## Mp3 Maneesha James - Tuning Into The Moment



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Peace on earth starts with Inner Peace. Let the voice of Maneesha take you to a place of inner relaxation and peace. When you have reached there, feel a space that is vast and uniquely you. Experience your inner source. 2 MP3 Songs in this album (69:38)! Related styles: NEW AGE: Meditation, SPOKEN WORD: Instructional People who are interested in Osho should consider this download. Details: This guided meditation was created specifically for those new to meditation Peace on earth starts with Inner Peace. Let the voice of Maneesha take you to a place of inner relaxation and peace. When you have reached there, feel a space that is vast and uniquely you. Experience your inner source. As you become more aware of this source, you will become more peaceful. The point of this guided meditation is to simply help you to tune into this very moment, here and now. Being in this moment, without projecting into the future or thinking about the past, enables you to fall into a relaxation that rests your body and your mind more that even a good night's sleep can do. This CD can take you step by step into the world of meditation, beyond simply the absence of stress. A positive experience that takes you to your silent inner center, where you can access your own natural healing ability and well-being. You carry this space within you, and may have discovered it without realising what it is. This method is a way to return voluntarily to this experience and to radiate a relaxed awareness throughout every aspect of your life.

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