

A HOW-TO GUIDE

A Complete Beginner's Guide to Meditation



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INTRODUCTION

Hello, I'm your coach Nadine Kuehn

I am a transformation coach and mentor for women, and I'm on a mission to empower and inspire women to embrace their true selves. I wear many hats in this journey – a certified Medical Intuitive, a healer, a singer – but my heart beats for helping women reconnect with their essence, love themselves unconditionally, and embrace the beauty of their bodies.

My approach is holistic; I believe in the powerful mind-body-soul connection, and I'm dedicated to guiding women through the process of building a new, empowering relationship with themselves. Together, we embark on a profound journey where self-acceptance, self-love, and self-expression are at the core.



My passion is to awaken the dormant potential within you, igniting the flame of your inner leader. I'm here to help you tap into your sacred feminine energy, heal past wounds, and express your authentic self.

I'm excited about the discoveries that lie ahead for you. I can't wait to witness the magic unfold as you integrate and implement the newfound wisdom and self-love into your life. Together, we'll unlock your full potential, and you'll embark on a journey towards an empowered, healthy, and fulfilling life.

- Nadine Kuehn



CHAPTER I

Why Meditation is Important

What is Meditation

Meditation is a practice that has been used for centuries to promote relaxation, reduce stress, and calm the nervous system. It is often associated with various spiritual and philosophical traditions, but it has gained popularity in recent years for its numerous physical and mental health benefits.

Here's why meditation is so important and why you might want to consider implementing meditation into your day-to-day.

Stress Reduction: Meditation is widely recognized for its ability to reduce stress. When you meditate, you focus your attention on the present moment, which can help you let go of the worries and anxieties about the past and the future. This mindful presence promotes a state of relaxation, helping to lower the levels of the stress hormone cortisol in your body.

Relaxation Response: Meditation can trigger the "relaxation response," a physiological state that counters the stress response.

In this state, your heart rate and blood pressure decrease, muscle tension eases, and your body enters a state of deep relaxation. This helps reduce the wear and tear that chronic stress can have on the body.

Improved Emotional Regulation:

Meditation helps you become more aware of your emotions and reactions, allowing you to respond to stressors in a more measured and calm manner. This can reduce the emotional turbulence that often accompanies stress and help you maintain better emotional balance.

Enhanced Mindfulness: Mindfulness meditation is a specific type of meditation that encourages non-judgmental awareness of the present moment. Therefore, practicing mindfulness can help you become more attuned to your thoughts, feelings, and bodily sensations. This heightened self-awareness can lead to better stress management and an increased capacity to stay calm under pressure.

CHAPTER I CONTINUED

Enhanced Resilience: Regular meditation practice can build emotional resilience, helping you bounce back more quickly from challenging situations. It equips you with the skills to face stress with a greater sense of calm and adaptability.

Improved Sleep: Chronic stress and an overactive nervous system can lead to sleep disturbances. Meditation helps calm the mind and relax the body, making it easier to fall asleep and stay asleep. Quality sleep is crucial for overall well-being and stress management. If you struggle with sleeping then [this podcast episode](#) might help you or listen to [Time for Beauty Sleep](#).

Mind-Body Connection: Meditation can improve the mind-body connection by enhancing awareness of physical sensations. This can lead to better recognition of tension and stress in the body, allowing individuals to consciously release it.

Decreased Anxiety: Meditation has been shown to reduce symptoms of anxiety and panic disorders. By training the mind to focus and let go of worries, it can alleviate the excessive rumination and catastrophic thinking that often contribute to anxiety.

Lowered Blood Pressure: High blood pressure is often linked to chronic stress. Meditation can help reduce blood pressure by promoting relaxation and improving cardiovascular health.

Promotes Neuroplasticity: Meditation has been shown to induce changes in the brain, promoting neuroplasticity. This can enhance cognitive and emotional flexibility, which is essential for stress management and adaptability.

