

## **LOVING KINDNESS MEDITATION BY CANDICE WU**

Thank you for downloading my "Loving Kindness Meditation". I hope you are going to enjoy and find value in it.

If you are interested in more meditations centered around better sleep, I'd like to invite you to have a look at the full "Sound Sleep Alchemy Album". It's a beautiful collection of Guided Audio Meditations and three Resource Guides about Doshas, Acupressure, and Restorative Yoga Poses.

The full Album is available on my website:

[candicewu.com/shop/sound-sleep-alchemy-album](http://candicewu.com/shop/sound-sleep-alchemy-album)

With much love and appreciation ♥,

Candice Wu

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