

Guided Meditations Gold - CD 1

1. On waking
2. Mid Morning
3. Lunchtime
4. Mid afternoon
5. Evening meditation
6. Bedtime meditation

Guided Meditations Gold - CD 2

1. Motivation
2. Inspiration
3. Guidance and inner wisdom
4. Anxiety/panic
5. Assertiveness
6. The Interview
7. The Meeting
8. Instant calm
9. Headache/migraine - healing from within
10. Forgiveness and healing the heart
11. Joy - Experience the Divine
12. A walk in the park
13. Sunbathing on the beach
14. A Celebration of Winter

Meditations by Donna Stewart

Music composed and performed by Llewellyn

Produced by Llewellyn

Mastered by Eventide MediaCraft T: 01462 893995

Design by Clare at clookai multimedia

UK: Paradise Music Ltd, Paradise House, PO Box 998, Tring, HP23 4ZJ, United Kingdom.  
tel: +44 (0)1296 668193, fax: +44 (0)1296 662574, email: info@paradisemusic.co.uk

USA: Paradise Music, 2590 Northbrooke Dr. #306, Naples FL 34119.  
tel: 239-592-7300, fax: 239-592-0020, email: jane@paradisemusic.us.com

To hear samples of other Paradise Music albums please visit our website:  
[www.paradisemusic.co.uk](http://www.paradisemusic.co.uk) - or - [www.paradisemusic.us.com](http://www.paradisemusic.us.com) © & ©2009 Paradise Music Ltd.



DOUBLE CD - EASY MEDITATIONS FOR USE THROUGHOUT YOUR DAY

# GUIDED MEDITATIONS

## GOLD

DONNA STEWART



INCLUDES 20 GUIDED MEDITATIONS AND DETAILED SLEEVE NOTES

## Guided Meditations Gold - CD 1 - Synopsis

### **1. On waking**

A refreshing and stimulating start to the day, enjoy focus and clarity and be ready to experience new possibilities...

### **2. Mid Morning**

Embrace your personal power and expand your energy through colour and the aura to continue through the day with calm, strength and confidence...

### **3. Lunchtime**

Journey into a summer garden to experience the beauty of escape and freedom. Find joy and perfect peace in this magical place.

### **4. Mid afternoon**

Re-vitalise your mind, body and Spirit through yoga breathing and the chakra colours. Feel energized and ready to begin again!

### **5. Evening meditation**

Be gently guided to natural woodland and experience true peace and thought reflection under a setting sun at the eve of the day...

### **6. Bedtime meditation**

(30 minutes of extra music to aid sleep...)  
A time to relax, contemplate, and appreciate. Drift away on a universal journey through a star spangled midnight sky...







# BREATHE IN THE ABUNDANCE OF THIS EARTH'S MAGNIFICENT SEAS.

Guided Meditations Gold - CD 2 -Synopsis

## **1.Motivation**

Kick start your need to succeed with this empowering experience, using breathing techniques and affirmations.

## **2.Inspiration**

Connect to your higher consciousness and attune to your Spirit guides and helpers to revitalize and rediscover your creativity energy.

## **3.Guidance and inner wisdom**

Become inspired and refocused through impressions, sensations and images to overcome challenges. realize self potential and life purpose.

## **4.Anxiety/panic**

Refocus and regain self management and inner calm through structured breathing, relaxation, reassurance and affirmations.

## **5.Assertiveness**

Discover your uniqueness as a valued individual through this powerful journey of self love, honour and respect.

## **6.The Interview**

Visualise your achievements and manifest your deserved success with confidence, clarity and empowerment.

## **7.The Meeting**

Refocus your thoughts and aspirations for positive conclusions through energetic blending with your colleagues.

## **8.Instant calm - count to 10 in 5 minutes!**

Regain focus and be guided through this gentle meditation for self awareness and emotional management.

## **9.Headache/migraine - healing from within**

Access the power of inner healing through relaxation and visualization, restoring balance and harmony to your physical body.

## **10.Forgiveness and healing the heart**

Release and heal the emotions of self and others through affirmations of peace, love and acceptance.

## **11.Joy - Experience the Divine**

Appreciate and re-discover the blessings within your life and of the power of the Great Spirit.

## **12.A walk in the park**

A five minute escape from a busy working day into the spring sunshine for an experience of peace, joy and refreshment

## **13.Sunbathing on the beach**

For sun lovers everywhere. Simply create your sacred space where you feel at one with all life and take some time out in the sun to relax and enjoy...

## **14.A Celebration of Winter**

For those who just love the chill of the Christmas season. Experience the freshness of the air and the purity of the new fallen snow as you wander through sparkling lanes of a white winter landscape...