Incorporating meditation into your daily routine can provide long-term benefits for reducing stress and calming the nervous system. Whether you choose mindfulness meditation, transcendental meditation, yoga, or other meditation techniques, consistent practice can help you build a sense of inner peace, resilience, and overall well-being.

It's essential to remember that meditation is a skill that improves with time and practice, so patience and consistency are key to reaping its benefits.

If you want to learn more then listen to my podcast episode: [Making Time For Meditation](#)

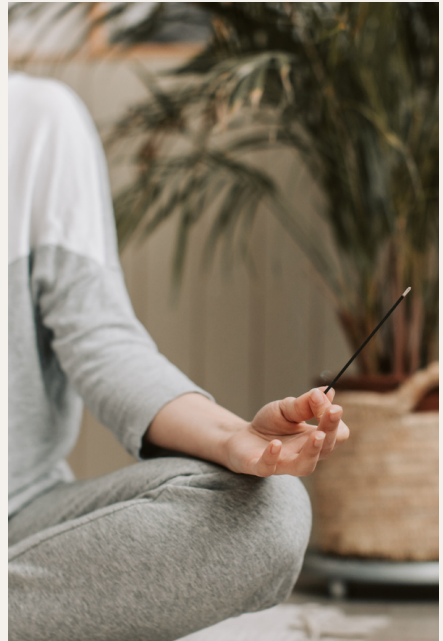
CHAPTER II

General Tips for Meditation:

Consistency and Compassion:

- **Consistency:** Try to meditate at the same time each day to establish a routine. This is particularly important for my ladies with ADD/ADHD
- **Start Slow:** If you're new to meditation, start with just a few minutes and gradually increase the duration. Be kind to yourself and have compassion.
- **Use Guided Meditations:** There are many apps and online resources with guided meditations that can help you get started. I've included a starter-kit for meditation which you can download here.
- **Be Patient:** Meditation is a skill that improves over time. Don't get discouraged by a busy mind. A busy mind is very normal. I don't believe in quieting the mind. I believe in becoming aware of our thoughts. Once you are in the present moment you are the observer rather than the participant.

Experiment: Feel free to explore different meditation techniques to find what works best for you, whether it's focused attention, mindfulness, or loving-kindness meditation.



CHAPTER III

Meditation – A Morning Routine

**Prime For Your Day**

By beginning your day with morning meditation, you'll cultivate a sense of peace, clarity, and intention that can positively influence your entire day. This practice helps you approach challenges with resilience and enhances your overall well-being.

Here's a prime for your day with a morning meditation routine:

**Wake Up Early:**

Give yourself enough time to wake up and start your day without rushing. Set your alarm a bit earlier than usual to create a peaceful morning routine.

Find a Quiet Space:

Choose a quiet and comfortable spot where you won't be disturbed. It could be a corner of your bedroom, a cozy chair, or a peaceful outdoor space.

**Sit Comfortably:**

Sit in a comfortable position, whether it's on a cushion, a chair, or the floor. Keep your back straight, your hands resting on your lap, and your eyes gently closed.

**Focus on Your Breath:**

Begin by taking a few deep breaths. Inhale slowly through your nose, filling your lungs, and exhale through your mouth. This helps you become present and calm.

Let yourself sigh or make any sound that feels good to you as you breathe out. Take at least 5 deep breaths.

CHAPTER III CONTINUED

**Set an Intention:**

Take a moment to set a positive intention for your day. It could be something simple like "Today, I choose peace and positivity."

Mindful Breathing:

Shift your attention to your breath. Breathe naturally and focus on the sensation of each breath as it enters and leaves your body. Pay attention to the rise and fall of your chest or the feeling of the breath in your nostrils.

**Body Scan:**

Slowly scan your body from head to toe, noticing any areas of tension or discomfort. As you breathe out, imagine releasing any tension, allowing your body to relax.

Gratitude Practice: Bring to mind three things you're grateful for. It could be something as small as a warm cup of coffee or as significant as a loving relationship. Feel the gratitude in your heart.

