



Live Light: Simple Steps

Leanne Cusumano Roque

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Live Light: Simple Steps contains 52 weekly meditations and accompanying daily inquiries to apply the meditations immediately.

From the Foreword by Charlotte Ward, Master Practitioner Neuro-Linguistic Programming and Ericksonian hypnosis, Yoga Instructor, and Success Unlimited Network® Coach

Leanne's thought-provoking considerations invite us to explore where we are now and where we want to go as a way of life. Her book shows the means one-pointed concentration and the way ease within the effort.

From *How To Use This Book*:

Each meditation and its accompanying inquiries are designed to point you toward single-minded focus for the week.

Read the same meditation every day for one week. Each day of the week, pick one or more of the inquiries associated with that meditation to use that day.

Write the results of your inquiries in a journal so that you can compare your results as you use this book year after year.

Notice what you learn, and develop and write down guidelines that support you in accomplishing what is most important to you.

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