

Is Meditation For You?

There is no such thing as a *good meditator* or a *bad meditator* - it's a matter of starting where you are, restless or otherwise. **It's no coincidence** you are reading these words. Why are you reading this? How did you find this? Take a moment to think back and consider everything that needed to happen for you to be reading these words. The door is open. I think you'll find that **you are ready**.

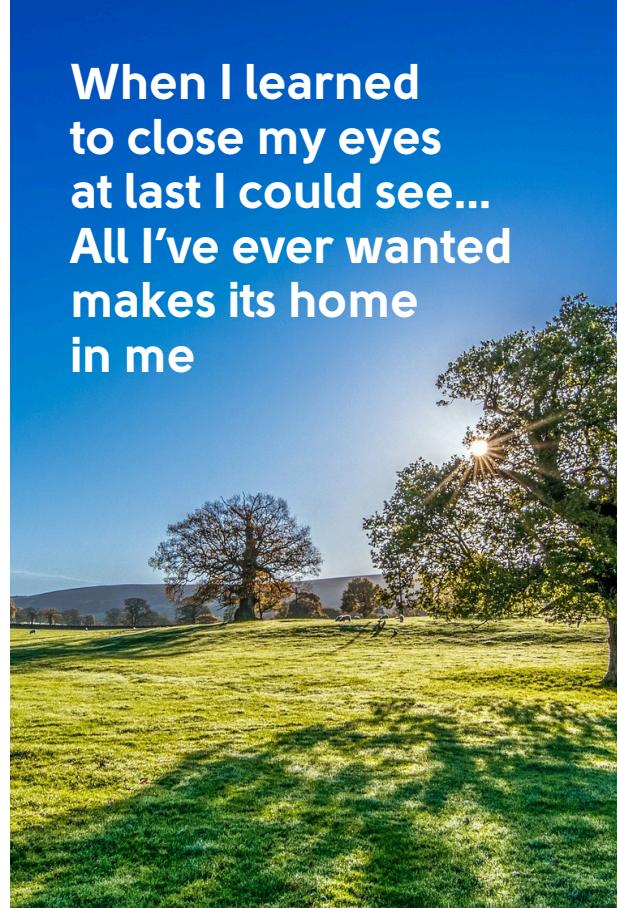
How Will I Know it's Working?

Meditation is not a carnival of phenomenal experiences. The true test of a sustained, devoted meditation practice comes when you ask, **"Am I smiling more often?"** "Are my relationships easier?" "Do I feel more energetic?" "More fulfilled?" "Do I feel happy for no reason more often?" "Am I less emotionally reactive?" **"Does life feel sweeter?"** You'll know it's working when the answer to these kinds of questions is YES.

What is Meditation Like?

Every meditation practice begins with techniques such as breathing exercises and body movements that help relax the body and calm the mind. The meditation technique that follows **teaches you to concentrate**, which quiets the heart and mind similar to what you experience when deeply invested in a good book or movie. All else falls away so you can begin to experience your true, expansive nature in **peace, joy and love**.

**When I learned
to close my eyes
at last I could see...
All I've ever wanted
makes its home
in me**



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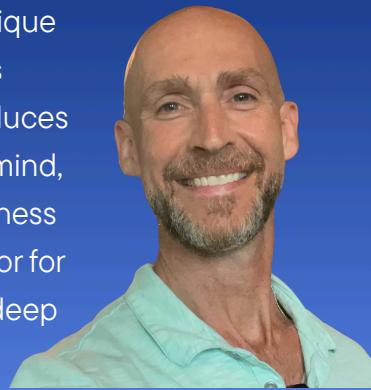


**MEDITATION
WITH DAVID**

DAVIDMKAY.COM

*Devoted to Your
Highest Potential*

I teach a classical meditation technique that improves concentration, reduces stress, calms the mind, uplifts consciousness and opens the door for experience with deep inner peace.



DAVID M. KAY

"The possibility of meditation is that it separates you sufficiently from your emotions and your circumstances that you realize that there is always a place of calmness and joy and connectedness to a greater reality."

-Asha Nayawami on how meditation can affect stress

Why Meditate?

In addition to the benefits to physical and mental well being, meditation can also help us connect more deeply with each other and within ourselves. Meditation is neither 'stopping your thoughts' or sitting down to contemplate life. There are no prerequisites and almost anyone can benefit.

"David's instruction was exactly what I needed to find my way into a meditation practice. Highly recommended."
- Stephen, filmmaker

What Meditation Do You Teach?

I am a devotee of **Paramhansa Yogananda**. I draw from his teachings and from those of his direct disciple Swami Kriyananda. Known as the "Father of Yoga in the West" Yogananda offers us practical tools and techniques we can apply to enhance every aspect of our lives and *realize* the truth that **all that we seek is within us**. He is author of the spiritual classic "Autobiography of a Yogi" that has inspired millions.

"David was very helpful introducing meditation to students with varying levels of self-awareness. In the end, we walked away feeling more empowered, positive, and gained an awareness of how to relax, focus, and quiet our minds after just a few session."

-Beth, COO

Get Started Meditating Today

- 30 minute guided introduction
- 60, 90 or 120 minute instruction
- 4 Part Comprehensive
 - 6 Part (includes Energization)
- Half or Full Day Workshops
- Talks and Guest Lectures

Ready to Begin?
Book a **FREE** Consultation
to Get You Started



Work with David

- individual instruction
- groups & corporate teams
- couples & family meditation
- events & gatherings
- guided meditations
- spiritual mentoring
- affirmation & visualization
- breath work
- energization

"The Soul loves to meditate. For in contact with Spirit lies its greatest joy."

-Paramahansa Yogananda

