



# **GROUNDING & MEDITATION SANCTUARY**

**THE LOCATION OF NOW!**



# HYPOTHALAMUS

AN ORGAN OF INTUITION

It is noteworthy that it relates to emotional addiction.

IT'S BEYOND DELIVERY SYSTEM FOR EMOTIONS



**In the book “POWER OF NOW” Eckhart Tolle said, you cannot be in your body without being intensely in present time.**

**Your pathway to Now is practice meditation.**

**In meditation you can verify the existence of the Now with your intuitive and sensitive body.**

**what Hypothalamus does?**

**emotional addiction**

**Inner and outer sight**

**bioenergetic mechanism for dissolving  
time concepts**

**Meditation and portal**

**Meditation and rewriting our personal  
history**

**Your choices are endless in present time.**

# How it feels to be in present:

forehead & face are relaxed

feeling of trust and compassion

quiet state of mind

calm, safe

very aware, receptive

not feeling alone as your higher self occupying  
you

feeling loved

clear, confident , immediate

## **Meditation Sanctuary Examples:**

- A favorite spot in nature**
- A beautiful decorated room**
- The top of the mountain**
- A light filled room**
- A place with the view of cosmos**
- A feeling of being expansive**
- A big soft cushion**
- A peaceful garden**



