

Healing Place
Energy School



Awaken Your Inner Healer

Why Meditate?

In modern times, meditation has been seen as a New Age practice, but the art of meditation has a history 5,000 years old. Some of the earliest written records about the practice of meditation were found in Hinduism, Buddhism, Judaism, Christianity and Islam religions around 1500 BCE (Before Common Era)

Meditation can be essential to help to quiet the energy of the mind, body, and spirit. Meditating on a regular basis can help to manage or eliminate repetitive thought patterns, stress, and anxiety. No two persons will experience a meditation the same way, even you meditate in a room full of people. Each person will have a different experience.

Feel Your Energy Meditation - When you have finished meditating, get a drink water to help re-balance your energy. While sitting quietly, jot down what came to you during the meditation? Did you have emotions or visions?

Did you find your mind quieting down or the opposite?
