

*THE 7-STEP PROCESS*

Meditation to Transform  
Your Life - no matter what Life  
Throws at You.

Be. More

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# Be.

**Be.More**

**The 7-step signature Be.More programme.**

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# Be. More

## INTRODUCTION

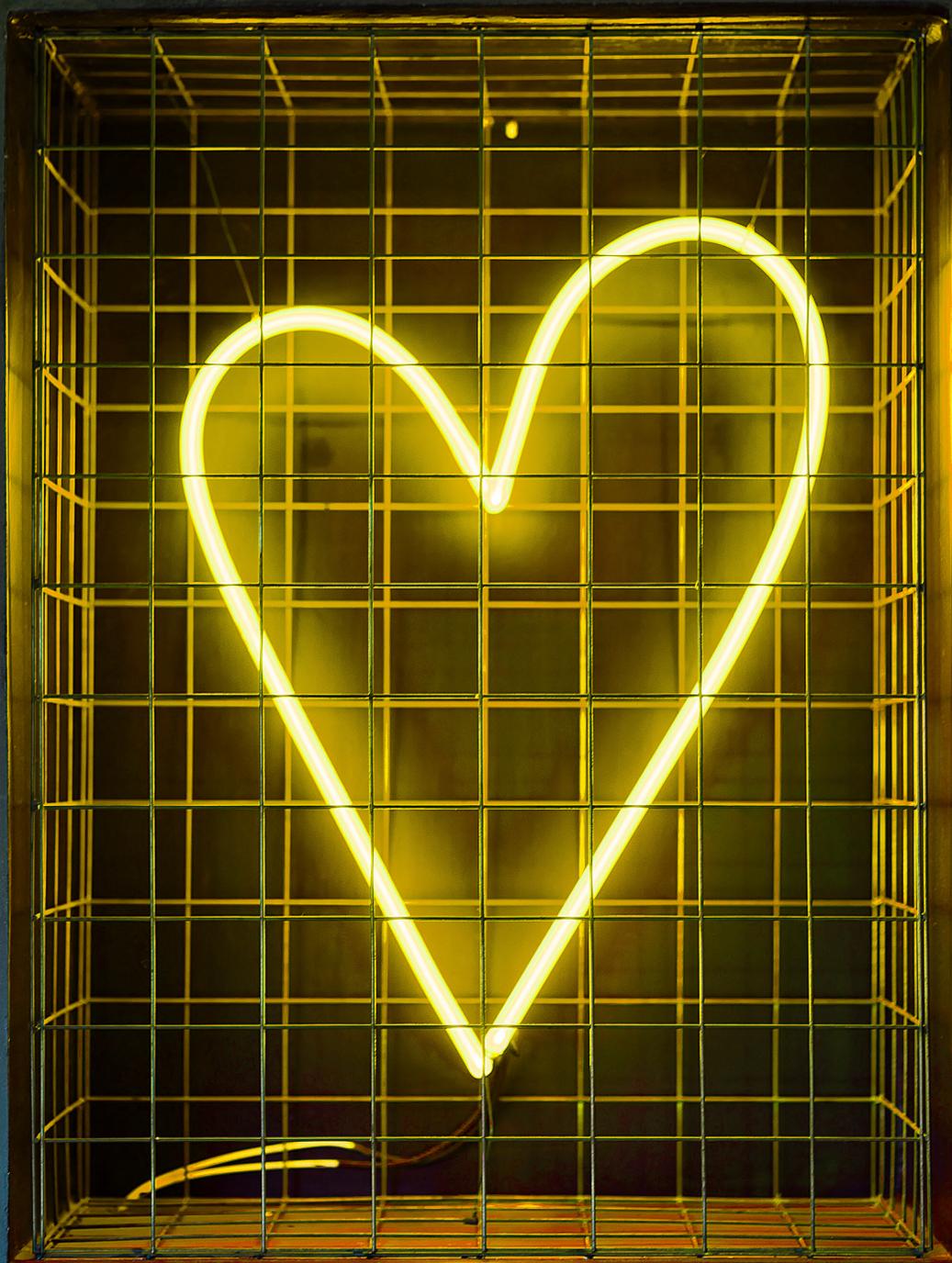
The pace of the modern world is relentless and unstoppable.

