



MEDITATION BUNDLE

We tend to look to the outside world for validation, or even distraction, when concerns are brewing in our lives. What are the answers we seek that were accessible within us? The three meditations included in this bundle are intended to guide you to those answers swiftly and easily. Select the meditation that fits your unique needs, find a quiet space just for you, and take the time to create the clarity you desire. **It's right there within you; you just need to bring it forward.**

Grounding



We are electromagnetic beings full of life and vitality, as is the Earth. When we connect our energy system to the Earth a **MAGIC** thing happens. We complete a circuit - an energetic circuit - to allow a profound transformation which lets us feel **centered, peaceful, clear, and at home**. I recommend a **daily practice** that includes a grounding meditation first thing in the morning. Grounding is also especially helpful any time you find yourself feeling overwhelmed.

Connecting



This meditation provides you space to connect inward to your source, that unique spark where your dreams and desires reside. This allows us to access an **inner genius** that we often don't even realize exists within us. Use this meditation any time you feel a need for a sense of **belonging, wholeness, or a completeness**. Once finished, take a moment to revel in your inner brilliance, luminance, and radiance.

Coherence



Learn to harness the power of your emotions to create that **BIG Life you know you deserve**. The first step in that process is bridging the gap between your mind and your heart. This meditation is the perfect tool to allow you to bridge that gap.