**Visualize Your Day:**

Spend a few moments visualizing how you want your day to unfold. Imagine yourself handling challenges with ease and approaching each moment with positivity.



Affirmations: Repeat a few positive affirmations to boost your confidence and set a positive mindset. For example, "I am capable," "I am worthy," or "I am at peace."

Quiet Reflection:

Sit in stillness for a few more minutes, simply being present in the moment. Allow any thoughts to come and go without judgment.

**Close with Gratitude:**

When you're ready to finish, take a final deep breath and open your eyes. Express gratitude for the moment of meditation and carry the sense of calm and mindfulness with you as you start your day.

CHAPTER IV

Meditation – An Evening Routine



Create a Peaceful Environment: Just like in the morning, find a quiet and comfortable space where you won't be disturbed. Dim the lights and remove distractions.

Sit or Lie Comfortably: Choose a comfortable position as you did in the morning.



Reflect on Your Day: Take a few moments to reflect on your day, acknowledging both positive and challenging experiences without judgment.

Body Scan: Starting from your toes, mentally scan your body, releasing any tension you might be holding. Work your way up to your head.

Gratitude Practice: List three things you're grateful for from the day. This helps foster a positive outlook.



Mindful Breathing: Close your eyes and take a few deep breaths. Then, focus on your breath just as you did in the morning.

Release Tension: If you encountered stress or negative emotions during the day, visualize them leaving your body as you exhale.



Set an Intention for Rest: Before ending your evening meditation, set an intention for a peaceful night's rest or a specific dream you'd like to have or an answer you'd like to receive.

Transition to Sleep: Gently open your eyes, relax, and move toward your bedtime routine.

CHAPTER V

The Benefits of Meditation – A Reminder

Make it a daily habit.

Taking meditation into your day-to-day practice and making it a daily ritual can yield a multitude of benefits that extend far beyond simply stress relief. By embracing this ancient practice, you can unlock the incredible potential within yourself and cultivate a more fulfilling, harmonious life.

Better Focus and Productivity

One of the most noticeable effects of a daily meditation practice is the enhancement of focus and productivity. Meditation helps you to calm the mind, enabling you to filter out distractions and concentrate on the task at hand. By training the mind to stay in the present moment, meditation allows you to accomplish tasks more efficiently, ultimately improving your overall productivity.

Better Self-Regulation

Meditation also plays a vital role in enhancing self-regulation. Through meditation, you develop the ability to observe your thoughts and emotions without judgment. This self-awareness empowers you to regulate your reactions to challenging situations and to exercise greater control over your behavior.

This newfound self-regulation not only improves your relationships but also fosters a sense of personal empowerment. You just feel good because you know you got your back.

More Mindfulness

Daily meditation nurtures mindfulness, which is the practice of being fully present in each moment. By continually bringing your attention to the present, you become more attuned to your surroundings, your emotions, and your interactions with others. As mindfulness deepens, you can experience greater clarity and insight into your own life and the world around you.

CHAPTER V CONTINUED

Self-Acceptance and Compassion

Meditation encourages self-acceptance and self-compassion. By becoming more in touch with your inner self, you learn to accept your flaws and imperfections, allowing you to extend compassion to yourself and others. As you embrace your humanity, you become kinder, more forgiving, and less judgmental towards yourself and those around you.

A Better Outlook

Through the lens of meditation, the world often appears in a more positive light. Regular practice promotes a more optimistic perspective on life, even in the face of adversity. People who meditate daily, often find that they can weather life's storms with grace and resilience, ultimately leading to a more positive and hopeful outlook.

Feeling More Relaxed and Happy

The relaxation achieved through meditation not only alleviates stress but also cultivates an enduring sense of happiness. Meditation triggers the release of endorphins, which are natural mood elevators. A daily meditation practice can lead to sustained feelings of contentment and happiness. And who doesn't want that?!

