

Services

Guided Meditations

Guided Meditations are a process to **Relax** and **Receive**.

Receiving through Guided Meditations is pretty simple. You simply let go, and be **Guided** by the **Wave of Words**, Song or Chant coming from the Guide or Teacher.

Meditation is for deep relaxation and inner stillness, and a very powerful tool to **reduce stress**. It also can bring forth **intuitive** and **creative ideas** while in the realm of the higher self.

As the lower-self's Ego is **Released**, your subconscious of the higher-self opens to positive suggestions, intentions and ideas that one can Hear, See and Sense more clearly.

Mary's **Guided Meditations** will help one to go on a **Personal Journey** designed to improve, awaken, reveal and receive healings, release stress, blockages, and then offer upgrades to the Embodiment's System. Also, you will learn how to utilize your Team of Spirit Guides and Angels, support and teachings.

Each Guided Meditation is '**tailored**' to your **Intentions**, such as personal empowerment, physical healing, finalizing Karmic Contractual Agreements, emotional healing or spiritual advancement and awakening. You may be guided to see greater potentials hidden or dormant within your sleeping cells . . . or to **Receive JUST to Receive**.

Some clients have said that it is very hard to shut down the mind, settle the restless body, and release the overload of anxiety that they are dealing with. **Guided Meditations** assist the Receiver to let go quickly, because they are not trying to reach for the stars with questions, then listen and try and to hear what is being said. Rather, they let the **Guide** peacefully and calmly bring forth a variable pitch of harmonics, that is soothing, and inviting. This allows the **Receiver** to achieve an

inner peace and stillness quicker, because they are free to simply let go and be guided.

Basically, it's like taking your hands off the steering wheel, and entrusting the next driver (guide) to help you along the **Path of Travel**.

Those **Seasoned in Meditation** continue to use **Guided Meditations** as a benefit to advance, awaken and spiritually ascend. They receive deeper insight and intuitive guidance of the self, they see clearer pictures through the mind's eye, and may tune into a specific **Intention** to receive personal developments and/or to achieve or accomplish something that they have been working on.

Mary will assist you to open your personal portal to the Higher-Self and Self-Awareness. Through her teachings and *relaxing Meditation*, you will gain insight through your 3rd Eye to see **Life in Light** more clearly; helping you to recognize **Peace through Purpose**, and the **Mastery plan** that is ready to unfold. During the Guided Meditation, one also Receives Activations of **Light Language** to help one continue to heal, receive awakenings in a greater expansion, calibrate, balance, and much more. All **Guided Meditations** are a **Personal Journey**.

Mary Martin
Minister ~ Messenger ~ Medium

Spiritual Mastery Teacher-Healer of Earth's Classroom.

Offering Transmissional-Teachings in the Keys of Self-Mastery, the I Am Presence and the Return of the Divine Feminine.

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