

Magnetic Meditation

The Ultimate Attraction Force

By Tony Balistreri



Introduction to Magnetic Meditation

Welcome, I'm excited for what's about to take place in your life. Meditation has been around for countless eons of time.

No one can say for sure where it originated however, it is clear that through ancient times, especially in the far East, meditation has been revered and practiced to cultivate a spiritual connection.

One of the reasons I'm so excited to share this information with you is because of what I've been able to gain through my years of meditating.

Consistency is important

Above all else, you must make a decision to get into some type of routine that fits your lifestyle. Even if it's five minutes a day, this will have a profound and positive impact on your life.

Surely as time goes on, you'll find time naturally expanding for you to be able to spend more on meditating. I've come to cherish my own practice and I often call it **"The laboratory of my life."**

Through meditation, you'll begin to understand things currently unavailable for you to comprehend, and because there is so much more than this, I could never stress how I feel about the importance of getting into a regular meditation routine.

What you put out is what you get back

At this point, since you have invested in yourself, I highly suggest *you make a clear and strong intention that you're going to give this course 100% of your attention!* Like all things in life, you'll only get out of it what you put into it.

It's important to understand that the spiritual realm is an exploration into subtleties. It has been stated that:

“The greatest power requires the lightest touch.”

There's a profound reason for this, and as you begin to meditate regularly, this powerful saying will begin to make more sense to you. One who has aligned with their true power, only needs to act in simple ways to experience profound effects.

Grace

Grace is a wonderful quality to cultivate. You can develop grace of being through the realm of subtleties. The metaphor of the “*bull in the china shop,*” is the antithesis of grace.

When we think of grace, it is obvious it takes a great deal of *conscious awareness* to possess. Just think of the graceful, deliberate steps of a type rope walker, or a petite ballerina leaping and whirling across the stage and you begin to see the amazing quality of grace in action.

“Watch how you walk, watch how you talk, watch how you sit down.” This is another great saying known to the *Ancient Mystic Sages*. It’s a beautiful way to cultivate conscious awareness in every action you take. When conscious awareness is developed, qualities of calmness and grace are the natural result.

Meditation will bring all of these qualities:

Conscious awareness, Calmness, Grace, along with the multitude of other things like increased happiness and incredible health and wellness will develop. It will naturally instill in you a powerful sense of well-being.

The Om Sound, the Song of the Cosmos

The Om or Aum sound has been known throughout the ages as the word of God. **“In the beginning was the Word, and the Word was with God, and the Word was God.”**

Sound is vibration, and since everything in the physical and spiritual realm is vibration, sound is the most important part of this equation. As I write this course in 2017, while searching for ways to make faster computers, it was discovered that even light has a sound.

The Om sound is extremely subtle. It's poetically said that the Om sound is the song of the cosmos. Tuning into this spacious cosmic sound *is* your direct connection with the entire cosmos.

I will teach you a powerful technique to hear and tune you into the Om sound. This technique will stabilize your connection and put you in perfect alignment with, all that is.

*It is among the first **Magnetic Meditation** lessons to get you tapped into the subtle vibrations of the universe!*

Meditation is the Deliberate Quieting Your Mind

As you practice, you will slowly develop the skill of being able to sit quietly for extended periods of time. For some of you, this could seem extremely challenging at first, especially with the incredible distractions we have in our busy lives in modern living. Meditation is the deliberate quieting of your mind, but in order to quiet your mind, you must be able to quiet your body as well while taking conscious control of your breath. Become more conscious now of how your breathing throughout the day and even right now as you're hearing or reading this.

Relax

In the first chapter of this course, I'm going to teach you how to effectively and properly relax, perhaps for the first time in your life. *Without the ability to relax, you will not be able to meditate.*

Once you follow my simple instructions on taking control of your muscles and breath, you will find it easy and very natural to relax. Plus, daily practice will make it effortless for you to be able to sit for extended periods of time.

The Self-Energization Exercises

Thankfully, early on in my life I was drawn to develop my spirituality. It came out of a deep need to make sense of this world and what I interpreted as terrible injustices. I was a confused teenager who hated everything about school and institutions in general, and the thought occurred to me while I was playing in my rock band, that either I develop my spirituality, or go down the path of using drugs and or alcohol to numb my pain of rebellion and confusion.

I was intuitively drawn toward reading books on Eastern philosophy and this carried on into my college years. One of many excellent books I came across is called: *The Autobiography of a Yogi* by Paramahansa Yogananda.

When Steve Jobs introduced the iPhone for the first time, his colleges said the only book he had on his phone was *The Autobiography of a Yogi*. So I set out to study and put into practice, the suggestions on meditation I would learn from the monks and nuns who learned directly from Yogananda.

He also knew the importance of calming the body before one could even think about meditating and was introduced to exercises developed by Charles Atlas. (*An Italian/American strongman and bodybuilder from the the late 1800s until he died in 1972*).

No Equipment Needed

What's wonderful about these exercises is that they have to do with isometrics and you don't need any weights or external tools to work your body. Of course I'll show you how to do them using magnets, but even using *them* is not always necessary.

They can be done anywhere, at anytime and any body part can be isolated that you would like to work!

Through my years of practicing *The Self-Energization Exercises* I have developed my own powerful routine. Again, I found consistency to be the key. I could feel the power in what these amazing movements were doing to my body immediately after practicing them for a few days. From the start *I made a very strong intention to never miss doing them*, at least once a day since 1990, which I have stayed true to through today.

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The results have been nothing short of sensational!

