

# YOGA<sup>TM</sup> MAGAZINE

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**STRETCH, STRENGTHEN, SHINE**

**ECLIPSES &  
YOGA  
PRACTICE**

**योग &  
SACRED  
SEXUALITY**

**गोवर्ध  
इहार्ति**

**UNVEILING  
THE  
Zen**

**8  
PARTNER  
POSES**

**BEDITATION**



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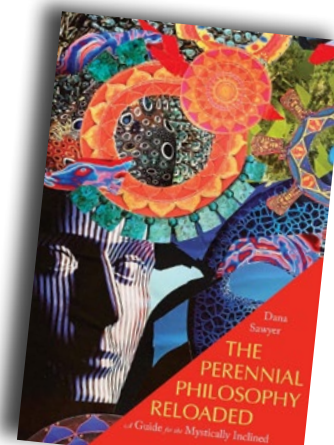
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# BEDITATION

## CREATING EASE IN THE BUSYNESS OF LIFE

Words: Caroline Shola Arewa

**W**e live in a world that glorifies busyness and constant activity, “I am so busy” is often worn as a badge of honour and success. I’m busy therefore I’m popular. Not true. Busy often means

overwork, overwhelm and exhaustion, possibly burn out. We know continued tension and fatigue leads to stress related disorders; which are the biggest cause of illness and ‘dis-ease’. I like to say, “if you are not creating EASE in your life, you are creating dis-ease”

Supporting people to slow down and recharge their inner batteries, is a big part of my work as a Spiritual Wellness Coach. Learning to maintain Physical, Mental and Spiritual well-being is essential for your health, happiness and overall quality of life.





This is why I advocate Beditation, a term I devised to describe a restful state of being, that combines the comfort of sitting or lying in bed, with the power of conscious awareness. Whenever I mention the word Beditation, people strongly resonate with it. Not everyone finds meditation easy, some lack concentration, which is a precursor to traditional meditation. Some find stillness a challenge; others may find sitting still with eyes closed triggering, due to past trauma. Beditation is a good solution, potentially available to more people, as once learnt you practice in the privacy of your own home.

### What is Beditation?

Beditation is restful, but not sleep. It is calming but not inactive. Beditation consciously activates Theta and Alpha brainwave patterns, to not only facilitate deep relaxation, but also creativity. It helps us access, what are generally unconscious levels of awareness. In this relaxed but active state, balance and mental clarity can be created. This makes Beditation a transformative practice for creating ease in busy times. It also enhances creativity, and can even increase productivity. Beditation can be practised before sleep, upon waking, or during a break in your day. Beditation helps you create a state of deep relaxation and mental clarity.

### How I discovered and developed Beditation?

Creating ease has always been important to me, both personally and in my work with clients and mentees, as they build heart centred practices of yoga or therapy and other healing and wellness businesses. When we work with the wellbeing of others, it is essential that we also take care of our own wellness. What I found personally, over many years of meditation practice, was that the initial few minutes could sometimes be quite active. Despite being taught by my teachers, in India, to still my mind and allow the activity to disperse, at

times the chatter and monkey mind continued.

I have experienced deep meditations, where stillness and a powerful calm emerges. However, at other times, stilling my mind was a challenge. So instead of fighting my mind, and trying hard to quieten the ripples and waves of activity, I started bringing a journal to my meditations. I started listening to the initial chatter. I started to lean into it, to allow the energy to flow. Then I discovered, that those initial minutes were very rich. The so-called monkey mind, was more like an intelligent baboon with messages of wisdom. I found answers to questions, clarity where confusion was. I created order from chaos, and turbulence became balance. I realised the chatter

had purpose. It was organising my minds surplus data. And that data was valuable when I listened to it, instead of demanding silence, or stillness, I learnt to listen with awareness and create ease. That's when I first understood that the noise has value. Listen to it, write it down if needed. Literally stop your practice, make some notes then return.

