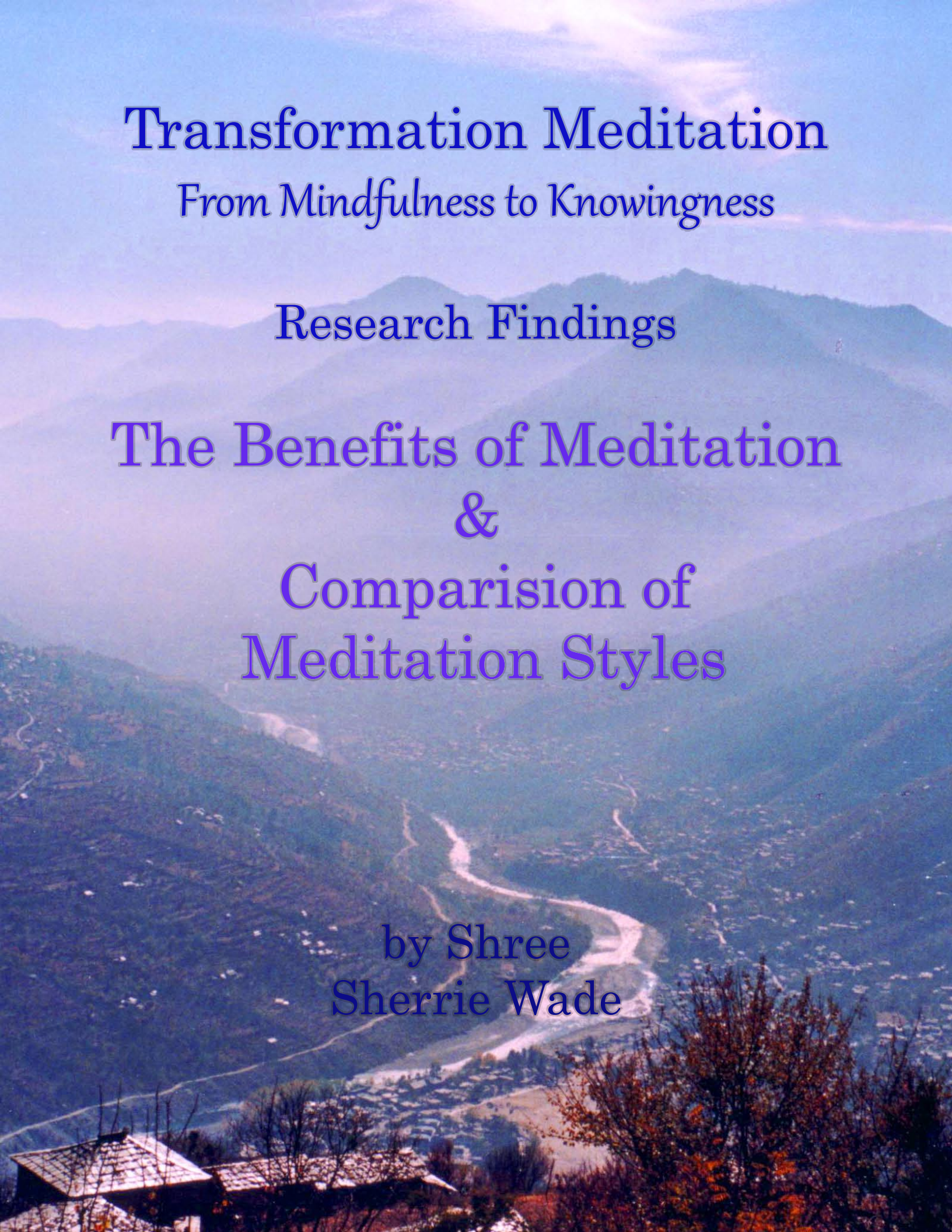

Transformation Meditation

From Mindfulness to Knowingness

Research Findings

The Benefits of Meditation & Comparision of Meditation Styles

by Shree
Sherrie Wade

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by Shree, Sherrie Wade, MA

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The Benefits of Meditation

Thank you for your interest in the Transformation Meditation, Teacher Training. Meditation has been shown to be a highly effective and beneficial method in the treatment of numerous psychological and physiological conditions, as well as in improving the overall quality of one's life.

