

Love Ignites



Light

Meditation CD

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TARA ANTILER

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Meditation CD

I have been drawn to create a meditation CD for years! And after many requests from clients and students from around the world (and spirit), its creation has finally come into physical form!

I am so excited and joyed to share this with you! My intention and wish is that the words, energy and melodies that flow through these meditations ignite the inner light within you so that you may live as your higher self and highest expression of love!

Each meditation is unique, guiding you through a transformative experience and activating your energy in a loving way - from grounding to expansion to feeling supported to rebalancing.

As we ignite the love energy with ourselves we radiate light out into the world - thereby igniting others we interact with!

Let your light shine big and bright and beautiful!!!

Tara Antler
Intuitive, Love Igniter, Author, Inspirational Speaker
Founder of Tara Healing Sanctuary

xoxo
love you :)

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*You are
Beautiful!*

Meditations:

1. Ground to the Earth - 10:59 minutes

This meditation is assist with grounding and centering one's energy by slowing down to connect to the body, the breath and the energy of the earth.

2. Let Go and Refill - 10:51 minutes

In healing sessions I guide clients through a similar process to this meditation. Many times clients have said, "Oh, I wish I had that recorded!" Ask and you shall receive. Enjoy the return to perfect health and well-being

3. You Are Everything - 15:26 minutes

This meditation provides the guidance to remember the interconnectedness of all things - that we are not separate from the whole - that we have EVERYTHING we need within us! Allow the awakening to unfold!

*Live, Love,
"In - joy"*

*You are
LOVED!*

Meditations:

4. Angel's Support - 12:32 minutes

This meditation channeled through during and for those times of need - when we feel lost, alone, disconnected and seeking just a little love and support to carry us through dark waters to calm shores. Let your being be held in pure love.

5. Inner Vision Quest - 21:48 minutes

Go on a inner journey which takes you to a place where you can connect deeper with your higher self, your guides, the elements, the angelic beings, passed loved ones or whomever you wish to connect to. Open to receive guidance and "In - sights" from realms beyond our five senses.

*Be the
light ★*

*You embody all
the sparkle of
the universe...*

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Soulful gratitude to spirit/source/God, the angelic realm, guides, those passed on to the next realm and the elementals for the infinite love, support and creative energy that pours through my being!

A sincere and beautiful thank you to all those in my life, now and to come! It is your being that allows me the space to share my creations and gifts! Thank you to my clients and students for being the fire under me to fulfill the creation of this CD! Thank you to my family for your loving support....especially during the moments of flying all over the map and seeming ungroundedness. A big thank you to my friend David Boufford who initiated the recording of my first meditations and hosted the interview for this CD! And a beautiful thank you to my beloved husband, Gabriel, for your music engineering on this CD and support with the completion in Ireland!

I am eternally grateful for all the love and support in my life!!!

All mediations and musical arrangements created by Tara Antler, with the assistance of Gabriel Quincy Collymore.

Love, joy, peace and gratitude!

tara