

HOW TRANSFORMATIONAL MEDITATION CAN CHANGE YOUR LIFE



Demo DiMartile
ONELIGHTONESPIRIT.COM

HOW TRANSFORMATIONAL MEDITATION CAN CHANGE YOUR LIFE

I welcome you with peace and love into my world of Transformational Meditation!

Transformational Meditation is a unique form of meditation that goes beyond both traditional and guided meditation. It's about so much more than calming the mind, alleviating stress, or focusing your attention on a single minded point.

Transformational Meditation easily guides you into a meditative state where you can effortlessly access your body's innate self-healing potential. This enables you to overcome the long-standing issues and challenges in your life and make major transformative breakthroughs.



Unlike traditional meditation, Transformational Meditation does not require a significant investment of time or advanced meditation skills for you to begin seeing the benefits of your practice.

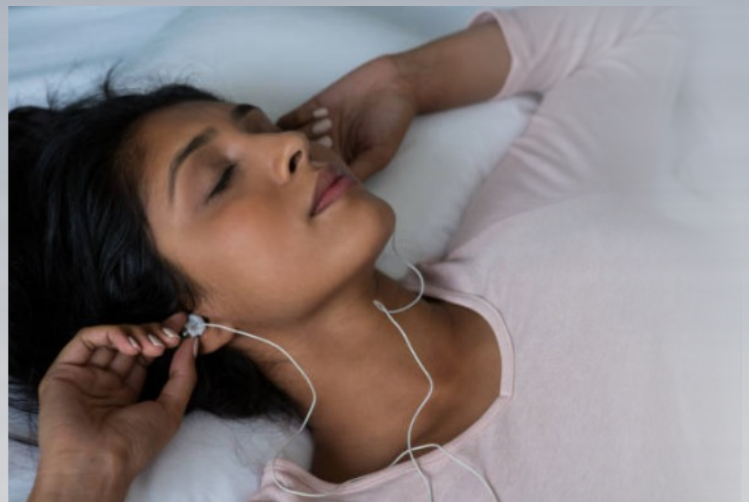
THE POWER OF TRANSFORMATIONAL MEDITATION

- ❖ Transformational meditation begins working the moment you start.
- ❖ Transformational meditation can be done in almost any physical position, seated or lying down.
- ❖ Transformational meditation doesn't leave you frustrated, fighting distractions, or anxious.
- ❖ Transformational meditation makes it easy to stay focused because every aspect is customized for you.
- ❖ Transformational meditation's personal guidance and mentoring allow you to enjoy more immediate rewards.
- ❖ With transformational meditation you can immediately start identifying - and resolving - your unique challenges and obstacles – while living a more meaningful life.



Transformational meditation helps you grow beyond the limits of human understanding, and tap into your spiritual strength and power.

We all have individual challenges that need to be healed. You may want to find or define your life purpose and the contributions you want to make, or you may need to overcome childhood or family trauma. You may want to build your self-confidence and sense of empowerment. Or, you may be passionate about losing weight, overcoming insomnia and enjoying better sleep, or managing the challenges of dramatic hormonal change, such as menopause.



Let's be honest. You could practice traditional meditation for years, and still feel that your meditation practice has only scratched the surface of these types of issues.

Guided meditation can help most people achieve some improvements on specific issues. Whether you practice in person or virtually with a meditation leader, or you listen to recorded meditations – guided meditation is easier and far more effective than traditional meditation. By focusing on the voice of your guide and your own breath, you can enter into the Alpha state of optimal relaxation and peace.

Transformational Meditation builds on the unique effectiveness of guided meditation by boosting and accelerating your progress in balancing and healing both mind and body.

Have you experienced separation, rejection, or abandonment? These are key emotional triggers for unhappiness. They short circuit your sense of trust, and without trust, a healthy self-esteem and relationships become emotional minefields.

Do you have unresolved feelings of shame and fear? Are you afraid to use your voice to truly advocate for yourself, to be heard? In both women and men, these emotional challenges frequently go hand in hand with all-too-common thyroid and hormonal imbalances, affecting energy, weight, focus, and sexual function. Ultimately, when these emotional triggers go unresolved, you can remain in a lifelong state of confusion about yourself and your life's purpose.



Are you a “lightworker” who is ready to turn on your light? Transformational Meditation lets you quickly tap into an endless source of power.

When you actively engage in the process of Transformational Meditation, you summon compassion for yourself and the conviction to heal and move forward. You can then overcome these obstacles, build on your strengths, and continue unimpeded on the path to your self-empowerment and emotional freedom.

If you're committed to making life-changing transformations, I invite you to learn more about Transformational Meditation!

MY TRANSFORMATIONAL MEDITATION PROCESS

When people come to me, they are ready to make the all-important shift in overcoming the psychological obstacles so they may begin to heal their lives, and take back both their power and their voice. My Transformational Meditation process helps heal the root cause of emotional imbalances by realigning body, mind, soul and spirit...from the heart.



