

Mp3 Brenda Stanger - Into The Pause: A First Chakra Clearing

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Guided meditation addresses elements of grounding, a deep connection to your body and a connection to nature, which are vital components to the health and vitality of your first chakra. 4 MP3 Songs in this album (45:43) ! Related styles: NEW AGE: Meditation, NEW AGE: Energy Healing People who are interested in Doreen Virtue Victor Davich should consider this download. Details: Join over 30,000 people from all over the world who have had profound and powerful experiences after listening to the Energy Body Series guided meditations. This second meditation in the series addresses the elements of grounding, a deep connection to your body and a connection to nature, which are vital components to the health and vitality of your first chakra. Imagine a place where time stands still - all activity ceases. Imagine sitting in stillness without concern that you will miss opportunities or that people will disappear from your life. Imagine a place where you can go deep within to seek the answers to all of your questions. Imagine a place where knowledge is endless, where your access to this knowledge is free flowing and unencumbered. Imagine the peace this would bring to your soul. It is in the stillness of "the pause" that this is all possible. In this place of peace, in "the pause" you connect with your deepest truth and gain clarity on your life's path. In the silence you can experience the abundance of options available to you and the ease with which you can bring these into your life.

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