

## Guided Meditations



*Let go of the stress of day-to-day life and join us  
for a relaxing and uplifting Guided Meditation.*

Our non-denominational, guided meditation gatherings are a blend of guided imagery, suggestive prose and visioning with a window of silence. You'll have plenty of time to relax, connect and share with other participants.

In deep levels of meditation you can experience clarity, insight and healing on many levels that can impact your day-to-day life as well as your mental, emotional and spiritual aspects. Participating in a guided meditation is a great first step for beginners as the facilitator helps to still the chatter within the mind. For those that are a bit more versed in meditating, relaxing with others and going on different journeys, gently expands the heart and therefore your concepts of the universe around you. Our Guided Meditation are on various topics and journeys such as angels, your sacred place, resolution with another soul, general well being, your totem animal, prosperity, as well as many other topics.



Christine Schreiberstein has been trained by some of the best in the world: Havel Raven in the UK and Denise Linn in California.

Christine's connection with the Angelic realm has enabled her to live a life that stems more from the heart, the birthplace of the soul, leading to a better understanding of what true desires are verse what is expected.