

Meditation for Personal Peace

Welcome to your Meditation for Personal Peace by Dr. Ilenya Marrin.

Please read this brief introduction, get comfortable and then click to listen to the meditation file. Remember to turn on your speakers!

You may want to save this meditation to your desktop or other handy file on your computer. If so, right click on the attached icon and choose Save Target As. Give your file a name you will remember, and save it where you wish. Left click on the icon to open the recording. Adjust your speakers and when you are ready, enjoy a few minutes of gently reducing stress by loving yourself on your unique inner journey.

This is a guided meditation for relaxing, revitalizing, and tapping your own inner resources for personal peace. To prepare for a deep level of relaxation, it will be ideal if you can arrange to be uninterrupted for the next 17 minutes or so. Turn off the ringer on your phone, and arrange to be quiet in your own space. If necessary, download this meditation to a blank CD that you can listen to in your own room.

Take care of any personal needs so your body will be comfortable. Sit comfortably, or lie down, but be aware that people who lie down more frequently report dozing off. You will still get the benefits of relaxation; you just won't be consciously aware of the journey! Most people find that an open body position is most relaxing – arms and legs uncrossed, feet on the floor, sitting normally upright or in a supportive chair.

When you are ready, simply click on the file labeled Meditation. In the future, you can skip this introductory material and go directly to the meditation.

Happy Meditating! Joy and Peace to you,
Ilenya Marrin

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