

A Meditation
Journey
for
Beginners

Cheryl Forrest

Meditation Journey Beginners Cheryl Forrest

IM Harris



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A Meditation Journey for Beginners Cheryl Forrest, 2015-11-30 Meditation is a technique and a journey This is a step by step seven week program and workbook You are about to begin a journey you are destined to succeed at It is your true adventure the adventure of you Throughout this adventure you will discover and rediscover what you have always known your own truth It starts with your very own meditation journey Enjoy it **Just for Today...** Cheryl Forrest, 2020-09-17 For those of you who are on a spiritual journey but keep missing the path this is a surprisingly easy and fun way to enlighten yourself and enrich your life Sometimes the thought of making changes in ourselves or our life seems overwhelming or daunting This little book was written to help bring some fun to the process This book will help replace old patterns that have occupied too much mind space helping you become All That You Are in both your inner and outer life It is laid out so that some days are actions to engage in your life some are inspirations to ponder and carry within you for a day If you wish repeat the actions throughout the day It may help to write out the inspirations referring to them often as your day progresses Some of the inspirations are affirmations meant to be repeated often replacing the old chatter with the truth of you Please move through the chronologically Repeat and day as often as you like for the purpose of deepening the connection with your Divine Self some exercises need to be repeated Enjoy them as well Just keep moving forward through the book Don't be in a hurry Enjoy the process We can do anything Just for Today Yoga Journal , 2005-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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