

Self-Healing Empowerment

Meru University Course Symposia 2022-1

Resources:

- Way of Miracles trailer - <https://www.youtube.com/watch?v=l006rYMD-Gg>
- Lord Maitreya Shares Keys to Buddhist Beingness and Healing
Heartstreamed through David Christopher Lewis, May 6, 2018
<https://www.heartscenter.org/tabid/66/vfn/180506-Maitreya-000309-010-012-00001/Default.aspx>
- Prosveta.com – Daily Meditations and Teachings of Omraam Mikhael Aivanhov
Book - Harmony and Health
- Meditation at Sunrise
https://www.youtube.com/watch?v=qPV5Q_sGYU
- Lady Francesca – March 23, 2022 Discourse: Our Health and Wellness Are Important to Fulfill Our Mission
<https://www.heartscenter.org/tabid/66/afn/220323-Lady%20Francesca-000391-010-013-00001/Default.aspx>
- Slide courtesy of: Cyrus Khambatta, PhD & Robby Barbaro, MPH
New York Times bestselling co-authors of *Mastering Diabetes*
- The Healing Light Retreat <https://www.healinglightretreat.org/>
- Omraam's breathing exercises <https://omraam-uwu.uk/breathing-exercises/>