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The Healing Power Hour Archives Available March 20th 2013: The Why and How of Meditation

Meditation is more than just sitting and trying not to think of anything. The intention is actually to attain an altered state of consciousness that allows you to connect to your deepest essence. In order to do so, your physical body must also be relaxed, not just your mind. Meditation is an excellent tool to help you heal and repair your body's cells, as well as achieve an inner state of calm and peace, even if chaos surrounds you. In today's episode, I will share with you how I teach meditation in my classes, which I have found to be the quickest and most efficient way to learn meditation

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