She said. "wow, I can hardly describe this. I didn't want to come back. I cried it was so beautiful. I need this, I need this."

Mary: Oh, that's great Renee.

Asia: And one other question. We have from Evergreen who is asking "what do you do with a body that twitches or is in pain when I start to relax." That's a great question.

Mary: I would say twitching is a sign of energy moving through your body. It's processing the different frequencies that are going on. And if you have pain just bring awareness into the pain. Like when we finished, I said check in with your body, is there any place that is calling you. So pain is a pocket of resistance, that's all it is. So bring your awareness into the sensation. It's just information. Don't be afraid of it, don't resist it. Bring awareness into it, welcome it, and breathe into it. If you continue to do that you will find it lessening over time.

Asia: Great advice. I wanted to share I had my little story about what happened. I wish I could have been listening on my computer it was definitely hard to be holding the phone. I didn't have a head set.

I kept thinking, 'don't drop the phone.' This is another thing even listening to the same guided meditation you are going to get something different from it every time. Mary, I have listened to you talk about the tube and connecting with the tube before many times. And I was always like, "oh yeah, whatever,

Mary: Tube-shmoob

Asia: Right. I was never connected with it but when you said this time that it has an energetic frequency to it and feel the tug from the energetic frequency of the earth connecting and connecting with that, that was the thing I needed. It was like somebody struck a bell and had a little wooden hammer mallet that went through my body and I was clicked in and held there, because so many other teachers have told me Asia you are so ungrounded.

Mary: That's a great way to do it with that technique.

Asia: That technique absolutely worked for me. Then the other thing, for those of you who are going to be getting the replay link of this and want to listen again. I had someone comment that they were falling asleep. It's just practicing. Being relaxed and maintaining that awareness. What I did was when you were very relaxed towards the end, I felt my spirit guide standing there and I said is there some image or information that you can give to me that is happening with my energy body that I'm not aware of that I can change?

Mary: That's a great question.

Asia: Yes, they also smiled at me like 'oh she's finally asking, okay.'

Mary: (laughing) That's good.

Asia: I saw this large box next to my head and it was filled with silver rods, all jumbled up and criss-crossed probably like the size of my pinky, all over, like a tangled metal mess. I said what is that? They said those are your thoughts. I'm like eeuww what a mess. I said well, if I don't have that what do I have? What else could I have? They brought forward this other box filled with golden tubes that were thicker and were all aligned. They were straight not all zig zagged all over the place.

Mary: Jumbled up, right? All this work is about energetic alignment. That's it.

Asia: Okay, tingles. Exactly. They said this can be your thought process. It can happen. The tubes were bigger. It can happen this powerfully, this clearly, and this profoundly. I think I can do that. I'll take those. It was wonderful. For those of you listening, when you listen to this again, go ahead and ask your higher self, your guides, your angels, the universe, when you are that relaxed open and peaceful, what message do they have to you? Can they show you something about your body or your energy field that you are not aware of? They absolutely will be able to do that for you. So, wonderful.

One last comment here, from Cathy. "I'm so happy there's a replay, Thank you so much for this call. I started falling asleep. I'm glad I'm going to be able to listen to this one more time."
You're welcome Cathy.

Mary: Thank you Cathy.

Asia: That brings us to our time here. Information about signing up and still receiving the incredible discount only for this group for the June 1-3 Your Best Self and any other information you want about me or my upcoming events you can find at www.asiavoight.com.

Mary, I want to thank you so much for being here with us. It's been incredible profound, fantastic, I loved it.

Mary: A juicy and delicious experience definitely. Thank you much for having me Asia. Thank you everyone for being her with us. I appreciate all of you.

Asia: Thank you so much. Have a good evening everyone and I look forward to connecting with you again and definitely next week Tuesday. Love and blessings to you all.

Mary: Good night.