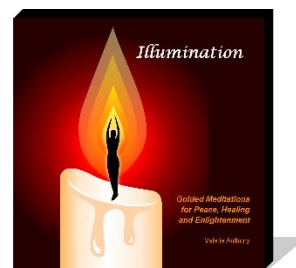


7 BENEFITS OF GUIDED MEDITATION



A guided meditation is a powerful tool for bringing peace, healing and insight into your life. It is also one of the easiest ways to learn and experience meditation. A guided meditation can release the power of your imagination, to help you create the changes you wish to make in your life. It can help you to remove blocks and overcome challenges.

Guided Meditation is reported to:

- ◆ Accelerate emotional & physical healing
- ◆ Improve clarity and insight into your life
- ◆ Develop intuition and psychic and spiritual awareness
- ◆ Enhance creativity
- ◆ Experience deep relaxation and peace
- ◆ Promote better sleep
- ◆ Relieve stress



'Illumination' - Guided Meditations with harmonious music, for Peace, Healing & Enlightenment. £9.99. To order please visit the Shopping page on my website, where you will be able to listen to free samples.

'Your voice is really soothing, amazing. I am so impressed. I'm going to listen to more when I go to bed soon – I can't wait.' (GW, Bucks, by email)

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