They have kept me in pristine health and helped me to develop a beautiful, strong body, with an abundance of energy. *I am absolutely thrilled to be able to teach these to you for the first time in this course!*

Think of it like learning to riding a bike

They may seem complicated at first, but that will quickly pass and if you make an intention to get into a habit, you'll find the practice of them to be extremely easy and rewarding! A habit can be formed in just 3 days in a row of consistent practice, so if you get up to 4 days you're on your way!

Just keep in mind that, as with any accomplishment you may undertake, it's the discipline of consistent practice that will make all the difference. In this case with a daily practice of *The Self-Energization Exercises*, you'll inherit success on every level, mind, body and spirit. *(Did I mention consistency? lol)*

Self-Energization Exercises

To Cultivate Massive Chí!

Self-Energization Exercises

You will cultivate ***explosive chi*** practicing these exercises! Few people are aware that as you flex or tense any muscle in your body and then relax it, it becomes much more relaxed than before you tensed it.

When you add *focused attention and willpower* to the same flexed muscle, and then relax it, it becomes not only super relaxed, but super-charged with chi-energy as well!

Two types of isometrics

We're going to explore two types of isometric training. One is to simply tense and relax your muscles. The other is to tense and relax it with movement from a joint, like your elbow or your knee, or torso.

The 3 Degrees Of Tension

It's important to understand that in these isometric lessons I'm teaching you here, there are 3 degrees of tension. Light tension, medium tension and full flexed tension.

***Note:** *It's extremely important that you flex your muscles with this gentle range of motion, especially at the beginning of practicing these exercises!*

Let's try it now with your forearm...

- First tense lightly, then with medium tension and then carefully tense as much as you comfortably we can.

You may find when you're tensing to the fullest that your arm begins to shake a bit. This is totally natural and normal and even desirable to feel the vibrating chi-energy pulsing within your muscle. I'll be illustrating this in the following practice videos as well.

So again...

- Take your left forearm and begin to add light tension, then increase the tension to medium, and then full-on tension with a little bit of shaking.

- Now release back to medium, light and then no tension at all.
- Try to feel that the muscle in your forearm is now more relaxed than before you added the tension to it. It may be too subtle to feel at these beginning stages, however I promise you will feel dramatically more relaxed after you do these powerful self-energization exercises.

****Note: The reason the 3 degrees of tension are so important, is because it would be very easy for you to add too much tension, too quickly and perhaps even pull a muscle.***

Of course this would be extremely counterproductive to what we're doing, *so caution is advised here!*

Remember, you want to stay very alert and sensitive to your body. Your cells are trillions of tiny conscious beings. When you begin to pay attention to parts of your body like this, you'll find an incredible amount of positive biofeedback! Your cells will rejoice in the connection and they may even give you a clear internal message by saying: *"What took you so long to talk to us?"*

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Tension, with Attention and Intention

Isometrics are one thing, doing isometrics with *focused attention and willpower* are quite another. This is where I believe the energization exercises beautifully blend both worlds of **Qi Gong and Yoga.**

Remember, in order to meditate effectively and reach the subtle realms I mentioned earlier, it is not just your mind and thoughts that need to be quieted, you need to have a fully relaxed body as well.

That's why it's imperative you start with these body exercises *before* you begin to meditate. Once you have an overall view of the practice, it will be okay in the future to take the parts of it that will work best for you, *after you learn them all.*

There are 38 different exercises in the total routine and some are repeated at the end. I'll be going through and explaining every single movement and exercise. The entire routine can take from around 8 to 15 minutes, depending completely on you and what you're comfortable with.

Again, they can be abbreviated on occasion and even doing a few of the exercises before you meditate will be highly beneficial.

- Now I'd like you to go back to flexing your forearm, light to medium to full, but this time *add laser-like, focus attention to the very middle of the muscle*. Remember where focus goes, energy grows!

Isometrics with movement

Now tense your forearm again to light, medium and full tension, and then move it down and relax. Once more, tense to full, move it up and relax.

This is the overall idea of doing every single exercise that I'm about to show you. You'll learn to use the 3 degrees of tension, adding the laser-like, full focused attention to each muscle.

The Magnetic
Double Breathing Technique
Connecting Spirit to Mater

The Magnetic, Double Breathing Technique

Another facet of this course I'm very excited to share with you is this revolutionary breathing technique. You will always use this specific technique while doing the exercises.

Breath connects spirit to matter.

Our supreme goal in meditation is to connect to the higher realms and this breathing technique gives the exercises an incredible magnetic charge to open those higher realm portals. If you do them first thing in the morning, these simple breathing patterns will absolutely bolster, your health, focus and your clarity!

The breathing technique is unique in this way...

- First *inhale* through your nose with a short quick breath, and then finish inhaling with a long breath.
- Then *exhale* through your mouth with a quick short breath, like you're blowing out a birthday candle, also followed by a long exhale to empty your lungs.

Let's try it now...

- Take a short inhale in through your nose, followed by a long full breath, completing that inhale.
- Now exhale a short burst through your mouth, like you're blowing out a birthday candle, followed by a long exhale, to expel all the air out of your lungs.

Practice this a few now and see if you can really get the hang of it.

The Magnetic Double Breathing Technique will supercharge the oxidation process within your body while you're *simultaneously* doing the exercises.

There is a handful of the exercises where you're going to just breath normally as you do them, however the majority of these exercises will be practiced with this *Magnetic Double Breathing Technique*. I'll be illustrating this in the videos that follow as well.

Continues on the next video...

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