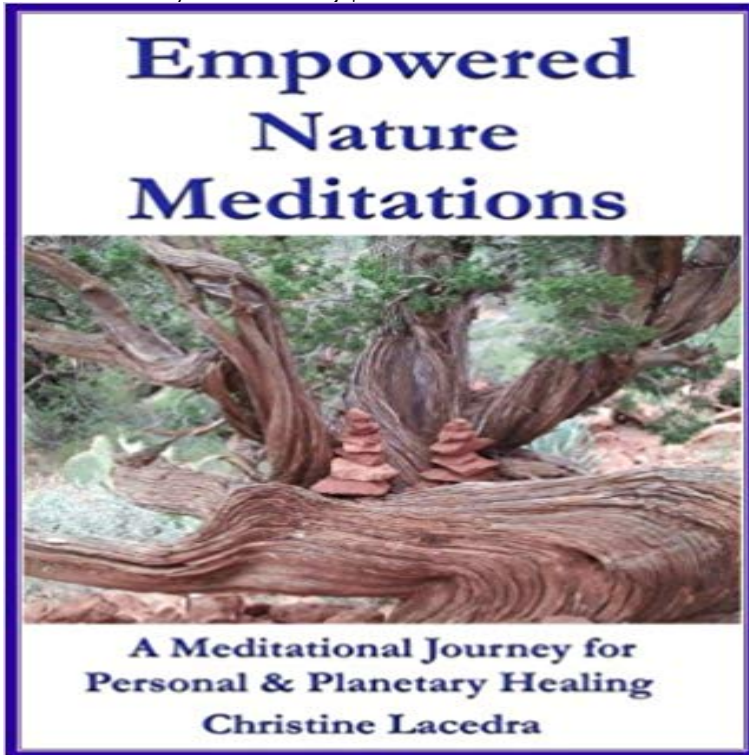


Empowered Nature Meditations; A Meditational Journey for Personal & Planetary Healing



an intriguing and in-depth guide to not only reconnecting with the earth in the broader sense, but in rediscovering it inside myself --Spirit of the Valley. This book contains over 30 easy step by step meditations that help you build and develop the necessary skills to easily experience expanded and energized states that will soothe and heal not only you, but also the earth. They will help you to open your body and heart to the ecstatic raw power of the grounded spiritual energies of the earth. The meditations and practices in this book will help you to rediscover the mystical, magical aspects of your own life. Christine uses proven techniques that allow the powerful energies of Natures Presence to enliven your senses, de-stress your body and bring you into a direct and meaningful relationship with the earth. In this way you will learn how to more fully embody your own spirits beauty and wisdom. If you sometimes feel a need to get away from all the stresses of your life. If you feel pain for the world and yearn to be able to alleviate some of the earths suffering. And if you have a heart-felt desire for a deeper and more meaningful relationship with nature and with yourself.... ..then Empowered Nature Meditations; a Meditational Journey for Personal & Planetary Healing is for you....interlaced with fabulous quotes and extensive meditations this book is well thought out, and meticulously implemented. Christines knowledge and writing are intricate, moving and very readable.....in a unique way she is able to bridge the divide between the heart and the fact-based sciences in a way that is truly eye opening- Spirit of the Valley Review The connection I feel brings such peace and solitude in an otherwise hectic world. I love the removed feeling from society and the reconnection with Mother Earth - Pat. Boise

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