

NEWSLETTER

BY THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Mini-Workshop for Spiritual Awakening

Sunday,
November 29th,
9:30AM to 12:30PM
Fee is \$40.00

Immerse yourself in a profound spiritual process and open your consciousness to Divine energy. Experience your own spiritual awakening in a very supportive and loving environment.

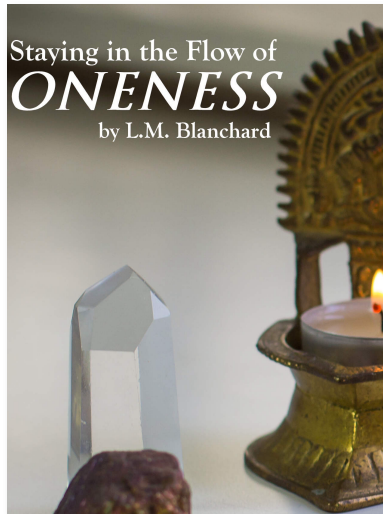
Workshop Location

- Moonlight Medium, 928 Laporte Street, Rockland ON
- Register by calling Moonlight Medium at 613-446-9624



Oneness Living Magazine

I'm so happy and grateful to be featured in the November issue of the beautifully done **Oneness Living Magazine**. If you have not seen an issue yet I strongly encourage you to checkout the eMagazine for iPad. It offers readers insightful articles and resource information that can serve to enrich your life and inspire you on your own personal journey to awakening and to ONENESS!



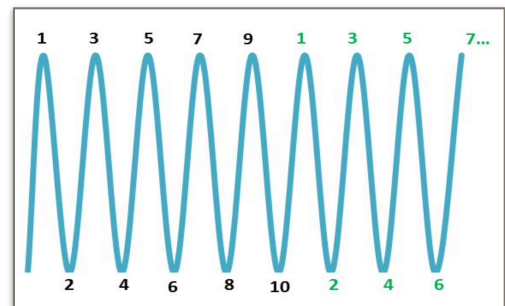
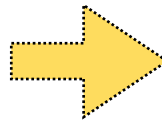
In the November issue, (available soon) you'll find a piece I wrote to help keep you into the FLOW of ONENESS and much more! I hope you are inspired to spread the word around and to help transmit the energy and blessings of Oneness so it can reach all those who are seeking a shift in consciousness.

Zen Meditation - Four steps to quiet the mind

In this Zen meditation, you will shift your attention from your day to day thoughts to the natural wave pattern of your breath. In doing so, you will give yourself a well-earned mental rest and experience a moment of inner peace, harmony and tranquility.

1. Sit comfortably in your chair, remove your shoes and make sure your feet are firmly planted on the floor. Keep your spine erect, your shoulders back and your chin slightly tucked-in and let your arms fall to your sides with your hands resting on your lap.
2. Your eyes can be closed or slightly open with a soft gaze downwards. If you keep your eyes open, find a point or object to focus on, such as a flower, a crystal or anything else that will help to focus.
3. In this Zen meditation, you'll count your breath. At your first inhale, and at the top of the breath, you'll mentally count '**one**'. Then as you exhale, at the bottom of the breath, you'll count '**two**'.
4. On your next inhale, at the top of the breath you'll count '**three**', and at the exhale you'll count '**four**' and so on until you reach '**ten**'. When you've reached '**ten**', go back to '**one**'. Continue this process for as long as you want to experience the meditation. If you lose track of your count or if you pass the count of ten, without judgement, simply return to "**one**" and resume your meditation.

TIP - You can visualize your breath like a wave. The top of the breath becomes the top of a wave. When you exhale and you reach the bottom of the breath, this becomes the bottom of the wave.



Meditation Stone of the Month

Tiger's Eye

Tiger's Eye is an effective balancing stone that combines the energies of both earth and sun. You can see the earth in the tones of brown and the bands of golden sunlight in the polished gem! This makes the stone idea for use when a grounding effect is needed. **Tiger's Eye** is associated with the lower three chakras, the ones closest to Mother Earth. It also resonates strongly with the third eye chakra, the psychic centre. When placing the stone on your third eye during meditation, you can expect to connect with energy that is conducive to bringing about a flurry of psychic visions and deep insights.



BLESSINGS TO ALL!

Please share with your family & friends!