

Solo Clarity Meditations Menu

Free

From Broken Heart to Wholeness (2-Minute Reset)

[Listen on Insight Timer](#)

A simple daily heart practice with breath, compassion, and sacred words — ahavah (love), shalom (peace), echad (oneness). Quick relief for the tender heart.

Lion of Judah Breath Reset (3 min)

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A fiery breath practice to roar away tension, free your voice, and awaken courage with the Shechinah's presence.

Emotional Ease: A Short Practice for Inner Balance (5 min)

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A gentle reset to soften emotions and restore balance through breath and light.

Plus

From Broken Heart to Wholeness: A Healing Journey (14 min)

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A longer sanctuary for the heart with breath, golden light, and healing words: I see you. I forgive you. I love you.

Emotional Ease: A Practice for Inner Balance (12 min)

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An extended version of emotional ease with more time for softening, release, and deep restoration.

Lion's Breath of Judah: Awakening Courage and Presence (14 min)

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A breath journey blending yoga's Lion's Breath with Hebrew mystical wisdom to awaken Shechinah, clear the throat, and ignite courage and presence.

Sacred Balance: Restoring Inner Order through Presence (15 min)

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A guided practice to return to clarity and gentle order, like stacking stones after a storm — grounding and centering through sacred presence.

Return to Sacred Peace: Healing Ties & Honoring Divine Union (12 min)

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Release soul ties and restore inner harmony, remembering your divine union within.