

Transformational meditation a way to a more purposeful life

With the increasing interest in natural alternatives to improving our health and quality of life, meditation is regaining worldwide popularity.

Many of us are realizing that our bodies, minds, emotions and spiritual selves cannot be viewed as separate parts, but as parts of the whole that makes us human.

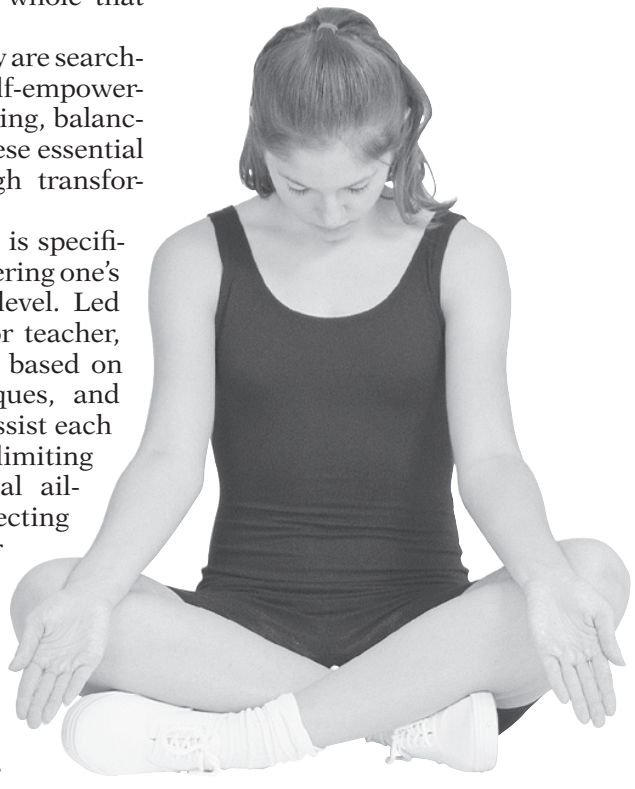
This being the case, many are searching and finding new and self-empowering ways of feeding, nurturing, balancing and harmonizing all these essential parts of ourselves, through transformational meditation.

This form of meditation is specifically aimed at positively altering one's state of health, on every level. Led by an experienced guide or teacher, this form of meditation is based on specific breathing techniques, and guided imagery, that will assist each participant in overcoming limiting thoughts, feelings, physical ailments, and in turn reconnecting with the incredible power within and around us, that is always working for our good.

When practiced regularly, transformational meditation, as part of a complete health regimen,

is a powerful tool to assist anyone, in achieving a more peaceful, joyful, healthy, vital and purposeful life.

—Article provided by
Angela de Haas,
Transformational Meditation Guide



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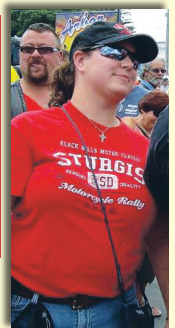
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