

Mp3 Donna Somerville - Into The Silence

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A guided, visualized journey meditation. 1 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing
Details: Donna Somerville has been in the Personal Awareness and Metaphysical field since 1988. Her training includes Reiki Mastery, Certified Rebirther, and practitioner in MariEI and Cellular Pattern Release. As a Spiritual Medium, she has been "Intuitively Listening" for ten years now and this has provided her further education and experience in the development of her own Mastery. Donna now uses her "Intuitive Listening" abilities to help others to remember and develop their own Mastery. Her first "listening" apprenticeship was with a Trance Medium, apprenticing to "teach" meditations. Over the years, this form of inspired, channelled meditation has brought Donna, closer and closer to her own Mastery. It is now offered to you for the same purpose. This Guided Visualization Meditation CD was digitally recorded from a "Live" Meditation Evening. Each meditation is inspired and channeled in the moment of that Meditation Evenings. It is our intention to allow these recorded CDs to invite you to join our Meditation Gatherings, privately in your own home or to use the Meditations to create your own "Meditation Evenings" with friends. Now on to the Meditation description. An important step in creating your life, is to be still and quiet enough to hear your deepest desires. This Guided Visualization Meditation takes you to that place within, reconnects you to your Silent Self. It is also a wonderful meditation for those of you with insomnia or chronic pain. In the Silence, miracles abound! Offered to you with Grace and Blessings.

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