

The Stoplight Meditation keeps you in manifesting flow, even when you're on the go.

Meditating at a stoplight? Who does that? We do, and so can you.

As good as long meditations are to understand your internal process, goal-setting, roleplaying, health and healing, and enhance spirituality, there are **many benefits to short meditations and even shorter meditations I call “zap” meditations.** This is a great time for us to **consider a different perspective on what meditation is** because you're probably meditating more often than you think, more often than you give yourself credit for or realize.

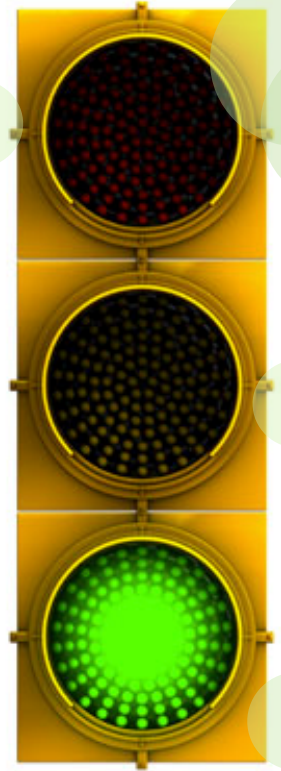
But what if I don't have extra time to meditate..

Most people think that meditations have to be lengthy and take you very deep within and that meditating takes years to master. Although that's not always the case, **sustaining a state of passive meditation that involves theta functioning** can take some time to master and really depends on the meditator and the outcome desired. Yet, dynamic meditations involving **alpha functioning don't really**

take any time at all to learn and the alpha brain frequency is really very easy to reach. Just close your eyes, relax, and internalize your focus; and what is more important than that is the mental state that you come to recognize leads to **successful outcomes regardless of the brain frequency.**

Any time you internalize your focus with a purpose in mind, for example **to go over your goals, to see your future evolving in the way you desire to evolve or connect with your inner self and experience your oneness with all else that is,** even if it's just for 10 seconds, 30 seconds, 1 minute or 2, you are meditating. You are focusing energy in that direction. **So if you meditate several times a day for 2 minutes each time, you're doing yourself a great service.**

Doing so will allow you to go in and out, in and out throughout the day with the little time you may have available to you and make that difference when it comes to manifesting your dreams and your goals.



Meditation has several aspects.

You can do a closed-eyed meditation where you can eliminate 85% of the external stimulus that comes in through your eyes, allowing you to calm down or to focus within more deeply, and that can be more of a passive-type meditation.

To create a passive moment several times during the day, **simply close your eyes, take a deep breath, and notice your breathing as you inhale and you exhale.** Become aware of your heartbeat, then connect with your core self, your spirit self deep within. Feel your aliveness and then **connect with all else that is as you continue to breathe deeply, slowly, and rhythmically**, just a very small, quiet moment, a passive moment.



If you do this several times a day, you will allow yourself to **stay clear in mind, more relaxed, in control, manage your emotions more easily, and be able to think through problematic situations.** So, passive moment meditations are a great way to do that throughout the day. Anytime you look at your watch can be a trigger for you to pause and deliberately go into a passive moment with that goal in mind.

So let's do it right now.

The 3 steps for successful open-eyed meditations



Experiencing the alpha level with eyes-closed

Look at your watch, notice the time, and remind yourself to do a passive moment meditation. **Close your eyes, take a deep breath, and exhale slowly, rhythmically, breathing deeply.** Become aware of your heartbeat, of your inner self, your spirit, your very core, your very nature of you being alive, intelligent.

Become aware of your surroundings and your connection with all else that is. **Use your imagination, your sensing, your feelings while breathing deeply, slowly, and rhythmically.** Now, open your eyes.

Now, that didn't take very long, just a minute. And do you notice any difference between how you felt before the exercise and how you feel now?

Easy enough to do several times during the day, don't you agree?
So passive moment meditations are really effective.

