NEWSLETTER

BY THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

New, Now Offering Transformative Meditation Workshops

Cultivate confidence in your ability to integrate meditation into your daily life. Release self-judgement, work through your blocks & make peace with your inner-self by connecting to higher-consciousness.

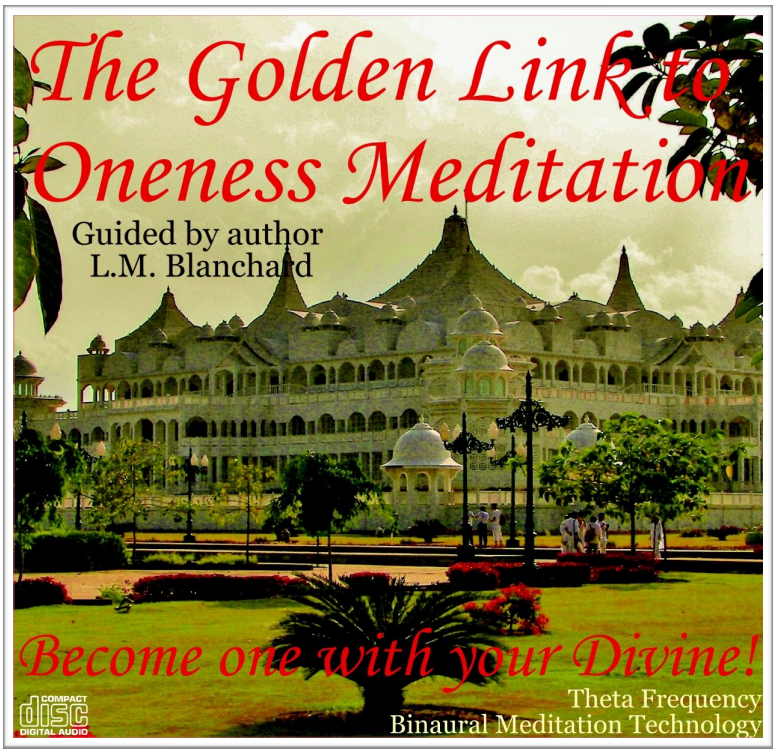
LEARN:

Meditative postures, mudras, mantras & breathing techniques.
Tools used in meditation.
How to set-up a practical meditation routine that works for you.
Letting go of emotional charges with Emotional Freedom Technique (EFT, aka Tapping).
Connecting to your Higher-Self.
Receive 'The Oneness Blessing' from India (Awakened Deeksha).
Experience and learn up to **8** different meditation techniques!

Visit my website to find out more about my 1 day workshops. I'll be offering them at my home or I can give the workshops to your group at your own venue. Contact me for more information.

The Big Reveal!

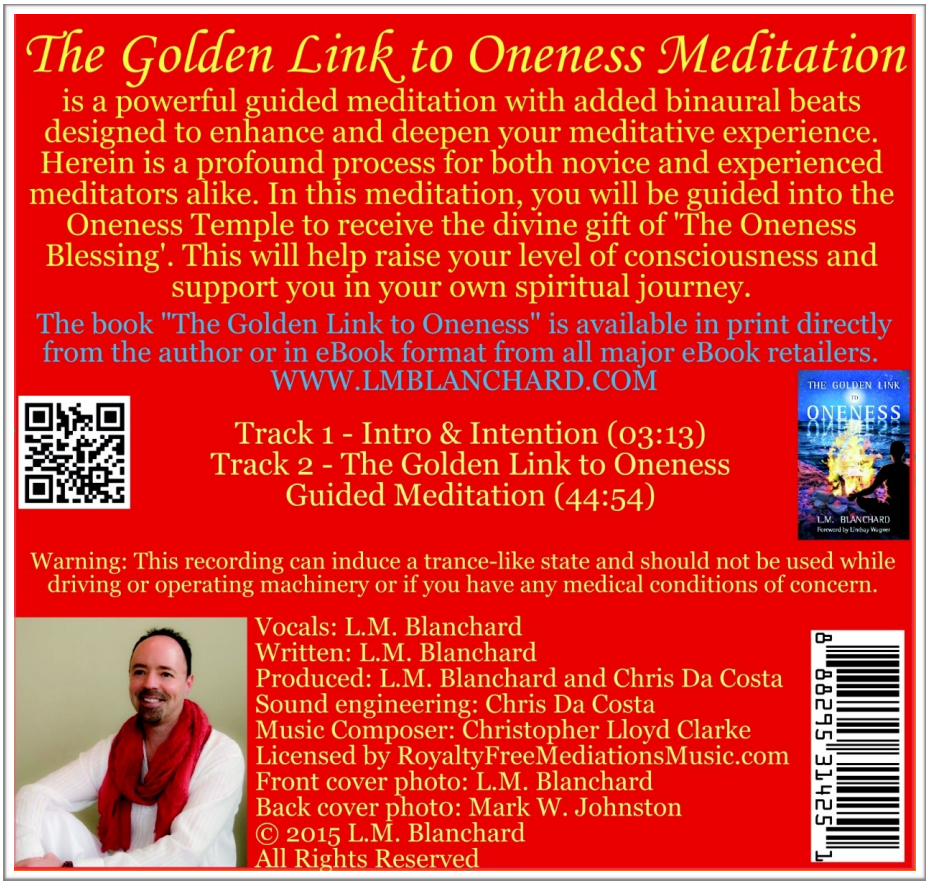
As a subscriber to my newsletter, I wanted you to be the first to see the cover art of my first guided meditation CD, titled "***The Golden Link to Oneness Meditation***". I know...not a far stretch given the title of my book, but it seemed appropriate as I wanted to create a meditation that would guide people into a state of grace where deep insight and a profound connection to divine force can be experienced; which in essence is the purpose of my book. I was inspired to share part of the experience I had at the Oneness Temple with people who may not make it out to India but who are nonetheless open to the experience of divine grace and bliss.



On page two of this newsletter you can read the CD back cover with a short description of the CD. The **official release date will be announced soon** and the CD will be available in CD format and in digital download. Thank you all for your support by sharing this newsletter and news about my CD with your family and friends!

"CD JACKET, BACKSIDE

The recording of my CD contains Binaural Meditation Technology which is designed to induce specific brainwaves that are conducive to deep relaxation and meditation. I chose the **theta** frequencies to stimulate brain activity that will help to induce a profound meditative state which in turn allows the listener to experience trance-like states of consciousness. You will be guided into the Oneness Temple to experience grace and bliss and receive the Oneness Blessings! This is a spiritual journey where you can make your own personal divine connection to grace and bliss.



Meditation Stone of the Month

Rose Quartz

Rose Quartz is a soft pink coloured crystal that is gentle and very heart-lifting. In mediation, you can use this crystal to transform any self-judgement into self-love and compassion. The pastel tones of **Rose Quartz** creates a peaceful and loving atmosphere that positively impacts the mind and helps to open the heart. You can wear this crystal as jewellery, keep one in your pocket or purse and place a few on your desk at work or by your nightstand next to your bed. Hold on to the stone in your hands when you need a little boost of self-confidence!

BLESSINGS TO ALL!

Please share with your family & friends!