Stress is impacting us like never before and our ability to handle that stress determines whether we thrive or whether we suffer.

If you're serious about changing your experience for the better, this programme is the answer you've been looking for.

This is about more than meditation.

Be.More will guide and support you to change your life.



## IS THIS YOU?

- Are you outwardly ticking all of the boxes for a successful life? Working hard to build a career, a family, and an active life?
- Do you feel like, despite that, you're struggling to hold it all together? Does that success make life feel relentless and like it's spinning too fast?
- Are you pulled in so many directions that you're always thinking about what else you should be doing, so even when you get to the "good" bits you can't enjoy it?
- Do you struggle to sleep at night because you're still buzzing and churning over your day and trying to fit everything in? Or maybe you're experiencing significant health challenges as a result of stress - IBS, Chronic fatigue, Burnout?
- Are you hearing (and ignoring!) a small voice that asks "is this it?" about this successful life you've created? (and worried you can't keep it up?)
- Would you like life to flow effortlessly? To feel focused and productive AND creative and insightful?

YOU ARE NOT ON YOUR OWN.

MENTAL HEALTH AND WELLBEING IS AN  
ISSUE FOR ALL OF US.

Approximately 1 in 4 people in the UK will experience a  
mental health problem each year ([mind.org.uk](https://www.mind.org.uk))

Far more people are experiencing challenges than  
seeking help.

That was my story.

WHEN I WAS STRUGGLING THE MOST, TO  
THE OUTSIDE WORLD I APPEARED FINE.

Meditation changed everything for me. Suddenly i had space  
to think more clearly, rediscover joy and transform my life.

We all need sustainable ways to manage stress.

Meditation is proven to reduce the symptoms of depression  
and anxiety. It's also highly effective for insomnia, PTSD  
\*and other Chronic Health conditions, by reducing the  
impact of stress on the body.

\*You should always seek advice from a healthcare  
practitioner if you have experienced or are experiencing  
significant mental health issues.



# Be.More

## HOW BE. MODERN MEDITATION WILL HELP:

Imagine when...

- You can finally focus and concentrate, without your brain being hijacked with “what ifs” and worries.
- You can cope with whatever ups and downs come your way with equilibrium and balance.
- You feel happier each day and able to enjoy your life, no matter what it throws at you.
- You feel more connected to the “real” you, that’s been crushed under the busy.
- You can tune in to what really matters.

**THIS IS ABOUT MORE THAN LEARNING TO MEDITATE. THIS WILL CHANGE YOUR LIFE.**

Read on to find out how it all works, including a detailed breakdown of each session.

You can also watch a short video about the Be.Approach [here](#)

