

Portal to Peace: A Mini Meditation for Relaxing in Minutes

By

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Being someone who usually meditates daily and has had issues with personal peace in previous years, I was very interested to be able to review this brand new single, which in effect is almost a pocket meditation, one that given the modern technology of the day, we could use at any time, perhaps even taking a break at work for a few minutes and utilising this brand new mediation would indeed help.

The message is simple, you are peace, believe this and you will experience this, musically this is balanced perfectly and Karen's soft vocal tones enthuse an energy of positivity within the listener.

Karen Biehl uses synths and vocals to bring a really attractive and energetic essence of a meditational moment to the user, her constant empowering mantra is, you are peace, and it must be said she has manifested this wonderfully into our realm, perhaps one that can grow exponentially to all that we meet long our life's path.

A splendid mini meditation indeed and one that if you breathe along with, should energise your day and bring a smile back to your face, oh and by the way, yes it worked for me!