

## Mp3 Lotus Hawk - Gifts Of Spirit



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Guided meditation exercises using spoken word, music and crystal bowls 6 MP3 Songs NEW AGE: Relaxation, NEW AGE: Meditation Details: Gifts of Spirit Guided Meditation with LOTUS HAWK This meditation was created for anyone who wants to be put in touch with his or her inner self. Take a few moments to relax and allow the wisdom of your whole being to be heard, bringing peace, harmony and healing to yourself and the Universe. Lotus Hawk is the spirit name given to Harriette Mandeville, carrier of light, joy and the knowledge that comes through connection with the Divine. The Lotus, Buddhist sacred water plant, is a metaphor for the growth potential in us all to become enlightened. Beginning like the roots of the Lotus, buried deep under in the spiritual water and mud, there is unlimited potential to be beautifully enlightened, a state illustrated by the incredible Lotus flower. The Hawk--high-flyer, long seer, message bringer, communicator. Harriette's (Lotus Hawk's) Spiritual Journey Lotus Hawk's late brother appeared to her some years ago and opened channels within her she has been using and expanding on ever since. Searching for the meaning in that extraordinary event, Lotus Hawk studied at the Edgar Cayce Institute and with other psychics, healers and, most importantly, with the spirit entities she's continually encountering. She found that she was a natural channeler and a reader (using intuition) of the energies of others. Perhaps most importantly, she saw and affirmed her ability to facilitate knowledge and joy to anyone wishing to define or refine their own Divine Spirit connection. Finding herself drawn to acting along with spiritual exploration, Lotus Hawk, used her special abilities as well as earthly ones to create a career including roles in feature film, network and other television shows and Off-Broadway. As she's sharpened and focused her spirit abilities over time, Lotus Hawk has found wonderfully effective ways of using all her talents to help her fellow man here in ordinary reality find their way to their Higher Self... ..and so Lotus Hawk offers her services: Guided Imagery Meditation Groups. Participants in

deep meditation can connect with their higher selves, with their spirit guides and with messages intended for their knowledge and use. Intuitive Consultations and Interpretations. Bringing the past and future as well as the present into full view in order to better recognize life purpose and create empowerment to help not only one's self but others as well. Channeler. Lotus Hawk at times finds herself in sympathetic vibration with a being who has no human words and yet bears a message. This phenomenon is the result of the combination of her sensitive spirit extending itself from her own creative space toward the wider spiritual plane and someone there reaching out. Healer. Calling on her own spirit guides and those of each client, Lotus Hawk uses word, sound and touch, alone and in combinations, in her healing process. She is a Reiki practitioner, using energy flows through touch. Crystal singing bowls attuned to the chakras along with chant and spirit-chosen words enable a client to be in better tune with their own higher selves, the vibrational frequencies each one needs to be in a healthy state.

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