



good energy for life

qigong center for health & wellbeing



Guided Meditation

Have You Tried To Meditate?

Many people try meditation and find it very frustrating ~ even impossible. Some think there is a “right” way to meditate (and a “wrong” way). What has been your experience? There are many different ways to meditate, including:

- sitting meditation ~ in a chair, on a cushion, on any surface
- walking meditation ~ indoors or outdoors
- creative meditation ~ calligraphy, black-ink brushwork, art-play with colors
- chanting or singing meditation
- moving meditation ~ like qigong

Why Meditate?

Meditation can help us reach a state of deep relaxation in which our mind, body, and spirit can begin to heal. This is the same state you can experience during a very good night’s sleep (which takes several hours), yoga nidra, or prayer. During meditation, we let go of stresses, thinking, worrying, and physical exertion, so that all of our bodies’ energies can be used for restorative purposes.

Who Can Benefit?

Anyone can benefit, regardless of ability, age, belief system, or life circumstances. Choose a style of meditation that appeals to you ~ one that you will enjoy and do again and again.

Why Guided Meditation?

You don’t have to choose guided meditation, but if you have never meditated, or if you have and found it uncomfortable for any reason, then perhaps *guided* meditation is for you. With guided meditation, you simply listen to the soothing voice of the one guiding you, and follow along. It takes no effort on your part, and it gives the same great benefits!

Guided Meditation CDs for Sale

Three guided meditation CDs are available for sale and may be ordered by email or phone call. We are creating a web store for future orders. Each CD costs \$18.75 (includes Va. sales tax + \$2 for shipping). Contact information is below.

The Inner Smile Meditation ~ Healing Tao practice to release negative emotions from vital organs and nervous system.

The Breath of God ~ Receive the loving, healing energy of Spirit, circulate it through your body, then radiate it outward.

Divine Light/Prism ~ Receive healing, golden-white, divine light and the powerful energy of the colors of the spectrum.

Joy Black / 804.971.7135 / goodenergyforlife.net / joyblack@gmail.com