As health care professionals, teachers or students, you are striving to do your best to care for yourself, your patients, clients or students, by using the most efficacious and successful methods. As there is a great demand for qualified meditation instructors, completing this course will be of great benefit to you by increasing and improving your personal and professional skills. Herbert Benson, the cardiologist who coined the term "relaxation response" and founded the Mind/Body Medical Institute at the Beth Israel Deaconess Medical Center in Boston, said, "We cannot keep up with the demand of health care professionals to learn this."

Many forms and methods of meditation are being utilized today. Transformation Meditation is an easily applicable form of meditation that brings about rapid results. It is based on the ancient philosophy and science of meditation which include teachings from Patanajli Yog Darshan and the Bhagavad Gita, as well as modern psychological theory. The works of Swami Shyam, Deepak Chopra, Herbert Benson, Joan Borysenko, Jon Kabat-Zinn, Dean Ornish and other prominent leaders in the field of meditation research and practice have been utilized in formulating this system. These teachings are synthesized into an easily understood form which is totally applicable to modern-day living. This courses includes a complete understanding of how the mind and the meditative process work. With this knowledge, one's practice is deepened. Results are accelerated!

These teachings give the answers to many of the questions that each human being must tackle. They show the way to live a healthy, productive and happy life by reducing the anxiety, conflict, depression and stress that many of life's situations can bring about. If you are already meditating, you know the profound benefits that meditation yields in terms of the sense of peace, ease and inner fulfillment The following is a report that will give you a definition of the Self-realized state and an overview of some of the physiological and psychological benefits that have recently been observed. This will allow you to understand more fully how you can use meditation, either in your professional practice or for your own health, evolution and knowledge.

Quality of Life & Self-Realization

With the practice of Transformation Meditation one develops a great power to transform the way one's thinking mechanism works. You are no longer a victim of the mind and thought process. You become free from the problematic or stressful state and can experience a higher state of consciousness. You can easily become aware of this higher state of consciousness because it is inherent in you, at the very source of all your thinking. You become the master rather than the victim of your own mental and emotional functioning. In the deep sleep state one is free from troubles, concerns, worries, agitation and even physical pains. When you wake up, as soon as you say, "I am awake," your mind and thoughts come in and the problems return. There exists a higher state of consciousness where even while awake you can remain at ease and at peace while living to your highest potential. One can wake up from the waking state of consciousness into this state of higher consciousness.

Through the practice of meditation and the

observation of one's thoughts, one develops the power of discrimination. The mind is seen as an instrument that the Self uses to perceive the world. One develops the ability to observe one's mental functioning and to be aware of the Knower of the mind. The intellect is then said to be purified as it works to continuously reveal the true being or Self, forever free and pure, unmixed with the thoughts or impressions of the mind. One transcends the individual waking state of consciousness and experiences the eternal state of peace inside one's own being. One is then said to be enlightened or Self-realized.

Reduction of Stress & Improvements in Overall Health

Herbert Benson. M.D., an associate professor of medicine at Harvard Medical School and the Deaconess Hospital and the president and founder of their Mind/Body Medical Institute found that the "relaxation response" (a form of meditation) creates physiological changes which are opposite from the stress, or fight-or-flight response. These benefits include decreased: metabolism, blood pressure, heart rate, rate of breathing and muscle tension.

The cell biologist and psychologist, Joan Borysenko started the Mind/Body Clinic in Boston's Beth Israel Hospital. This clinic was designed to train patients in the Relaxation Response. A study by the Harvard Community Health Plan (an organization affiliated with Harvard Medical School) revealed that after going to the clinic, patients reduced their regular doctor's visits by half.

Transcendental Meditation (TM), has been a widely researched form of meditation. A study by Orne, et al. showed that TM reduces the incidence of disease showing they had half the doctors visits and hospitalizations and fewer medical treatments in seventeen disease categories.
In another study by Orne, et al. TM meditators showed improvement on the factors related to longevity, such as: cardiovascular health, positive health habits, physical function, intelligence and work satisfaction.

