

Mp3 Amy Saltzman M.d. - For Your Self: Meditations Single

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Guided meditations for Self exploration and discovery. 3 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: Instructional Show all album songs: For Your Self: Meditations single Songs Details: You may be asking Why meditate? Who or what is Self? Please stop, breathe, and listen with an open heart to your answers. They are whispers from your Self. Who or what is Self? Self is an old friend who lives in our hearts. Self is an awareness that exists within everyday experience; this awareness holds the pain, joy, and upset of our experience with tenderness, courage, compassion. This awareness knows our little secrets, finds our humanity in them, and loves us all the more. Why meditate? To strengthen our relationship with this friend, awareness. To feel the peace, love, and wisdom that reside within. Whether your circumstances include the challenges of illness and loss, or the more ordinary stresses of daily life, the invitation is simple, subtle and profound. Delve into the richness of your experience here, now, in this moment! You may wish to devote a week to each of the longer sessions, and after a couple of weeks to choose the practice(s) that serve you best. Meet your Self with playful curiosity, sweet tenacity, and the utmost compassion; it will set you free. Love, your Self

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