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Beginning your open-eyed meditation practice

Now, when meditating with your eyes open, **internalize your focus by defocusing your vision, and for a fraction of time**, focus your attention to the image of the goal. So day in and day out, every time, **whatever it is you want to manifest comes to mind, just take a few seconds to internalize and picture outcomes** and benefits. Always focus on outcomes and benefits.



What I'm referring to is probably your best example of dynamic, energetic meditation. **Let's do that now by selecting a goal you want to manifest.** In this practice session, we are also going to incorporate the mental screen, an aspect of open-eyed meditation, and the subjective energies of desire, belief, and expectancy. Now, don't do this while driving, please. I need for you to be at a safe environment for meditating.

Let's get started by selecting a goal that you would love to manifest. Got it? Okay, ready.

Close your eyes and picture on your mental screen that goal. Picture it as clearly as possible in the same way that you would recall a photograph or a favorite movie or a clip on YouTube. Sense the image to be out and away from your body past your eyelids and slightly above the horizontal level of sight. **That is the area of your mental screen.**

Focus on the goal image you are picturing with your mind. Describe it to yourself in detail and color. This may help to make a clear image.

Now, desire it intensely. **Believe that you are worthy of it and capable of manifesting it, and feel an intense expectation that it will manifest.**

Now, still focusing your mind on the image of the goal coupled with the subjective energies of desire, belief and expectancy, open your eyes. Allow your eyesight or vision to remain defocused as if daydreaming. Continue to picture the image on your mental screen but now with your eyes open and defocused vision. **Make a point of reference of this experience.**

Remember how this feels. Now blink, focus, and out again.

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"You can never solve a problem with the same kind of thinking that created the problem in the first place."

~ Albert Einstein

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Mastering the open-eyed meditations

The open-eyed meditation took just under 2 minutes to do. Now, **let's shorten the meditation a bit more.** You know where to picture your image on your mental screen out and away from your body and **you know how to muster up intense desire, belief, and expectancy.** So now, close your eyes and picture clearly the same goal you would love to manifest on your mental screen. Focus on the goal image you are picturing with your mind.

Now, open your eyes, still focusing your mind on the image of the goal with your vision defocused as if daydreaming. Continue to picture the image on your mental screen with your eyes open. **Remember how this feels.** Okay. Now blink, focus, and out again.

This meditation took under a minute to do. How is that for a zap meditation? **Now, let's do a 20-second zap meditation that will come in handy for energizing your goals throughout the day and every time you think of your goal.** Ready?

This time begin with your eyes open; defocus your vision as if daydreaming; and picture clearly the same goal you would love to manifest on your mental screen. Focus on the goal image you are picturing with your mind. Muster up intense desire, belief, and expectancy.

Continue to picture the image on your mental screen with your eyes open. Okay. Now blink, focus, and out again.



Stoplight Meditations for Fast Manifestation

Ready for a 10-second zap meditation? Okay. Let's go. Defocus. Picture goal. Desire it; believe it; expect it. It's yours, yours, all yours. Blink, focus, and out again.

Now, do the same process on your own. I'll give you 10 seconds to do it. Ready? Start.

Stop. One more time. Ready? Start.



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**Focus on goals,
outcomes and
benefits.**

This is a **great zap meditation to do when you're approaching a stoplight**. The moment you see that yellow light, bring the goal to mind. Stop at the red light and program, program, program, program; and **continue to program, focusing on goals, outcomes, and benefits**.

The moment the light turns green you blink, you come back out, focus, and go. **And this is what we call the stoplight meditation.**

Begin your journey towards manifestation with open-eyed meditation

Meditating with your eyes open will allow you to **energize your goals frequently throughout the day**. Mindful open-eyed meditation is effective and will help keep you on your path to successful manifestation.

So every time you think of your goal, you are to internalize your focus and zap your image with the subjective energies of desire, belief, and expectancy because those goals, once acknowledged, are just waiting to be manifested into your living reality.

If you want to go through the whole Stoplight Meditation with Laura Silva, download the audio here.

**Your goals are just
waiting to be
manifested into
your living reality.**



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Meditation Audio Here >>**](#)

