

# BEYOND MEDITATION

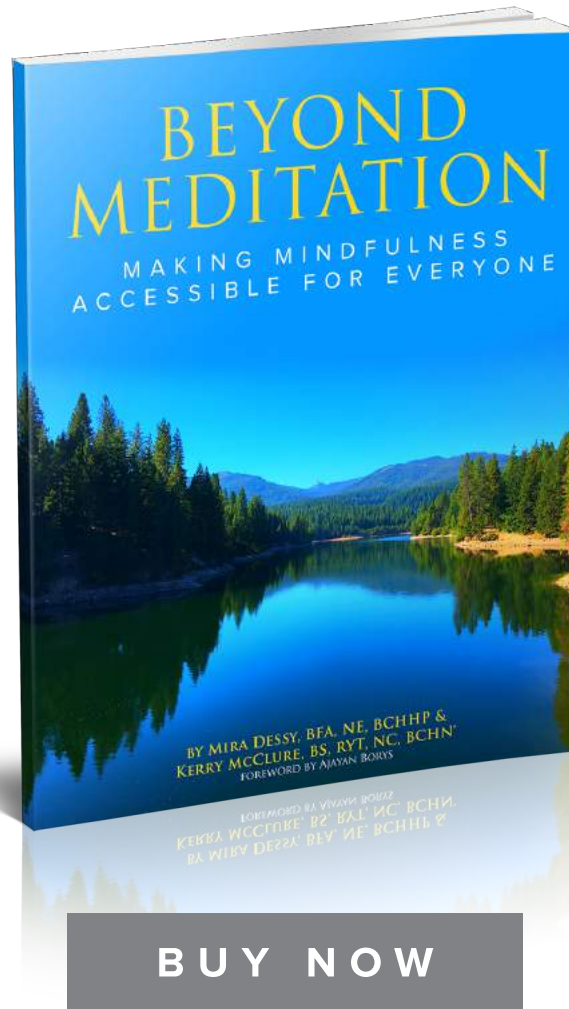
MAKING MINDFULNESS  
ACCESSIBLE FOR EVERYONE

BY MIRA DESSY, BFA, NE, BCHHP &  
KERRY MCCLURE BS, RYT, NC, BCHN®

FOREWORD BY AJAYAN BORYS



**GET YOUR COPY TODAY!**



**Paperback:** 120 pages  
**Publisher:** Versadia Press (July 13, 2017)  
**Language:** English  
**ISBN-10:** 0988935716  
**ISBN-13:** 978-0988935716  
**Product Dimensions:** 8.5 x 0.3 x 11 inches  
**Shipping Weight:** 13.1 ounces  
**Average Customer Review:** ★★★★★



---

## PRAISE FOR *BEYOND MEDITATION*

“Meditation is not a one-size-fits-all kind of thing and as a beginner it can be overwhelming trying to figure it out. Kerry and Mira have given us awesome examples of how to get started and how not to get caught in perfectionism. This is a wonderful workbook full of love, kindness and wisdom. Thank you both!”

– **Suzanne Alft** is President & Owner of Transformation Enzyme Corporation and an advocate for holistic and integrative health care

“Mira and Kerry have done a fantastic job with *Beyond Meditation*. I know how important stress reduction and mindfulness is for myself and in my practice and I see the greatest impact with my clients who take the time to apply these techniques. This book gives a fantastic overview of different methods, meditations and exercises to help the reader on their health journey and shows them how to incorporate into their daily routines. I have learned so much from this book myself and it is now a highly recommended all-in-one resource for all of my clients, friends and family. Cheers ladies!”

– **Coleen Walsh**, MNT, “The Methyl Queen” is a holistic and functional nutritionist specializing in MTHFR and Methylation education, practitioner mentorship and one on one client consultations

“For over 10 years I’ve practiced poi and staff fire dancing as a form of mindfulness. The ability to use movement to feel present in the moment and grounded is a wonderful tool for calming your mind. In *Beyond Meditation* Mira and Kerry offer a wonderful book of mindfulness practices for the every day person based on real every day experience. I love how this book teaches a variety of mindfulness practices beyond meditation such as movement and doodling.”

