

## Self-Healing Empowerment – Resources -updated 5/3/22

Meru University Symposia 2022-1

- 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](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/>
- Love on the Path Home by David Christopher Lewis  
<https://store.heartscenter.org/Light-on-the-Path-P1443.aspx>
- Hearts Center Website April 6, 2022  
<https://www.heartscenter.org/tabid/84/bvfn/391-10-15/Default.aspx>
- Cosmic Love Radio Show <https://bbsradio.com/node/264780> 43:36-44:30
- For more information on Dr. Nancy Lach's nutrition practice [www.nrthealing.com](http://www.nrthealing.com)
- <https://omraam-words-of-light.org/2022/02/17/breathing-the-universal-ebb-and-flow/?fbclid=IwAR1Xhu3UwcrQ9n2nZ8Fk0M4v52inAFhmNcXvV4YgWMH5zb6RX6tSjwlhJMA>