

Mp3 Sarah Bates - To Light A Candle: Meditations For Difficult Times



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Deeply healing meditations created especially for people who live with chronic pain and fatigue. Gentle words and soul-moving Tibetan bells bring peace even in the midst of pain. Listen, rest, and be healed. 5 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: I recorded this Meditation CD, "To Light A Candle" to share the healing peace that I have found through yoga and meditation with other people who live with chronic pain. If you are journeying with pain--physical, mental, or emotional, it is my wish that these sacred bells, visualizations, and relaxation practices can light a candle in your difficult times. .

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