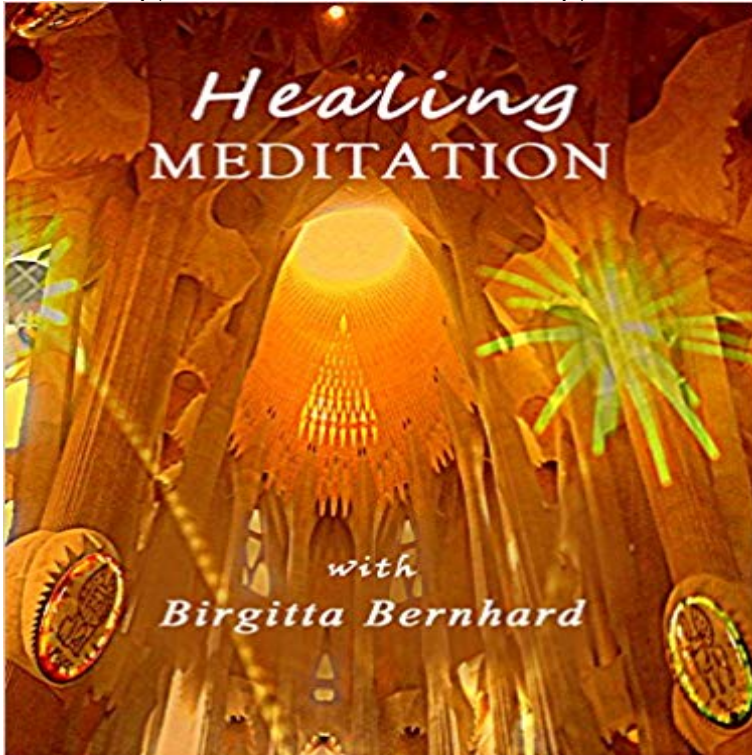


Healing-Meditation with Birgitta Bernhard



This guided meditation and long-distant healing will support you to fully connect with your Infinite Self and to receive profound healing. (B.B.) (You DONT necessarily need a Kindle Reader to buy and read this book. Its available for immediate reading with your Amazon virtual cloud reader) Sometimes we need to stop, let go, find stillness, allow ourselves to feel held, re-connect to our soul-essence and to our higher guidance, and refill ourselves with healing, light and love, so that we can share it again. Thats why Birgitta recorded this healing-meditation and wrote this little book, sharing on why to meditate and what meditation and healing means to to her, personally. This booklet is written, to offer the reader reassurance, give a sense of belonging and help to learn to trust again. Whereas the recorded healing-meditation intends, to make the listener feel held and loved, and after having surrendered to the healing itself, come out recharged, hopeful and encouraged to live ones purpose, to dare to make a difference and to shine ones inner light!

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