



Pagan Portals - Meditation

Rachel Patterson

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An introduction to the beautiful world of meditation... This book will take you on a journey giving hints and tips on how to meditate successfully, breathing exercises, chants and visualisation tips. Also included are lovely meditation tea and incense blends, how to meditate with crystals, make meditation beads and a whole host of guided meditations for you to experience. Together with introducing you to other meditation skills such as pathworking, shape shifting, astral travel and working with meditation to cleanse your chakras. The ability to bend into a pretzel shape and chant 'om' optional...

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