

The most powerful meditation I've ever done. Amazing healing energies came through. I feel like I've released in the first sitting some of the reasons I got breast cancer. Namaste

Lynne

"What a transcendent meditation. I just finished the meditation and cannot describe the peace that I feel. Every cell in my body felt alive. I have never experienced anything like this. I have been practicing Buddhism for over 10 years and never had an experience like this. My soul connected to every part of my being with this radiant white light. Thank you so much."

Patricia

"What a blessing you are to me! This meditation is helping me to release deep seated emotional pain from utero on. To be trapped in sorrow for so many years and not have the tools to heal is truly crucifying. I cannot thank you enough for sharing your gifts with those like myself longing to become whole and complete. God's blessings on you and yours!"

Linda M

"That was incredible. That was the very first time I felt deeply connected to my soul. I balled my eyes out, it was really powerful. Thank you"

Andrew

"I just wish to tell you that your meditation exercise is very extraordinarily unique. I had tried other meditation exercises, but I am not sure what is the special ingredient/s or recipes which made your meditation so special, that I find my brain longs to go back to that parasympathetic state when I listen to your meditations. As a result, suddenly I have self-awareness that my brain has always been in a state of fight, flee and freeze, so I need to retrain my neural connections to be calm, grounded and mindful of who I am, by constantly visualise and re-direct my brain to that calm and restful state when I listen to your meditations. I just wish to say thank you to you Niki for so generously sharing your meditations to help people to grow out of their traumatic neural states."

HC

"And especially, I want to say thank you for your meditation. I've long appreciated how useful (essential?) meditation is in healing, but I have struggled so much with it. So, I haven't ever given up on the idea of using meditation, and I thought I would try yours just to see how it went. Anyway, I've now been using your meditation every day for the past 10 days and I love it. Finally, it's something I can actually sit through, and I can feel things shifting. I'm so grateful."

Katie D

Bonjour Niki,

Thanks again for the opportunity to tap in to the field of self worth and inner peace through your meditation sessions. I'm beginning to understand the word 'serenity' now. Bless you.

Neil W

Thank you Niki and team for these most gracious and wondrous gifts. These offerings are invaluable. Continue the wonderful healing work that you do. Namaste.

Celia S

A WORLD of sincere heartfelt thanks!

I LOVE your Self-Love meditation. Your gifts here are very special and truly appreciated MORE than you will ever know! I've already experienced a lot of benefit from it. BLESSINGS to you for the fine & exceptional work you are doing and contributing to the healing of the planet.

Tricia H

I love both of these so much!!!!

Thank you 🙏❤️😊

Donna P

Niki, I absolutely love you and your information and material you cover and especially I have found your speaking voice to be so helpful in my adapting to guided meditation Thank you so much for being you 🙏😊

Rob H

Thank you so much Niki. They are fantastic meditations and I did not want to be without them, so double gratitude. Kind wishes Veronica ❤️

Hello Niki,

Thank you for the gifts of you meditations. I love them 💕

Denise V

Beautifully done and served as a welcome release.

Amy S

Dear Niki,

Right now I am so full of gratitude for the beautiful words and perfectly gentle angelic music of your meditation. My body had quite a visceral response from deep within my physical self..and it was so healing. Tears gently flowed out and upward. Instinctively I curled up with one hand on my shoulder and my other arm around my torso. Your gentle voice guided me to go very deep...lots of connections to this lifetime healed profoundly when my tiny child knew for certain I did nothing wrong.

More healing will come each day.

I AM eternally grateful!

Debbie K

I have had the opportunity now to do both of your meditations for the last few days! Thanks again for giving them to folks like me!! I sincerely found them to be the best that I have encountered thus far in my journey. Hope to work more with you at the next offering of your class.

*All the best,
Michael T*

*Thank you for the meditations.
I listen for short intervals, then pause in silence to absorb and reflect.
I like that the voice is quieter than the music.*

David K

Very soothing. I feel better about myself.

Judine

Amazing meditation!

Gela R

This is a powerful meditation that deeply resonates with my state of being. It feels good to be re-connecting with my Soul / divine self. I can feel the healing power and will continue to listen Thank you.

Joe

These Meditations are wonderful thank you

Sophia A

Hi Niki,

This meditation is powerful, I often feel sadness and cry when I'm listening...

