

Angel Therapy Meditation

Meditation is a pathway to health and wellbeing, it allows the mind and body to relax and restore a natural state of balance.

This Angel Therapy Meditation with crystals is designed to promote deep healing and relaxation, creating the space and opportunity to let go of any unwanted anger, sadness or fear related to the past, in return for vibrant health in body, mind and spirit.

This guided Angel Meditation can be enjoyed sitting in an armchair, lying on the floor or on a bed. Loose fitting comfortable clothes are best as you may cool down during the relaxing meditation, you may wish to consider using a blanket.

The Angel Meditation begins with gentle music giving you time to get into a comfortable position... then a tingsha ting can be heard and the Angel Meditation begins...

The tingsha will ting again at the end of the meditation and the music will continue, giving you the space and opportunity for thoughts, feelings, ideas and realisations to come into your mind.

These still moments at the end of the meditation are important... It is during these times that some of my best ideas and realisations have come to me... In fact it may be useful to have a pen and paper handy to make notes at the end if you so wish.

The third ting marks the end of the session.

Simply follow the instructions and enjoy the Angel Meditation visualisations. In my experience the more often I practice the deeper I go and the more relaxed I become...

Enjoy your experience...

Johanna Lucketti is an experienced meditator, channeler of energies and spiritual healer. She is also a Master of Hypnotherapy, Time Line Therapy™ (TLT) and Neuro Linguistic Programming (NLP).

She has combined her gifts to bring to you this powerful and deeply relaxing Angel Meditation. As she guides you through the relaxing and healing body scan and then on a journey through nature you become more and more relaxed... benefitting from the power of positive suggestion in body mind and spirit, discovering inner peace and enhanced understanding of yourself and life as you simply go with the flow...and relax...

Johanna is passionate about the power of angels and meditation, which she believes has turned her life around helping her to connect with deep happiness within, even when the going gets tough.

As the music relaxes you... you are beginning to let go of any stress, tension or worry... exhaling anything on your mind you would like to release.

The angels are here surrounding you with love and light... Archangels, Guardian Angels and Guides... they have their arms outstretched to lovingly greet you... you are home and you are safe... All you have to do is listen and relax...

You can contact Johanna at www.lucketticonsultancy.co.uk



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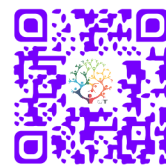
Recorded by Chris Carter at Lucketti Recording Studios.

Music and artwork by Chris Carter

Angelic Voices by Zanny Lee



Search for Johanna Lucketti on Youtube



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Caution: This CD features meditation and visualisation which makes it inappropriate for use while driving, cycling, operating machinery or bathing.

