

Mp3 Fran Nash - A M & N Meditation



[DOWNLOAD HERE](#)

Opening the heart. guided meditation 2 MP3 Songs in this album (20:03) ! Related styles: NEW AGE: Meditation, SPOKEN WORD: Inspirational Details: I have provided meditation workshops through the local public library for several years and have also prepared several personal meditation CDs for friends and family. I am currently working on a collaborative effort regarding a complimentary meditation CD for a book called :Its time to simplify your souls code. I would like to say that meditation is not only calming and rejuvenating but can also be a form of channeling as well. When we sit in contemplation we are concentrating our energy in one place. As we relax and meditate we allow our minds to be quiet and we can then open to our body's divine energy. The guidance we receive through meditation allows us to do some profound work in releasing aspects of our lower personalities and so much more, if done on a regular basis. This is one of the modalities that I use to channel. The difference between a meditation channel and a verbal channel is the physical application in which a verbal channel is given to you by a reader and a guided meditation channel is your own connection to self - both are very helpful in the continuing efforts for self awareness and growth. Your life is a journey that is well worth the effort to understand and enjoy. Through spiritual guidance and meditation the possibilities are endless.

[DOWNLOAD HERE](#)

Similar manuals:

[MP3 Meditations For Life - Christ New Age Meditation](#)

[MP3 In Color - In Color \(the Lamp Album\)](#)