

Welcome to Glorious Meditations!

I have released a series of meditations for those interested in improving their lives through the meditation process. This programme encapsulates over 15 years expertise in teaching meditation and psychic development.

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.

As mentioned, GLORIOUS MEDITATIONS has many benefits. One of the primary benefits is strengthening your connection with your Higher Guidance to receive information, direction and assistance on a weekly basis. GLORIOUS MEDITATIONS are designed to develop your psychic awareness. During the voice meditation when receiving information from your Higher Guidance, there will be a period of silence for you to ask questions and receive messages. This is your time to establish your relationship with your Higher Self, teachers, guides and angels. This is also when your psychic ability will be expanded, exercised and worked upon.

Each week you will receive an appropriate Symbol Meaning, this symbol will be related to your meditation. This builds upon your knowledge of the symbols you receive during your meditation experience. The greater your repertoire of symbols the easier it is for you to receive and understand the messages from your Higher Guidance.

A symbol creates a shortcut for your Higher Guidance to relay a message to you, such as asking for a message and shortly thereafter seeing a butterfly. Knowing that a butterfly symbolises transformation, the message would be one of encouragement to move forward with courage and initiate changes in your life knowing that you will experience both joy and freedom. All this information comes from knowing the meaning of one simple image!

I have designed the GLORIOUS MEDITATION pages to be placed in folders containing plastic sleeves.

The SYMBOL pages have space for you to add your own understanding or experience of the symbol. The SYMBOL pages may be placed in a folder

entirely devoted to Symbols as a reference folder or filed with your other journal pages, the choice is yours.

The GLORIOUS MEDITATION page displays the mediation for future reference.

The MEDITATION JOURNAL QUESTION page has questions pertinent to the meditation to prompt your memory of the meditation experience: the answer to the questions can be recorded on your blank MEDITATION EXPERIENCE page. It is important to document your experiences as this is the story of your life as it evolves. Much of the information you receive during the meditation process is not only informative and insightful, but is also predictive in nature.

Some weeks will include COLOURING SHEETS or WORKSHEETS appropriate to the meditation, to reinforce and anchor the experience into your reality. Drawing the images and symbols, and using the colours associated with your meditation experience further enhances the experience. It grounds the vibration of the object or associated colour into your aura, and therefore your reality, bringing the psychic into the physical with all the uplifting and supportive energy contained therein.

The BUTTERFLY MEDITATION is the opening meditation of a series and is designed to begin the process of transformation; the butterflies cleanse and balance your energy preparing you for your exciting new journey.

WEEK 1 in the series begins the process of healing and opening you to receive assistance from your Higher Guidance.

WEEK 2 clarifies your goals and sets in motion the process of creating the right conditions to have those goals fulfilled.

Enjoy your meditation experience and all of the wonderful discoveries it entails.

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