

Silent Mind...Soaring Heart

Meditations for Healing and Spiritual Growth

By Sarah Weiss, MA, Spiritual Director and Medical Intuitive

Let medical intuitive and healer Sarah Weiss, MA, guide you on a meditative journey to a place where the mind is quiet and clear and the heart is open and free! For beginners as well as advanced meditators, **Silent Mind...Soaring Heart** will introduce you to inspiring spiritual healing practices of the Sufi mystics and Qigong masters!

1. **Introduction:** *2:36 mins.*
2. **Preparation:** To enhance the meditative experience guidelines are provided for relaxing and centering. *1:43 minutes*
3. **Elemental Breaths Purification Practice:** A foundation practice taught through the ages by Sufi mystics, this meditation cleanses and balances the mind, body and emotions using the subtle energies of earth, water, fire, air, and ether. *14:13 minutes*
4. **Points of Light Meditation:** When practiced regularly this meditation strengthens the immune system and enhances the flow of vitality through the chakras and acupuncture meridians. A delightfully luminous meditation! *13:30 minutes*
5. **Qigong Color Healing Meditation:** The mind and body are drawn into an intimate healing relationship with the lungs, liver, heart, kidneys and spleen to enhance wholeness and well-being. This meditation develops the intuitive skill of "internal viewing" -- the direct perception of internal physiological states and anatomical structures. *19:09 minutes*
6. **Climbing Down the Spine:** A meditative experience that reveals and releases energetic blocks that compromise health and spiritual growth. This meditation draws awareness to the spine and the subtle energies associated with the nervous system and the chakras. It also brings about a sensation of fluid movement and expansion to the spine. *20:58 minutes*

Sarah Weiss, MA, is a lifelong student of the healing and meditative arts and has a medical intuitive practice in northeast Ohio. She leads healing activities for The Fraternity of Light, a school of mysticism in the tradition of Sufi Mystic Hazrat Inayat Khan and teaches classes in meditation, medical intuition and subtle energies for universities and corporations throughout the US. Sarah also guides spiritual retreats in sacred places such as Hawaii, Peru, Thailand, and Arizona.

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This recording is dedicated to the memory of my teacher Sufi mystic and healer Sufi Sherdil Amin