The second thing I noticed was, the magic happened mostly when moving into meditation directly from sleep. I literally, sit up in bed. I sometimes use a drop of essential oil, or hold a crystal. I wrap myself in my Beditation shawl and let the process begin. I'm barely awake. Immersed in the transitional state between sleep and waking consciousness. The liminal space.







Buddhists call this the Bardo, the space between one realm and another. The ancient Egyptians have a hieroglyph depicting an open eye lying on a bed. The word used is resut, meaning awoken. In ancient times people entered the Temple to rest and receive answers to life's many questions. This kind of rest, requires a release, a letting go, a movement towards liberation. The freedom that comes, when we trust something greater than us and enter into the 'all-knowing' unknown.

### Restful Awareness?

Beditation is the state of restful awareness that can be cultivated

while lying in bed. It's not sleeping, or napping. More a level of consciousness and brainwave activity associated with relaxation and creativity. Learn to consciously access this state, and you'll experience more joy, harness more bliss and create greater ease in your life. Beditation offers restful awareness and rejuvenation.

Beditation taps into your body's natural ability to rest and enhances it through awareness. Therefore, Beditation is beneficial during times of overwhelm, stress and exhaustion. Beditation allows you to recharge mentally, physically and spiritually

while neither asleep or in prolonged meditation. The benefits of Beditation can be felt immediately.

### Beditation Benefits

Beditation is a valuable practice with numerous benefits, including:

- A sense of Rest is created, that helps you delve into a flow state that subsequently enhances productivity, while reserving your energy. People speak about "working smart not hard". That's Beditation.
- Reduces Energy output, it's economical energy wise on your overall system.



This benefits your physiology and autonomic nervous system. It stimulates the parasympathetic nerves, reducing stress on your body.

- Restores your natural rhythm and recalibrates your body, cultivating healing.
- Increases Creativity a relaxed state creates free-flowing thoughts and ideas that improve creativity. Artists, writers and innovators can use Beditation to release blocks and restore inspiration.

Through Beditation, doing less leads to achieving more. It's a powerful tool that puts the expression, "less is more" into action. You can use less energy and still maximise results.

### **Cultivating Liminal States**

The power of Beditation lies in its ability to harness energy created during transitions. Liminal states are transitional phases of consciousness. They occur in the gap, generally between sleeping and waking. These states are often overlooked, but they hold immense potential for healing, creativity, and personal growth. When we learn to enter a liminal state at will through Beditation, our brainwaves slow down, moving us from the busy Beta waves of everyday life into more relaxed Alpha and Theta waves. These brainwave patterns are aligned with deep relaxation, creativity, and even the processing of subconscious material.

To cultivate liminal states, practice lying down in a comfortable position, either on waking, or before falling asleep. Focus on your breath, release tension in your body and gently shift your attention inward. Allow your mind to drift, while maintaining awareness. You are not going to sleep and not staying fully awake. Creating a delicate balance of restful awareness, heightened consciousness and ease is the essence of Beditation.

Once you enter this state, you can use it in various ways. It's calming, so brings peace into your life. No more guilt, you're allowed to rest; you're Beditating. You could set intentions for healing or creativity. Before Beditation, you can ask for a particular question to be answered. The time can be used to process emotions, or reflect on issues and challenges you are experiencing. Or just be, and allow your body, mind and spirit to recharge.

These states are rich with creative potential, your mind is free from the constraints of everyday thinking. Accessing liminal states, lets you uncover new insights and ideas.

### **The difference between Beditation and Yoga Nidra**

Yoga Nidra is generally a structured practice led by a Yoga Teacher. It moves the practitioner through a progressive series of mental shifts designed to release tension, calm the mind, and promote wellness. The goal is to bring the body into a state of mindful relaxation. It's a tool for managing stress, improving sleep, and supports mental health.

Beditation is similar to Yoga Nidra, often called "yogic sleep". Both access liminal states of consciousness, however there are key differences. Yoga Nidra arises from the Indian Yogic system. Beditation is part of Shekem Maat, arising from Egyptian Temple Wisdom.

“

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”





Yoga Nidra is mostly a guided practice that induces deep relaxation. Whereas Beditation, is practiced without guided instructions, it's an inner journey, we let energy flow and the mind lead.