– **Julie Matthews** is a Certified Nutrition Consultant specializing in autism spectrum disorders and BioIndividual Nutrition®, and is the author of the award winning book, *Nourishing Hope for Autism*

“I loved this book. I recommend meditation to all of my Kick Start clients. For many meditation can seem difficult but this book makes it so clear and achievable. *Beyond Meditation* is something I will definitely recommend to my audience. You will love all of the insightful advice and practical application all written in a user friendly modern way. It’s brilliant. Thank you ladies.”

– **Rachel Holmes** *is a UK-based Women’s Fitness & Health Expert and Founder of the Kick Start Health & Fitness Franchise System*

“Through kind introspection and mind-fullness *Beyond Meditation* takes you on a simple journey towards what most believe to be a very complex practice. It shares the author’s experiences and challenges with meditation and also illustrates how these challenges were overcome. It provides a road map for the novice, clearly defining and clarifying how to find your place to start. It also serves a great reminder for those familiar with meditation allowing for new thoughts and an expansion of experiences and results. Learn how to be responsive, in the moment and how to create a greater health within your mind and body all while nourishing your soul.”

– **Trey Looney**, *Founder Halest Health Solutions and long time seeker of health*

“*Beyond Meditation* is a delight! Open, accessible, unifying, inviting, practical, heartfelt. A gift for those who need a road map to find their way home to peace, love and their own essence.”

– **Dr. Ed Bauman**, *Founder and President of Bauman College: Holistic Nutrition + Culinary Arts*



---

# BEYOND MEDITATION

MAKING MINDFULNESS  
ACCESSIBLE FOR EVERYONE



by Mira Dessy, BFA, NE, BCHHP

*and*

Kerry McClure, BS, RYT, NC, BCHN®

*foreword by Ajayan Borys*



Copyright © 2017 Mira Dessy, BFA, NE, BCHHP and Kerry McClure, BS, RYT, NC, BCHN®

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except for the inclusion of brief quotations and/or passages embodied in reviews and certain other noncommercial uses permitted by copyright law.

*Permission requests, speaking arrangements, and wholesale inquiries may be addressed to*  
Versadia Press, PO Box 1181 Willis TX 77378  
[www.VersadiaPress.com](http://www.VersadiaPress.com)

Printed in the United States of America 1st printing – July 2017  
ISBN: 978-0-9889357-1-6  
EDITOR: DONNA MOSHER, SEGUE COMMUNICATIONS  
*Back Cover Photo Credit* In Her Image Photography

*Author Contact Information*

Mira Dessy [www.TheIngredientGuru.com](http://www.TheIngredientGuru.com)  
Kerry McClure [www.KerryMcClure.com](http://www.KerryMcClure.com)

DISCLAIMER

*The authors of this book are not doctors. The information in this book should not be considered medical advice and is not intended to treat, diagnose, prevent or cure any conditions, physical or otherwise. If you require medical advice or attention, please consult a physician or other health professional. Information provided in this book has not been reviewed or approved by any federal, state, or local agency or healthcare group. Opinions expressed are solely those of the authors and do not represent any particular individual or professional group.*



---

## CONTENTS

|   |    |
|---|----|
| <b>Foreword</b>                                   | 7  |
| <b>Why Meditate</b>                               | 11 |
| <b>Discover Meditation</b>                        | 15 |
| <b>Mindfulness</b>                                | 19 |
| <b>Nourishing Mind and Body</b>                   | 25 |
| <b>Moving Through Expectation</b>                 | 31 |
| <b>Kerry's Meditation</b>                         | 37 |
| <i>Kerry's 'Practical Inspiration' Meditation</i> | 43 |
| <b>Mira's Meditation</b>                          | 47 |
| <i>Mira's Doodle Meditations</i>                  | 55 |
| <b>Friends and Colleagues Meditations</b>         | 57 |
| <i>Ajayan Borys</i>                               | 59 |
| <i>Anik and Daniela Bose</i>                      | 60 |
| <i>Arland Hill</i>                                | 60 |
| <i>Bedros Keuilian</i>                            | 63 |
| <i>Cory Ross</i>                                  | 63 |
| <i>Don McClure</i>                                | 64 |
| <i>Erin Knight</i>                                | 64 |
| <i>Hallie Moore</i>                               | 65 |
| <i>Helayne Waldman</i>                            | 67 |
| <i>Jonah Das</i>                                  | 67 |
| <i>Kasondra Jansson</i>                           | 68 |
| <i>Keesha Ewers</i>                               | 68 |
| <i>Kirstin Nussgruber</i>                         | 69 |
| <i>Kyrin Dunston</i>                              | 70 |
| <i>Marcia Sivek</i>                               | 77 |
| <i>Margaret Floyd</i>                             | 74 |
| <i>Melissa Crispell</i>                           | 75 |
| <i>Melissa Humphries</i>                          | 76 |

