

## Foreword

From *Fun And Practical Meditations For The New Millennium*

By Megan Anne Hobbie

Meditation has led me to my true inner voice and a more peaceful way of life. I was raised Catholic/Episcopalian, but never "truly" developed an honest and personal relationship with the *GOD* of my understanding. The only "church" that helped me establish guidelines for this relationship came through "twelve step" recovery. This laid a priceless basic foundation and I was thirsty for more.

The first time I was introduced to meditation was through the recovery from a physical illness. I believe that this was the beginning of my *authentic* spiritual development. I remember listening *religiously* to a wonderful tape by Louise Hay, one of my favorite spiritual healers. The effects were magical. However, once this tape "wore out" and my healing came full circle, I soon slipped back into a lifestyle that did not include daily meditation.

I felt the difference. Several years later, the incessant chatter of my fearful self *seemed* to block the very essence of my being. Panic attacks plagued me daily. My prayer to God, "If it be Your will, please help me help myself!", had become my *living* mantra. Arriving at this painful juncture opened my heart to new experiences and change. Then the "miracle" occurred. I was reintroduced to meditation and it was infused back into my daily routine. My perception of life and the world started to shift again. This time it was deeper and more rewarding. There was this *other* amazing dimension to my existence. A friend would come to mind, and that afternoon I would see her shopping at the grocery store. She would say, "Gosh! I was just thinking about you."

I initially minimized the frequent "coincidences" that were occurring in my life. Any illusion or doubt was soon shattered by the constant and obvious benefits of this practice. I began to live with a "sixth sense." An inner bell rang true, deep within my heart, mind, and soul. It was as if I had developed muscles that had never truly been used before. I later discovered that people all around the world connected this way. My experience with meditation has been similar to my experience with physical exercise. These muscles are just based in a part of my being that is not directly *of* this physical world. I believe that as multi-dimensional people, our physical, spiritual, and emotional bodies *all* require nurturing and discipline. It seems that, the more I choose to incorporate all levels of "*exercise*" into my life, the "*healthier*" I become. The cleansing process is not always fun or what I call "*fluffy*." However, the results are literally "*out of this world*."

Today, if I choose, I can be anywhere on our precious Earth, and feel the love of my Creator. I have been very blessed to meet with so many enlightened and loving people on a regular basis. I hope that this book will provide you with some fun ways to explore and exercise your "*intuitive muscles*." Enjoy!

Wishing you abundance,

miracles,

blessings,

peace and love,

eternally,

Megan