

Be With Melinda

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Kabbalah Meditations Menu

Free

Rooted in Shechinah: A Whole Soul Meditation (20 min)

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Awaken every layer of your soul, from earth to eternity.

Plus

Kabbalah Meditation for Clearing the Soul (15 min)

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A journey through the ten Sefirot to cleanse and realign your inner light.

Kabbalah's Yesod: A Journey of Healing (12 min)

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Enter the mystery of Yesod—the foundation of intimacy, creativity, and dignity.

Rooted in Shechinah Soul Series

Explore the five levels of the soul through Shechinah's presence:

- Sacred Earth – Nefesh / Grounding (8 min)

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Ground into body, Earth, and Presence.

- Breath of Compassion – Tiferet / Heart (10 min)

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Open the heart to love, beauty, and compassion.

- Light Beyond Dark – Neshamah / Wisdom (12 min)

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Rest in divine awareness and insight.

- Ocean of Life – Chayah / Soul Expansion (14 min)

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Expand into infinite vitality and divine belonging.

- Point of Oneness – Yechidah / Union (16 min)

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Dissolve into pure union with the Divine.

Discover more at MelindaBernstein.com