



# Heart Meditations CD: To Help You Rediscover Your True Self

*Toni Carmine Salerno, Martine Salerno*

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## From the CD booklet:

*"You and I, and the Earth, are moving towards higher states of awareness. When listening to these meditations we urge you to listen with your heart. Go within, for it is within the sacred space of your soul that you shall discover a great peace. Beyond your thoughts there is a tranquil ocean of light – this is the light of your soul, your true and immortal self.*

*When you calm the mind you enter a place beyond thought; a state that words cannot describe and your mind cannot contain. These meditations will help you rediscover the real you. Breathe in light, breathe out love; this is meditation – this is connection to soul."*

5 tracks, Running time: 78 mins

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