

ABOUT GLORIOUS MEDITATIONS

Meditation is a technique that elevates awareness of the inner self and promotes communication with the realms of Higher Guidance which includes the Higher Self, guides and angels. Meditation is a powerful technique that can be used to facilitate personal, psychic and spiritual development because it works simultaneously on a physiological, psychological and spiritual level.

Glorious meditations have been designed with the intention of gently and continually moving you towards the life of your dreams. This includes healing, balancing and releasing the past making space for new opportunities. The meditations will give you a clear vision of your goals and work with affirmations and the law of attraction to make your dream life a reality. Each week the meditations will strengthen and build your self-belief, self-esteem, sense of self-worth and value to enable you to accept your abundance when it arrives!

The series of meditations are designed to work on many levels, one meditation setting the scene for the next. This is deliberate as familiarity allows for quicker results which include relaxing into a meditative state faster and the ease of connection with the meditation elements whether that be guides, medicine animals or the healing and supportive energies of the plant and mineral realm.

You will also find by revisiting a meditation that the scene or activity may change. This gives you important information that reflects your current life situation. The meditations that I have created work on a theme so that in a snapshot you can determine if there has been a shift or change since the last time you meditated.

My advice is to continually ask questions of your Higher Guidance for information associated with the changes or experiences you have during the meditation process. By doing so you are strengthening your communication with your Higher Guidance, gaining insight into your own life, as well as building your knowledge bank of symbols and universal truths.

As I have mentioned, no two meditation experiences will ever be the same, even using the same mediation. Some mediation experiences will be highly visual and full of information; these experiences must definitely be recorded for future reference.

Other times your mind will be full of day-to-day clutter and it will be impossible to still your mind. Accept that this is your time to let go of your worries, it may be indeed the only time you permit your frustrations to rise to the surface for clearing. It is during these meditation experiences that by following your thoughts you understand why you have attracted the current situation. Remember that with understanding comes release, healing and therefore, the space for a better and brighter set of circumstances.

Some meditation experiences are purely of the healing kind, these are the ones where you lose my voice early and drift off into a deeply relaxed meditative state akin to sleep. You need the deep healing and balancing that your Higher

Guidance is providing you at this time. Embrace the energy, strongly ground and protect yourself after the meditation experience and be more self-nurturing over the following days. You can revisit that particular mediation any time in the future to experience the full effect of the symbols energy and the message it contained.

Often you will receive messages during your meditation that you will think is your imagination at work. Your imagination is your greatest gift, the greater your imagining ability the more visual and prolific the symbols and imagery from your Higher Guidance. Question what is shown or told to you, but also accept the experience and document it in your journal. Time will tell whether your imagination was at play or whether the information was valid and from your Higher Guidance.

So, as you embark on your meditation journey, remember it is indeed a journey...a journey of discovery...a journey of understanding...a journey of healing...and a journey of self love and abundance...

My wish for you is that the vision you hold for your life be a glorious visions made manifest!