

Healing Meditations



Reiki Healing Meditation

Raise your energy vibrations through this Japanese healing technique, and become a healthy healing channel whilst bringing positivity into every aspect of your life.



Mantra Miracle Meditation

Create miracles by chanting different mantras, which are based on high-energy sounds, resulting in powerful healing remedies for the mind and body.



Inner Child

Heal traumatic childhood experiences, so that you can move forward in your full power and potential.



Full Moon

Avail the powerful healing benefits with the significance of the sun's light flowing directly to the moon.



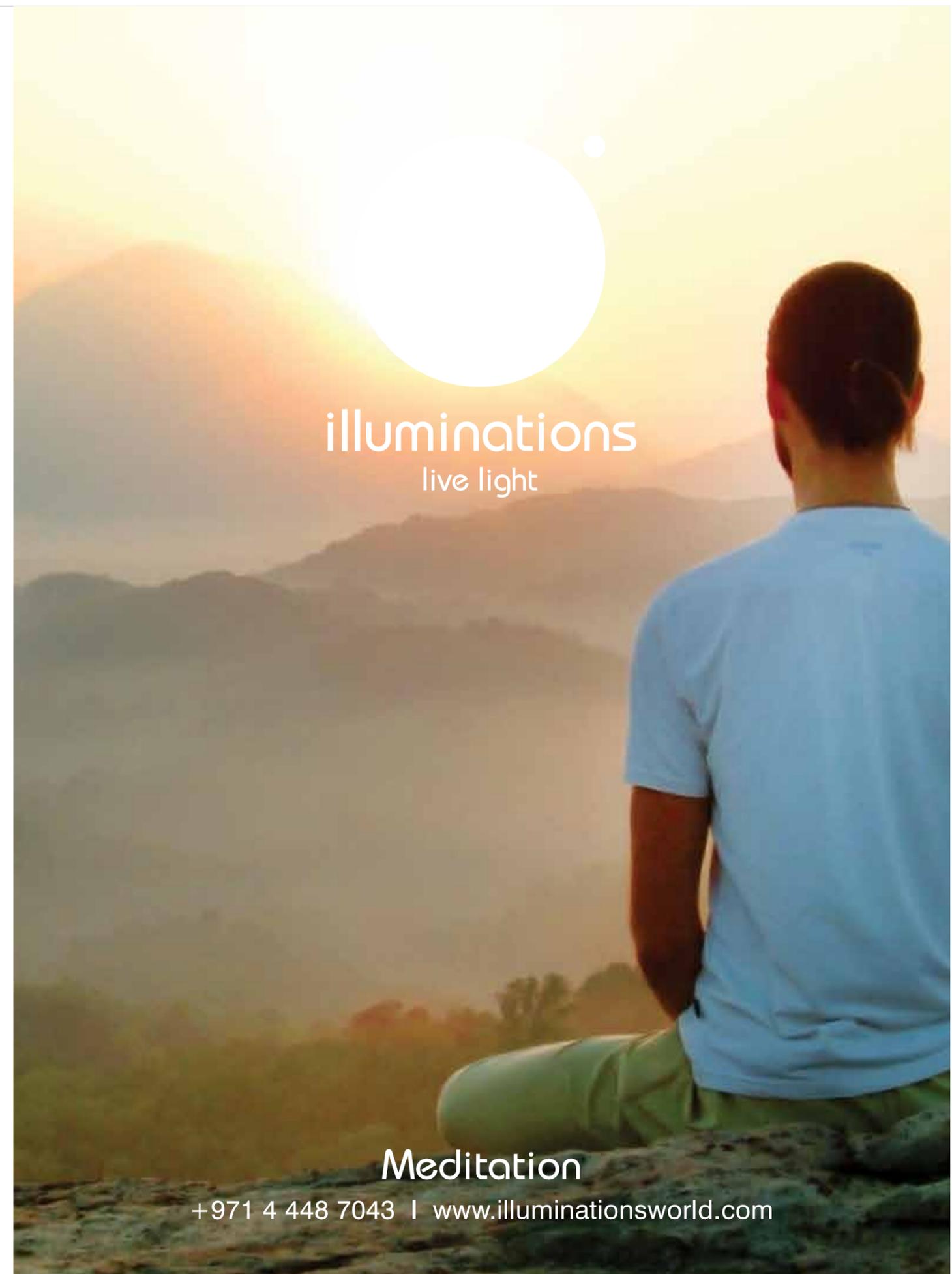
Gong Bath Meditation

Bath your mind, body and spirit through the powerful healing sound of the gong. An experience difficult to be described in words and not to be missed!



Sound & Energy Healing Meditation

Restore harmony to the body, mind, and spirit through the power of ancient sounds.



illuminations
live light

Meditation

Detox Meditations



Aura Cleansing

Experience powerful techniques to clear any imbalance in the energy field.



Karma Clearing

Clear out all karmic baggage and bring yourself back into perfect alignment with natural harmony and balance of life.



Chakra Balancing

Clear and cleanse your energy system to nourish your physical, emotional, mental wellbeing.



Emotional Cleansing

Release all negative feelings and thoughts that weigh us down and bring forth a renewed sense of lightness, comfort and peace.



Stress Relief

Relax and learn to unload your stress, which results in increased productivity whilst maintaining your health, happiness and peace of mind.

Guidance Meditations



Higher-Self

Connect to an unlimited powerful version of yourself to access higher knowledge about the broader perspective of your life plan and soul's purpose.



Angel Guidance

Connect with higher guidance of your angels who assist you and bless you with courage wisdom and faith.



Inner Light

Connect to the light within to wake up to your passion, joy and inner strength.



Meditation for Beginners

Learn the art of meditation, and gain a first hand feel of all the wonderful benefits!

Heartfelt Meditations



Relationship Healing

Release negativity associated with any individual you share a difficult relationship with, to release pain and gain the freedom to respond from your most empowering potential.



Mend a Broken Heart

Heal old wounds so that your heart and mind can be open and ready to receive all the great things you are destined for.



Awakening to Love

This meditation focuses on rediscovering the abundant source of love within, to shed away fear and insecurity.



Forgiveness

Forgive and let go of your regret, resentment and rejection, and gain wisdom about your life's greatest learning lessons.



Loving Kindness Meditation

The practice of loving-kindness signifies friendship and non-violence as well as "a strong wish for the happiness of others.



Gratitude

Counting your blessings and empower yourself by focusing on the things in your life you are thankful for. After all, the greatest prayer is thankfulness.

Mind & Beyond Meditations



Manifestation

Clear away your mental blocks and self-sabotaging beliefs, so that you may manifest that which is in alignment with your highest potential.



Creative Visualization

Practice the power of positive thinking through techniques of visualizing so that you can reach towards all your goals with ease and comfort.



Law of Attraction

Align yourself with the cosmic field of creation to overcome obstacles to experience your hearts greatest desires.



Mindfulness Meditation

Mindfulness is a state of active, open attention on the power of present moment.