Mindfulness Meditation has become a valuable system that is widely accepted as a clinical treatment used by mental health professionals, as well as a teaching modality used by teachers and other helping professions. It is being used in many school programs as a method of stress reduction and improved focusing for students, as well as stress management for the teachers themselves. To utilize Mindfulness Meditation in your daily life, for teaching others, or for a mental health treatment modality these proven methods have shown to be effective in the treatment of stress related disorders as well as numerous other mental health diagnoses.

Mindfulness practice leads to increases in regional brain gray matter density. Participating in an 8-week Mindfulness Meditation program made measurable changes in brain regions associated with memory, sense of self, empathy and stress. A research team led by Massachusetts General Hospital documented that meditation produced changes over time in the brain's grey matter. Their study demonstrated that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing.

Psychotherapy & the Treatment of Anxiety

Jon Kabat-Zinn, Ph. D., best selling-author, founding director of the Stress Reduction Clinic at the University of Massachusetts Medical Center and Associate Professor of Medicine in the Division of Preventive and Behavioral Medicine found that patients diagnosed with generalized anxiety disorder or panic disorder with or without agoraphobia who participated in a group

Mindfulness Meditation training program showed reductions in symptoms of anxiety and panic and maintained these reductions.

Miller at the University of Massachusetts Medical Center, found that Mindfulness Meditation demonstrated significant reductions in the treatment of anxiety, as shown by the Hamilton and Beck Anxiety and Depression scores

A study at the University of Toronto by Craven suggests that meditation may contribute to psychotherapeutic change, and that the disciplines from which meditation arises are in some respects similar to modern psychological formulations, and in other respects are complimentary.

Urbanowski, at the University of Massachusetts Medical Center, Stress Reduction Program, found that by combining Mindfulness Meditation with psychotherapy one can simultaneously develop ego strength as well as meaningful experiences of egolessness, even for trauma survivors.

Stutkin of Boston University's Center for Anxiety Related Disorder, found slow diaphragmatic breathing proved just as effective in reducing anxiety as the antidepressant drug imipramine.

Psychiatric Disorders

Shannanhoff-Khalso at the research group for mind-body dynamic, Institute for Nonlinear Science, University of California: San Diego, La Jolla, used a vast array of Kundalini yoga meditation techniques specific for treating psychiatric disorders such as obsessive-compulsive disorder (OCD) as well as a wide range of anxiety disorders, as well as managing fear, tranquilizing an angry mind, and one for turning negative thoughts into positive thoughts. In addition a number of disorder-specific meditation techniques are included that are specific for phobias, addictive and substance abuse disorders, major depressive disorders, dyslexia, grief, insomnia and other sleep disorders.

Group-based psychological treatment called Mindfulness Based Cognitive Therapy (MBCT) was as good or better as treatment with anti-depressants like Prozac in preventing a relapse of serious depression, and the non-drug therapy was more effective in enhancing quality of life.

Kuyken Willem (2008), at the University of Exeter and the Center for Economics of Mental Health (CEMH) at the Institute of Psychiatry at King's College in London also concluded that MBCT is cost-effective in helping people with a history of depression stay well for the long term.

The MBCT exercises helped the study participants learn to focus on the present, rather than dwelling on the past or worrying about future tasks.

In a statement to the media, Professor Willem Kuyken, explained that people treated with anti-depressants are highly vulnerable to relapse when they stop their prescription drug therapy. "MBCT takes a different approach – it teaches people skills for life. What we have shown is that when people work at it, these skills for life help keep people well.

People with severe and recurrent depression could benefit from a new form of therapy that combines ancient forms of meditation with modern cognitive behavior therapy, early-stage research by Oxford University psychologists, Barnhofer, Crane, Hargus, Amarasinghe, et. al. (2002). The results of a small-scale randomized trial of the approach, called Mindfulness-based Cognitive Therapy (MBCT), in currently depressed patients are published in the journal Behaviour Research and Therapy.