## HERE'S WHAT'S INVOLVED IN YOUR BE.MORE JOURNEY:

### STAGE 1: START



MAKING IT HAPPEN

### STAGE 2: GROW + EXPAND



MANAGING STRESS



MICROMOMENTS + FLOW



TAMING YOUR THOUGHTS



FINDING YOUR HAPPY



CONNECTING TO BALANCE

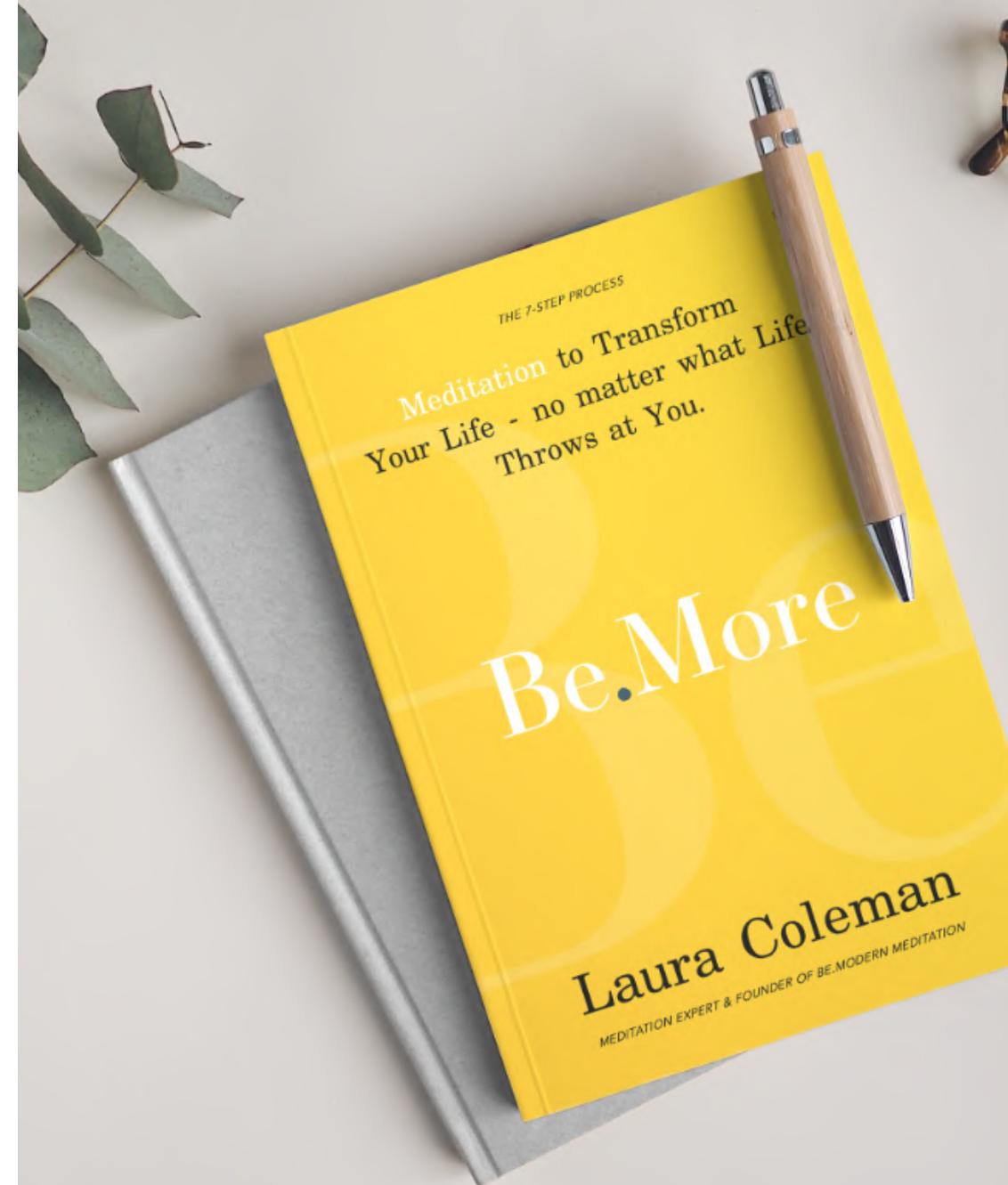


BRINGING IT TOGETHER

## WHAT IS BE.MORE?

The signature Be.More programme is a 7-step process designed to transform how you experience your life to increase focus, reduce stress and spark joy.

