

Meditation

For Relaxation and Connection...

Learn these simple techniques, which can help you feel more relaxed, balanced, present in the moment, aware, and connected to your higher self!

Experience several types of Meditation:

Relaxation
Conscious breathing ~ *connect with, and control the breath*
Concentrative
Mindfulness
Visualization
Chakra work...
Creating healthy boundaries
Energy clearing
Healing
Balancing
Grounding

Meditation may also be used as a tool for building Spiritual connection and intuition. When we're able to achieve a true sense of focus, balance and inner peace, we may begin to open to the experience of One-ness/higher consciousness/unconditional Love. In connecting with these Sacred, high-level energies, we may consciously bring the joyfulness of loving awareness into the "NOW". Replace chaos with clarity ~ and learn to listen and hear the "still small voice" within.

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Balance for Body, Mind, and Spirit.

