

Rally your inner resources with a



Gift Customized Applied Meditation CD

Tailored to the Challenges you Face

By **MARGO ADAIR**

Especially recommended for:

- Ⓢ Life threatening illness
- Ⓢ Minimizing side effects of chemo and other pharmaceuticals
- Ⓢ Improving or healing a chronic condition; relieve pain and/or maintain healthy habits.
- Ⓢ Preparing for birth, surgery, public speaking, exams, creative project...
- Ⓢ Major transitions: marriage, new job, divorce, kids leaving home...

With it you will inspire your whole self to:

- Ⓢ Relax into a replenishing, receptive, creative and intuitive state of awareness and tune to your own wisdom.
- Ⓢ Bring the power of your best experiences, sensibilities and talents to bear on the challenges you face.
- Ⓢ Tap into your own sense of the sacred, unleash resilient life force energy and work with the body/mind connection to understand your body and foster healing.
- Ⓢ Set clear intention, align with your vision, put your best foot forward, bring your gifts to the world and attract resonate experiences.



Your meditation is mixed with meditative music specially composed by Stefan Dasho.

To get started, contact **Margo** to set up an interview.

Margo Adair is a master! The guided visualization CD's that she created for me prior to my mastectomy and a second one prior to chemotherapy treatment have been invaluable in focusing my body, mind and spirit on healing. Margo works seamlessly weaving the information she gathers from her preliminary interviews into a powerful guided visualization that draws on your personal cosmology, including your healing guides and allies, to address your greatest fears, blocks and obstacles. I now have a tool that I use before, during and after treatment to maximize my healing process.

— Basha Brownstein, MSW,
Cancer Lifeline, Program Manager

Margo has an amazing skill for unleashing one's own inner resources. She has inspired transformation, healing, hope, and enabled me to find my own solutions to the challenges I was facing.

— Valerie Ross MS,
Marriage and Family Therapist

Applied Meditation developed by Adair, combines work with intuition, intention and mindfulness. Her book, **Working Inside Out: Tools for Change** has been endorsed by **Larry Dossey, M.D.**, **Martin Rossman, M.D.** and **Christiane Northrup, M.D.** **Practical Meditation for Busy Souls**, co-authored with William Aal is her latest book; about which **James O'Dea**, president of the Institute of Noetic Sciences, said: "This book guides and

For information and appointments 206 329-2201 www.margoadair.com margo@margoadair.com