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RIGHT HERE, RIGHT NOW MEDITATIONS

*Satsang Invitations for
Expanding Awareness*

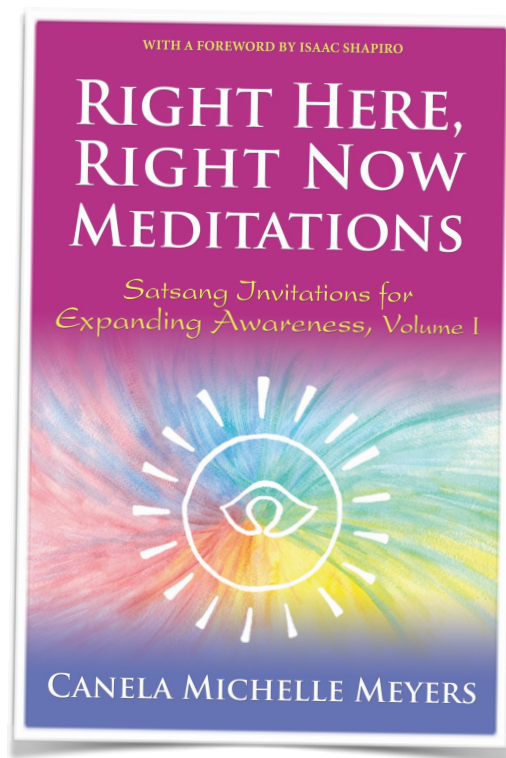
FEATURING A FOREWORD BY SPIRITUAL TEACHER ISAAC SHAPIRO

How to Relax into Life as a Living Meditation, More Fully and Enjoyably

as You: This is the essence of Canela Michelle Meyers' teachings. Her cherished volume of satsang invitations supports readers in practical and profoundly human ways to awaken to the True Self. (Satsang is the presence of awakened consciousness.) This book embraces topics such as:

- trust
- love
- attraction
- abundance
- commitment
- anger
- blame
- self-remembrance
- gratitude
- meditation
- relationship
- and many more

These "reading meditations" demonstrate how available it is to awaken more deeply to the present moment, here and now. No need to go off to a cave in the Himalayas! Rediscover how to live in acceptance of "What Is," how to access the experience of oneness in any moment, and how each and every aspect of who you are benefits you directly in this sacred process.



SPIRITUALITY / SELF-HELP

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Canela Michelle Meyers has been supporting people to Awaken to themSelves in Here Now Satsang gatherings since 1999 worldwide. A Canadian spiritual teacher, she has been a speaker at both the annual Science and Nonduality Conference in the United States and the Paradoxica Conference of Nondual Psychology in Canada. To learn more about her work, visit www.CanelaMichelle.com.



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