

# STILLNESS TO GREATNESS<sup>®</sup>: ADVANCED MEDITATION FOR DISSOLVING STRESS AND ANXIETY



## STG<sup>®</sup> Meditation Rubrics and Instructions

Note: This package comes with the advanced meditation *Dissolving Stress and Anxiety* audio mp3. Over time you can meditate independently of the audio following the instructions below.

**WARNING:** *Never listen to this meditation while driving or operating heavy machinery.*

If you are new to meditation I recommend you start with the [Beginner's Meditation Package](#).

Different meditation practices have different goals.

Unlike most approaches to meditation, Stillness to Greatness<sup>®</sup> adopts the premise that Meditation is something that is already happening inside every human being all of the time. This means there is a part of you that is deeply at rest and aware already. This is often referred to as consciousness or awareness.

In STG<sup>®</sup> you are given a methodology to help you naturally and effortlessly find the part of you that is always meditating. This unique approach means meditation is not an escape from the pressures

of life but a portal to bring meditation into your active life. Bringing meditation into your active life means you will respond in new ways, develop greater tolerance levels for experiences and situations that normally create anxiety, help medical conditions, start to change dysfunctional habits, drop addictive behaviors, become emotionally balanced and happier, access deeper creative potentials and increase focus and enhanced learning states.

STG® uses the four core elements or states of meditation to guide you. These elements are: Slowing down (Stillness), Awareness (Attentiveness and Alertness), Relaxation (Letting Go or letting everything be as it is) and Meditation (the depth or transcendence of mind). The acronym “SARM” was designed to help you remember these guidelines for meditation as well as give you a silent mantra that will help you transcend thoughts and feelings without guidance.

**Instructions:**

- Practice twice daily for fifteen minutes at a time.
- Find a quiet safe place to meditate where you will not be disturbed. Wear comfortable clothing or loosen your belt and tie as needed. Take note of the time and put your timer somewhere easily seen without having to turn around or move. Become still, relax and gently close your eyes or leave the eye lids relaxed to soften your vision (peripheral vision). Start to say “SARM” silently to yourself. If you stop and lose awareness gently bring yourself back and start saying it again. Repeat this until the meditation is over after fifteen minutes.
- Transitioning out of meditation is important so give yourself a few minutes to gently refocus and stretch before filling in your rubric and resuming normal activities.
- The rubrics below have been designed to help you monitor your progress and results over time. If you are a teacher it can be used by your students to help them track their

progress. You will experience immediate short term results and in as little as three weeks may notice new habits and long lasting changes.

## RUBRIC 1 – Initial Self Assessment Before Starting STG®

### Dissolving Stress and Anxiety Guided Meditation

Contemplate the following and assess yourself for each statement. - just quick replies. Using a scale of 1-10, how true is each statement for you?

- 1 is, “no, that’s not at all true of me,”
- 10 is “that describes me perfectly.”
- Answering the rubrics honestly will give you accurate feedback as to the

effectiveness of the STG® meditations.

I am afraid to make mistakes.	
I am disturbed by stress.	
My intelligence is low.	
I cannot sit still for very long.	
My relationships do not support me.	
I am easily stopped by limiting self-talk.	
I have difficulty sleeping at night.	

I sleep less than six hours a night.	
I suffer from poor health.	
I am unlucky.	
I am overweight.	
My memory is poor.	
I am unpopular.	
I drink alcohol too much.	
I get obsessed with small things.	
I am shy.	
My mind is dull and I find it hard to think clearly.	
I am tired.	
I am unhappy.	
I take too may "over the counter" medications.	
I am addicted to drugs or alcohol.	
I am disorganized.	
I am late to appointments.	

I am unclear about what is most important to me.	
I am afraid of people.	
I worry a lot.	
I cannot cope with more pressure.	
I am afraid of death.	
I hate my life.	
I do not know how to plan my future.	
I am unstable.	
I cannot ask for what I need.	
I am sad.	
I am anxious.	
I rarely get time for myself.	
I am a failure.	

# Post Meditation Questions

Grade the following comments at the end of your meditation session. Give each a score from 1 - 10 where 1 is "little to no difference" and 10 is "significant difference". Repeat this for every meditation over two weeks. All answers are for your personal record and reflection over time.

- I felt more relaxed
- My mind calmed down
- I felt an ease in my being
- I felt happier
- I noticed more subtle thoughts
- I felt less anxious
- I felt less emotional
- Cravings diminished
- My thoughts were less distracting
- Old memories surfaced
- I saw new possibilities
- I felt different
- I noticed some gaps in awareness
- I slowed down
- I felt this was good for me
- List some other effects you noticed

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