Hi Lovely!

How are you?

This meditation comes from a book I was reading called Wisdom from your Spirit Guides by James Van Praagh.

It was so lovely; I recorded it for myself to listen to.

As it was so easy to follow and the 10 minutes went so quickly, I thought ‘this would be great for others’, especially those who are just starting to meditate.

It teaches you how to visualize running your energy up and down your body.

Good Luck and happy meditating!

Love

Denise x