Thanks a lot 🙏💜

Patrizia V

The self love meditation already helped me! With Realising That I do have an active inner critic!!! 🙏 I always said to my OHC practitioner, Gemma, that I can't hear my inner critic so the STOP process is not relevant For me and always used EFT for emotions but now I can see that when I'm upset by people -(the words used or actions then get translated) and my inner critic uses this and keep upsetting me! 🙏, and no matter how much EFT I have done it hasn't cleared in a year. Now I know why!!

THANK YOU for your meditation for this realisation!!

*All the best,
Anett*

Niki--I am so grateful for the valuable information and guided meditations you have gifted us. Thank you, thank you. Many blessings to you and all you hold dear.

Martha

You are the best! So many thanks for the enormous contribution you have made to my life. I so appreciate your wisdom, your heart and soul, and your voice and guided meditations that are the first that have ever resonated with me.....and I needed them dearly. I will try to listen to the two you have offered here, every day for several months. Will you put new ones on your website as you create them? I will keep checking.....

Thanks for your response.

*Warmly,
Abbie C*

*Loved your meditations and am doing the self love one daily already this last week...it brought out a huge emotional release which let me know how powerful they are. Now I believe I am experiencing physical detox symptoms that you describe in your last video..??
Denise S*

Niki, MANY, MANY THANKS FOR THIS MUSIC AND YOUR GREAT MEDITATION. MUCH APPRECIATED, Anita G

*And thanks a lot for meditations. I've been into meditation for many years and your meditations really surprised me with their depth and effectiveness.
Thank you so much. And I'm really amazed how timely your info reached me.
warm regards,
Arifa J*

*thank you for being a beacon of hope for everyone who is searching for their second chance at optimal health and wellness. I truly appreciate your passion and commitment. With gratitude,
Sina*

I have been following your work for quite a while now and am learning so much and am very moved indeed.

Michael T

*A few months ago I downloaded the selfcare meditation, listen to it very evening for a month and half and stopped. After the second masterclass I start listening again. Just this week one morning I had the feeling , I am safe. I never before realize that I was always feeling unsafe, I like to keep people at an arm's lenght distance.
Just this week I realize what was the underlying reason.
At age 14/15 there some inappropriate touching by some one close to me. I trusted him.
It changed my whole world and thinking.
You can't imaging how wonderfull I feel. But thank very much., I have no idea how sound works but it helped me*

Kindest regards

Irene T

*I particularly appreciate the meditations, as an old sound technician (“professional damage”) with sound quality control experience, that your voice is **superb**, the music **beautiful**, the brain entrainment beats **great**. Very best wishes and kind regards,
Maria*

Your two meditations are amazing, I do both every day and I am putting everything I have learned so far into practice. I watch all your webinars and take copious notes. The info has helped me a lot and I very much look forward to learning more. Thank you once again, your hard work and passion on behalf of helping others is very much appreciated. The light in me sees the light in you. Emma.

*I cried hard throughout the second half of this meditation. Felt overwhelmed at how hard I’d pushed myself for 52 years. And how ill I’ve become. I hope I can continue to listen to this every day and hopefully learn to love myself.
Thanks Very much for this.*

Suneela

I am a yoga and meditation teacher and have a history of developmental trauma and recent events have amped up the fatigue, body aches and low mood. I did this meditation for the first time today and it was a beautiful, anchoring tool. Thank you. I felt refreshed and re-connected back to myself more than I have in a long time.

Saya

“I am nearly 80 and have been searching for the road home for many years. This recording has brought me hope and touched me deeply. Thank you.”

Lusa

“Good morning Nikki, Thank you for your self love download and for how to deal with Emotional detox, I have listened to self love 6 times and this morning it left me in tears and needing a hug (which are not allowed right now – covid).”

Ann

“Just wanted to say deep gratitude for self love meditation. Already helped me a lot. Just coming out of horrendous terrifying episode of complex trauma due to deep abuse all my childhood from birth onwards in all ways. Feel a difference after listening to it only twice.”

Veronica

“Really enjoyed this meditation and will listen every day. Brought to mind past experiences which I think have affected my whole life and I am now 68 and struggling with cfs/fibromyalgia.....Look forward to further information and help..”

