

# THE LIFE STYLIST PODCAST

WITH LUKE STOREY

## EPISODE UPGRADE

EPISODE #005

MEDITATION MADE EASY

WITH EMILY FLETCHER

### THIS WEEK'S GUEST



#### CONNECT WITH EMILY

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#### ABOUT EMILY

Have you ever decided to take up meditation, then after a few days, weeks, or perhaps even minutes- gotten frustrated and given up? Maybe you thought you just weren't the spiritual type? If so, you're likely to be pleasantly surprised by this show.

Today's guest is Emily Fletcher, founder of Ziva Meditation and one of the world's leading experts on the subject. But what makes Emily unique is the style of meditation she teaches. It's called Vedic Meditation, and it's been an absolute game changer for me personally. I've been meditating for around 15 years and have tried just about every tradition I've come across. I've studied with gurus in remote villages in India, only to be guided back eventually to the Vedic method taught my current teacher in Los Angeles.

What makes Emily and the Vedic tradition so badass though is that it's incredibly simple. It's the easiest- yet at the same time- the most effective style of meditation I've ever used. In this episode, Emily and I discuss the how and why of meditation, and illuminate many of the reasons that most people fail and give up fairly quickly when attempting to add this obviously beneficial practice to their lives.

The rewards of meditation have been known and celebrated by millions of human beings for as far back as written records go, yet it remains so elusive to so many. Take a trip with me and Emily to find out why.

Share this show with someone you love, and thanks for sharing this journey with me.

### EPISODE BREAKDOWN

- Emily's unfolding into meditation
- Meditation as a business: virtual ashram, householder style of meditation & monetary investment in your practice
- Mind, thoughts & meditation: it's not about inducing your mind into quiet
- Mindfulness meditation vs Vedic meditation
- Mantras explained and how to use them to induce a restful state of consciousness and relaxation
- Hardware vs software: having a visceral experience is essential for relieving accumulated stresses from the body
- Meditation as a stress reducing tool for PTSD, addictions and the "acquisitive" syndrome
- Spiritual fulfilment and having a meaningful life
- The Paradox Process and its integral influence in Emily's awakening

### RELATED SHOWS

- {Upcoming episode, stay tuned!} Episode #12: Jej Kaur Khalsa - Kundalini Yoga: God's Technology

### EPISODE REFERENCES

- Gurudakshina - Refers to the tradition of repaying one's teacher or guru or spiritual guide after a period of study or the completion of formal education ~Wikipedia
- Vedas - Large body of texts originating in ancient India ~Wikipedia
- Mantra - Means a sacred utterance sound, or a syllable, word, or group of words believed by practitioners to have psychological and spiritual power in Sanskrit ~Wikipedia
- Cymatics - The science of sound ~Wikipedia
- The Hidden Messages of Water - Book by Masaru Emoto
- The Paradox Process - By Thomas Jones

### EMILY'S 3 LIFESTYLE RECOMMENDATIONS

- Thom Knoles - Vedic Master
- Marie Forleo - Business Strategist at B-School
- Ayurveda - A system of medicine with historical roots in the Indian subcontinent

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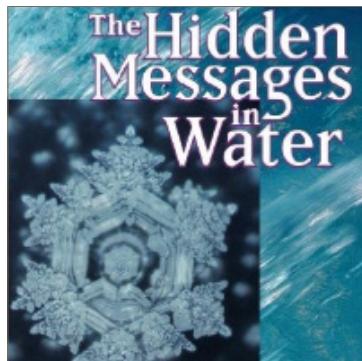
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### FEATURED FAVORITES



HIDDEN MESSAGE IN WATER  
BOOK BY MASARU EMOTO



ZIVAMIND ONLINE  
GUIDED MEDITATION  
BY EMILY FLETCHER



THE PARADOX PROCESS  
BY THOMAS JONES



B-SCHOOL FOR BUSINESS  
BY MARIE FORLEO

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THE LIFESTYLIST PODCAST WITH LUKE STOREY

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### ABOUT LUKE STOREY

Luke Storey, a former Hollywood Celebrity Stylist, has spent the past 20 years developing and refining a robust way of life based on the principles of nature and spirituality, while embracing technology and modern convenience.

Using himself as a human research lab, Luke has explored a broad and sometimes extreme variety of measures to obtain optimal health, performance, and well-being. From being injected with poisonous frog venom, to enduring weeks of neurofeedback meditation in an isolation chamber, Luke has scoured the earth for the most cutting edge as well as ancient technologies and used them to transform his life and the lives of countless others.

Luke is a Life Stylist, public speaker, and entrepreneur, who continues to share his strategies for healing and happiness through his private and corporate coaching services.

Since 2008 Luke has also served as Founder and CEO at School of Style, the nation's most prominent fashion school for stylists.

### CONNECT WITH LUKE



### LUKE'S LIFESTYLE TIPS

- Detox Your Home: Trash all chemical food, cleaning, and personal care products. Filter shower and bath water. Use organic bedding.
- Optimize your soul. Learn to meditate, and then do it daily. Guided meditations are a great way to start. Read some spiritual literature every morning.
- Move your body every day. If you workout hard-recover harder. Focus on mobility and range of motion over cosmetics.
- Only drink and cook with spring water in glass, whenever possible.
- Treat sleep as the sacred practice it is. Sleep in a cold, dark room, and remove electronics from the bedroom. Avoid blue light after dark. Save up for a Samina Sleep System.
- Only eat organic food. Lots of healthy fats, moderate protein, and tons of veggies. Green smoothies are an easy way to get greens into you. Limit sugar and carbs.
- Avoid all negative thoughts as your primary purpose every day. Think of complaining as smoking, and do your best to quit. Be of service to your fellow man in some way each day. Focus your attention on other people, as the highest expression of your self-love.

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### ABOUT THE PODCAST

The Life Stylist Podcast is a show for people who are dedicated to living life at the highest level of human potential. Our host Luke Storey brings you the most thought-provoking interviews with the biggest experts in the fields of health, spirituality, and personal development. Past guests have included relationship guru John Gray, natural living expert Evan Vitalis, biohacking super-genius Dr. Jack Kruse, and fitness master Ben Greenfield.

The show covers an ever-expanding range of topics including sex and relationships, yoga, meditation, smart drugs, health myths and medical conspiracies, spirituality, mindfulness, health food and supplementation, herbs and alternative medicine, and digs deep into biohacking technologies and tactics.

Luke Storey is a former celebrity fashion stylist- turned public speaker, thought leader and entrepreneur, who has spent the past 20 years relentlessly searching the world over to design the ultimate lifestyle through his extensive, and sometimes even dangerous, personal research and development. Using The Life Stylist Podcast as his delivery platform, Luke continues to share his strategies for healing, happiness, and high-performance living each week so that you the listener can use this knowledge to design YOUR ultimate lifestyle.

### HOW CAN I SUPPORT THE PODCAST?

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### SHOW CREDITS

INTRO MUSIC JEORDIE WHITE, SHOW NOTES TATI MELO, SOUND EDITING STEVE CAMPEN

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