

Song Of The Sacred
You are the Singer, You are the Song
Guided Meditations for Transformation and Inspiration

By Rahnwyn, Jacquie Riker
Sarasota, FL

It's been my experience that healing happens in many ways. It could be the curing of disease or acceptance of it. One of the deepest healings is that of inner alchemy or transformation of the base nature of humanity into the refined gold of the spirit. We take in information and experiences into the 'cauldron' of our mind/intellect. Then we move it down into the 'crucible' of our first and second chakra for purification of the fire. Finally, we spiral the distilled gold of consciousness into the Chalice of the heart, becoming the essence of Heaven on Earth.

The impetus for making a CD of meditations came from many requests of clients in my practice of Visionary Craniosacral Work and of people who attend the Center for Positive Living, where I offer meditation as part of the Sunday service. It feels like an expansion of the ability to be present with people in a profound alchemical way and to inspire the reclaiming of the authentic self.

Please visit the website www.Rahnwyn.com where you can listen to a three minute sample and the CD may be purchased. There is also more information on my healing practice, weddings, ceremonies and the class, *Inner Alchemy*. If you are interested in wholesale purchase of the CD, please contact me directly at Rahnwyn@comcast.net.

Please join me in my vision of a world of awakened, conscious people, living in reverence with all Creation.