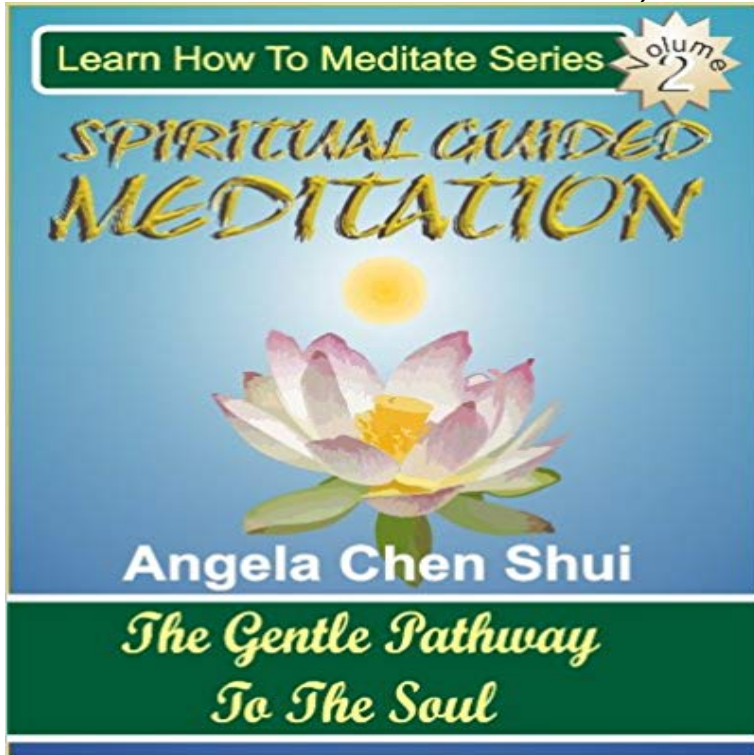


## Spiritual Guided Meditation - The Gentle Pathway To The Soul (Learn How To Meditate Series Book 2)



Spiritual guided meditation is different from many newer forms of guided meditation because its central purpose is to help you align with your Soul. In this time of massive global transformation, it is important to be able to access your own Souls intuitive Guidance so that you can create your Heaven On Earth life. Using spiritual guided meditations help you to become accustomed to and comfortable about increasing your vibrational energy frequency so that you can create and attract increased abundance, joy, health, love, fun, self expression and life purpose fulfillment.

This is possible when you learn how to access and integrate your Divine I Am Self and Soul Self into your daily life and affairs. Accessing your own Divine Self, Soul Self, Guardian Angels and other Cosmic Friends helps you to feel and know that the Universe has got your back. This inspires you to clearly choose then vibrate at the frequency level of your Soul-aligned and heart-based desires to attract them more efficiently and smoothly into your real everyday life. This simple guide discusses why spiritual guided meditation is important for your spiritual growth, Soul alignment and spiritual enlightenment journey. It goes over the most important benefits of spiritual meditation and offers simple solutions to the most common obstacles that can stop you from developing your own daily spiritual meditation practice. It also discusses the relationship between individual consciousness and collective consciousness and how your own spiritual meditation practice affects both. The guide includes information on how to get Free listening access to a Bonus Cosmic Guided Spiritual Healing Meditation. This will help you to develop a daily spiritual meditation practice or to deepen your current daily spiritual meditation journey.

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