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This guided meditation is designed to confront and re-live these memories, to give you the opportunity to release and heal your pain and anger in a safe space. If at any time during this meditation you feel overwhelmed, feel free to pause the meditation, take some deep breaths and revisit it again when you feel better.

Guided Meditation Scripts | Explore Meditation

249 As you breathe in, let your temples feel open and soft. Put your hand over your eyes as you breathe into them. See if you can soften your eyes as you breathe in.

Meditations - upaya.org

The meditation technique taught in this book is a skill aimed at solving the mind's most basic problem: the stress and suffering it brings on itself through its own thoughts and actions.

With Each & Every Breath

Welcome to the second volume of 30 Scripts for Relaxation, Imagery & Inner Healing. This volume, like the first, contains relaxation and imagery scripts that focus on relaxing the body and mind, connecting with nature, discovering and learning from wise inner guides, healing physical and emotional injuries, and discovering more about yourself. I also included a cross-reference index, which ...

for Relaxation Imagery - Whole Person

Guided meditations through a coach or audio narrator help initiate positive life changes. The narrator guides

and relaxes you, in the beginning, to rest your body and mind. This allows you to get to a deeper, meditative state which opens up space and visualizations for feelings of calmness, serenity, healing, and balance to occur.

Collection of Guided Meditations and Simple Exercises

The Tarot of Bones Companion Book - download pdf or read online. Divination with forged or fire-cracked bones is an historical artwork, stretching again millions of years into our heritage; its more youthful cousin, the tarot, enjoys better attractiveness than ever.

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Guided meditations are offered freely by Tara Brach, Ph.D, psychologist, author and teacher of meditation, emotional healing and spiritual awakening.

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