

Be With Melinda

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Family & Parent Wound Healing Meditations Menu

Free

Sacred Lineages Reset: Honoring Diversity (2 min)

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A gentle pause to honor the beauty of many sacred lineages—Jewish, Christian, Muslim, Hindu, Buddhist, Indigenous, and more. Step beyond division and rest in unity.

Angelic Family Blessing (4 min)

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A short blessing practice to call in angelic support, soften family patterns, and restore harmony through forgiveness and compassion.

Plus

Family Healing with Angelic Guides (12 min)

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A guided journey to connect with both birth family and soul family. Release ancestral weight, restore balance, and receive blessings in the embrace of angelic presence.

The Beauty of Sacred Lineages: A Meditation Beyond Division (15 min)

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A deeper practice into the wisdom of diverse traditions—Judaism, Christianity, Islam, Buddhism, Hinduism, Indigenous teachings—revealing that religion was never meant to divide but to illuminate.

You Are the One: Reclaiming the Inner Father (12 min)

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Heal the father wound by reclaiming protection, presence, and unconditional love within yourself. Release unmet needs and restore inner strength.

You Are the One: Reclaiming the Inner Mother (12 min)

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Softening the ache of the mother wound and restoring belonging within. Through breath and affirmation, return to the nurturing, wise presence that has always lived inside you.

Discover more at MelindaBernstein.com