ORACLE SCHOOL

Video 8:
Meditations

- All meditations in the course are embedded with the Invision Process®.
- Be in a state of observation – not attached to or identified with things.
- Don't judge any of your experiences.
- Visualization exercises – there is no perfect way of doing them. You don't need to see it to connect to it.
- The meditations keep you linked - to yourself, your cards, the Conscious Universe, your unconscious, your soul.
- You have your own relationship to time and space when you work with the cards and immediacy is not necessarily perfect or best.
- Trust each meditation and section of meditation is going to work for you.
- Soul shows a representation that means something to you and this is going to show up differently for each person.