

## **SELF-HEALING MEDITATION INSTRUCTIONS:**

1. Select a music selection of your choice that has no lyrics. For example: Reiki, Nature, Classical, or Chakra meditation music. Something soothing and relaxing. This can be found on You-Tube or Amazon Prime music. Once you have chosen your music selection, find a place where you can be undisturbed for at least 45 minutes or more. (Suggestion: "Meditative Mind" on You-Tube)
2. Before any meditation one should always say prayers of protection. You can use my PRAYER document which is under the pull-down menu "MORE" and then under "DOCUMENTS". You can use this prayer document or any other prayer you may feel drawn to. If you chose to use your own prayer, always call upon Heaven's realm for protection. For when we open ourselves to the spirit world, we also open ourselves up to Good and Bad spirits. It is up to us to decipher between them. Prayer should always be a concern before any meditation.
3. Get yourself in a relaxed position, close your eyes. and try to let the thoughts of the day leave your mind. Began to listen to your music selection and let yourself slowly relax into a quiet and carefree state of mind. This may take a couple of tries, but just keep on trying. During this meditation you may feel sensations throughout the body. Every one's experience different sensation. Don't get alarmed by them, just trust that you are protected by loving and peaceful angels. Some individuals may find themselves going into a deep trance like state and at the end of the music track you find yourself coming out of it. This is again another example of meditation. Others may receive images through there mind's eye, an example; an animal, or a face of a person, or family member that has passed on in spirit. All meditative experiences will depend on the individual. Please don't get discouraged and keep on trying. The old saying, "If you don't succeed, try, and try again".