



**BACK TO BASICS IS
SELF-CARE FIRST**

3 Guided Meditations On Mountains

It's easy to see why so many popular meditation retreats make their homes in the mountains. There is something powerful and peaceful about being up above our usual routines. Elevate your sense of wellbeing with these three simple meditations on mountains.

1. Reaching for Your New NOW

Avid mountain climbers are always looking ahead to the next expedition.
***Think about the next level you want to get into in your own life.
What can your new NOW look like?***

Get into position. Find a comfortable and quiet place to sit. Straighten your back and expand your chest. Breathe deeply from your abdomen. Repeat. Visualize light coming in and swirling through your body. Exhale all that you do not need anymore.

Focus on one area of your life. Review your current circumstances. Identify one aspect of your life that you want to expand. Breathe. Retreat within. Listen as your true self whispers your deepest desire. Rise to the level of prioritizing self-care NOW. Maybe your Physical Plane health is your top priority or perhaps you're determined to master that Mental Plane negative self-talk to bravely get a new certification, give your gifts to the world, love unconditionally, create your new NOW.

Define success. Stick to slopes that match your abilities. Losing just 5% of your body weight can make a dramatic difference in your blood pressure and other health indicators. Niche down to what brings you joy. Randomly touch a life by being present enough to truly notice them with curiosity and respect. Success is focused awareness on the little things in your NOW.

Establish your time frame. You're more likely to climb Everest if you decide to do it within two years rather than leaving it open ended. Break your goals down into what you're going to achieve each day and month. Schedule everything? How about self-care morning and evening routines? How about quiet time? Meditation time? Time is your friend and your treasure slipping away.

Make specific plans. Think in terms of detailed tasks. Visualize yourself eating smaller portions or ordering a course catalog from a local university, or signing up for your first 10K marathon, or reading *Living in the Now: The Secret to Making Each Day Your Best!*

2. Rising Above Your Cares

Savoring the view is one of the greatest pleasures of mountain climbing. ***Picture yourself putting some distance between you and your usual preoccupations.***

Observe your Mental Plane thoughts. Check in with your mind. Notice what is going through your head without making judgments. Pause the repeated verbiage and endless stories to stay aware of each moment while you are in it. Your body believes what your mind tells it. Speak and think only that which raises vibrations for changing your Physical Plane NOW.

Count your blessings. Gently guide your attention to thoughts that make you feel good. Generate images of snowy peaks and breathtaking sunsets and all the pleasant things in your life. Pick up our authors' community book projects with 365 daily stories on gratitude. Peruse my website for those books and many other blessings – <https://ZitoProHealth.com>. Take a course just to be happy! More on my site.

Plan and expand your week. Come up with three enriching activities you can do this week. Learn a new recipe, improve your tennis game, visit loved ones, read my book **The Quest for Health and Happiness: 101 Ways to Enjoy Life NOW** and get into living your life.

Give of yourself. Single out three people to receive your generosity. You can give material things or your time and affection but make your actions real, personal, focused on the receiver and unconditional.

Reinforce your feelings. By NOW you're probably in a happy state of mind. Dwell in those sensations, be present in your NOW and take the blessings with you as you continue through your day. Your NOW is perfect when you are aware of being in it!

3. Remembering the Power of Endurance

A tough climb requires persevering even when it's snowing and your feet are sore. **Build your determination to overcome the obstacles between you and your new NOW.**

Settle down. Slow down your Physical Plane body and your Mental Plane mind. Lengthen your breaths. Let go of distracting thoughts. Rest in the abandoning, the letting go, the surrender. Breathe deeply: relax your body and your mind – be still.

Seek guidance. Think about how an experienced guide leads climbers up a difficult mountain. Generate appreciation for the people who you turn to for support and higher consciousness. Join our private Facebook group: www.facebook.com/groups/LivingInTheNowChampions where living in the now reveals the secret to making each day your best. Find support at www.ZitoProHealth.com and rest in self-care.

Evaluate your efforts. Be candid with yourself about where you're making steady progress and where you're staying the same. Look for patterns that will help you understand your old NOW and let **Small Choices Create Smart Change**: *Spending Time with Your True Self*. Oh, look! That's the title of one of my books! Available on my website or on Amazon.com search for Patricia Jean Smithyman-Zito's author page.

Identify your motivation. Figure out what compels you to keep going. For many people, it's their family or spiritual beliefs. What has been your motivation? Why is there this need for something deeper? Retreat within and deal with your everything to arise free and happy.

Reflect on the benefits. Reflect on the advantages of getting over your particular stumbling blocks. Everybody has a struggle to confront. That's how life and the universe make change. Look forward to celebrating your new NOW and journal daily to dive into your deeper self. I have simple journals to help you get started and stay accountable. My Amazon link is found on my website: <https://ZitoProHealth.com>.

Thinking about mountains is the next best thing to being there. As your thoughts scale new heights, you'll experience greater Mental Plane mastery to calm and clarity which is Spiritual Plane abundance and Living in the NOW. www.ZitoProHealth.com

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