Better Relationships

The benefits of meditation extend to your relationships as well. By cultivating self-awareness, empathy, and self-compassion, we all become better partners, friends, and family members. Through daily meditation, you can improve your communication, resolve conflicts more effectively, and create deeper, more meaningful connections with others.

More Confidence

Meditation strengthens self-confidence by fostering self-acceptance and a sense of inner peace. When you accept yourself for who you are and find tranquility within, confidence naturally grows. This self-assuredness enables you to pursue your goals and dreams with determination and self-belief. And you find it much easier to have faith even when life happens.

Being More at Peace

Ultimately, the daily practice of meditation leads to a profound sense of inner peace. Through meditation, you learn to detach from the constant fluctuations of the mind and connect with a deeper, more stable aspect of yourself. This inner tranquility allows you to navigate life's challenges with equanimity and poise.

CONCLUSION

This is the beginning of something good.

Encouraging Words for Building Healthy Habits

Don't give up, you're doing great! Adopting new, healthy habits, like meditation, can be a journey of highs and lows. Remember, it's precisely during those moments when you're tempted to skip or neglect self-care that it holds the greatest significance. This is the start of something really wonderful and significant. Rest assured, as time unfolds, you'll undergo a transformative shift, feeling notably improved. So, keep it up!

It only takes a few seconds to change your state of being. It only takes a few, solid breathes to feel more grounded and connected with yourself.

Take the meditations into your day-to-day and make them part of your daily activities. From 30 seconds to 1 or even 2 hours of meditation, there are no negative side effects. It offers a splendid reprieve from the daily whirlwind, allowing you to pause and bask in the present moment's power, where true awareness resides. I trust that this beginner's guide to meditation, along with the meditations themselves, has ignited a spark of inspiration in you, encouraging you to embrace a meditation practice as a vital component of your self-care regimen. You owe it to yourself, beautiful.



Free Resources: Meditations

Included Guided Meditations:

Breath Meditation

Morning Meditation

Evening Meditation

I Am Statements

Sacred Space & Future Self Meditation

Podcast Resources:

Deep Rest Meditation

Heart of The Rose Meditation Instructions

This Might Be Holding You Back From Sleeping.

Making Time For Meditation

My Time In Mexico at the Weeklong Advanced Retreat with Dr. Joe Dispenza

How Applying Dr. Joe Dispenza's Formula Has Shifted My Life & Spiritual Practice

How Applying Dr. Joe Dispenza's Formula Changed My Life, Part 2

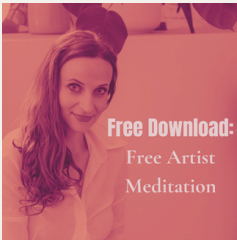
More Free Resources



Natural Woman Alchemy Podcast

Get ready to soak up some serious self-love, empowerment, and spiritual goodness with over 200 episodes of Nadine's podcast. She's chatted with a ton of coaches, healers, and wisdom wizards to bring you their top tips on holistic health, relationships, and embracing your inner femininity. Get ready to be inspired!

[LISTEN IN >](#)



Free Artist Meditation

The Free Artist Meditation is designed to connect you to that part of you that is worthy, free, abundant, creative and joyful. The subliminals will gently calm down your nervous system and allow your brain to relax so that it can be rewired to information that is supporting your wellbeing. Listening to it daily, it may create more ease, joy, and flow in your life.

[FREE DOWNLOAD >](#)



She Heals Her Podcast

Welcome to Nadine's latest podcast, "She Heals Her," where she delves into the nitty-gritty of sisterhood, womanhood, relationships, holistic health, and self-love. So, come and join her on this exciting new journey and let her uplift and motivate you!

[LISTEN IN >](#)



Goddess Ritual

This is a wonderful time to connect to your Inner Goddess and create from your inner well to bring forth new versions of you and reconnect with your fire within. You have the power to be whoever you want and create whatever you want. This is a wonderful ritual to get in touch with your innate powers and strengthen your feminine intuition.

