

Happiness Meditation at Live it Well

7:15 pm to 8:30 pm

Wednesday September 18th

Miguel Lopez - facilitator

Join us for a special evening chakra sound healing, and a very special Happiness Meditation to help you manifest desires in your life.

The Happiness Meditation is a powerful transmission of energy during a closed eye meditation that can induce Awakened States.

The Happiness Meditation produces the following benefits:

Silence

Happiness

Peace

Improved health

Auspicious events and occurrences that contribute to health, wealth, relationships Family members and friends also benefit

We will start with OM Meditation and chanting the sound of OM.

As you chant OM A-U-M you are experiencing the all in everything. It is said that the sound of Aum includes the entire process of sound and all other sounds are included within it. Therefore, Om is called the seed sound (bija), the original sound from which all other sounds and worlds come from. This is why Om is said to represent God, Brahman, Source, Universal Consciousness. Because it has the power to create everything.

When chanting Om aloud, the sound will naturally evolve through the three phases corresponding to the three letters A-U-M. Like the experience of Om as a sense of completeness and pure consciousness, the three syllables are not distinct or separate phases, but a continuous motion of the body, breath and awareness.

To listen to the New OM Meditation Song:

https://youtu.be/zfUa_lQo18