

★ Jouleeyah ★

Meditation



The effect of a meditation can be measured as a change in the neurological brain waves.

Also, the heartbeat slows down, the breathing deepens, and the muscles relax.

I use healing meditations as part of my Healing Sessions to make it easier for you to step out of your daily life and into relaxation.

The more relaxed you are, the easier you can allow your healing on all levels: physically, emotionally, energetically.

If you put one hand on your forehead while listening to my meditations, you increase their calming and grounding effect. That's because your brain cannot produce stress hormones when you do this. Instead, it kind of 'digests' all the information and feelings that you might currently feel overwhelmed with. And it sends all the energy from your head to your feet.

If you'd like to receive healing and guidance from my Spirit Guides and me as related to your physical health or your relationships or your career, contact me for a **Free Discovery Session**:

Contact

Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.

Smiles,

★ Jouleeyah ★

Spiritual Healer | Healing With Spirit Guides

<https://jouleeyah.com>