

DailyOM

Nurturing Mind Body & Spirit

Today's DailyOM brought to you by:
[Learn the Spiritual Art of Aromatherapy](#)  [click here](#)

[Sign Up](#) | [My DailyOM](#) | [Marketplace](#) | [Community](#) | [Courses](#)



Articles

Search

[Gift Shop](#) | [Shopping Cart](#) 

June 6, 2011

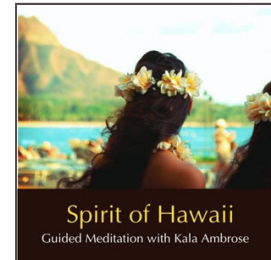
Spirit of Hawaii

Kala Ambrose
2011

A trip to Hawaii can have lasting benefits, but first comes the stress of long flights. When your traveling companion is noted author, metaphysical teacher, intuitive, speaker, and talk show host Kala Ambrose, you can get there and back pretty quick. All it takes is a half hour or so, and the willingness to surrender to the sound of her voice. Spirit of Hawaii is her guided journey to an island with "sugar-white sand beaches, tropical waters in a sea of turquoise, and swaying palm trees." The meditation is connected to the heart chakra and if you feel yourself becoming drowsy, that's fine. Work with the heart chakra is often very draining and can be done on higher realms while our conscious mind is resting. "Expect to see something new and different" each time you use this meditation. "There is no wrong way," Ambrose says. "It is what is what it is needed to be."

Her voice mixed prominently and audibly with a background of shimmering music, Ambrose travels with us "into the realm of infinite possibilities." First we surround ourselves with white light, beholding a window with iridescent curtains billowing in the warm breeze from outside. As the drone music starts to activate our kundalini energy, Ambrose guides us to a beach of our distant memory, where a beautiful woman approaches. Her smile and eyes put you at ease, "and you feel an overwhelming sense of grace, love, and acceptance." The beautiful stranger informs you that this place belongs to you as well as to her, and that "this is a place that you are welcome to return to, anytime you wish."

The woman opens a simple bag and pulls out an enormous seashell with a beautiful pearl-white shine. The shell has the power to heal blockages created by doubt. "If you hold the shell it will allow you to see what you are holding in your heart, and what you are afraid to release." If you are not ready, it is completely understood, but it's there when you are. Creating your own place of inner sacred space and happiness is important, and Ambrose is there to help you understand and make the most of the opportunities provided you in this special place. Here a half-hour of relaxation and guided imagery can leave you feeling like you just got back from a two-week vacation and, with Ambrose, made a new friend you'll want to visit often.



Today's Music:

-  [Listen to this CD](#)
-  [Buy this CD](#)
-  [Email this to a friend](#)
-  [Printable version](#)
-  [Save in My DailyOM](#)
-  [Discuss this music](#)

[Ads by om:click](#)

Talk With Your Angels

Connect with the Angelic realm. Strengthen your channels of communication and receive Angelic guidance that will help you master your life, overcome obstacles, and live in your highest self. [more info](#)



From the Library:

[Face It: What Women Really Feel as Their Looks Change and What to Do about It](#)
by Vivian Diller

More DailyOM:

- [On-line Courses](#)
- [Soul Readings](#)
- [Today's Inspiration](#)
- [Today's Horoscopes](#)
- [Shop the Marketplace](#)
- [Join the Community](#)

🔊 **Listen to all sound clips from this CD**

- **"Guided Meditation"**

🛒 **Buy this CD**

What do you think?

Discuss this article and share your opinion

Want more DailyOM?

Register for your free email, or **browse** more music

[Home](#) | [Gift Shop](#) | [My DailyOM](#) | [Marketplace](#) | [Community](#) | [Archives](#) | [Share The OM](#) | [Contact Us](#)
[Subscribe](#) | [Change Email](#) | [User Settings](#) | [Unsubscribe](#) | [Privacy Policy](#) | [Disclaimer](#) | [Gift Shop FAQ](#) | [Advertising Info](#)
[Make DailyOM Your Homepage](#) | [Link To Us](#) | [Publish DailyOM On Your Website](#)

© 2004-2011 DailyOM - All Rights Reserved
No portion of this site can be reprinted without express permission
Artwork by [Wang Chang-Ming](#)