|  |     |
|--|-----|
| <i>Michael Mastro</i> . . . . .                        | 78  |
| <i>Paul Reynolds</i> . . . . .                         | 78  |
| <i>Rachael Pontillo</i> . . . . .                      | 79  |
| <i>Robin Mastro</i> . . . . .                          | 81  |
| <i>Sarica Cernohous</i> . . . . .                      | 81  |
| <i>Stacy McCarthy</i> . . . . .                        | 82  |
| <i>Tandy Elisala</i> . . . . .                         | 83  |
| <b>Meditation Workbook</b> . . . . .                   | 85  |
| <i><b>Mindfulness Exercises</b></i> . . . . .          | 87  |
| <i>Pause Meditation</i> . . . . .                      | 87  |
| <i>The Power of Five</i> . . . . .                     | 87  |
| <i>Five Breaths</i> . . . . .                          | 87  |
| <i>Five Sounds</i> . . . . .                           | 88  |
| <i>Five Sights</i> . . . . .                           | 88  |
| <i>Five Sensations</i> . . . . .                       | 88  |
| <i>Raisin Meditation</i> . . . . .                     | 88  |
| <i>Quotidian Meditation</i> . . . . .                  | 89  |
| <i><b>Writing Prompts</b></i> . . . . .                | 90  |
| <i>Gratitude</i> . . . . .                             | 90  |
| <i>Highs and Lows</i> . . . . .                        | 92  |
| <i>Ten Words</i> . . . . .                             | 94  |
| <i><b>Doodle Page Prompts</b></i> . . . . .            | 96  |
| <i><b>Journal Prompt Page</b></i> . . . . .            | 100 |
| <i><b>Breathing Meditations</b></i> . . . . .          | 101 |
| <i>Alternate nostril breathing I</i> . . . . .         | 101 |
| <i>Alternate nostril breathing II</i> . . . . .        | 102 |
| <i>Equal Breathing</i> . . . . .                       | 103 |
| <i>Progressive Relaxation Meditation</i> . . . . .     | 104 |
| <i>Walking Meditation</i> . . . . .                    | 106 |
| <i>Metta, or Loving-Kindness, Meditation</i> . . . . . | 107 |
| <b>Author Biographies</b> . . . . .                    | 109 |
| <b>Friend and Colleague Biographies</b> . . . . .      | 111 |
| <b>Acknowledgements</b> . . . . .                      | 119 |



---

## WHY MEDITATE?

We're all too busy. No matter where you work, the word of the century seems to be *productivity*. How can companies increase productivity? How can they get more for less? "Productivity" really means staying busy, implying that the busier we are, the more value we provide. Who doesn't think: "If I can just be a little more productive, everything will be better"? The push has become relentless. As if driving oneself to exhaustion will somehow make everything perfect. But the compulsion for productivity leaves no time to take a break, to rest, to restore.

Modern life has become so overwhelming and overstimulating that we are experiencing an epidemic of stress and depletion. We, Mira and Kerry, are in the business of helping people live healthier, happier lives. So we are qualified to call this what it is: an unhealthy epidemic. We wrote this book to help our clients – and you – find a way to sidestep this epidemic. We want to offer a respite of calm that, from a small investment of just minutes a day, will restore balance in your mind, your relationships, your work, and your health.

Our recommendation is meditation.

Surprised? Of course you aren't. Meditation has become a trend, a mantra, if you will, in the mainstream and alternative media. You can hardly go a day without seeing stories and social media praising the value of meditation, and it is with good reason. But if you are like the people we work with, learning to meditate may be just one more thing you need to add to your busy day – and who has time anyway?

We get that. And that is why we have written this book. We say you don't have to meditate while sitting in lotus position with your eyes closed chanting *Om* for an hour every day. We will share a range of meditation opportunities and

suggest easy ways for you to work it into a busy day. That is how important – and valuable – meditation can be.