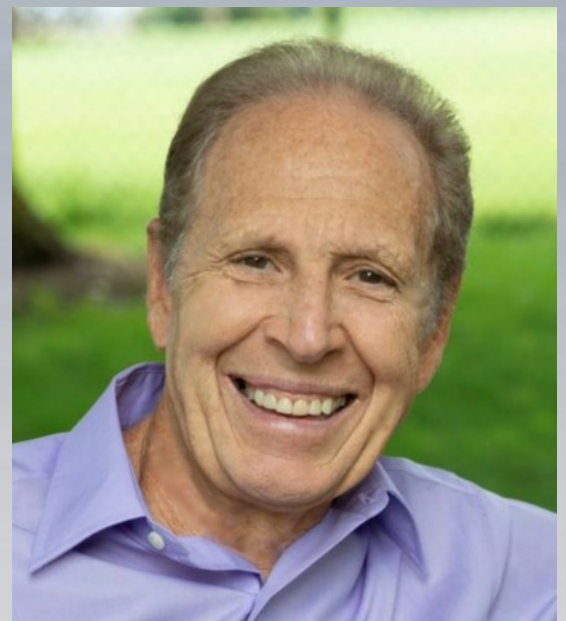
My holistic approach integrates and heals the competing parts of your subconscious and helps bring to your conscious mind a clear sense of purpose, and a clear sense of how to move forward to achieve your most life-changing goals.

I use both breathwork and energy work to help remove your self-limiting beliefs from your subconscious mind.

I also work with you using unique guided meditation techniques that address your specific challenges, and help you restore energy, peace, and balance in mind, body, heart, and soul.

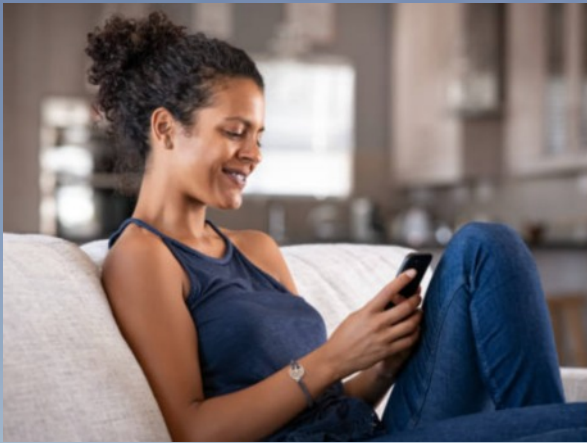
I will also teach you how to tap into and work with your spiritual life force to help you achieve radiant health, well-being, and peace of mind.

I have developed my intuitive and empathic abilities over five decades of service. My journey allows me to help you discover your soul's purpose and guide you towards the realization of your aspirations.



STARTING YOUR TRANSFORMATION

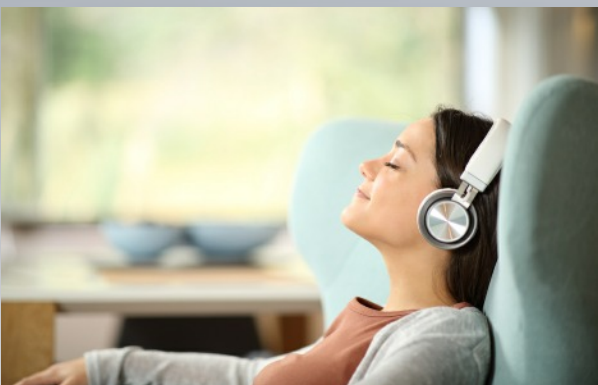
Before your initial Transformational Meditation session, I ask you to fill out my specialized questionnaire. Your responses will help guide us during your initial in-depth 90-minute session, as we identify the key challenges and underlying emotions that contribute to your current state of mind. We will define the obstacles that are standing in your way, and explore the best ways to overcome these obstacles.



After your initial session, you will get a custom-developed, full-length MP3 guided meditation that focuses on your unique strengths and specific challenges, and gives you a practical, effective way to make progress on your journey back to yourself.

Regular use of your personal guided meditation in between our sessions can change your mindset and turn obstacles into opportunities.

These customized meditations are like keys to the locks of your subconscious mind, opening you up to life-changing transformation, and lasting shifts in mind, body, and spirit.



You'll also get an MP3 recording of our session, so you can listen again anytime to help clarify your journey and strengthen your transformational skills.

CONTINUING YOUR TRANSFORMATION



After your initial session, additional sessions are either 60 or 90-minutes, and include a combination of mentoring and guided meditation time. You will get an MP3 recording of every session we have, so you can listen again anytime to help you continue your transformational journey at home between sessions.

You can also take advantage of my catalogue of nine different guided meditation MP3s, all designed to focus on specific life or health goals.

