



## MEDITATION ADVICE FROM HIS HOLINESS THE 14TH DALAI LAMA

*This picture from early 2016 documents the day that Sean received direct advice from His Holiness the 14th Dalai Lama regarding meditation. His Holiness expressed that while stabilizing meditation is of great benefit to calm the mind, the full transformative benefits of meditation are attained by also practicing regular analytical meditation.*

*Following His Holiness' advice, Sean teaches basic stabilizing and analytical meditation techniques to ensure the greatest long-term benefit from regular meditation practice.*

## AzureSight

47 High Street #229  
Medford, MA 02155

(928) 792-1331

Info@AzureSight.com  
www.AzureSight.com

## Sean González



www.AzureSight.com



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## Sean González

Having met Buddhism in 2004, Sean has been leading introductory Buddhist classes since 2010, covering basic Buddhist philosophy and terminology, meditation techniques, and daily practice activities to help subdue the mind and afflicted emotions.

He is a certified Reiki Master and an energy worker with extensive understanding of natural medicines. As an avid practitioner of Pranayama yoga, Jin Shin Jyutsu, and EFT (Emotional Freedom Technique), Sean teaches people of all ages how to restore and strengthen the body/mind relationship to promote natural healing and balanced mental and emotional states.

Having worked as Director of fast-paced IT on-line services, Sean understands the stresses of corporate work environments and integrates his knowledge of progressive management methodologies into his training, making his courses more accessible and easier to understand in a secular western context.

Sean is the CEO of a Tibetan Buddhist center and is a Consultant working with corporate clients and individuals to deliver customized training that meets their individual needs.

### BACKGROUND

Sean studied ancient Egyptian and Masonic healing methods since early childhood. He continued his studies to include conventional and alternative medicines and practiced as a veterinary technician.

Meeting His Holiness the 14th Dalai Lama profoundly changed Sean's personal and professional focus to develop to help others calm their mind.

Now full-time focused on natural healing practice, Sean is versed in the use of meditation, breathing techniques, energy healing, and natural remedies to nurture the innate healing abilities within us.

### PRANAYAMA PRACTITIONER

Sean started his Pranayama studies in 2010 and since 2012 has been guiding practitioners through subtle changes in our breath rhythms to yield dramatic, fast shifts in mind states.

### JIN SHIN JYUTSU PRACTITIONER

In 2015 Sean combined the use of basic Jin Shin Jyutsu methods with Pranayama to ease and regulate worry, fear, anger, sadness, doubt, and muscle pain for long-term, sustainable results.

### EFT ("TAPPING") PRACTITIONER

Starting in 2013 Sean has used EFT to help others to modify habitual stress responses to subdue panic attacks, anxiety, PTSD symptoms, and long-standing physical pain.

### OTHER TOOLS

As a life-long journey of personal growth and discovery, Sean continually studies nutrition, essential oils, Feng Shui and many other healing tools. He also studies and explores the many ways to combine them to yield enhanced, long-term, and sustainable results.

### MEDITATION INSTRUCTOR

Adhering to specific instructions from his teachers, Sean leads stabilizing and analytical meditation training and practice sessions. Since 2010, Sean has guided beginner students through the learning steps to establish a complete daily meditation practice.

### REIKI MASTER

Having completed his Reiki Master certification in 2014, Sean is fully qualified to use Reiki life energy to promote natural healing, and to train others to become Reiki practitioners and Reiki Masters.

### ENERGY MEDICINE PROFESSIONAL

Sean has over 30 years of study and practice experience to normalize body energy flows that shift mental and physical states to promote healing.

### CERTIFICATIONS

- Meditation Instructor
- Reiki Master
- Energy Medicine Professional
- Pranayama Practitioner
- Jin Shin Jyutsu Practitioner
- EFT Practitioner

### FULLY INSURED SERVICES

All services are fully insured by energy healing services liability insurance.



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