The result indicated that the number of patients with major depression reduced in the group that received treatment with MBCT while it remained the same in the other group. The therapy included special classes of meditation learning and advice on how best participants can look after themselves when their feelings threaten to overwhelm them.

Treatment of Chronic Pain & Insomnia

A panel at National Institute of Health's Technology Assessment Conference (1995) said chronic pain and insomnia can be helped by relaxation and behavioral therapies. "Relaxation techniques can help slow heart rate, lower blood pressure, and relax large muscle groups - all of which can diminish perception of pain," said Julius Richmond, M.D., professor at Harvard's Department of Social Medicine.

Kabat-Zinn found significant reductions in measures of present-moment pain, negative body image, inhibition of activity by pain, symptoms, mood disturbance, and psychological symptomatology, including anxiety and depression. Pain-related drug use decreased and activity levels and feelings of self-esteem increased.

According to more long-term studies, Kabat-Zinn's research shows that, of patients suffering from an average of six to seven years of chronic pain problems, 30 to 55 percent rated their pain as "greatly improved" after taking the stress reduction program and 60 to 72 percent reported "moderate or great improvement." These improvement rates are maintained for periods of up to four years for most participants.

Herbert Benson, M.D. assessed clinic usage among chronic pain patients at an HMO who participated in his out-patient behavioral medicine program, of which the relaxation response is an integral part. There was a 36 percent reduction in clinic visits for over two years in the patients who participated in the behavioral medicine program as compared to their clinic usage prior to the intervention. In 109 patients, the decreased visits projected to an estimated net savings of $12,000 for the first year following treatment and $24,000 for the second year. These savings did not include those realized by the decreased use of medications.

Meditation produces powerful pain-relieving effects in the brain, according to Fadel Zeidan, Ph.D. (2011). This was the first study that showed that only a little over an hour of meditation training can dramatically reduce both the experience of pain and pain-related brain activation. This study found about a 40 percent reduction in pain intensity and a 57 percent reduction in pain unpleasantness. Meditation produced a greater reduction in pain than even morphine or other pain-relieving drugs, which typically reduce pain ratings by about 25 percent. For the study, 15 healthy volunteers who had never meditated attended four, 20-minute classes to learn a meditation technique known as focused attention. Focused attention is a form of mindfulness meditation where people are taught to attend the breath and let go of distracting thoughts and emotions.

Age Related Cognitive Disorders

Wells et. al. (2013) study at Harvard's Medical Center identified brain changes associated with meditation and its resultant stress reduction, as playing an important role in slowing age-related cognitive disorders like Alzheimer's disease and other dementias. The article discussed how meditation improved brain connectivity and inhibited brain atrophy. Using MRI imaging, the group that engaged in Mindfulness Based Stress Reduction (MBSR) improved significantly and experienced less atrophy. It was found that different types of meditation tap different neural networks and brain areas, and so different meditation

practices evidence different types of brain benefits. The researchers concluded that meditation and mindfulness training are important for long-term cognitive health and have the power to increase the volume and connectivity between brain areas that lead to mental and physical well-being.

Treatment of Heart Disease

The landmark results of Dr. Dean Ornish's research, presented at the American Heart Association's annual meeting in 1990, and published in a leading medical journal and described in his book *Dr. Dean Ornish's Program for Reversing Heart Disease,* have shown the benefits of stress management for cardiac patients. Follow-up studies suggest that the stress-reduction element may be the most significant factor in achieving these results. Ornish believes that yoga, meditation and the group support were essential in obtaining these results and in the continual healing process. His program is now being conducted at hospitals throughout the world.

Cancer Treatment

In November 1999, Memorial Sloan-Kettering Hospital in New York City added a new center that makes use of alternative therapies. They are teaching Mindfulness Meditation to reduce stress, pain and anxiety in cancer patients.

The Progress of Meditation

The National Institutes of Health alloted $10 million a year for five years to expand a network of mind-body research centers and provide training for health care workers in a variety of meditative approaches. A panel convened by the Office of Alternative Medicine at the National Institutes of Health recommended all medical and nursing students be exposed to alternative theories and techniques. Meditation practice is included as one of these techniques.