[FREE DOWNLOAD >](#)

More Resources

1-on-1



Sacred Womb

Within you lies a wellspring of untapped power, wisdom, and sensuality—an inner sanctuary that I refer to as the Sacred Womb.

"Sacred Womb," is my 12-week, 1-on-1 online program designed exclusively for you—a woman ready to embark on a transformational journey towards your empowered feminine self. In these 12 weeks, you will uncover the beauty and magic that resides within you and cultivate a loving and nurturing relationship with yourself and your wonderful body by tapping into the power of your intuition.

Online Course



She's Worthy

The journey of becoming and being a woman can be challenging, marked by moments of self-doubt and a muted inner voice. But here's the truth: You are inherently worthy of love, acceptance, and success, just as you are. "She's Worthy," a transformative 4-week course designed to help you rediscover, reclaim, and celebrate the incredible woman within you. This course is not just about personal growth; it's a powerful journey towards self-empowerment, self-worth and self-love.



Book Your Free Call >



Join Today >

1-on-1

Wild Woman Archetype Activation

In the depths of our souls, there resides an archetype as ancient as the wilderness itself—the Wild Woman. As we embark on this transformative journey together, we invite you to explore and reclaim the vibrant essence of your Wild Woman archetype.



My "Wild Woman Archetype Sessions" offer you 3 profound 1-on-1 experiences, each designed to unearth, embrace, and set free the wild spirit within you. Through these sessions, you will embark on a sacred journey of self-discovery, allowing you to live the wild, fiery essence of your true self.



Book Now >

What Clients Say



I absolutely loved my sessions with Nadine! She had the whole program set from starting my healing journey in the first one to finishing it off with a closure and completion. Her voice is so soothing and she has an amazing way to guide you to your Divine intelligence so you are completely ready to heal. Nadine prompted the right questions during the session to understand why, what, how things had happened and what was needed to move ahead for my future. Her scans were spot on and Nadine was well prepared before our session on what to focus on. She suggested some simple routines for me to follow based on her scans and it has been life changing for me. No questions were left unanswered from my sessions.

I feel I gave myself the best gift to have sessions with Nadine!

Anila Paiel, Healer, Coach from Hong Kong/London, UK



I started out as a girl who was okay with being second in line. Confident in her perception, sort of content, but in the evenings she ate chips and chocolate, drank wine, watched Netflix and felt alone. She was hardy, always on top of things, proud of her work as an assistant, but longed for something else? But what? A loving man?

Today, I'm the first in line: I've advanced professionally, I eat healthy, and I have a morning routine that I look forward to every day.

Chips, chocolate, wine and Netflix are of the past, I'm no longer dulling and numbing myself. Because now I want to see myself. Oh yeah baby!

I look at myself in the mirror while showering myself with the compliments I deserve. I'm reading books again. I have a revitalized love life, and I feel connected to my body. And what surprised me the most: My lifelong dream of writing books was reignited in Sacred Womb. I buried it for a long time. But we made space for it to come up in all of its glory.

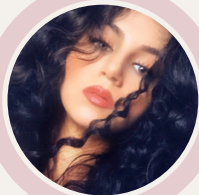
Dear sister, I'm telling you, this program will rock your world. Anything is possible. Also for you!
Go for it, lady!

