

Indigenous Teaching and Meditations for Energy Healing

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Synopsis

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Join Indigenous medicine person and spiritual mentor Asha Frost in this immersive journey of healing, protection, energy clearing, and abundance. Be reminded of the essence and divinity within you and your capacity to receive and expand. Throughout these guided practices, you will sink into sacred solitude as you surrender and reconnect with your vital life force. Meditate on the protection and care that you are worthy of as you align with your well-being and the sacred limits that are your divine birthright. Support your wholeness by exploring ways to balance your mind, body, and spirit with energy clearing. And rediscover your inherent worthiness so you may increase the abundance of all things in your life. Set your intentions for these journeys and let's begin the ceremony now!

Track 1. How to Rest Deeply to Heal

Track 2. Indigenous Healing Journey

Track 3. How to Set Boundaries and Protection

Track 4. Indigenous Journey for Protection

Track 5. Why Do We Need Energy Clearing?

Track 6. Clearing Energy with Earth Medicine

Track 7. How to Receive Abundance

Track 8. Harvest your Abundance

Reader's comments

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