Creating a meditative Lifestyle.

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We all need a little support to enhance our wellbeing at different phase, time and circumstances of our life, may be it physical, material, emotional, social, or spiritual.
The support can easily be accessed by regular practice of meditation.

When we meditate we create peace, calm and stillness in our body, and mind that helps us to connect with our ever-present inner silent wisdom, which is the source of all infinite creativity, infinite potentiality, and infinite connectedness, manifesting in our lives through us.

During meditation we connect to that inner wisdom and bring our awareness in utter calmness to what we truly want, whether it be material, physical, emotional, social or spiritual. It can help us bring clarity to our vision and It helps us to manifest our ultimate physical and emotional desire of enhancing peace, love, health, joy and prosperity in our life. Spiritually brings and

Each session is uniquely designed and consists of **Immersion** Into the meditative tips and tools for enhancing emotional, physical, social and spiritual well-being.

Gentle Mindful Movement at your comfort level for anchoring awareness to the present moment. As we make mindful movements, our mind stays anchored with our body movements rather than slipping away in to past or future, helping us to relax, stay focused enhancing our physical wellbeing.

Relaxing our body by bringing focus and concentration to our body and to our breath for enhancing physical wellbeing.

We **Meditate and bring Awareness to our Chakras** (the Energy Centers), to harness the energetic attributes of these energy centers enhancing wellbeing all aspects of our life.
The Chakras are major junction points of the body and a deeper energy system. The word Chakra means vortex, disc or wheel. Envisioned by ancient seers as wheels of life forces which forms a junction between the physiological and consciousness. Chakras have been associated with major neural networks and hormonal systems.

Asking soul questions: The key soul questions according to Dr. Chopra helps us to shift our internal reference point from ego to spirit. *What are we grateful for? what do we want? How can we help?* are the questions whether we are aware or not directs our choices in life. Binging consciousness awareness to these questions in utter calmness of meditation helps us to understand and get aligned to the needs of our mind,body and spirit. This helps us to manifest positively what we truly need in that moment of life.

Setting intentions. The seeds of our intentions and desire reside in our personal soul. Nourishing the seeds we wish to germinate with our attention in our utter calmness of meditation leads to their full expressions, helping us to enhance whichever aspects needs a little nudge in your life.

Affirming affirmations!

To keep peaceful positive internal dialogue with our selves and also towards outer physical world , affirming affirmations plays a pivotal role.

Affirming our affirmations helps us to keep surrounded by the things we want in our life it brings more blessings and gifts. Affirmations helps us to become aware of our daily thoughts and words, reducing the risk of letting negativity seep while increasing the positive internal dialogue. we start noticing more synchronicities in our life, which serves to encourage and motivate us to keep up the practice. A daily practice helps to keep the small things in perspective. When healthy we may forget to think of how much we appreciate it. A simple morning affirmation sentence of “I am healthy” can go a long way. A recent study shows that optimistic people have healthier hearts, and affirmations help us to stay positive.

All through **gentle guided meditation** allowing you to bask in pure awareness and connecting to the silence within.