



NEWSLETTER



BY THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

Interview on TVC 22



This past summer, I attended the grand opening of The Oasis, an outdoor sanctuary created by Mary Bachat in Wendover, Ontario. The Oasis is a place to go to reconnect with nature and where you can partake in spiritually oriented workshops of all kinds. There, I was interviewed by Kateline Poor, the host of "Kat About Town", of TVC22. You can see the episode by accessing the **News & Event** link on my website. For more info about TVC22 visit www.tvc22.ca and for more info about The Oasis and Mary, visit www.moonlightmedium.com



ONE YEAR NOW! This is the twelfth issues of my **Awareness/Oneness/Wellness Newsletter**, already a year now since I've been writing about my updates and providing tips and hints to help you out in establishing your own meditation practice. I look forward to continuing with my newsletter in 2016!



NEW COLUMN - SEND IN YOUR QUESTIONS!

I would like to add a new feature starting in January; an advice column where readers can ask any question on meditation, spirituality or other related topic and I will provide my perspective in the column. So ask me any question that may be on your mind by emailing me at **Imblanchard_website@outlook.com** and see your question answered in the following issues. If you want to remain anonymous, simply say so when you send in your question and I will honour your request. I look forward to your questions so please send them in. **The column wont work without your participation!**

Walking Meditation

This month of December, when many of us are accustomed to retreating indoors to take care of many things around the house in order to get ready for the holiday season and Christmas, we tend to forget about recharging our inner-batteries. So in order to better manage seasonal stress and to remain resilient in what can be a stressful period. Give yourself permission to experience moments of inner-spaciousness by exploring the beauty of the colours in nature. Take a silent walk in your local forest or nature trails in full observation of the colours around you, stand under a star filled night observing the distant stars, observe the movement of clouds as they roll by merging in the sky with one another, go for a walk around your neighbourhood and observe the Christmas lights and decorations (without passing judgement). As you witness these moments outdoors and in nature, reflect on your place in the context of what is being observed. Know that for these events to happen, you must be there in partnership with your surroundings. Your role to play is in the part of the observer; for without an observer, are there colours in the lights you see, or stars flickering in the distance or clouds moving in the sky?

So Hum Walking Meditation to Melt Away Anxiety.

You can do this slow walking meditation anywhere, even in your own backyard. All you need is a small space to slowly walk in full mindful awareness. This can also be done anywhere indoors.

- 1- Begin by taking a couple deep inhales and remember to fully exhale.
- 2- As you take your first very slow step with your right foot, deeply inhale and in your mind think the sound "**SO**". The "O" sound should be slow and trailing, like "Sssoooooo".
- 3- Now, with your left foot, take your next step as you exhale and think the sound "**HUM**". It should be slow as you trail the "M" sound, like "Hummmmmm".
- 4- Inhale again as you take a slow step with your right foot, thinking the sound "**SO**".
- 5- With your left foot, take another step as you exhale while you think the sound "**HUM**".

Continue this process for 5 to 10 minutes as you synch your breathing and step with the thought of the **So Hum**. When you're done, relax into the inner-quietness that will fill your body, mind and spirit.

Meditation Stone of the Month

Bloodstone

Bloodstone is known as an effective stone to use when you seek to remain grounded in the face of chaos and the transformation that will take place afterwards.

Bloodstone keeps energy flowing, preventing energy from clogging-up or building-up in various energy centres of the body. You can meditate with this stone when you want to focus on decision making, when matters around you may be confusing and when you seek clarity prior to choosing a course of action. Sit in silence with the stone in-hand and focus on your issue. Visualize a cloud of haze around you, then see the haze dissipate till it's gone. Now refocus on your issue and observe how you feel and what remains surrounding your issue or dilemma.



BLESSINGS TO ALL!



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