

Meditation: "Loving Kindness"

Remember this is a journey and there is no right or wrong and you are always staying in a mind of loving kindness. No matter what you surface how on task or off task you may feel just be gentle and know you are doing the best you can. All is happening in perfect order and time. Start working on eliminating the blocks that keep you from your Authentic Life!

Enjoy your process, don't hold onto any expectations of how it will go, just let it flow!

Namaste