



# **Soul-Centered: Transform Your Life in 8 Weeks with Meditation**

*Sarah McLean*

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## **Soul-Centered: Transform Your Life in 8 Weeks with Meditation** Sarah McLean

Soul-Centered presents a contemporary, mainstream view of meditation in an 8-week program that delivers time-tested techniques so you can easily cultivate an effective daily meditation practice.

- How do you maintain your connection with your center point of peace, equanimity, and joy?
- Do you acknowledge your deep inner knowingness?
- Are you kind to yourself?
- Are you the master of your own attention?

Sarah draws from her 20 years of teaching meditation to develop this transformative program. She integrates the best self-awareness practices with ancient traditions, resulting in a formula which works even for the reluctant meditator. Whether a beginner or an experienced practitioner, this book will enlighten, engage, and encourage you to expand your meditation practice and create a soul-centered life.

It begins with insights into the five essentials necessary for successful meditation. You'll then be introduced to weekly meditative practices that will transform you physically, emotionally, and spiritually as you deeply connect you with who you really are.

There are over 20 meditations and meditative practices thoroughly supported by research, insights, and stories to help you to:

- Cultivate self-awareness, present moment awareness so you can be more alert to the choices you make in each moment
- Discover the confident, peaceful and authentic person you really are, and learn to live with fewer assumptions about yourself and others
- Become more aware of your emotional responses, your mental activity, and become more sensitive to your body and its signals of stress and relaxation
- Maintain your connection to your soul regardless of outside influence
- Cultivate a daily meditation practice that you can do with ease and joy
- Manage your ever active mind with compassion and ease
- Uncover your true heart's desires, and the keys to peace, fulfillment and creativity

Guaranteed, you'll become confident in your practice of meditation and will develop a new perspective, what the author calls a "new normal." In the process, you'll become more-self-aware, more peaceful, and more compassionate: living a life that can truly be called soul-centered.

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