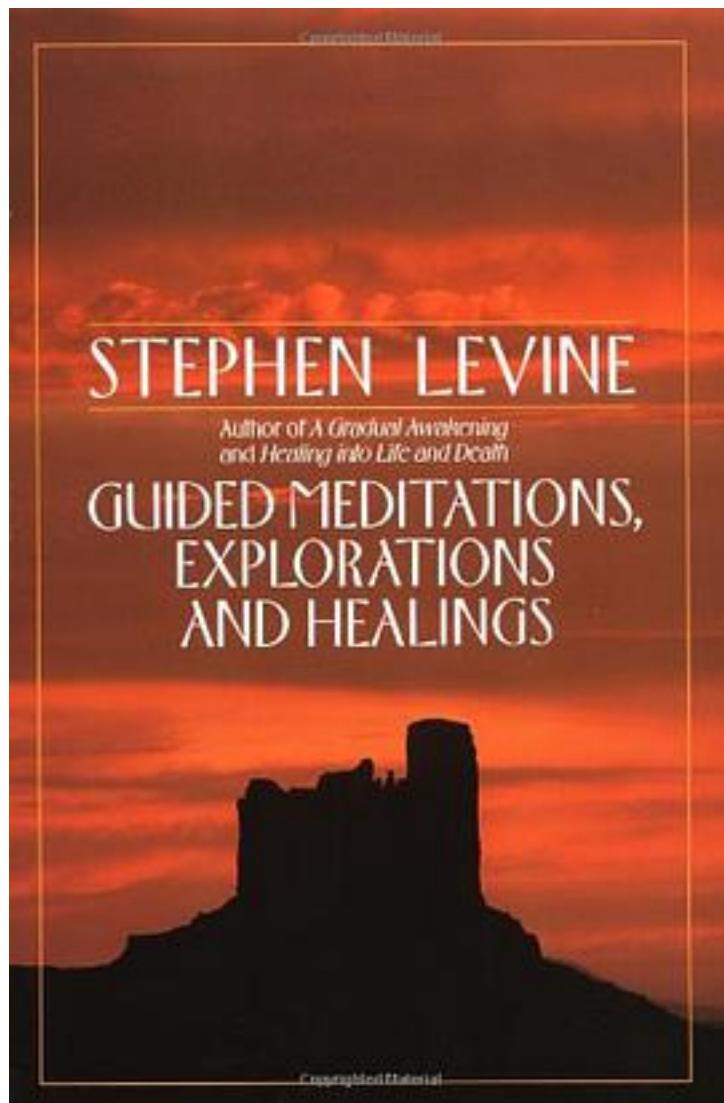


Guided Meditations, Explorations and Healings



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The culmination of nearly two decades of personal and professional exploration, this compassionate, timeless guide offers readers a unique source book comprised of guided meditations, new and familiar, for the deeper healing of spirit, mind and body.

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