- We will meet approximately fortnightly within a 4 month period (which gives us space for “life” to happen!)
  - Each week we will cover one of the 7 Be.More modules that build together to transform your experiences (details below)
  - The first 3 sessions of the programme cover the “nuts and bolts” of how to meditate, with the final 4 focusing on how to change the way you experience your life
  - You’ll receive session notes and downloads of the meditations we cover (which are also on the free App Insight Timer)
  - Session duration will usually be 1 hour 30 minutes
  - In between sessions you will receive regular Whatsapp and Facebook group support
  - You’ll receive lifetime support for your practice via Be.Community: we meet regularly, both online and in person, to make sure you can continue learning and growing in your practice. The journey continues for a lifetime!
  - Each session will build your knowledge and understanding and you will need to practice in between our sessions
- 📞 Ready to get started or find out more? Book a free Discovery **Call now**





## Be.Intro

### MAKING IT HAPPEN

For many people, finding a way to meditate that they can connect with is a big challenge.

This approach is a little different: we explore the science of how and why meditation works in a fun, engaging and interactive way. That gives you a new and compelling perspective on why it really is a practice worth doing. This is about more than relaxation. It's about training your brain, just like going to the gym trains your body.

You'll experience two meditations in the session that are designed to be instantly engaging and easy to do - no special postures or positions, just sitting in a chair. Participants often report that it's the first time they've experienced meditation that's so instantly accessible.

Importantly, this session also covers how to make meditation happen in your busy modern life. With meditation downloads and course notes (plus the meditations are on a FREE app [Insight timer](#) via the [App Store](#) and [Google Play](#)), if this Intro is all you can manage in your life right now, you'll still have a meaningful experience to get started with straight away.

# Be.Present

## MICROMOMENTS AND FLOW

Mindfulness and meditation are terms often used interchangeably. Both are powerful tools in the journey to experience your life with more meaning and purpose. In this session we explore exactly what mindfulness is and how it relates to meditation.

You'll gain an understanding of how mindfulness practices work as well as have the chance to experience some. You'll also learn how meditation can make mindfulness your default state. This is mindfulness that busts through the myths - no raisin chewing here.

You'll also learn the valuable skill of how to make any activity a meditation so you can activate powerful flow states no matter what you're doing in your life. Even the checkout line or standing on the train platform can become a moment to tune in.

By building micro-moments and flow into your day, you are well on your way to changing everything about how you think and feel in your life. For greater ease, more balance and increased clarity.



# ...e of Thinking in Meditation

## Default Mode Network (DMN)

- "Blah, blah, blah"
- I, me, my
- Monkey wandering mind

## Task Control Network (TCN)

- "Now, now, now"
- Helps you focus and enhances attention and concentration

## Present Centred Network (PCN)

"The world of infinite possibilities and insights"  
Your experience of being interconnected and in harmony with everything around you  
problem solving and intuition

go.

## Be.Focused

### GROW YOUR KNOWLEDGE:

With Be.Intro to get you started, you'll soon be ready for the rest of the Be.More programme.

This session takes your practice further and brings you techniques and mindset training to reduce your reactivity to stress. You'll learn an Open Awareness practice that helps you to react less to whatever comes up. This is especially useful as it begins to retrain the reactivity of your mind. This spills over into your "eyes open" life too so you can manage stress in new and effective ways.

With so many types of meditation available, it can be really confusing when you get started.

So, you'll also learn how different meditation practices work - with practical and useful analogies to bring the content to life, this is demystifying that actually works.

You'll leave this session with a deeper practice that allows you to down-regulate your nervous system and tools that you can use in your day to day life, as well as in your practice.



# Be.Calm

## TAME YOUR THOUGHTS

For many (most!) of us, our thoughts are our most destructive device. We can end up stuck in loops of habitual thoughts that are destructive to our sense of wellbeing. In fact, most of our thinking happens subconsciously and habitually and causes us to get stuck in the same old behaviours.

This session is transformational rocket fuel. We explore the science of thinking and how to change your relationship to your thoughts for greater self-control and more focus. We discover how meditation changes how you think and also explore how it helps you let go of the accumulated stories we all carry about how our life can be.

