

## Guided Visualization Meditation & Energy-based Meditation

Meditation is a portal to the realm of inner energy, or 'Life Force'

Meditating promotes Life Force to re-set, replenish and revitalize.

Guided Visualization meditation is a direct way of communing with the inner living system of Energy -- physically, mentally, emotionally and spiritually.

Within, through and around the body of every living being is an energetic anatomy that receives, assimilates and transmits Life Force.

This primary subtle energetic anatomy, in the yogic and buddhist traditions, is known as the Chakra system, the Aura, and the Shushumna.

Please refer to the diagram on the following page for a visual depiction of energy anatomy.

Photo-sensitive technologies and scientific research proves the existence of this system, which was known and revered in the ancient Eastern sciences. The energy anatomy does exist and is a vital part of the physical anatomy and whole living system.

Marilee will guide a visualization and energy-based meditation to facilitate experiences to clear, open, balance, nourish and activate your energy system.

### *About Marilee:*

Marilee Marrinan, is a master holistic health therapist and teacher of meditation and yoga. Her path of meditation, yoga, and what is now called "holistic lifestyle" began in the early 1970s. Through the 70s and early 80s, that path evolved into professional capacities when she began teaching holistic nutrition classes, developed a holistic educational system for children called Childlight, and led the first of dozens of international retreats to sacred sites in Europe.

In the late 80s, she began certifications in various holistic modalities including Polarity, Craniosacral Therapy, Bach Flower Essence therapy, Reiki. She opened her holistic health therapy practice in 1992, and for the past 30 years has been dedicated to serving the holistic health of thousands of people of all ages with a whole spectrum of modalities... which leads her to now share three decades of wisdoms about light and energy with you in this new format of virtual connection. And she's Erinn's mum :)

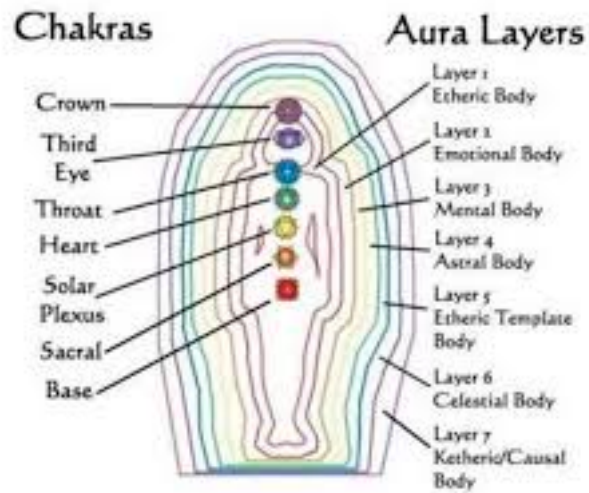


Image source: <https://foreverconscious.com/>

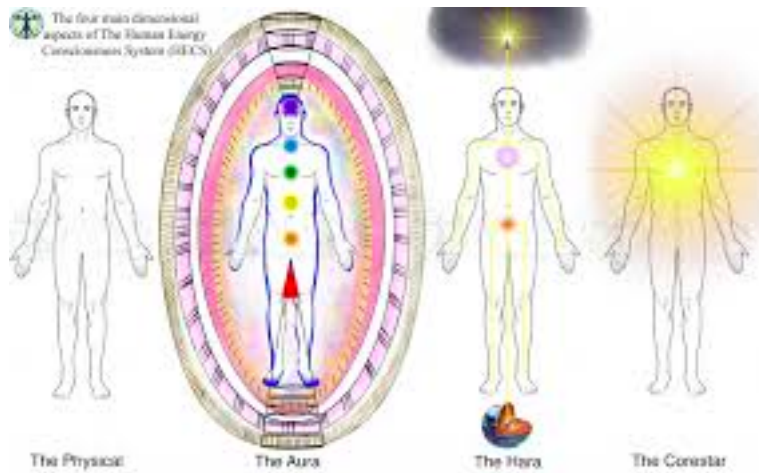


Image source: <http://ancientwaysofhealth.com/energy-anatomy/>