



Camille Maurine: LOVE POWER PEACE: A Meditation Ritual Journey



Camille Maurine is the Co-author of *Meditation Secrets for Women* and *Meditation 24/7: Practices to Enlighten Every Moment of the Day*. She is also the creator of *MOVING THEATRE of the Soul*, a transformational creative process. Experience a gentle guided movement meditation to connect with the energies of love, power and peace as a ritual which invites us to offer these qualities back to the world from our own embodied presence. Learn about how LOVE, POWER and PEACE are an interconnected synergistic triad.

**TOP EMBODIMENT TIP:** Understand that everything about us is movement. Remember that you can feel when you get tight about something, and then get curious. What is moving here? What is wanting to move?

Tune Into Your Own Presence: **How do you sense and feel your own presence?**

- Tune into the sense of this precious moment of being alive. How do you feel in this moment?
- Feel your location in particular. This is the place where you are connected to the body of the earth, wherever you are on this planet.
- Get in touch with ourselves so that we can then offer something back out to life.

LOVE: **We need to remember our own body of love**

- Tune into love. Explore how you love, and how you receive love.
- We call our thoughts nature's way of giving us clues to our love: what we love in the world, our power, our creativity, a deeper connection to our roots and sense of foundation.
- Tune into the qualities of love present inside your body, and the body of humanity on behalf of this Earth, and on behalf of your own essential being.

POWER: **Tune into your feeling body of power.**

- You may have seen the misuse of power throughout your life, but it is important to connect to our **roots of power:** the sense of power coming up from the Earth and the **conscious loving expression of power.**
- Life force is everywhere, pulsating and surging through your body in all kinds of ways.
- The power of your awareness or your ability to be aware now is a very powerful quality.
- Knowing the feeling of your power brings a sense of inhabiting yourself and intrinsic empowerment.
- Inhabit yourself without apology. There is joy in power when it is a clean, clear expression.

PEACE: **Living and breathing in peace.**

- When have you felt a sense/memory within your body of peace, and the receiving quality of peace?
- Know what environments and people help you to feel peace.
- We have this sense of gravity and touch and whole-body feeling of what it's like to remember the support of the Earth. Complimentary to that, is the embrace of space.

Resources

- ❖ **Books:** *Secrets for Women*, *Meditation 24/7*
- ❖ **Website:** [www.camillemaurine.com](http://www.camillemaurine.com)
- ❖ **References:** *MOVING THEATRE of the Soul*



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