Professor Mark Williams who along with his colleagues in the Department of Psychiatry at the University of Oxford, that developed the treatment called Mindfulness-Based Cognitive Therapy (MBCT), said, "We are on the brink of discovering really important things about how people can learn to stay well after depression. Our aim is to help people to find long-term freedom from the daily battle with their moods," William said.

In the US in the year 2015 meditation is one of the top ten complementary therapies being used. Ten million Americans now say that they meditate. Many doctors who have read the statistics on the benefits of meditation prescribe meditation for their patients. Many of their patients have reported that they have more energy, higher productivity, and improved health. Meditation is now widely accepted and used in psychotherapy and education. Businesses teaching meditation to their employees have reported lower absenteeism, higher productivity, lower rate of injuries and increase in profits. There have been over 1500 studies since 1930 related to meditation and its effects on the practitioners.

This report was adapted from the Transformation Meditation Teacher Training, Course Manual, by Sherrie Wade, MA. For more detailed research information and listing of references see the Transformation Meditation Teacher Training Manual.

Transformation Meditation is dedicated to providing the clearest, most comprehensive, and direct information about yoga meditation theory and practice.

It has been said that to unfold the highest knowledge one needs the information and guidance of a teacher who knows from their own direct experience. Check out all of the books and courses on our website. They are written by Western born teachers who dedicated their full adult lives to these teaching and lived and studied meditation and yogic philosophy in the Himalayas of India for decades.

About our Most Popular Course Manual

"I just told my husband that this is the best course I've ever experienced: clear, compelling, funny, practical and spiritual. I think that you have a wonderful way of sharing your knowledge, making it accessible to having a business and a life that emanates from the heart. Thank you so much!"

Elaine Lang, RN, MS, director of Bodynsoul Yoga, Spartenburg, SC.

Transformation Meditation Teacher Training Course Manuals, The Student Workbook, and Two Audio Albums

This system of Transformation Meditation is organized into a foundation series and an intermediate series, each consisting of five classes. These classes have been conducted with great success for over twenty years! This five-class format will enable you to teach this science very effectively.

The Teacher Training Manual consists of: background philosophy, theory and application of all the techniques, relevant scientific research, lessons plans with instructions and suggestions for teaching each technique and a chapter on comparing the various meditation styles with an expanded section on Mindfulness Meditation, Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). Also included is information on how to market and promote your services, a glossary of the terms used, and a list of references and recommended reading.

The Handouts and Samples Manual contains handouts that you can use for a Powerpoint presentation and give your students for the Transformation Meditation Foundation and Intermediate Series, that include charts and descriptions of each technique. These can be adapted to your individual needs and then given to your students so they can practice at home. Also included is a marketing section consisting of information on how to develop

your website, social media, Youtube, and blog as well as samples of: letters, press releases, a brochure, a frequently asked questions and answers sheet and reprints from Sherrie Wade's newspaper column, which was specifically devoted to questions and answers pertaining to meditation.

The Teacher Training audio mp3 album gives you step-by-step guidance on how to teach the Transformation Meditation Course. It will show you how to guide your students in meditation practice and give you the correct pronunciation of all the terms. The Infinite Peace audio mp3 album focuses on meditation and deep relaxation. It will help you to learn how to guide your students in these techniques. The Infinite Peace audio album can also be purchased by your students for their own home practice. These audio mp3 albums are available on Amazon Music and other music platforms. Go to transformationmeditation.com for the links to download them.

The Student Workbook will give you the format for each of the course sessions with the breathing and meditation techniques written out for your students to be able to practice at home on their own. The Students Workbook and the Infitine Peace audio album can also be ordered by each student in your course for the written and verbal instructions while reading and listening.

