

## Positive mind meditation

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### Abstract

Positive Mind Meditation is about digging deep into your thoughts and address what you are thinking, what you are holding onto and what needs to be released. There are four types of thoughts Positive, Negative, Wasteful and Necessary. This workshop shows you how to get in touch with your thoughts and to figure out which thoughts you need and ones that need to be discarded or forgiven. Most people say they have hard time meditating and they cannot shut of their mind off to focus and meditate. Positive Mind Meditation addresses the fact that the reason you are unable to focus your mind is because you have not dealt with what has been troubling you, therefore, your mind keeps nagging at you to address these issues. Positive Mind Meditation gives you fun tools for you to utilize when your thoughts go a stray. This is an interactive workshop, so make sure you bring pen and paper along. Franca's mission and passion is to ensure people have the help they need to get inside their own minds and come out with an understanding of how to navigate their thoughts to become a well-balanced mind, body, and soul. Positive Mind Meditation is about digging deep into your thoughts and address what you are thinking, what you are holding onto and what needs to be released. There are four types of thoughts Positive, Negative, Wasteful and Necessary. This workshop shows you how to get in touch with your thoughts and to figure out which thoughts you need and ones that need to be discarded or forgiven. Most people say they have hard time meditating and they cannot shut of their mind off to focus and meditate. Positive Mind Meditation addresses the fact that the reason you are unable to focus your mind is because you have not dealt with what has been troubling you, therefore, your mind keeps nagging at you to address these issues. Positive Mind Meditation gives you fun tools for you to utilize when your thoughts go a stray. This is an interactive workshop, so make sure you bring pen and paper along. Franca's mission and passion is to ensure people have the help they need to get inside their own minds and come out with an understanding of how to navigate their thoughts to become a well-balanced mind, body, and soul.

### Biography

Franca Vresk is a certified Naturotherapist, with a list of modalities under her belt. Reiki 1 & 2 providing long-distance and in-person energy healing; Certified Ayurvedic Practitioner Certification from Ayurvedic Academy of Canada. Franca practiced and taught at the Centre of Ayurveda and Indian Systems of Healing (CAISH) and practiced part-time at Yoga-To-Go in Dundas, Ontario; Raja Yoga with the Brahma Kumaris; Kriya Yoga; Shamanic Apprenticeship - Shaman Elder Maggie; Sound Work Practitioner - Gary Diggins; 1st and 2nd Tier Akashic Records Consultant Certification; Founder and Director of Port City Choir; Ayurvedic Association of Canada - Chapter Chair for Maritimes; Life Coach Certificate.

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