

Meditations to Heal Your Life

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Louise shares her philosophy of life on a multitude of subjects from addictions to fears to spiritual laws, and everything in between. Her loving insights will enrich your body, mind, and soul, while giving you practical knowledge to apply to your day-to-day life. An excerpt from *Meditations to Heal Your Life*: "The gateways to wisdom and learning are always open, and more and more I am choosing to walk through them. Barriers, blocks, obstacles, and problems are personal teachers giving me the opportunity to move out of the past and into the Totality of Possibilities. As my mind can conceive of more good, the barriers and blocks dissolve. My life becomes full of little miracles popping up out of the blue." -Louise L. Hay

Louise Hay was an inspirational teacher who educated millions since the 1984 publication of her bestseller *You Can Heal Your Life*, which has more than 50 million copies in print worldwide. Renowned for demonstrating the power of affirmations to bring about positive change, Louise was the author of more than 30 books for adults and children, including the bestsellers *The Power Is Within You* and *Heal Your Body*. In addition to her books, Louise produced numerous audio and video programs, card decks, online courses, and other resources for leading a healthy, joyous, and fulfilling life. Websites: www.louisehay.com, www.healyourlife.com, and www.facebook.com/louisehay About Louise: 'her teachings of positive thinking and powerful life-enhancing affirmations have helped millions of people to improve their lives and has made her a legend in her own lifetime.' *Kindred Spirit Magazine* Other Books

A Guide for Writing and Recording Guided Imagery Meditations. "I recommend this thoughtful, experienced guidance for use by psychotherapists, meditation teachers, chaplains, and wellness, sports or personal coaches - in other words, anyone who wants to incorporate their own recorded guided meditation audios into their practice, to enhance their impact during "off hours," with the help of these empowering, adjuvant tools." Belleruth Naparstek ACSW creator of *Health Journeys* and author of *Invisible Heroes, Survivors of Trauma and How They Heal*. "Do you want to help those you serve reduce their anxiety, cope with pain, improve their sleep and learn self-care strategies that work? In this book, you learn from a guided imagery meditation recording artist and therapist with over 26 years of experience in writing and recording meditations. Glenda's recordings are featured on several meditation Apps, as well as in hospitals and wellness centers. This book will inspire you with 70 healing scripts, give you helpful tips, cover foundational information about imagery and meditation, and offer ideas for writing and recording your own guided imagery meditation scripts. As you read this guide, you will learn how Glenda healed herself with this powerful transformational practice, as well as immerse yourself into the realm of imagery where deep change occurs."

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