

Meditations to Enhance Spiritual Empowerment

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Spiritual Solutions

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A large, vertical image of a sunset over a body of water, with mountains in the background. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with dark, dramatic clouds.

Meditations

to Enhance Spiritual Empowerment

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This meditation CD is a tool to support the listener while they connect with their inner divine presence. The Divine has no limits; therefore the potential for healing and creating is limitless. As human beings it is important for us to connect with our own spiritual empowerment. It is our awareness and connection with this source energy that will shift our vibration to a place of receiving.

This CD utilizes both guided imagery and healing sound. This combination will take you on a series of journeys to assist you in healing barriers to your divinity, and shifting your vibrational state to a higher level. Healing sound uses variations of frequency to assist in the healing process. Studies have shown that this combination is one of the most powerful ways to access the body's inner knowing and allowing it to engage its innate ability to heal.

Because each guided meditation has a specific purpose and intention, you can use them individually, or together to shift vibrations in a progressive fashion. Use this CD as a manifestation tool, as a support mechanism to shift your emotional states or to just relax, the choice is yours. We ask you to sit back, find a relaxing place to listen and allow us to take you on a journey of healing that we hope you will find enlightening and inspirational.

*Namaste
Cindy and Sharon*

Artists

Cindy Johnston is an Angel Therapy Practitioner®, medium, spiritual facilitator and healer. Cindy, through her service work, sees many individuals reaching for an inspired life. This CD is a tool to support those who seek balance in their lives through a journey of healing and self-discovery. Cindy wrote the meditations and is the voice of support that you hear on the CD. For more information on Cindy Johnston, her service work, and other divinely guided products, visit her website at www.spiritualsolutionsfortoday.com or contact her at: info@spiritualsolutionsfortoday.com

Sharon Carne's passion for healing sound has its foundation in a successful thirty-year career of teaching and performing music. Combined with her own spiritual journey and growth, Sharon has been led to the create CDs of healing music to assist others. She has studied with healing sound pioneers, Jonathan Goldman and Tom Kenyon and is a Reiki master. Sharon wrote and performed the music that you hear on the CD. For more information about Sharon, her services and other divinely guided products, visit her website at www.mountainrosemusic.com or contact her at: info@mountainrosemusic.com

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