

**MEDITATIONS FOR SELF-DISCOVERY: GUIDED  
JOURNEYS FOR COMMUNICATING WITH YOUR INNER  
SELF**

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At the deepest level of being, what we seek, we already are. Once a concern or issue has been identified, the listener needs simply to follow the steps through the self-healing session as guided. Immunity, Inflammation and the Thymus Gland.

Meditation is becoming increasingly popular, with both groups and individuals. The only reason a feeling would last longer is if we continue to fuel the emotional loop by choosing thoughts or telling ourselves stories about the past or future that retrigger the emotional response. This continuum was observed among students who participated in the four-session workshop, thereby demonstrating the benefits of an ongoing process. It was explained that inner wisdom uses our internal repertoire to deliver messages, therefore there is meaning to every occurrence as well as to what is perceived as a non-occurrence.

Similarly, in the course of their training, social work students are expected often we have defined ourselves as the roles we play in particular relationships or jobs.