

Healing through Inner Images

by
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Guided Meditations and Prayers

A short meditation period provides the body with the same amount of energy as several hours of sleep. With instructions for therapists and group leaders, suitable for beginners and advanced practitioners as well.

Guided meditations are the ideal start for beginners of meditation practice. They facilitate the journey into your inner world, realign your thoughts and help you experience states of mental balance and equanimity.

Through deep involvement with the subject of your meditation you enter feelings of harmony, tranquility and security. Healing takes place through inner images, guiding you into a soul chapel, through spheric landscapes, into a crystal cave, to the shores of healing waters of light and to many other locations and sources of power.

While resting in the silence of meditation and in prayer, the practitioner will be permeated more and more with inner light; separating obstacles dissolve, and body and mind refresh themselves from within.

This guide may as well serve to gently introduce you to the spiritual world, within a group or seminar.

Trudi Thali, sensitive healer, author and experienced seminar leader, works in her own practice in Switzerland. She is the founder of Light Channel Healing, guides meditation groups on a regular basis and trains therapists. www.trudi-thali.ch