Special Edition

NEWSLETTER

Special Offer On Page 2

FROM THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Submit your question!
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Q & A Column

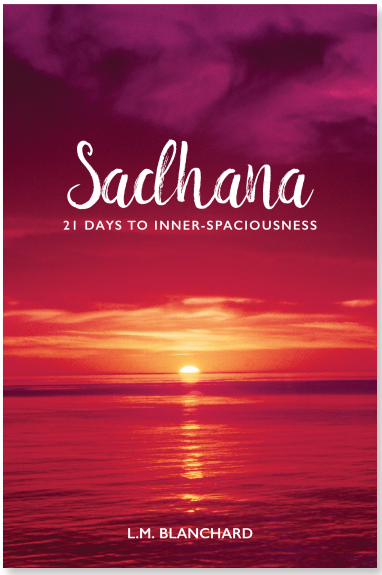
Q: "*What is a sadhana?*" - Colin

A: Colin, you might be surprised to know that you and most people perform sadhanas without even know it! When you go about doing something with a specific intention in mind and you dedicate an action that you take as an "offering" for something you want in return and if you approach it with an openness and sacredness, you can say that you're doing a sadhana. On the last kilometre of a marathon, a runner may ask their bodies to endure just a bit more so they can reach the finish line (intention), they focus intently on their muscles and form and become mindful of the act of running (action) and finally they dedicate the act of running to a cause or a loved one (bhakti)...it becomes a sadhana. It combines intent, action and devotion.

A sadhana is a devotional practice to bring about attainment of something, either something physical or something intrinsic like an uplifting experience, an awakening or a blessings.

Blessings! - LMB

New Book Now Available!



It's my great pleasure to announce that my second book, "Sadhana: 21 Days to Inner-Sapaciousness" is now available for purchase in paperback; the ebook will be available soon.

It's been 2 years since the release of my first book "The Golden Link to Oneness" and since then, I've been working to bring together a collection of meditation processes, in the form of sadhanas, into a book to help one flow into a state where body, mind and spirit connect to bring about a transformation where inner-peace reigns supreme. This experience of profound peace elevates consciousness through the devotional act of bhakti.

Each of the 21 days of practice found in the book are presented in a way to maximize transformation to a heightened level of awareness and consciousness, leading to the experience of inner-spaciousness where your genuine self can truly be set free; minus the shackles of the ego and the chaos created by the "monkey mind".

I encourage you to explore sadhanas as a sacred practice helping you to bring back into your daily life a sacredness that we often forget is around us all the time.

Just as a marathon is an exercise for the body, a sadhana is an exercise for the soul!

L.M. Blanchard

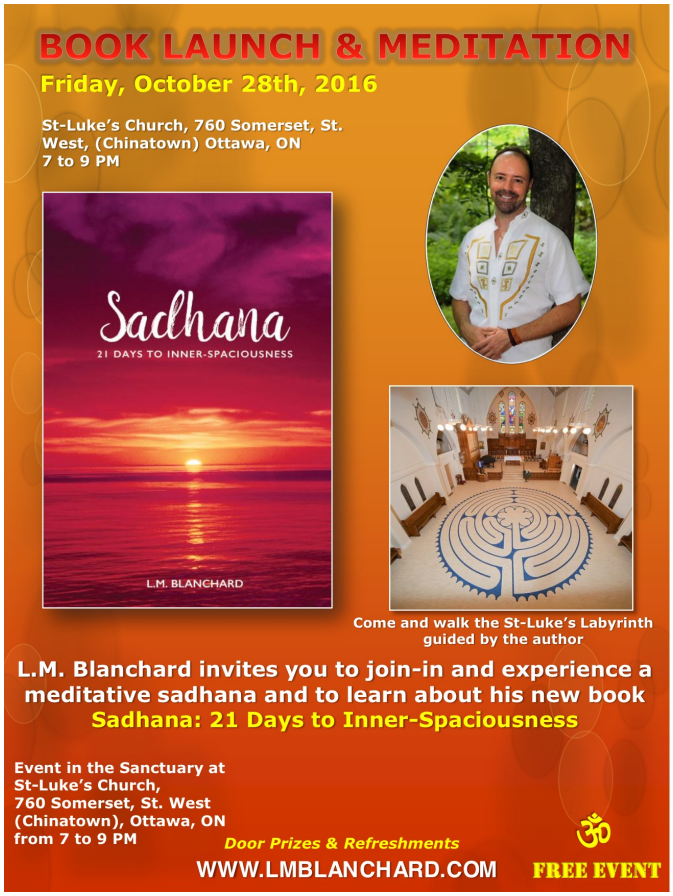
Book Launch Promotion! Purchase book at WWW.LMBLANCHARD.COM

Purchase **Sadhana: 21 Days to Inner-Spaciousness** and leave an honest **Amazon** book **review** and receive a **FREE** set of blessed **MALA BEADS**!
(While quantities last)

Your **FREE** mala beads will be sent to you when you confirm that you've left a book review on **Amazon**.

Confirm your review by sending me a message (email, website contact page or Facebook Messenger) and provide me with your name and full mailing address so I can mail out your mala beads.

The mala beads vary in style and colour. Karma will determine which one you will receive! They are made of sandalwood and are blessed with loving intentions of oneness and grace.



Meditation Stone of the Month

Goldstone

Goldstone has some very special properties for those who wish to experience a positive change in the things they attract around them. **Goldstone** can also be used as a focal point in meditation when you want to experience energy that will elevate your experience to one that is untethered by the limitations of mind generated thoughts of insecurity and unworthiness. Use this stone as an anchor for the desires you want to manifest in your life. You can use loose stones or moulded stones in a variety of shapes and sizes.

BLESSINGS TO ALL!

Follow me at https://www.facebook.com/TheGoldenLinkToOneness/