

Heart-Meditation

Similar Meditation Forms are still practiced by indigenous races all over the world. These meditation and prayer forms are used to go into a deep conversation with the divine and the fulfilment of the clan's desired needs to enable a peaceful life in prosperity and abundance. Appreciation, thankfulness and gratitude for being nourished and protected from mother earth and our father in heaven are the basis of this meditation. You will use a very ancient method that will help you breath not only air, but also Prana / Chi / Ki / Tachion - the etheric life energy everything is made of. Prana will help you to connect much deeper with your own divine origin and if you practice this ritual every 48 hours you will experience a tremendous shift in your conscious awareness, physical strength and your overall wellbeing.

\$ 20