Here's what you'll learn:

- Why people have a difficult time meditating and how to make it easy. *page 5*
- What is the cause of suffering and how to remove it. *page 9*
- If happiness is within, where do I find it? *page 15*
- What holds one back from experiencing peace? *page 16*
- How to let go of disturbing thoughts and feelings. *page 21*
- To describe the eight limbs of yoga and the stages of *samaadhi. page 33*
- The troubles that may arise in meditation practice and how to overcome them. *page 41*
- What are the stress reaction and the relaxation response? *pages 49 & 53*
- To understand the theory, research and practice of Mindfulness Meditation. *page 59*
- The most recent research on the benefits of meditation. *pages 57-74*
- To describe the most common styles of meditation. *page 75*
- How to overcome anxiety in public speaking. *page 79*
- How to answer your students' challenging questions. *page 80*
- Lesson plans for the foundation and intermediate meditation series. *pages 89-95*
- Where to conduct your classes. *page 97*
- How to create a brochure that will bring results. *page 97*
- The best places to advertise. *page 98*

- How to attract a steady flow of students. *page 98-105*
- The worst places to advertise. *page 101-102*
- How to guide breathing techniques, meditation and relaxation*. Handouts Manual, pages 134-137*
- Six steps to stop worrying and to enjoy your life. *Handouts Manual, page 141*
- Four stages of mantra meditation. *Handouts Manual, page 146*

And much more!

This course is suitable for anyone interested in meditation such as: doctors, nurses, social workers, mental health counselors, psychologists, and other health care professionals, and yoga and wellness instructors. It is also very valuable and useful for anyone wishing to learn meditation theory and practice, yoga philosophy, and instructional skills, to further enhance their personal or professional abilities.

For the links to purchase our Transformation Meditation Teacher Training Course Manual, Student Workbook, (print or ebook) and to download the Infinite Peace and Transfromation Meditation Teacher Training audio album mp3s go to:

TRANSFORMATIONMEDITATION.COM

Transcendental Meditation (TM)

This well known form of meditation has been extensively studied and widely used. It is a mantra meditation technique developed by Maharishi Mahesh Yogi. It utilizes a personal Sanskrit mantra that is taught only by a certified teacher. The mantra is to be kept secret and practiced for 20 minutes, twice per day.

Relaxation Response & Respiratory One Method of Meditation

The Relaxation Response is a system developed by Herbert Benson. He recommends the repetition of either a non-sectarian or sectarian word or phrase that can be chosen from a list that he provides. The chosen mantra is then repeated, along with a passive disregard for intrusive thoughts, to elicit a conditioned relaxation response. The Respiratory One Method includes the synchronizing of the mantra with the breath. It is suggested to use this technique for 15 to 20 minutes once or twice per day. Similar techniques also derived from the yogic mantra meditation system are used by Joan Borysenko, Ph.D., and Dean Ornish, M.D.

Mindfulness/Insight Meditation

This technique stems from a form of Vipasana Buddhist meditation. It utilizes watching the breath as a point of focus. The goal is to observe in a detached manner the physical sensations, thoughts and any other phenomena in order to gain awareness and insight. This method requires that in each moment you notice anything that you are aware of without changing it. You then allow it to register with the full awareness as it is, without the distortions created by the filter of the ego of the observer. It is sometimes recommended that one practice for 40 minutes per day, but any amount of time spent in mindful observation is considered to be useful and effective. This technique is used by Jon Kabat-Zinn, M.D.

Mindfulness Based Stress Reduction (MBSR)

Dr. Jon Kabat-Zinn developed the Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts Medical Center. Since its inception, MBSR has become a common form of complementary medicine that is used to treat a variety of health problems. The National Institutes of Health's National Center for Complementary

and Alternative Medicine has provided a number of grants in order to support research on the efficacy of the MBSR program in promoting healing

Mindfulness Based Stress Reduction is an 8-week training that includes Mindfulness Meditation and yoga. The MBSR program started in the Stress Reduction Clinic at the University of Massachusetts Medical Center in 1979 and is now offered in over 200 medical centers, hospitals, and clinics around the world, including some of the leading integrative medical centers such as the Scripps Center for Integrative Medicine, the Duke Center for Integrative Medicine, and the Jefferson-Myrna Brind Center for Integrative Medicine. Classes in MBSR are taught by physicians, nurses, social workers and other health professionals. To read more about the Mindfulness Stress Reduction Program see Kabat-Zinn (2013). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.

