



# Introduction to Mindfulness & Mediation

Guided by Melissa

Intuitive Advisor • BQH Practitioner • Biofield Tuning Specialist

# Meet Melissa

Intuitive Advisor

Beyond Quantum Hypnosis Practitioner,  
Sound Healer, and BioField Tuning Specialist

I've walked through the fire—now I help others see through the smoke. I use lifetimes of knowledge and wisdom to help others navigate their journey.

I am passionate about supporting and showing people they can “do it” and helping people feel calmer, more grounded, and more in control of their own energy

I create and guide others through accessible practices that can be done in just a few minutes a day - meditation, journaling, EFT (tapping)

*It's not about searching —*

*It's about connecting & remembering the wisdom you've always had inside*



# Why Meditation Matters (Especially Now)

HOLIDAY SESASON CAN = ENERGETIC OVERWHELM



STRESS - PRESSURE - EXPECTATIONS  
FROM ALL DIRECTIONS

ABSORBING - EMOTIONS - STRESS -  
ENERGY OF OTHERS

PAUSE IS A CHOICE

MEDITATION REMINDS US IT IS OK TO TAKE A MOMENT FOR OURSELVES  
EVEN WHEN THE WORLD ISN'T TAKING A PAUSE - WE CAN  
MEDITATION BRINGS US BACK HOME TO OURSELVES AND  
PUTS US IN TUNE WITH OUR NEEDS

# WHAT DOES MEDITATION LOOK LIKE?



Beautiful Settings and Surroundings are nice but unnecessary

Poses and Hand Mudras can help but aren't required

The beauty of the practice is - it belongs to YOU

People are often intimidated they think you have to do or be all of these different things when all you have to be is committed to become aware and form a connection with yourself.

# Common Misconceptions - (What Meditation Is Not)



**EMPTYING THE MIND**  
**BEING PERFECTLY CALM**  
**SITTING STILL FOR LONG**  
**PERIODS OF TIME**

# What Meditation IS



PRESENCE



AWARENESS



STILLNESS

A GENTLE RESET

# DID YOU KNOW...

THERE ARE 100's OF FORMS OF MEDITATION  
YOU JUST HAVE TO FIND WHAT WORKS FOR YOU

Meditation can take less than a minute

Meditation can be done with eyes open

Meditation doesn't require silence

Meditation can be done by anyone

Meditation is a skill – not a personality type

Meditation can be done almost anywhere

Meditation can be done standing, sitting, or lying down



ALL YOU HAVE TO DO IS BEGIN

# THREE SHORT PRACTICES TO GET STARTED



MINDFUL BREATHING



BODY SCAN



LOVING-KINDNESS OR META



# Guided Meditation (Holiday Stress Release)

Breath Awareness

Snow Globe Visualization

Release Stress

Breathe in What You Want

Coming Home to Yourself

# You CAN - Settle your snow globe anytime

Clarity is always available

Small moments create big shifts

There is no perfect way to meditate

Acknowledge yourself

Be Present with yourself

Thank yourself

LOVE  
YOURSELF





Thank you for your  
presence today