## Meditation

Meditation is ancient art, practiced by millions of people worldwide and also through many different cultures and beliefs, both in present day and throughout the centuries.

It is a gentle but powerful experience which requires stillness of the physical body, and changes in the levels of consciousness and activity of the mind.

There are many different ways in which meditation can be a useful and powerful tool depending on the needs of the individual, and many achieve the following benefits:

- ॐ Relaxation of the mind and body,
- ॐ Empowerment of the self
- ॐ Focus, clarity and life purpose
- ॐ Guidance and inspiration from the higher consciousness or Spirit Guides, helpers and inspirers
- ॐ Inner peace and healing

Donna Stewart has been a professional Medium and Spiritual development Tutor for almost ten years, in the UK and also internationally.

She is the author of 'From Spirit with Love' her first book, and following the success of this, her second book is in its early stages.

Known and widely respected for her work, Donna is a Registered Approved Medium with the Institute of Spiritualist Mediums (ISM/RAM) and In addition to demonstrating mediumship and teaching with many other established mediums at lectures and seminars, Donna regularly tours independently throughout the UK demonstrating mediumship in Theatres and Spiritual Centres.

Her television appearances including '6ixth Sense' with Colin Fry and Tony Stockwell's 'Psychic Detective' She is a regular guest on Colin and Tony's theatre tours and has also given many radio interviews, both locally and nationally.

Donna is a Medium and Tutor at the prestigious College Of Psychic Studies, South Kensington, London, where she is involved, with colleagues, in a large research project for Mediumship and Psychic Phenomena.

For more information about Donna and her work, seminars and appearances, visit her online at:  
[www.donnastewart.co.uk](http://www.donnastewart.co.uk)

You can write to her at:  
Donna Stewart, PO BOX 249  
Stamford  
PE9 9AG

enquiries and questions are always welcome by e-mail or post.





As a medium and Spiritual Tutor, Meditation has been a natural part of my life for many years.

Whenever in need of inspiration, guidance, or just some time to relax and reflect, I have found that by taking a little time out to reconnect to my higher self, the universe, and Spirit inspirers, I have enjoyed refocus and guidance for my life's journey.

It was through meditation that I was first introduced to my spirit guides Thom, and later Takana, and through this time of inner stillness, our relationship was nurtured and developed, giving inspiration to my teaching, writing, and philosophy and clarity to my mediumship.

In today's hectic, noisy world where there is little time for contemplation, reflection and stillness, I was inspired to create this CD to assist the busy enquirer in their discovery of meditation.

Taking a few moments each day to find peace, release tension and stress and rediscover the true power of the inner spirit can greatly improve the quality of life.

Through these short but effective meditations It is my wish that you will find the enjoyment and upliftment that I have in creating them, and I look forward to sharing each one with you as you journey forward and experience your Spiritual pathway.

Meditation is often commonly perceived as a practice which requires many hours of silent contemplation or with music or sound.

This is achievable with dedication and practice, but for a busy person on the go, a bite-sized but effective meditation can have the same benefits.

Guided Meditations Gold is a compilation of 20 themed short meditations not only for the new enquirer and those with busy lifestyles, but also for the more experience to enjoy when time and resources are of the essence.

Be gently guided through each experience to empower, focus, energize and uplift your mind, body and spirit and enjoy self appreciation and living in the moment.



## Creating Your Space

Creating your sacred space is supportive to the meditations for maximum results. I recommend you practice and familiarize yourself with these simple steps before beginning your chosen meditation so that you can quickly visualize your sacred space.

You may wish to keep a notebook and pen to hand to write down any inspirations given to you, and where practical and desired, a candle may be lit.

Find a place where you will not be disturbed and switch off the phone.  
Loosen restrictive clothing, slipping off eye glasses and shoes, (although not essential).

As your conscious mind shifts, you will become less aware of the material.

Inhale deeply through the nose lifting the body and shoulders upwards and as you breathe out, let your muscles relax into your seat, repeat twice, letting go a little more every time you exhale.

Visualize a radar sensor and place yourself in the centre.

As the sensor sweeps in a clockwise direction, fill the space with a colour/colours of your choice.

This is now your safe and sacred space.

You are ready to begin...

## The Chakras

In some of the meditations there are references to the chakras or energy centres.

You may wish to use the diagram to familiarize yourself with these so that at the appropriate moments, you fully understand the visualization.

These centres are present in all of us and vibrate at different frequencies according to the emotional, mental and physical state of the individual. They are mainly self functioning but can be enhanced through focus and meditation to promote balance, harmony and wellbeing.