Mindfulness-Based Cognitive Therapy (MBCT)

Mindfulness-Based Cognitive Therapy (MBCT) is psychological therapy that is designed to aid in preventing the relapse of depression, specifically in individuals with Major Depressive Disorder (MDD). It utilizes traditional Cognitive Behavioral Therapy (CBT) methods and adds in newer psychological strategies, like mindfulness and Mindfulness Meditation. Cognitive methods could include educating the participant about depression. Mindfulness and Mindfulness Meditation, focus on becoming aware of all incoming thoughts and feelings and accepting them, but not attaching or reacting to them. This mindfulness practice allows the participant to notice when automatic processes are occurring and to alter their reaction to be more of a reflection. Research supports the effects of MBCT in people who have been depressed three or more times and demonstrates reduced relapse rates by 50%.

Transformation Meditation is similar to MBCT. The practitioner is trained to watch all their thoughts like passing waves of perception and to de-identify with them. The de-identification process along with the instruction of concluding positively is similar to cognitive therapy techniques. However, with Transformation Meditation one has the added benefit of becoming aware of themselves as the Knower, forever free from all the thoughts and experiences being observed. This not only allows the meditator to be free from their emotional reactions and to live a healthy normal life but these methods also inspire the meditatior to remain in a peaceful state of supreme psychological health and well-being by realizing their own true Self.

Zen Buddhist Meditation

One sits with crossed legs on a cushion or on a meditation bench. Then, by looking downward, one concentrates on following the breath or maintaining one's posture. As

the mind wanders, one brings it back to the breath or posture. Also included in this form of meditation is the pondering of a *koan*, a profound ancient riddle teaching the limits of intellectual understanding.

Tibetan Buddhist Meditation

This form of meditation begins with sitting on a special cushion called a *zafu*. Then one focuses the attention on the breath by returning the attention to the flow of breathing whenever possible. Walking meditation, which concentrates on the motion of the body, as well as chanting mantras and visualizations are also utilized.

Christian Contemplative Prayer

Contemplative prayer is very similar in nature to basic mantra meditation. The mantra to be repeated is the name of God, Christ or Jesus. It is utilized to elicit a contemplative, peaceful state which opens one up to prayer.

Jewish Meditation

Jewish meditation, like other styles of meditation, is a deep focusing of the mind. Chanting of ancient Hebrew prayers is used as well as the study of the *Kabbalah* (the mystical texts).

Transformation Meditation

This technique is adapted from the system of yogic meditation and the teachings of Swami Shyam. It is based on observing or focusing on the space of Pure Consciousness or the Knower of all experience. One can utilize the ancient Sanskrit mantra, *Amaram Hum Madhuram Hum*, or the English, I am immortal, I am blissful, or any other mantra that you choose. The breath can also be focused on as an observation point. This system includes all the aspects of the other mantra techniques as well as the observing meditation technique of Mindfulness Meditation, with the added awareness of the pure knowingness or space that exists behind all the thoughts and techniques. It suggests that one always bring the attention to the Knower, who is the very experiencer of all the thoughts and forms.

Transformation Meditation is meant to be utilized by professionals and their students as the most efficacious and complete system of meditation available today. It is easily integrated into everyday life and doesn't require any secret mantra or membership in any organization. It also helps one to understand the purpose, experience and outcome of meditation, physiologically, psychologically and spiritually. Having this

more complete knowledge will expedite the meditation process and allow one to have an understanding of what is happening in one's own mind, body and nervous system while practicing meditation. With this system one is also able to utilize the philosophy of meditation in everyday life through self-inquiry, impartial observation and redirecting the mind to become absorbed into the peacefulness of one's being. The result of which will be the direct knowledge and realization of one's own true nature as pure, free, and forever.

Works by Sherrie (Shree) Wade

Books and Ebooks

Transformation Meditation Teacher Training Course Manuals

Transformation Meditation Student Workbook

Knowingness Meditation: Enlightenment is Now

Love's Eternal Space

Audio Albums (mp3 format)

Transformation Meditation Infinite Peace

Transformation Meditation Teacher Training

Praan Chintan: Yogic Breathing Techniques

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