Perhaps you remember the cartoon of a man talking to his friend, saying, “I’ve hooked the VCR up to the microwave oven so we can fast forward our TV dinners.” Sure, it’s funny, but sadly, it is also true. Nothing is fast enough. We receive oddly mixed messages about seeking life balance, being more productive, finding time for personal development, do more, buy more, hurry up. All of which leaves us feeling overwhelmed and unsatisfied. Modern culture has sucked us into hurry-up-instant-gratification-faster-faster mode.

We believe that no one wants to live this way. The messages that surround us encourage us to do so. For how many years have you noticed that Christmas decorations appear in the stores just after Labor Day? We still have Daylight Saving Time, and yet they’re pushing holiday lights and glitz. You may complain to yourself, or to friends and family. But it doesn’t change. Rather, it gets worse and more exhausting.

The more we try to do, the faster we go, the more exhausted we become and the less we can deal with everyday stressors. Sadly, this also leaves us less able to enjoy those precious moments that come into our lives. We’ve blunted our ability to be mindful of the joys that surround us each day.

Combining agitation, hurry, and worry makes a perfect storm for dysfunction and ill health. A high-stress lifestyle drains our adrenals, increases our cortisol levels, increases our blood pressure and makes us fat. When we take time for mindfulness and to slow down the pace of life, even if just for a little bit, we change how we feel. We disconnect from that stress and pressure, and physically our body produces more nitric oxide, which helps our blood pressure drop. Additionally our heart rate slows, our hormone levels change (for the better). There are even studies that show a positive correlation between meditation and improved immune system response.

Studies show that taking time for daily meditation improves concentration and memory retention, which can increase productivity. A meditation practice also develops self-awareness, allowing us to detach mindfully from situations, especially emotional ones, that can be overwhelming, and in some cases, destructive to our relationships or our sense of self. That self-awareness further encourages us and leads us to a deeper commitment to self-care. If we're taking the time to be more mindful, we create the mental and emotional space to see what else we might do that would be supportive: perhaps it's quitting smoking, or changing our diet, or deepening the connection with our loved ones. All of those things become a blur when we're moving as fast as we can. Slowing down just a little bit brings clarity and focus, which allows us to make changes.

Countless studies show that meditation increases happiness. The emotional benefits of meditation can be powerful: less depression, reduced anxiety, and an improved sense of well-being. Research shows still more benefit: decreased impulsivity, a reduction in worry and fear, and increased self-esteem, mood, and optimism.

Memory strength and focus go up with meditation as does creative thinking and problem solving. One study even showed that people who took a break from a complex task had an increased ability to solve problems, in some cases by as much as forty percent. Many of the world's great thinkers such as Albert Einstein, Thomas Edison credit "daydreaming" as being a significant part of their success. In effect, disconnecting and allowing their minds to wander engaged them in a mindfulness practice that enabled them to be more effective and more creative.

Are you inspired to discover all the benefits of a meditation practice? Below we discuss a few of the more common forms of meditation. We invite you to explore several different forms to see which modality services you best. Any form of meditation that appeals to you and suits your lifestyle can be beneficial to your mind, body, and spirit. You may find you start with one style and later begin to practice another style. Like anything you learn, it's a journey of discovery and seeing what works best for your individual temperament and lifestyle demands.



*We are all challenged with  
something at some point  
along the journey of our lives  
Choose resilience*



---

BEYOND MEDITATION: MAKING MINDFULNESS ACCESSIBLE FOR EVERYONE

# GRATITUDE WORKSHEET

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

*Date:*

*Gratitudes:*

## WALKING MEDITATION

This can be a helpful way to develop mindfulness of your physical state while at the same time develop a connection between mind and body. Many people find this form of meditation to be very calming. There is something soothing about focusing on and being more aware of your physical presence when you are engaged in the gentle act of walking. Consider planning for fifteen to thirty minutes, depending on the amount of time you have available.

This form of meditation can be done indoors or outside. Some walking meditations involve the use of a labyrinth, but this is not necessary. Simply have a comfortable space where you can walk twenty to thirty paces back and forth or in a circular pattern.

