



A customized
Applied Meditation
CD by Margo Adair will enable you to:

Relax into a fully replenishing, receptive and creative state of awareness.

Tap into the resilient healing life force energies that move through each of us.

Bring the power of your best experiences to bear on the challenges you now face.

Open your imagination and awaken intuition and creativity.

Utilize the body/mind connection to understand your body and foster your healing.

Set clear intention, put your best foot forward and attract resonate experiences.

Especially Recommended for:

- Life threatening Illness
- Major transitions: moving, marriage, new job, divorce, kids leaving home ...
- Preparing for birth, death, major events (e.g. public speaking, exams...)
- Decision making
- Maintaining healthy habits

The Process:

1. You muse over questions tailored to the challenge you face which Margo sends.
2. She interviews you and then records a guided meditation incorporating what she learned so that your CD enables you to apply your own unique inner resources to your situation.
3. The recording is mixed with relaxing music composed by Stefan Dasho and then it is burned and sent to you.
4. When you listen, you get to relax and be guided into your concern accompanied by your very own best powers.
5. You get to use the CD time and time again.

Cost: \$200. (+\$7 supplies and shipping) . Usually You can expect to receive your CD within two weeks.

Give a gift that leads to the best possible outcome: **GIFT CERTIFICATES** available.

Margo has developed Applied Meditation over the last 30 years; it combines work with intuition, intention and mindfulness. Her book, *Working Inside Out* as been endorsed by Larry Dossey, M.D., Martin Rossman, M.D. and Christiane Northrup, M.D. A fully updated edition is to be released this fall under the title: *Practical Meditation for Busy Souls*. Margo has been offering this service for over 25 years.

For more information call 206 329-2201 or come to [\[HYPERLINK "http://www.margoadair.com"\]](http://www.margoadair.com) or write margo@margoadair.com

Margo has an amazing skill for unleashing one's own inner resources. She has inspired transformation, healing, hope, and enabled me to find my own solutions to the challenges I was facing.

—Valerie Ross MS, Marriage and Family Therapist