

NEWSLETTER

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your question!

lmb Blanchard_website@outlook.com

Q & A Column

Q: “Is there something I can do to bring a bit of peacefulness into my place of work?” - James

Yes, there is and some will depend on your work environment. I’ll offer a few things in the hopes that some may be appropriate to your situation.

If you have a desk, bring some objects that represent peace to you. Make your desk an extension of what you seek internally by clearing away any clutter and add natural elements like plants, stones, crystals, small statue and nature photography. Soften the lighting in your office. Use an Himalayan salt lamp or other soft lights. On your computer, use nature photos or other peaceful imagery as your screen saver as well as your screen wallpaper. If you can listen to music, listen to meditative or instrumental music and avoid commercial radio or news. If you’re always on the go, put a few crystal stones that appeal to you in your pocket.

You can also wear mala beads around your neck or wrist and if you have a moment during the day, you can discretely slip them off and recite a mantra with the beads. Hope some of this helps!

- Blessings, LMB

Sadhana: 21 Days to Inner-Spaciousness

It’s with great excitement that my publisher, Burnstown Publishing House, has accepted the manuscript for my second book which is being reviewed by my editor as I write this newsletter. I would like to share with you some details starting with the title which is “**Sadhana: 21 Days to Inner-Spaciousness**”, which will be available in early this fall.

To put the title into context, “*Sadhana*” is a word that describes a spiritual exercise that is done with intent to bring about a shift or an awakening that elevates your level of consciousness in some way. It can manifest in many ways and often resulting in “*Ah Ha!*” moments.

I present in my new book a collection of 21 sadhanas that are intended to shift you into a place where you can experience *inner-spaciousness*, which is a peaceful state that is our natural state of being before we experience the inner-noise created by our personalities and egos. You will learn various meditation techniques and other spiritual exercises as well as using mantras, mala beads, crystals, sending out intentions and many other strategies to help you attain your own sense of inner-spaciousness. More details will be released soon in future newsletter editions, on my website and my Facebook page.

Pre-Purchase available soon!

Keep a lookout for a special offer with every pre-purchase of my new book:

Sadhana: 21 Days to Inner-Spaciousness

In the Media: Guest on the TV show “Awaken Your Spirit”



Back in May, I was the featured guest on the TV show *Awaken Your Spirit* hosted by Mary Bachat. The half hour episode which aired on TV is now available on YouTube and can be found at this link: www.youtube.com/watch?v=XTEEP9IRE4o

In the show's 11th episode, I talk about my book *The Golden Link to Oneness*, the principles of Deeksha (The Oneness Blessing) and how to meditate with mala beads

and mantras. I also take the time to show a short breathing meditation technique that is great for stress-reduction and relaxation. At the end of the episode, you can see me give Deeksha to some willing recipients. It was great fun to participate in the filming of this show and I hope you can find time to watch it on YouTube and also to leave your comments.



MEDITATION STONE OF THE MONTH

Leopard Skin Jasper

Leopard Skin Jasper is associated with shamanic travel and spiritual discoveries that lie behind the veil. This stone can help you connect with your spiritual animal totem by using it in meditation just before going to bed. Place a **Leopard Skin Jasper** under your pillow to dream of your animal totem or spiritual animal guide. This stone is also used to attract the right energies for you into your life especially when you're in need of it most.



BLESSINGS TO ALL!



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