BENEFITS OF TRANSFORMATIONAL MEDITATION

Requires no meditation training or skill

Facilitates mind, body and spiritual breakthroughs

Helps you act consistent with your purpose, goals, and dreams

Constructively helps you resolve emotional, mental and health challenges

Provides custom solutions specific to your goals and obstacles

Helps you achieve major breakthroughs

In addition, Transformational Meditation, like *all* meditation practices, offers many other life-changing benefits for both your mind and body. Transformational Meditation:

Increases your feelings of well-being and happiness

Helps improve your focus and clarity

Reduces your anxiety and depression

Lowers your daily stress level and cortisol (the stress hormone)

Helps you be less reactive to conflict and stress

“Inoculates” you against negative physical and emotional effects of stress
Helps you *respond* to life circumstances, rather than *react*

Reduces heart rate and blood pressure

Improves your immune function

Improves energy, and reduces fatigue

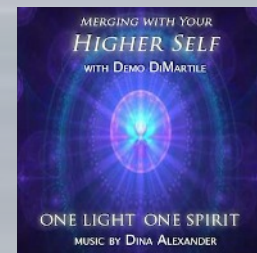
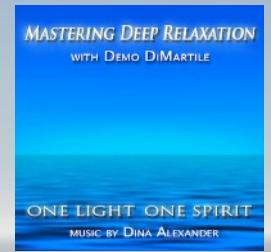
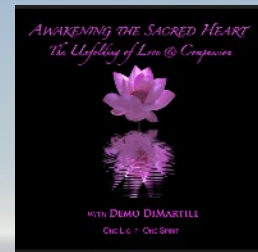
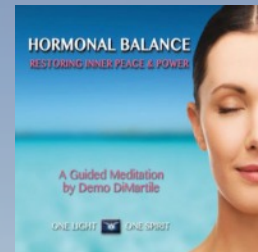
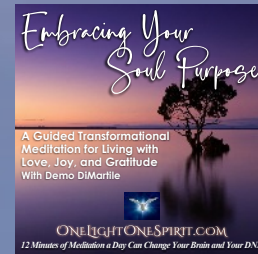
Reduces perceptions of physical pain

GUIDED MEDITATION MP3s

Embracing Your Soul Purpose: A Guided Transformational Meditation for Living with Love, Joy, and Gratitude	\$24.99
ReUnion: A Guided Meditation to Unify Your Inner Family of Mind, Soul, and Spirit	\$24.99
Thyroid Meditation	\$24.99
Weightless Meditation	\$24.99
Hormonal Balance Meditation	\$24.99
Deep Sleep Meditation	\$24.99
Mastering Deep Relaxation	\$19.99
Higher Self Meditation	\$19.99
Awakening the Sacred Heart	\$19.99

MP3 BUNDLES

Full Collection of 9 MP3s	\$99.99
The Hormonal Quartet Thyroid, Weightless, Hormonal Balance, and Deep Sleep	\$49.99
The Thyroid Trio Thyroid, Weightless, and Hormonal Balance	\$39.99
The Healthy Weight Trio Weightless, Hormonal Balance, and Deep Sleep	\$39.99
The Inner Peace Trio ReUnion, Higher Self, and Sacred Heart	\$39.99
The Dynamic Energy Trio Thyroid, Hormonal Balance, and Deep Sleep	\$39.99
The Balanced Life Trio ReUnion, Deep Sleep, and Mastering Deep Relaxation	\$39.99



For more information on Demo DiMartile and One Light One Spirit:
www.OneLightOneSpirit.com

To purchase MP3s and CDs:
<http://demo-dimartile.sellfy.store>

Email: Demo@OneLightOneSpirit.com

TESTIMONIALS

"I had the unique opportunity to work with Demo DiMartile during a time in my life when I needed more than a psychological perspective in understanding myself. He had the ability to peer deeply into my soul to reveal the profound and hidden aspects of myself. His easy access to the realms of infinite Spirit quickened within me a profound, life-changing spiritual awakening. He is an elder, an awakener, a true healer. Steeped in the ancient mystical traditions of perception, his work weaves a masterful tapestry of insight and inspiration."

~ Claudia Ascione, Homeopathic Consultant



"Demo has the incredible ability to read you in an instant, and has the kind energy of an angel. I've had the pleasure of working with him, and he opened my eyes to insights about me I had never considered, and brought things to the surface that I didn't know I had. If you're looking for a calm way of healing, but a real one... Demo is for you. His insight is amazingly helpful."

~Antoinette Beauchamp, Life Coach



"I am so fortunate that my children gave me this priceless gift of several sessions with Demo. I had no idea what to expect and was a little nervous at first wondering what would unfold in our conversation. All my fears were swept away in the first few moments of hearing Demo's calming voice. It was mind blowing that he had such clarity and insight into my life. He shared his perception on my strengths, validated that I was on the right path and inspired me not only to acknowledge my abilities and talents but to seek growth in those areas. Throughout our sessions, I felt comforted in knowing my life's purpose was evolving before me and that I should embrace that purpose with the full knowledge of who I am. I highly recommend working with Demo. There is no doubt he is following his life's path of sharing his bright light to empower others to shine theirs."

~ Diana M.