*Standing tall, connect with the physical sensations of your body, from your feet resting on the ground to how your body is balanced when simply standing.*

*Keep your hands by your sides and your head elevated above your shoulders.*

*Try to feel the environment around you, noting the temperature, any wind, or other sensations as they come to your attention.*

*Begin to walk, slowly and deliberately placing one foot in front of the other.*

*Note the sensations as you lift each foot up and swing it forward into position for the next step. Note any other physical sensations such as the movement of your arms.*

*Pay attention to your body. With each step feel the sensations of lifting your foot and leg off the earth, then note the sensations as you place your foot back down.*

*Feel each step mindfully as you walk.*

*When you reach the end of your path or circuit, turn around (or continue on if it's a circle), being mindful of how your body feels.*

*Retaining an awareness of your body, begin to notice your breath in response to your movements.*

*If desired, change speeds, choosing to move more quickly, slower, or alternating speeds at different points.*

*If your mind wanders, note it and make a decision to pull yourself back into awareness of your walking and any affiliated sensations.*

*When you are done walking, stop for a moment and note all of your body sensations.*

*The very act of walking is your focus.*



## AUTHOR BIOGRAPHIES



### **KERRY MCCLURE, BS, RYT, NC, BCHN®**

Kerry is a health and wellness practitioner of nutrition, yoga, meditation, mindfulness, and fitness and creator of “*The Vibrant Life Method*” online wellness course. Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and a long, healthy life free from chronic symptoms of illness.

Kerry is passionate about helping her clients shift their lifestyle from “surviving” to “thriving” and from feeling “normal” to feeling “optimal”. She is known for delivering uplifting experiences and motivation through speaking engagements, private and group consulting, teaching movement classes and workshops, and leading online educational courses and webinars.

Kerry is Board Certified Holistic Nutrition®. She is a member of the National Association of Nutrition Professionals and The Yoga Alliance. She is certified in yoga, and several fitness modalities. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness.

***Learn more at [www.KerryMcClure.com](http://www.KerryMcClure.com).***



**MIRA DESSY, BFA, NE, BCHHP**

Mira Dessy is known as The Ingredient Guru, she teaches how to navigate the grocery store's mammoth packaged food stock, to decipher confusing food labels, understand the relationship of food additives to poor health, and to find real food. A holistic nutritionist and a popular public speaker, she knows that it's not just what you eat, but what's in what you eat. She is the author of the book *The Pantry Principle: how to read the label and understand what's really in your food.*

Mira is a member of the National Association of Nutrition Professionals, the Society for Nutrition Education and Behavior, the American Association of Drugless Practitioners, and the American Holistic Health Association. She has been working with clients for over 10 years, supporting them in reaching their health goals through holistic nutrition, lifestyle modifications, and chemical cleanup. Her motto is "Eat well to be well."

*Mira can be found online at [www.TheIngredientGuru.com](http://www.TheIngredientGuru.com).*

## MEDITATION



We're all too busy. Modern life has become so overwhelming and over-stimulating that we're experiencing an epidemic of stress and depletion. Kerry and Mira wrote this book to help our clients – and you – find a way to sidestep this epidemic. We want to offer a respite of calm that, from a small investment of just minutes a day, will restore balance in your mind, your relationships, your work, and your health.

*Beyond Meditation: making mindfulness accessible for everyone* is an essential resource for anyone seeking to understand the effect mindfulness has in one's life journey. This book is filled with practical techniques, guided meditations, stories, and other nuggets of wisdom that can help ease your journey through the world. Reading this book will touch your soul and show you how to honestly and individually meet and openly relate with the mind, embrace the fullness of your life experience and live in a wholehearted way as you discover many different modalities of the practice we call mindfulness.



“This book, *Beyond Meditation: making mindfulness accessible for everyone*, feels like walking into a room and talking amongst friends about their varied frustrations and breakthroughs with different forms of meditation. I felt a part of a conversation around a living room tea party. In the end there are some lovely practical tools and a variety of ways given to meditate. You will find something in all the choices that will fit you and you may just find some of the same breakthroughs as your fellow meditators.”

– *Jacqueline S. Chan, D.O., M.I.M Integrative Holistic Physician and Intuitive Medical Practitioner*

“If you are new to meditation or have tried traditional meditation without success this book is for you. I love that it offers a unique approach to meditation: there is no one-size fits all. Connection with nature is what nourishes me; you may discover that doodling or a gratitude journal or yoga is your meditation. Find what works for you, make it a daily practice and reap the wonderful benefits for your mental and physical health!”

– *Trudy Scott, author “The Antianxiety Food Solution” and host of “The Anxiety Summit”*

**BUY NOW**