

Ecstatic Meditation

About ecstatic meditation

Ecstatic meditation might be known by many names in different cultures. It is a process of deep trance-like meditation in which you learn how to connect deeply into the healing energies and wisdom of nature and Spirit.

This deep connection can result in an experience of profound joy, ecstasy and oneness with all that is.

Ecstatic meditation has practical applications in too – not only will you feel more grounded, calm and centred, you might also notice that you experience an increased sense of inner peace, lightness, harmony and wellbeing,

Your problem solving ability might increase as you find more creative solutions through your practice – even the way you view problems might change. You may find that you're more tolerant and understanding and you may feel less alone in your world.

The experience of Ecstatic Meditation is unique to each person although the most people report a deeper understanding of themselves and the way they are in relation to the world and an increased sense of balance.

It's an exploration

Ecstatic meditation is an active meditation process – if you've had trouble in the past in sitting meditations, you may have more success with this.

Ecstatic meditation is an exploration of your inner world and the ways in which your inner world and outer world are connected.

Learning Ecstatic Meditation requires you to be able to connect with and distinguish between energies – often all or part of a session or workshop occurs outdoors.

When you can recognise energies and the differences between them, you can start to explore deeper states of ecstatic meditation through waling meditations called Earth Walks or through the use of sacred body postures. Both are interesting ways to explore the power of Ecstatic Meditation.

The benefits of ecstatic meditation

- Feel more connected with nature and the world
- Solve problems and make better choices
- Access deeper levels of information and insight
- Feel more grounded, present and centred
- Become more joyful and creative in life
- Enhance the quality of your living
- Engage your own healing abilities
- Deeper spiritual connection
- Bring into manifestation what you most want

Two ways to explore ecstatic meditation

We show you two ways to explore ecstatic meditation:

Sacred Footsteps - an outdoor walking meditation

Body Postures – using healing postures from around the world to enter into and explore ecstatic trance.

You can learn about and explore Ecstatic Meditation in personal, one-on-one consultations or in small group workshops.

Your ecstatic meditation facilitator

Julia has taught many workshops and uses ecstatic meditation in her own life. She applies the outcomes of her meditations to help her in the practicalities of living and working.

Julia's philosophy about all spiritual practices is that they must be able to be applied to help guide and nourish daily living so that we can flourish as we grow, evolve and change.

She says, *"It's easy to get caught up in the spiritual experience – many of these experiences simply defy explanation, they are so special and unique. Yet, the very reason we have these experiences is so that we can grow, change and develop, and through this, contribute positively to our world. Therefore we need to stay grounded and apply the wisdom to daily life."*

Make a booking: Julia – 0417 411 465