Changing your relationship to your thoughts means they have less hold over you and you can make clearer and more considered choices in all parts of your life. Building on the meditation techniques from earlier sessions, this session includes experiential ways to think differently.





# Be.Happy

## FINDING YOUR HAPPY

"I'll be happy when..." The answer to this is different for everyone. Perhaps it's one of these: when life calms down, when work is less stressful, when the kids sleep better, when I sleep better, when I get that new car, when I find a partner, when I get to my holiday,....But when we get there, often it doesn't make us feel as good as we thought it would or a new challenge shows up that gets in the way.

Can you imagine a different type of happiness where you didn't have to rely on "what if's"? Don't worry if that seems impossible. That's what this experience is for. In this session we discover how to find your happy in a way that works regardless of what life throws at you. You'll learn achievable techniques to boost your happiness and improve how you experience your life. This will bring more joy to the everyday which in turn will unlock your potential.



# Be.Balanced

## CONNECTING TO BALANCE

By this stage in the Be.More process, you are likely to notice shifts in how you experience your life. Feeling calmer, more balanced and with space to think more clearly. This opens up your awareness of the possibilities around you. By connecting to your insight, creativity and intuition, you'll be able to make better decisions and have more clarity.

In this session we explore the science of how we are all connected and how we can live our fullest life. As well as exploring what the shifts in perspective are that unlock the benefits of your practice in your life.

This is essential to building the life you want – we don't meditate for the buzz of meditation but rather as a way to improve your 'eyes open' experience. Allowing you to tune back into who you are and what's possible for a more meaningful life.

# Be.Integrated

## BRINGING IT TOGETHER

Knowing how to pull it all together to create a new framework for your life can be tricky. Integration is the key to this and so this session gives you the opportunity to understand how to integrate Be.More into your whole life. We will also explore the concepts and learnings that have been most significant for you so you have a plan for your continued practice.

Let me know if you have any questions about the programme and I look forward to this exciting journey together.





## THE BOTTOM LINE?

You're bombarded with wellness information every day. There's so much out there to read, consume, watch. You know that if you could just put a bit more time in then you might be able to make those changes happen.

The truth is, it's not about finding more time. It's about changing your relationship to the time you have.

Now is the time to Be.More.

 [Take the first step and download your FREE 5 minute Meditation HERE](#)

## GET IN TOUCH AND LET'S GET STARTED

 [Book a discovery call today and join the community](#)

 [@bemodernmeditation](#)

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 [/lauracoleman](#)

 [Join our Facebook Be.Community group](#)

*Laura C.*

Laura Coleman, Founder  
[Bemodernmeditation.com](#)

# Be.Case Studies

## PEOPLE ARE TALKING

“

Over the last 6 weeks my perception has changed so that I now feel truly satisfied with life as it is right now.

This doesn't mean that I won't strive for more, or lose my ambition - that is who I am and I'll use that to drive me through any future challenges and opportunities. I feel less anxious and skittish. I am more accepting of the here and now, and I am confident that good things will come my way and I will seize opportunities when the time is right.

[Read the full journey](#)

“

The results are impressive: Thanks to Laura, I am definitely a more complete human being, much stronger mentally and physically, present in the moment and eventually aware that I've embarked on a precious journey that will never end!

[Read the full journey](#)





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At Be. we empower you to use meditation to transform your life—no matter what that life throws at you.

We make meditation attainable, accessible and rewarding with a community of support. You'll be encouraged and inspired to create your best life with a sense of purpose, happiness and resilience.

Based in and around Hampshire and London (UK) as well as online (so you can learn wherever you are), we provide meditation workshop and talks, in-depth courses and bespoke events. Our coaching and talks cater for groups, one to one, corporates and events. This is more than learning how to meditate, It's about how to Be. More in your life.

“The real meditation practise is how we live our lives from moment to moment to moment”

- Jon Kabat - Zinn

