



## **Relax, Rejuvenate and Revitalise!**

**Helps with insomnia, anxiety and creating a positive outlook.  
Free yourself from stress and transform your life now!**

**Journey of Light & Garden of Your Heart Guided Meditations  
By Lyn Craven**

**Cost A\$25.00 Plus post & packing \$6.50 in Australia**

Meditation is one of the most powerful and easy healing tools to learn and the only avenue to your inner growth. You will experience increased self-confidence, optimism, motivation, vitality, inner strength and ability to prevent external stress's impacting on your life, improving both your physical and emotional health and well-being! You will become more focused and centred enabling you to make clear and confident decisions day by day. You will sleep more soundly and experience restful sleep, waking up feeling energized and ready to seize the day!

In *Journey of Light* and *The Garden of your Heart* creative visualisation is the style of meditation delivered and is simple to learn, allowing you to use your imagination and the power of your mind in a positive and constructive way by putting yourself into the deep alpha state daily, deliberately creating the life that you want to live!

The mind is very powerful so when experiencing deep relaxation during meditation you can allow yourself to control your mind rather than let the mind control you! The mind is always active and you cannot completely stop its activity, but you can calm it and slow the repetitive "chatter" down!

During times of stress and anxiousness we lose sight of our inner promptings – our intuitive guidance, this is when we may make wrong decisions or create self doubt and start to worry. *Journey of Light* Meditation and *The Garden of Your Heart* will centre, calm and relax you again.

The *Garden of Your Heart* is a perfect setting for you to feel completely at ease and relaxed, allowing yourself to let go and be creative and spontaneous with any feelings or visions that may flow through your mind.

Explore the *Garden of Your Heart* Journey and experience how your heart holds the answer to healing and resolving any issue in your life, and know that your heart never lies to you. Take time out now to relax and enjoy these wonderful benefits that can be achieved whilst meditating and experience deep relaxation, peace and contentment.

### **Review by:**

#### **Lyn Craven**

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