Wendy

Lucie

I slept so well after listening to this meditation before bed! You have such a lovely voice Niki

Katie

And especially, I want to say thank you for your meditation. I've long appreciated how useful (essential?) meditation is in healing, but I have struggled so much with it. So, I haven't ever given up on the idea of using meditation, and I thought I would try yours just to see how it went. Anyway, I've now been using your meditation every day for the past 10 days and I love it. Finally, it's something I can actually sit through, and I can feel things shifting. I'm so grateful.

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I am nearly 80 and have been searching for the road home for many years. This recording has brought me hope and touched me deeply.

Thank you.

Ruby

I love the meditation. It draws me to it effortlessly. Thank you Nikki. You are 😎

Andrew

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Patricia

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Jan

1

So, this is what I experienced:

Strong activation of my heart chakra - I feel a huge amount of pressure in the chakra area. Then, I had this weird sensation of tingling that started in my toes and went right up through my body. That was followed by really strong pains in my heart (like I was trying to release something) and then tears. Woke up in the middle of the night with massive itching (always a sign for me of detoxification) and had to take 2 lots of liver supplements to take it down. Was awake most of the night. When I woke up this morning, I was exhausted and felt like I had been on the drink all night. Needed coffee all morning just to keep me going. And then it came to me what I had released.....guilt and shame. Clearly a lot of it!!

2

I've started doing your meditations twice a day as you suggested....and yes the effects do seem cumulative even in that short time.

Came out in spots on my face yesterday (and I rarely get spots), their location of which appears to correlate with the detox organs on the facial reflexology map. Last night's self-love meditation was super-powerful and activated first my heart chakra, then my throat chakra then my solar plexus and sacral chakras. And then all I could taste was salt again. Today, there is some stuck energy in my throat and chest - feels like something that I need to get off my chest. On my run this morning, it was clear to me that I was releasing rejection fears. That was the first day that I did them both.

At this rate, I should be fully healed by the end of the month, haha!

3

This is definitely going to take some time to get my head round. I'm not sure about the channelling thing. Don't think I want voices popping in my head whenever they want. Now I have visions of Whoopi Goldberg in Ghost! That said, when I was doing the Field Grounding Meditation today, my mother popped in to speak (that's a first). I had to tell her to wait until I'd finished the meditation before I would speak to her. Is that what it's going to be like?

Courtney

About 2 weeks before Christmas, my family and I were at a "St Nick Fun Run". This is where we as a community all gathered at a local school to run a race (No racing for me. I walked a short bit ;)!), and raise money for children who need tuition assistance for school.

*While we were all standing around waiting for the "race" to begin, I was talking to several people. As I was listening to the conversation---- out of nowhere--- I instantly felt connected to everything and everyone. It was as if people were talking, but I didn't hear all the details of their words. I just felt **great LOVE** for everyone and everything- and that we were **all connected**. I felt compelled to pray over everyone there and send out blessings. All my senses were heightened as I felt a high vibration of sorts, and time stood still in this very spiritual moment.*

And then, after a few seconds, it was over. It was very quick. And then I was simply back to talking to everyone and meeting families and their children.

Maybe this is the "soul connection" Niki talks about in her meditations?

Nira

Thank you so much for sending me this precious meditation link to me. I did my meditation today with your calming and gentle and truly loved it. It came on a day, I felt sad when I woke up as it was raining and gloomy, and I had to put jacket again on after a nice long summer!

I love the variety of music you chose! I specially enjoyed very much when you were talking about gratitude and healing different parts of our body. I just couldn't stop my tears coming down, don't know why!!

Tarin

I love the meditation!

Janine

Also after and during the field clearance meditation I had a dry cough like I had something to get out of me, at the same time felt pains in my abdomen like I needed to birth something or push something out of me. I don't think it's out yet, but it's been loosened....

Dave

Thank you Niki 🙏

I truly believe in what you are saying as last March, I felt an overwhelming amount of love flow through my body as I was Meditating and I felt I had let go of something and my Body is getting stronger as the days go by 🙏

I now use your Guided Meditation everyday to further my Healing. I am grateful and indebted to you for your guided Meditation 🙏

Lee – this is due to infoceuticals and meditation and he and his sister being part of a particular soul group

I do feel like a huge shift has taken place in me over the past couple of years - I'm a completely different person, dramatic as it sounds I really do feel like I have died and come back (but very slowly). I also thought this was just what healing from ME was but seems from all the other people I have met on the practitioner training it is only my sister and I that have experienced it in such a dramatic way!