Yoga Nidra usually takes place on a yoga mat. Beditation emphasises the comfort and convenience of your bed. Beditation is about creating ease, restfulness and consciously solving problems in other areas of your life. It enhances well-being, creativity, productivity, and whatever arises from, or is taken to the Beditation practice. Beditation may also harness the power of oils and plant medicines, to elevate psychospiritual benefits. Beditation is a unique practice, combining the joy of lying in bed and restful awareness, with heightened levels of consciousness and mental acuity.

### Do Less, Achieve More

In a world where the pressure to do more is ever-present, Beditation embodies the wisdom of doing less and achieving more. Incorporating periods of mindful rest elevates your entire life. A calm, focused mind is better equipped to handle issues and make good choices. Allow yourself moments of conscious rest.

Rest is not something we must earn or wait for, it can be cultivated consciously and enjoyed whenever you choose. Over time, you'll find Beditation creates shifts in your energy, mood, and mindset, helping you navigate the demands of life with greater ease and clarity.

Beditation is a powerful practice at the intersection of restfulness and conscious awareness. By tapping into liminal states and specific brainwave patterns, we can cultivate profound rest and mental clarity. Whether you're looking to reduce stress, enhance creativity, or create ease in your busy life, Beditation



offers a transformative practice and refreshing reminder that cultivating the art of rest and release leads to success and fulfilment.

#### Caroline Shola Arewa

empowers individuals to reclaim Energy and align their lives with purpose, passion, and peace.

Shola is the Author of the influential book '*Opening to Spirit*' and creator of Energy 4 Life Spiritual Coach Training. She has trained hundreds of



coaches worldwide. Her work spans international speaking, retreats, 5 published books and 100s of published articles, all aimed at raising Energy and inspiring others to find and live their purpose.

Shola Mentors Yoga Teachers, Therapists, and Coaches, helping you elevate your work, publish books, develop speaking skills, and create signature programmes aligned with your highest potential and contribution.

Shekem Maat Healing System is Shola's newest programme based on Kemetic/Egyptian Healing Arts, to reclaim balance, harmony and collective healing.

[Shola.co.uk/shekem-maat](http://Shola.co.uk/shekem-maat)  
Reach out for your Complimentary Discovery call. [Shola.co.uk](http://Shola.co.uk)





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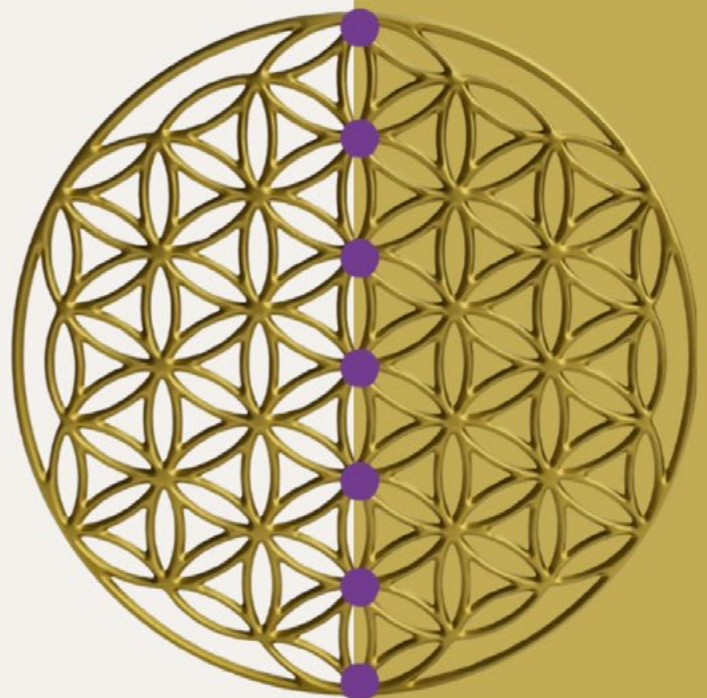
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