

Mp3 Michele Meiche - Meditation For Everyday Living



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Powerful meditations and breathwork to align mind, body and spirit. Access your inner guidance for issues of health, life decisions, relationships, and career. Use for relaxation or spiritual soul alignment. Live your life in a flow 14 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: What people are saying about Michele? Michele helps people make the changes in their life that they cant seem to make on their own. She is able to help them cut through the blocks that hold them back from making the life changes they want and living their dream. With her help they get clarity, direction, focus, support and the tools to transform their lives. Micheles Life Coaching and Spiritual Integration programs allow modern people to integrate these tools in their everyday lives. Her tools and programs are practical and geared for modern living. You dont have to go off to the Himalayas for peace of mind. You can have peace of mind in the middle of a stressful day or in midst of chaos in a busy family. Peace of mind is simply that- A State of Mind You can learn to attain and maintain. "Michele is an inspiration. Through her guidance and teachings, I have learned to live in the flow, creating a life that is absolutely magical." Kristen Kosinski Current Programs /Network Television Paramount Pictures 'Michele gave me tools to work through blocks and help me on my path and get more on my way. Michele listens without judgment and projection and with an open heart. With her intuitive way she helped me find my direction. She planted so many seeds that have helped me. She has helped me with my job and personal life, making transitions easier. Michele is a guide emotionally, spiritually and mentally.' Lori Bregman Santa Monica CA. Michele considers herself an Life Enhancement Coach. It's not so much that most people don't have a good life. It just usually isn't very fulfilling. Fulfillment takes living authentically. We can't live authentically unless we can listen, hear and understand our inner knowing inner guidance. The magic of who we are is right inside all of us. It's knowing how to tap into this, how to use this, appreciate this, celebrate this share this. This is

life enhancement.... Self Expression Authentic Living. From this space you can live synchronistically.

Michele's focus is on Self Development Spiritual Integration for mindful living. Meditation is a powerful tool, and can be a state of life. You can use the state of meditation for many uses. And, it is possible to live this state connect with the flow state. This allows one to live synchronistically and be in sync with one's own timing. Life becomes magical in this state. Her belief is that it is possible to live mystically in these modern times. You can be a techy, gadget junkie and still meditate and live a balanced creative life. Life is not about suppressing parts of self. Life is about living full spectrum. When we harmonize all parts of ourselves, even the seemingly contradictory parts we reach full self expression and are able to live creatively authentically. Michele says: "We all have a blueprint from which our life is built. This blueprint is encoded within us, partially from our conditioning. We have been conditioned through our environment and life experiences. This conditioning has created within us a conditioned response pattern. Our environment may change, but rarely does our conditioned response pattern change. However, through self-knowledge, consciousness, clearing work and repatterning, you can create a response pattern that is healthier and allows for more success in all areas of your life. Be the architect in your own life, change your blueprint!" Michele specializes in pattern assessment. "Everyone of us has a relating pattern that deems our success or failure in what we want to achieve. This pattern can be altered or changed so we can attain the goals we desire. In fact, desire is part of the winning combination. Self knowledge is the key." Perhaps we cannot change what happens to us. We can, however, change our attitude about it. We can choose to create and live a life - enhancing lifestyle. "If you are not living the live you love, Why, and whose life are you living?" Michele Meich asks her clients. Michele Meich's assistance during transitions is invaluable precisely because she provides a road map of the transition process. She integrates transpersonal therapy with transitional counseling to help her clients navigate the terrain of transition and change, assisting in that restructuring and reorganization process. She is adept at guiding people to successfully manage stress as they adapt and change their life strategies to become more powerfully centered, capable individuals. Michele has a private practice based in southern California. She still conducts an extensive amount of seminars and speaking engagements. Michele has reintegrated her talent and expertise as a television host and interviewer into her career. She is an on-camera expert in her field and hosts shows that pertain to health, wellness; as well as the spiritual and psychological aspect of life. She is an advocate of conscious media and dedicated to television projects that tell story

and relay useful information in a way that is compelling, heartfelt and progressive. Michele is also involved community outreach programs as well as enrichment programs for adults and youth. She volunteers her time to at risk youth facilities, libraries, rehabilitation centers, as well as schools. She loves working with children, having taught school at one point in her career. She has worked with preschool, kindergarten, elementary, middle school, as well as high school youth. Michele's 'Meditation For Everyday Living and ' The Magic of Your Inner You' programs have been delivered to children from toddler age to those in their teens and early twenties. Michele uses her book Meditation for Everyday Living and Her Pamphlet The Magic of Your Inner You as a teaching tool. One of Michele's dreams is to get her cds, books and 'From Dreams to Reality' video project into schools, rehabilitation centers, juvenile detention centers and at risk youth facilities. She want to assist the youth that has been labeled "bad" so they can see that they are something more than their environment or up bringing. She would like to give these children a sense of hope and provide them with the tools that will allow them to see there is something more to life and that inside them is a precious being that deserves to live a fulfilling life. Michele's spiritual alliance and psychic ability remained with her through adolescence and early adulthood, though not consistent until years later when she prayed for the gift to strengthen for her and to help others. Her awareness of being "Out of Body" is numerous and was a natural occurrence. She has always been in touch spiritually, seeing or feeling what many do not. This is part of what she teaches, is for others to open and access to this part of themselves to aid in transition, crisis, life changes, and stress reduction and to enhance life. Michele has consciously been on a spiritual path since her teens. Michele receives tremendous fulfillment from sharing her life experience, expertise, and teaching useful tools and life skills that promote wellness and enhance a persons life to live in a synchronistic flow. For additional informatin on Michele and her services please visit selfinlight.com Blessings in Light Much Peace

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