Tanja Zilq, Editor, Singer-Songwriter, Coach from Berlin, Germany



Imagine swimming in an ancient sacred ocean. All of you soaked in holy water. Such majestic beauty to behold. Such mysterious depth to discover. The deeper you swim the darker it gets. The fear creeps in. Now imagine having swimming glasses that light up to help you see all of it. Having an oxygen mask that helps you breathe as if you were in a green forest. Imagine having wings that move you when you get tired of swimming. Having all that help, now all of the sudden the deep dark ocean isn't as scary! The fear has been replaced by intrigue. Now you desire to get deeper and deeper. To explore more. To cleanse yourself more. You get to know the darkness. You find hidden treasures. You're free to leave behind whatever you don't wish to carry around anymore. At the deepest darkest point you fall in love with her. And there's your happily ever after. Now remember you're the ocean. You're the swimmer. You're the one joining SACRED WOMB, Nadine is the help. The glow in dark glasses, the oxygen mask and the wings. To me, Nadine as a coach dances in that sweet spot between a friend and a therapist. Neither and both. She soothes you and takes the sting out of shadow work. At the same time she's not afraid to push you and make it uncomfortable! SACRED WOMB is the safe space for inner work that's not fun but fulfilling. It's transformative.

Elmira, from Iran/Germany





I went into Nadine's Women Archetype Sessions without any expectation and was so blown away by the vision journey Nadine led me through so beautifully. It was both a spiritually heights experience a highest energy field and a deeply connecting journey supporting me accessing the deeper wisdom of myself and providing clear guidance for my path.

Szofia Zsilli, NESCR® Coach from Hungary/Germany



Hi Nadine, I wanted to send you a message because when we had our amazing Women Archetype session last October we said I would let you know if the vision came through. And here we are, I found out last week that I am pregnant like we visualized with the Mother archetype. I have been pregnant for about a month and having some intense morning sickness so that's a whole other experience. But I am very happy. And thank you for the amazing visualization we did imagining her birth. Hope everything is well with you.

Love,
 Liesbeth

Elisabeth, from The Netherlands



I wish I could describe. What I got out of this session is not given justice using words, but I would tell a fellow sister that the key element and biggest takeaway in this session was prayer and trust. I can't explain why, but Nadine, a total stranger that felt safe and warm, was capable of lovingly and skilfully disarming the most hurt, outraged, and afraid parts of me. Without this trust, I am certain that the healing that followed would have not been possible, no matter how professionally capable she is. It was her empathy, sensitivity, and love that allowed the session to unfold for me. Nadine asked me deep, practical and intelligent questions which told me that she respects the way my mind works, even when it doesn't make the best decisions. There was no judgement around my pain, no rush to fix, no detached commentary on the problem. There was only an unconditional Presence, which she channelled with spiritual cleanliness, inspiring grace, and delicate emotional craftsmanship. On top of ALL that, Nadine was the first person to make clear to me, that female relationships which lead to heartbreak are a "thing" called the 'sister wound'. This awareness has shed so much light on where I am not being, doing, or giving the required love or courage in order to move ahead in my life and relationships (female, intimate, and more). After a long time of being silent and hurt, only limiting myself to male friendships because they are "safer", I finally feel like my healing of the sister wound has actually begun. The women I am currently friends with are taking up more space in my life, have become more emotionally available to me, and I notice the slow but tangible melting away of shame on both sides. I know there is a long way to go, but I am beyond grateful that I am not afraid to look at this anymore. The terror of past trauma has been transformed into genuine hope.

Asrar, from Bahrain

About

Nadine Kuehn



Nadine is a multi-passionate soulpreneur. She's a dedicated coach and mentor for women, a skilled medical intuitive, a professional singer and voice coach, a prolific writer, a creative content creator, and an engaging podcaster. Her diverse skill set is a testament to her commitment to empowering and inspiring others.

Her primary mission is to guide women on a transformative journey of self-discovery, helping them find their unique voice, heal their relationship with their bodies, and reclaim their femininity. Through her coaching programs, available both online and in-person, Nadine has touched the lives of countless women across the globe, offering unwavering support on their paths to fulfillment and joy.

When she's not igniting positive change in the lives of others, Nadine indulges in her deep love for nature and exploration through travel. She is a dedicated health enthusiast and a passionate vegan foodie, always on a quest to discover delightful culinary creations in her own kitchen.

She's an extroverted introvert, currently residing in Berlin, Germany, a city as vibrant and diverse as her own life's journey.

Express Yourself Summit

Wounds to Wings Summit

The Financially Free Artist Summit

As seen in:

