

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



## Blooming in the Light Archives Available

**July 07th 2016:Encore: The value of Visualization, meditation  
and breathing exercise**

In this episode we will experience together two exercises that I have learned from my Kolaimni teacher, Mechi Garza. The first one is a visualization technique that allows us to perceive the deeper reality of an object, (an orange in this case). The value of this exercise is to broaden and develop a different kind of perception, to train our senses differently so they may grow to give us a truer "vision" of the world around us. The second one is a breathing exercise that is extremely calming and which can be of great use whenever we might be challenged and are in a situation that does n

[Read more](#)



## Share This Episode



## Connect with VoiceAmerica

Download our mobile apps

