

HEALING MEDITATION

Meditation is the practice of entering a deep place of peace, stillness and relaxation.

In this place the mind quiets and we are able to better connect to ourselves, free from the stress of our daily lives and routines.

When we honour ourselves by taking time that is just for “us”, where we put ourselves as our top priority, we are not being selfish, we are being responsible - for our health, happiness and wellbeing.

In this place of deep and loving stillness we are able to access healing and self-nurturing, which nourishes and revitalizes us in body, mind and spirit.

When we still the mind we are more able to connect to our inner truth and knowing and to listen to the messages of our body.

In Meditation we are able to attune to more elevated states of consciousness and feel a deeper sense of connectedness to both ourselves and to others.

MEDITATION has many benefits and has been found to be of great assistance in helping with pain relief, depression, stress and anxiety, high blood pressure, headaches, insomnia and poor memory to name but a few.

Many meditators experience greater physical, emotional and mental well-being as well as clarity of thought and a greater sense of themselves. They also have enhanced self-esteem as well as a sense of spiritual fulfilment.

In my Meditation sessions I use a variety of techniques to facilitate this process.

By focusing on the breath and guided visualisations I help you to connect to your heart space and use this connection to bring positive change into your life.

Some of the areas covered are -

Breathing techniques

Relaxation.

Forgiveness - of ourselves and others

Healing - physical, mental, and spiritual.

Stress reduction.

Visualisation

I start each session with a brief discussion on the astrological influences for the week.

The Meditation is held every Tuesday at 10.00 am in a beautiful old building in a magic setting looking out towards Mount Cooroy.

HEALING MEDITATION

With

Annie McKenzie

Every Tuesday @ 10.00

am

Eumundi Sports Complex

Building

Black Stump Road

(off Cooroy end of

Memorial Drive)

Eumundi

Cost \$10.00

Call 0402 801 589

ALL WELCOME